BUILDING A BETTER FUTURE

Havant Healthy Borough Assessment

February 2025

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Purpose of this paper	The purpose of this paper is to support and inform the Havant Borough Local Plan.
Why?	The findings and recommendations of this study will be used to inform the policies relating to public health within the Havant Borough Local Plan – Building a Better Future.
Objectives	To use national and local guidance, policy, publications and trends to help inform the approach in the Local Plan to the Borough's public health.

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Contents

1. Introduction

1.1.   A key priority for both Havant Borough Council and Hampshire County Council is to address health inequalities and improve the health and wellbeing of the population, both physical and mental. This report has been prepared in collaboration with Hampshire County Council's Public Health Team.

1.2.   The purpose of this report is to provide a summary of the evidence base for spatial planning and health and to provide recommendations for the emerging Building a Better Future Plan in order to improve the health and wellbeing of the borough's residents.

1.3.   The health needs of Havant borough can be split into two broad categories:

- The needs associated with public health; and
- The needs associated with clinical health.

1.4.   This report focuses on the needs associated with public health and how the planning system can help to promote public health via the Local Plan, enabling residents to live a healthy lifestyle.

1.5.   The UK's Faculty of Public Health (2024) defines public health as:

"The science and art of preventing disease, prolonging life, and promoting health through the organised efforts of society. It also considers principles of social justice and equality, promoting and protecting better health for all, leaving no-one behind. This means that public health holds a resolute focus on tackling inequalities in health, including those driven by racism and discrimination."

1.6.   The definition also sets out that public health works to protect and improve the health of communities and populations at local, regional, national and global level, rather than focusing on the health of the individual. The shared aim is to offer populations the best chance of living long lives in good health. The definition recognises that public health is the responsibility of society and not just one organisation. It means that individuals, groups and partners need to work together to maximise public health benefits.

1.7.   The physical built and natural environment plays a key role in shaping the social, economic and environmental circumstances that determine health and wellbeing for individuals and communities, such as housing, employment, education, open spaces, transport, communities/neighbourhoods and environmental quality.

1.8.   The purpose of this study is to identify key health issues for Havant borough and to explore the ways in which the Building a Better Future Plan and planning decisions can help address these priorities.

2. National Policy

National Planning Policy Framework (NPPF)

Chapter 8: Promoting Healthy and Safe Communities

2.1.   Chapter 8 of the NPPF[1] sets out how planning policy can help to promote healthy and safe communities. Those relating to public health and the outcomes of this study are outlined below.

2.2.   Paragraph 96 sets out that planning policies should aim to achieve healthy, inclusive and safe places which:

   a.   *Promote social interaction, including opportunities for meetings between people who might not otherwise come into contact, for example through mixed-use developments, strong neighbourhood centres, street layouts that allow for easy pedestrian and cycle connections within and between neighbourhoods and active street frontages;*

   b.   *Are safe and accessible so that crime and disorder and the fear of crime do not undermine the quality of life or community cohesion, for example through the use of well-designed, clear and legible pedestrian and cycle routes and high quality public space, which encourages the active and continual use of public areas; and*

   c.   *Enable and support healthy lives, through both promoting good health and preventing ill-health, especially where this would address identified local health and wellbeing needs and reduce health inequalities between the most and least deprived communities, for example through the provision of safe and accessible green infrastructure, sports facilities, local shops, access to healthier food, allotments and layouts that encourage walking and cycling.*

2.3.   Paragraph 97 restricts hot food takeaways and fast food outlets, stating that Local Planning Authorities should refuse applications that are:

   a)   Within walking distance of schools and other places where children and young people congregate, unless the location is within a designated town centre; or

   b)   In locations where there is evidence that a concentration of such uses is having an adverse impact on local health, pollution or anti-social behaviour.

2.4.   Paragraph 98 sets out a list of criteria that planning policies should contain to provide the social, recreational and cultural facilities and services for community needs. Planning policies should:

   a.   *Plan positively for the provision and use of shared spaces, community facilities and other local services to enhance the sustainability of communities and residential environments;*

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[1] National Planning Policy Framework December 2024

b. *Take into account and support the delivery of local strategies to improve health, social and cultural wellbeing for all sections of the community;*

c. *Guard against the unnecessary loss of valued facilities and services, particularly where this would reduce the community's ability to meet its day-to-day needs;*

d. *Ensure that established shops, facilities and services are able to develop and modernise, and are retained for the benefit of the community; and*

e. *Ensure an integrated approach to considering the location of housing, economic uses and community facilities and services.*

2.5.   Paragraphs 103 and 104 outline the need for access to a network of high quality open spaces for sport and physical activity for health and wellbeing needs.

2.6.   Paragraphs 106 to 108 refer to the designation and importance of Local Green Spaces.

2.7.   In addition to Chapter 8, there are various other chapters in the NPPF which outline the importance of health in planning policies:

Health as a thread running through the NPPF

2.8.   Chapter 2, paragraph 8 states that there are three overarching objectives in achieving sustainable development through the planning system. One of the overarching themes is 'social objective':

To support strong, vibrant and healthy communities, by ensuring that a sufficient number and range of homes can be provided to meet the needs of present and future generations; and by fostering well-designed, beautiful and safe places, with accessible services and open spaces that reflect current and future needs and support communities' health, social and cultural well-being.

2.9.   Chapter 9 is focused on promoting sustainable transport, with health-related outcomes around reducing emissions, improving air quality and public health and providing well-designed walking and cycling networks, with supporting facilities such as secure cycle parking.

2.10. Chapter 12 sets out guidance on achieving well-designed places. Within this, paragraph 135 f) sets out that planning policies should ensure that developments:

Create places that are safe, inclusive and accessible and which promote health and wellbeing, with a high standard of amenity for existing and future users, and where crime and disorder, and the fear of crime, do not undermine the quality of life or community cohesion and resilience.

National Planning Practice Guidance (NPPG)

Healthier places through good planning

2.11.   The NPPG states that the design and use of the built and natural environments, including green infrastructure, are major determinants of health and wellbeing. It outlines how planning can contribute to achieving healthy and inclusive communities through:

- Creating environments that support and encourage healthy lifestyles; and

- Identifying and securing facilities needed for primary, secondary and tertiary care.

- Engagement between plan making bodies and relevant organisations, helping to ensure that local strategies improve health and wellbeing through the provision of the required health infrastructure and ensuring that this is supported and considered in plans;

- Plan making bodies discussing their emerging strategy for development and implications on the health and care infrastructure at an early stage with relevant organisations,

2.12.   The NPPG defines a healthy place as one which supports and promotes healthy behaviours and environments and reduces health inequalities for people of all ages. It will provide the community with opportunities to improve physical and mental health, support community engagement and wellbeing and promote social interaction through design. It will meet the needs of children and young people as well as the increasing elderly population.

Healthier Food Environment

2.13.   The NPPG also states that Local Planning Authorities (LPAs) can have a role in enabling a healthier environment by supporting opportunities for communities to access a wide range of healthier food production and consumption of choices. To do this, LPAs can bring forward local plan policies and supplementary planning documents (SPDs) which seek to limit the proliferation of certain use classes in identified areas providing there is a sufficient evidence base to do so.

2.14.   As part of this, LPAs can have regard to the following issues:

- Proximity to locations where children and young people congregate such as schools, community centres and playgrounds

- Evidence indicating high levels of obesity, deprivation, health inequalities and general poor health in specific locations

- Over-concentration of certain uses within a specified area

- Odour and noise impact

- Traffic impact

- Refuse and litter, including litter associated with hot food takeaways.

3. Local Strategies

Hampshire Public Health Strategy

3.1.   The key health and wellbeing plan for Hampshire is the Public Health Strategy 2023 – 2026 produced by Hampshire County Council[2]. The two key ambitions identified are:

- To increase the number of years Hampshire residents can expect to live in good health; and

- To reduce the unfair gap in healthy life years between the most and least healthy.

3.2.   These issues are particularly applicable to Havant borough, as the area (alongside national trends) has an ageing population and there are notable health inequalities within the borough.

3.3.   The measures to address these issues are outlined in the strategy and include:

- Working together with residents and partners to shape decisions and actions, that use innovative solutions.
- Reducing health inequalities and promoting equity in health outcomes, using intelligence and living experience to inform action.
- Prioritising our work based on evidence, effectiveness and value for money to maximise health and wellbeing outcomes.
- Creating lasting change in local systems and communities, including a focus
- on environmental sustainability for the benefit of everyone's health.

3.4.   The strategy is aimed at impacting people's lives by addressing the building blocks of health, such as buildings, spaces and the natural environment. This also includes the ways that we travel, food we eat, quality of education and work, the homes that we live in, connections with communities and relationships with family and friends.

3.5.   The strategy is divided into three themes:

- Healthy Places

- Healthy People

- Healthy Lives

3.6.   In terms of outcomes, the strategy considers that a number of elements define what a healthy place means in Hampshire, including:

- More people are walking and cycling, more often, contributing to lower rates of obesity and other health conditions.

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[2] Hampshire's Public Health Strategy 2023 – 2026. Source:
https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna

- The health impacts of road transport and other emissions are reduced so that everyone can live, work and play in cleaner air.
- New housing developments are built so that residents can easily choose to walk, cycle and socialise.
- Places are developed so that people can live independently and actively, improving the health and wellbeing of all now, and in the future.
- Local communities, where people live, learn, work and socialise, will be recognised as places which enhance and sustain healthy lifestyles.

3.7.   This strategy also references the impacts of the COVID-19 pandemic and the importance of applying learning from this in order to improve future response and recovery to similar events.

3.8.   In particular, the Hampshire COVID-19 Health Impact Assessment[3] (October 2021) considers the impacts of the pandemic on the county population and the distribution of these impacts across these communities. From this assessment, the document provides the following key areas of focus:

- Many of the underlying health risk factors for COVID-19 are the result of poor conditions associated with the social determinants of health, some of which determined by a healthy place. The rate of improvement of the health of the Hampshire population has slowed and is unequal with the proportion of time spent in good health decreasing.
- Older people, ethnic minority groups & those living in deprived areas were disproportionately affected by the severe outcomes of COVID-19.
- Women of working age have been disproportionately affected by Long COVID
- Children and young people have experienced disrupted education and have been significantly impacted by economic policies. The pandemic has affected their education, health and wellbeing. Evidence has shown that these impacts are greater for those living in deprived areas driving concerns that health inequalities will have widened for an already vulnerable population.
- Build on and consolidate relationships established during the pandemic to work more creatively and capitalise on the positives COVID has created.
- Focus on staff health and wellbeing – we need to recognise and support those who have worked in the pandemic response who may be suffering stress, feeling burnt out or experiencing trauma
- Identify and build on the positive impacts of COVID-19

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[3] Source: https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna/2021-covid-19-health-impact-assessment

Havant Corporate Strategy

3.9.   The Council's Corporate Strategy[4] sets out the Council's outcomes for Havant borough and provides an overall vision for the Building a Better Future Plan. The Corporate Strategy has three themes, as well as one overarching theme:

- Wellbeing
- Pride in Place
- Growth
- A responsive Council

3.10.   The Corporate Strategy's Wellbeing theme has the following aspiration:

"We want our residents to be able to live active, healthy lives. We want to support our communities to be resilient, which will enable them to help each other. We know that housing is a key factor in determining health and wellbeing. Everyone deserves the right to live in a safe, good quality home, and we want to address long-standing issues with housing availability and quality in the borough."

The Council aspires to achieve this objective in the following ways:

a) Support people experiencing or threatened with homelessness and rough sleeping so that they can achieve stable housing solutions, ensuring suitability for residents and cost effectiveness for the council
b) Encourage and enable the provision of social rent accommodation and affordable housing in the borough
c) Support residents to pursue/ achieve active wellbeing
d) Deliver support mechanisms for residents such as grant schemes and advice provision

3.11.   The Local Plan plays a fundamental role in delivering the Corporate Strategy, by addressing development need within Havant Borough and facilitating the principles for place making. The Local Plan aims to provide policies which will ensure that new development schemes create healthy, vibrant communities which encourage residents to make healthy choices and use active travel as their transport mode of choice. This is intended to lead to an increase in activity levels in adults and children and a reduction in obesity and obesity related health conditions.

3.12.   The Local Plan will also look to promote transport schemes that promote active travel and public transport. This will lead to reductions in traffic, improvement to air quality, reductions in carbon emissions and increased levels of physical activity.

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[4] Havant Borough Council Corporate Strategy 2024- 2028.

4. Havant Health Profile

4.1.   To identify ways in which the Building a Better Future Plan can help improve health and wellbeing, it is first essential to understand the health status and needs of the local population. This understanding can then be used to determine the health priorities of Havant borough, which can be used to inform policy within the Building a Better Future Plan.

4.2.   This chapter outlines the health profile of Hampshire County and Havant borough using the following:

- Joint Strategic Needs Assessment (JSNA) (produced by Hampshire County Council)

- Havant Borough Local Authority Health Profile (produced by Public Health England)

Joint Strategic Needs Assessment (JSNA)

4.3.   The below sub-sections on the JSNA and the Havant Borough Health Profile draw out the main health issues which affect the Borough. The JSNA is produced and updated regularly by Hampshire County Council (HCC). It sets out the current and future health and wellbeing needs and inequalities within the Hampshire population. It is used to inform and guide the planning and commissioning of health, wellbeing and social care in the local authority area. The JSNA highlights the key issues according to three categories: Healthy Places, Healthy People and Healthy Lives. The key findings are summarised below.

Healthy Places

4.4.   The JSNA Healthy Places Report for Havant (March, 2024)[5] focuses on 'place, area assets and the social and commercial drivers of health.' The report splits these into five areas: physical environment, home environment, social and economic environment, community safety and climate.

    i)   Physical Environment:

4.5.   Access to green space is recognised as an important asset for supporting health and wellbeing. In Havant Borough, there were lower levels of access to green and blue spaces in Waterlooville. 91.3% of residents in Havant had access to a private garden, which is higher than the national average. Waterlooville and South Hayling Island had lower access to private gardens.

4.6.   In March 2023, 83% of residents rated the community they live in as safe, higher than the 78% average for England and Wales. In 2021, 91.7% of the population lived at the same address as a year previously, leading to a stronger sense of community for residents that have resided in an area for longer periods of time.

4.7.   In 2023 there were 152 public sports facilities, a rate of 12.2 per 10,000 of the population, lower than the Hampshire at 16.2 and England at 13.2 per 10,000. Havant Town Centre and

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[5] Source: https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna/2021-healthy-places#step-1

South Hayling Island had the greatest access to sports facilities, whereas Leigh Park, Wecock and Waterlooville had very limited access.

4.8. The majority of Havant Borough is classified as a coastal area. Within Hampshire, coastal areas tend to have an older and more deprived population. Average life expectancy in coastal areas was lower for both females and males.

ii) <u>Home Environment</u>

4.9. The greatest levels of food insecurity were in areas around Leigh Park where there were higher levels of deprivation, as well as in areas including Wecock, Purbrook, east Widley and South Hayling Island. Fast food outlets and takeaways were higher in concentration in deprived areas. The highest concentration was in Havant Town Centre, Leigh Park and Waterlooville.

4.10. Housing is a key determinant of health. In 2023, housing in Havant was less affordable than England and Hampshire. In 2021, overcrowded homes (by number of bedrooms) in Havant was 3%, compared with 2.2% for Hampshire. This number however was lower than the 4.4% rate for England.

4.11. In 2022, 9.2% of households in Havant were living in fuel poverty, compared with 8.2% for Hampshire and 13.1% for England. There were greater numbers of households living in fuel poverty in Leigh Park, Emsworth, Wecock and South Hayling Island.

iii) <u>Social and Economic Environment</u>

4.12. Social isolation and loneliness have negative impacts on health outcomes. Areas in Havant Borough with the greatest social isolation included South Hayling Island, Leigh Park and Waterlooville.

4.13. Digital exclusion can affect aspects of health. Havant borough is one of the districts with lower internet engagement across Hampshire. The most common classification of internet users were Passive and Uncommitted users (limited engagement working in semi-skilled or blue collar occupations) located mainly in Leigh Park, followed by e-Rational Utilitarians (high internet demand but restrained by poor infrastructure, rural/semi-rural, late-middle aged or elderly, online shopping and use internet at home).There were also pockets of Settled offline communities (limited use, elderly, White British) in south Hayling Island, Emsworth and Cowplain and e-Withdrawn (least engagement, more deprived urban areas, highest rates of unemployment) again in Leigh Park.

4.14. The report sets out parameters which were used to determine mental health and wellbeing. Residents most at risk of poor mental health and wellbeing were located in Leigh Park, Waterlooville and Wecock. Low scores were particularly prevalent in Leigh Park.

4.15. Employment and associated stable and high income can increase health outcomes. Within the Havant Borough, the lowest estimated incomes were in Leigh Park, which also saw the highest rate of people claiming benefits (including pension benefits and working age benefits).

4.16. 2021 Census data showed that there was a greater proportion of people working in roles which required fewer qualifications and paid lower wages when compared to Hampshire and

England. Roles requiring higher qualifications tended to be living to the east of Havant Town Centre and towards Emsworth.

iv)   Community Safety

4.17.   Crime rates in Havant Borough were 90.0 per 1,000 people, which is higher than Hampshire at 71.1 per 1,000 people. The highest rates of crime occurred in both Havant and Waterlooville Town Centres.

4.18.   The number of road accidents and the number of people killed or seriously injured on the roads has been declining nationally. This trend has been also shown in Havant. The highest proportion of casualties were in males, most frequently during rush hour periods.

4.19.   Alcohol harm was greatest in Havant Town Centre, Leigh Park and Hayling Island.

4.20.   Figures show that Havant was one of the highest Hampshire districts for gambling premises. In 2023, there were 20.4 venues per 100,000 of the population aged 18 and over. Most of these gambling premises were in both Havant and Waterlooville Town Centres, as well as Hayling Island.

v)   Climate

4.21.   Traffic and transport can directly affect health. Local traffic data shows that cars make up the highest proportion of vehicles on the roads. In Havant, transport is one of the largest sources of CO2 emissions, with a large proportion of commuters in Havant commuting by car. Walking and cycling rates have declined since 2017, although there has been a slight increase since 2021.

4.22.   Energy consumption in Havant in 2021 was lower than the Hampshire and England average oil equivalent (Ktoe). Gas was the largest source of domestic energy in Havant (51.7 Ktoe in 2021), followed by electricity (17.0 Ktoe). Renewable energy sources are increasing in Hampshire. In 2020, Havant generated 9,800 megawatts of solar powered electricity. Havant had a lower than Hampshire average for recycling household waste.

4.23.   Air quality in Havant is lower than that in Hampshire, particularly in Havant Town Centre and Leigh Park. A higher proportion of the population in Havant are exposed to medium levels of NO2 and PM2.5 than Hampshire.

4.24.   Older people and those with long term health conditions or disabilities are more vulnerable to extreme weather events such as heatwaves and cold snap days. Leigh Park is identified as an area of vulnerability for heat waves. 1,800 homes in Havant borough fell into the category for medium or high risk of flooding.

Impact of COVID-19

4.25.   The following section assesses how the pandemic has impacted upon the 'Healthy Places' indicators, as indicated from The Hampshire COVID-19 Health Impact Assessment (October 2021), which seeks to understand the potential impacts of the pandemic on the county population.

4.26. <u>Direct Impacts:</u>

- Havant had a higher rate of case per 100,000 population between 27 February 2020 to 31 March 2021 than all but one authority area in Hampshire – the rate was 5,501.4 compared to the Hampshire rate of 4,457.7.
- Havant also had one of the highest COVID-19 mortality rates out of Hampshire authority areas – this was again more pronounced in more deprived areas.
- Rates of hospitalisations were an estimated 2.3 times higher for those in more deprived areas (during Wave 1 of the pandemic) than those in less deprived areas.

4.27. <u>Indirect Impacts:</u>

- School closures are considered to have had a larger impact on children in deprived areas, due to factors such as reduced access to digital resources, support required for distance learning and household challenges such as overcrowding, lower educational attainment amongst parents or reduced language skills.
- Residents in more deprived areas typically have less access to green space such as a private garden space.
- Air quality improved during the pandemic and the number of police-recorded crimes decreased (though there was an increase in domestic violence).

Healthy People

4.28. The JSNA Healthy People Report (June 2022)[6] focuses on 'the health outcomes of our population, the health inequalities which are evident and the potential impacts of the COVID-19 pandemic'. The report provides the following findings for Havant:

4.29. Overall life expectancy in Havant has broadly remained above national averages in recent years but there is stark inequality across the borough – the male life expectancy is over 10 years higher in the least deprived areas of Havant when compared to the least deprived (this figure is 6.8 years for women and has notably reduced in recent years)[7].

4.30. Multimorbidity - Havant has the highest proportion of residents who live with one or more long-term health conditions in Hampshire (17.4%, compared to 13.6% in Hampshire). Havant also has a higher rate of young people (those aged under 20) with one or more long-term health conditions than Hampshire overall.

4.31. In terms of long-term health conditions, Havant has higher rates of asthma, cardiovascular diseases, Chronic Obstructive Pulmonary Disease (COPD), diabetes, Chronic Kidney Disease (CKD), musculoskeletal conditions amongst adults than the Hampshire comparison.

4.32. 24.6% of Year 6 aged children are classed as obese or severely obese – this is higher than regional and national comparisons and has increased in recent years[8].

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[6] Source: https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna/2021-healthy-people
[7] Source: https://fingertips.phe.org.uk/profile/health-profiles/data
[8] Source: https://fingertips.phe.org.uk/profile/health-profiles/data#page/1/gid/8000073/pat/6/par/E12000008/ati/301/are/E07000090/yrr/3/cid/4/tbm/1

4.33.   Havant had the largest percentage of SEN (Special Educational Needs) Support pupils eligible for FSM, 44.4%. This had increased from 41.2% the previous year.

4.34.   The estimated prevalence of common mental health disorders is higher than regional comparisons but broadly similar to national rates[9].

4.35.   Havant has a higher rate of emergency hospital admissions for intentional self-harm than regional or national comparisons.

4.36.   According to the 2021 Census, 20% of residents in Havant have no qualifications – this rises up to around 30% in the most deprived areas, where there are long established issues with educational deprivation.

4.37.   Almost a quarter (23.7%) of Havant residents are aged 65 and over – this is predicted to rise to 29.5% by 2043[10].

4.38.   There are an estimated 3,730 people living in Havant aged over 65 with severe or moderate frailty, and an estimated 6,010 people living in Havant aged over 65 with reduced mobility.

Impact of COVID-19

4.39.   The following section assesses how the pandemic has impacted upon the 'Healthy People' indicators, as indicated from The Hampshire COVID-19 Health Impact Assessment (October 2021), which seeks to understand the potential impacts of the pandemic on the county population.

Direct Impacts:

4.40.   COVID-19 infections were more prevalent amongst older people (aged over 60), females (potential links to occupations such as care givers), minority ethnic groups and those with existing health conditions in Hampshire – broadly reflecting national trends.

4.41.   Hampshire also follows national trends when considering Long COVID – those aged under 70 and females are more likely to experience Long COVID, while those who had been admitted to hospital or intensive care during their initial infection are more likely to have severe Long COVID. Data for Hampshire suggests working aged women (especially those aged 45 to 64) are most likely to require on-going support with their health after contracting COVID-19.

Indirect Impacts:

4.42.   The assessment identifies a number of factors that would have been impacted by COVID-19 policies as opposed to direct clinical impacts of contracting the virus. As this report has previously referenced, a number of these issues are acutely present within Havant Borough:

- Older people were more likely to experience depression, anxiety and loneliness due to policies put in place to reduce the spread of COVID-19.

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[9] Source: https://fingertips.phe.org.uk/profile-group/mental-health/profile/mh-jsna/data#page/1

[10] Source:
https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationprojections/bulletins/subnationalpopulationprojectionsforengland/2018based

- The pandemic has resulted in an increased need for social care services for the county's ageing population. The full impact of this increased need is believed to be challenging to quantify and may only be apparent in future years.
- 60% of families report delays in appointments for children with learning disabilities (compounded when disables children have multiple diagnoses and therefore require multiple appointments).
- Mental health of working age adults (due to economic uncertainties, additional caring/ schooling responsibilities and fear of contracting the virus) and young people (due to school closures and lack of social interaction) has suffered with increased reports of depression, anxiety and loneliness across these groups.

Healthy Lives

4.43. The JSNA Healthy Lives Report (July 2022)[11] focuses on the 'risk factors, causes and protective factors which influence our health, the health inequalities which are evident and the potential impact COVID-19 has had'.

4.44. Lifestyle Risk Factors

- Havant has one of the highest rates for alcohol-related mortality in Hampshire, but this is not significantly different to the England average.
- Drug misuse deaths are higher in Havant than the national average, but this difference is not significant.
- Havant has higher smoking prevalence than both the Hampshire and England averages.
- Havant has one of the lowest levels of fruit and vegetable consumption locally, although this is broadly similar to the national level.
- Havant has one of the highest rates of children who are classed as overweight or obese in Hampshire.
- Hypertension prevalence is higher in Havant than in the Hampshire comparison.

4.45. First 1,001 Days

- Havant has a higher rate of teenage pregnancy than the Hampshire comparison, particularly in areas of deprivation.
- Havant has a higher rate of smoking during pregnancy than the national average and this is again linked to areas of deprivation.
- Havant has a higher proportion of births that are 'low weight' (below 2.5kilograms and a signifier of health issues) than regional and national comparisons but has been reducing in recent years[12].

4.46. Risk Factors for Children

- Havant has higher rates of absence in primary and secondary schools to the Hampshire and England average.

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[11] Source: https://www.hants.gov.uk/socialcareandhealth/publichealth/jsna/2022-healthy-lives
[12] Source:
https://app.powerbi.com/view?r=eyJrIjoiN2YxZWYwZmItNGNiNy00YzY1LTg4YTAtZGI2NTViYjc5YzU5IiwidCI6IjNmODFkOGI1LWVlMDctNGMxNy04NjljLTFkYjQzOTAxOGQ5YiIsImMiOjh9

- Havant has one of the lowest average Attainment 8 scores in Hampshire.
- Havant has a higher proportion of children living in low-income households than the England average.

4.47. <u>Risk Factors for Adults</u>

- Havant has high rates of adults claiming unemployment-related benefits.
- Levels of pay are lower for residents of Havant than regional and national comparisons.
- The impacts of the on-going 'Cost of Living' crisis are more acute for deprived communities.

4.48. <u>Protective Measures</u>

- Havant has one of the lowest rates of uptake for medical screening in Hampshire – this is consistent with the national trend for significantly lower uptake in areas of higher deprivation.

<u>Impact of COVID-19</u>

4.49. The following section assesses how the pandemic has impacted upon the 'Healthy Lives' indicators, as indicated from The Hampshire COVID-19 Health Impact Assessment (October 2021), which seeks to understand the potential impacts of the pandemic on the county population.

4.50. <u>Direct Impacts</u>

- Evidence shows that those who have pre-existing conditions such as obesity, diabetes, heart disease and hypertension were likely to have a worse outcome after contracting COVID-19.
- Those living in more deprived areas (such as Havant) were more likely to have a worse outcome after contracting COVID-19.
- Physical health or lifestyle risk factors such as excessive alcohol consumption, smoking, overweight / obesity and moderate or severe frailty were more likely to contract COVID-19 and were more likely to be admitted to hospital.
- The number of prescribed items across Hampshire and IOW was 13% higher in March 2020 than the previous year – this included items such as inhalers, anxiety / sleep medication and broad spectrum antibiotics.
- In Hampshire, those working in occupations in the caring, leisure and elementary (e.g. cleaners, domestics) sectors were around 1.7 times more likely to die due to COVID-19 – this is likely due to these roles not being able to be conducted from home and traditionally lower pay for these jobs.

4.51. <u>Indirect Impacts</u>

- The number of medical consultations dropped during the pandemic.
- The number of care plans or care plan reviews for dementia and Alzheimer's Disease fell significantly during the pandemic.

- There were significantly lower numbers of people accessing health services, having emergency attendances and admissions to hospital from care homes during the pandemic.
- Physical activity (particularly in children) reduced during the pandemic, while statistics show an increase in unhealthy diets, alcohol and tobacco products (despite the rates of smoking decreasing overall).
- Work-life balance is another concern, with a number of residents working from home and many of these reporting that they worked a greater number of hours than usual.

Public Health England Health Profile

4.52.   Public Health England collates health data into Local Authority Health Profiles[13] that provide statistics on key indicators against regional and national averages. On these indicators, the profile shows that Havant Borough performs better than the England average in terms of:

- Life expectancy at birth (Male)
- Under 75 mortality rates from all cardiovascular diseases
- Estimated diabetes diagnoses
- Alcohol – admission episodes for alcohol-related conditions
- Violent crime – hospital admissions for violence (including sexual violence)
- New sexually transmitted infections diagnoses; and
- New cases of tuberculosis

4.53.   Nevertheless, the health profile also shows that Havant Borough performs worse than the England average in terms of:

- Emergency hospital admissions for intentional self-harm
- Physically active adults
- Under-18 conception rate
- Prevalence of smoking; and
- Children in relative low income families.

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[13] Source: https://fingertips.phe.org.uk/profile/health-profiles/data#page/1/gid/1938132701/pat/6/par/E12000008/ati/301/are/E07000090/yrr/3/cid/4/tbm/1

5. Health and Planning

5.1. The built and natural environment is a key environmental determinant of health and wellbeing. National guidance from the Town and Country Planning Institute[14] identifies five key themes in which the planning system can help to improve public health. These are:

1. Healthy Neighbourhood Design
2. Healthy Homes
3. Healthy Food Environment
4. Natural Environments and Climate Change
5. Healthy Transport and Movement

5.2. Each of these five themes are detailed below, along with recommendations for possible approaches and policies for the Building a Better Future plan.

Health Impact Assessments

5.3. To ensure that health and wellbeing is fully considered as part of planning applications, many LPAs adopt policies which seek the use of Health Impact Assessments (HIAs) as part of larger scale development. LPAs can set thresholds within planning policy for applications that would require a HIA to be submitted, examples include major applications and those relating to hot food takeaways and fast food outlets. HIAs allow for a more comprehensive consideration of the human health aspects of a development from the earliest stages of planning and help to implement appropriate mitigation of any impacts. The Government have provided guidance on the use of Health Impact Assessments in Spatial Planning[15].

5.4. HIAs can be required through health and wellbeing policies as part of Local Plans and are sometimes accompanied by a Supplementary Planning Document or guidance notes. The overarching aim of HIAs is for developers to fully consider the health and wellbeing impacts of development, both positive and negative. This allows for measures to be provided to reduce any potential negative impacts, whilst maximising positive impacts. The use of HIAs support the planning system in addressing the wider determinants of health, and therefore lead to the creation of healthier neighbourhoods.

Health and Planning: Key Findings and Recommendations

Consider requiring Health Impact Assessments (HIA) for developments that are likely to have an impact of the health of residents.

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[14] [Planning for healthy places: a practical guide for local authorities on embedding health in Local Plans and planning policies in England](#)

[15] Health Impact Assessment in Spatial Planning – October 2020. Source: https://assets.publishing.service.gov.uk/media/5f93024ad3bf7f35f184eb24/HIA_in_Planning_Guide_Sept2020.pdf

Healthy Neighbourhood Design

5.5.   The design of neighbourhoods can have a significant impact on the physical and mental health of residents, through influencing physical activity levels, travel patterns and social connectivity. Design factors such as access to open space, sport and recreational facilities and routes for active travel and public transport can lead to a range of positive benefits for residents. The design of neighbourhoods is therefore vital for ensuring healthy urbanism and creating healthy communities.

Design Guidance and Standards

5.6.   There are a range of documents containing guidance and standards for creating healthy neighbourhoods, streets and places, some of which have been outlined below.

5.7.   Building for a Healthy Life[16] provides a design toolkit for neighbourhoods, streets, homes and public spaces. Building for a Healthy Life is written in partnership with Homes England, NHS England and NHS Improvement, and integrates the findings of the Healthy New Towns Programme led by NHS England. Building for a Healthy Life provides guidance on how to achieve successful places through 12 considerations across 3 headings;

- Integrated Neighbourhoods: natural connections, walking, cycling and public transport, facilities and services and homes for everyone.
- Distinctive Places: Making the most of what's there, a memorable character, well defined streets and spaces and easy to find your way around.
- Streets for all: Healthy streets, cycle and car parking, green and blue infrastructure and back of pavement, front of home.

5.8.   The Town and Country Planning Association's Planning Healthy- Weight Environments[17] and Sport England's Active Design Guidance[18] promote principles to inspire and inform the layout of cities, towns, villages, neighbourhoods, buildings, streets and open space so to encourage sport and active lifestyles. One of the principles of the latter includes "walkable communities" to create the conditions needed for active travel, in terms of walking and cycling between all locations.

5.9.   Manual for Streets[19] provides guidance on placing well-designed streets at the heart of sustainable communities. Streets for a Healthy Life[20] follows from Building for a Healthy Life and Manual for Streets and provides guidance to illustrate and explain how good design of streets can contribute to providing healthier lives for residents.

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[16] Building for a Healthy Life. Source: https://www.udg.org.uk/publications/othermanuals/building-healthy-life
[17] Planning Healthy- Weight Environments – Town and Country Planning Association 2014. Source: https://www.tcpa.org.uk/resources/planning-healthy-weight-environments/
[18] Active Design – Sport England. Source: https://www.sportengland.org/guidance-and-support/facilities-and-planning/design-and-cost-guidance/active-design
[19] Manual for Streets. Source: https://assets.publishing.service.gov.uk/media/5a7e0035ed915d74e6223743/pdfmanforstreets.pdf
[20] Streets for a Healthy Life. Source: https://assets.publishing.service.gov.uk/media/62cd61768fa8f54e8405571e/Streets-for-a-Healthy-Life.pdf

5.10.   Healthy Streets[21] is an evidence based approach which uses 10 indicators to create sustainable, fair and attractive urban spaces. The indicators represent an aspect of human experience, and must be balanced in order to improve social, economic and environmental sustainability through the design and management of streets. Healthy Streets also provide a range of tools and resources to measure how improvements can be made to existing conditions. The Healthy Streets principles can also provide a useful checklist for the determination of planning applications. The 10 indicators are as follows:

- Everyone feels welcome
- Easy to cross
- Shade and shelter
- Places to stop and rest
- Not too noisy
- People chose to walk and cycle
- People feel safe
- Things to see and do
- People feel relaxed
- Clean air

5.11.   Relevant policies in the Building a Better Future Plan should refer to guidance to ensure that development proposals can achieve healthy neighbourhoods, streets and places through high quality design.

Co-Location and Compact Neighbourhoods

5.12.   Co-location refers to the grouping of destinations such as community facilities, schools, shops, workplaces, sports facilities and leisure centres within proximity of each other. The concept of co-location is supported in Principle 4 of Sport England Active Design Principles (2023)[22]. This principle aims at mixing uses and co-locating facilities as a way of encouraging active travel and generating a critical mass of travel demand, which therefore better supports public transport services. Co-location is also considered to bring about other health and wellbeing impacts, for example increased social interaction opportunities and reduction in fear of crime.

5.13.   Compact neighbourhoods are those with higher street connectivity (typically designed using finer grid patterns) with diverse land use mixes and greater residential densities. The combination of co-location and compact neighbourhoods can help create communities which are more conducive to non-motorised transport.

5.14.   The Building a Better Future Plan should explore opportunities for co-location and more compact neighbourhoods, both through policy as well as through its site selection and allocation processes.

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[21] Healthy Streets. Source: https://www.healthystreets.com/what-is-healthy-streets#indicators
[22] Sport England Active Design Principles. Source: https://www.sportengland.org/guidance-and-support/facilities-and-planning/design-and-cost-guidance/active-design

Sports and Leisure Facilities

5.15.   A review of the borough's open spaces[23], indoor sports facilities[24] and playing pitches[25] has been undertaken as a separate evidence base. The strategies assess the existing provision in terms of quality, quantity and accessibility. The strategies also provide recommendations for future provision, including appropriate provision on new development, improvements to existing facilities and preventing the loss of existing facilities.

Gambling Venues

5.16.   The presence of gambling venues, such as betting shops and Adult Gaming Centres (AGC), on the high street are linked with increasing levels of problem gambling. This increase is also associated with the presence of Fixed Odds Betting Terminals (FOBTs)[26] within such venues. The Royal College of Psychiatrists has concluded that gamblers are more likely than others to have low self-esteem and anxiety, as well as being more likely to develop stress-related disorders, depression, poor appetite, sleeping patterns and, in extreme cases, substance misuse problems. There is also evidence to suggest that problem gambling is on the rise and can lead/contribute to problem debt.

5.17.   Problem debt is linked to mental health difficulties and family breakdown[27]. Problem debt increases when individuals turn to high-cost credit, largely as a result of increasing pressures on household budgets and restrictions on mainstream lending. Some high-cost credit lenders include; pawnbrokers, payday lenders, home credit and illegal moneylenders.

5.18.   According to the Council's Licensing records, there are around 100 licensed locations with gambling facilities, betting shops and charity locations within Havant Borough. Data on gambling premises and their accessibility from the Consumer Research Data Centre[28] shows that Havant Borough's retail centres perform poorly in terms of having high levels of accessibility to gambling premises. For example, Leigh Park town centre is in the 10th decile (i.e. worst performing decile) nationally in terms of accessibility to gambling premises. The town centres of Havant & Bedhampton, Waterlooville and Emsworth all fall into the 9th decile. This is especially concerning as the four wards which make up Leigh Park are all in the 10th percentile according to the Hampshire Mental Health and Wellbeing Index[29]. The index includes health indicators such as income deprivation, unemployment, working age benefit, depression and mental health problems.

5.19.   Betting shops and AGC are classed as 'Sui Generis' in the 2020 revision of the Land Use Class Order 1987. The classification of such uses as Sui Generis provides a tool for LPAs to manage the prevalence of these types of units through planning policy. Given the negative mental health impacts highlighted above and the high concentration and accessibility of

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[23] [Havant Borough Council Open Space Strategy](#)
[24] [Havant Borough Council Indoor Built Sports Facility Strategy](#)
[25] [Havant Borough Council Playing Pitch Strategy Assessment Report](#) and [Havant Borough Council Playing Pitch Strategy Objectives and Recommendations](#)
[26] FOBTs are electronic gaming machines which pay out according to fixed odds on the simulated outcomes of games. They are classified under the Gambling Act as B2 machines. Under the legislation, betting shops can have four FOBTs per premises.
[27] Source: https://www.centreforsocialjustice.org.uk/about/the-five-pathways/debt
[28] For more details: [CDRC Mapmaker: Access to Healthy Assets & Hazards (Gambling Outlet Accessibility)](#)
[29] For more details, please contact Hampshire County Council's Public Health Team.

gambling venues in Havant Borough compared to county and national averages, it is recommended that it is explored whether the Local Plan could be used to manage the number of gambling venues within the borough. However, in this context it must also be noted that in 2024, gambling is now not just restricted to physical venues, and there is ready access to gambling online.

Healthy Neighbourhoods: Key Findings and Recommendations

- Consider using policy and guidance to refer applicants to established design guidance for healthy neighbourhoods, streets and places

- Explore opportunities for co-location of facilities and more compact neighbourhoods, both through policy as well as through site selection and allocation processes for the Local Plan

- Implement relevant recommendations of the Open Space, Indoor Sports Facility and Playing Pitch Strategies through the Building a Better Future Plan

- Explore mechanisms to manage high concentrations of gambling venues within Havant Borough, though it is noted that gambling is now commonplace online

Healthy Homes

Quality

5.20.   It is estimated that 3.7 million of England's existing homes do not meet decent home living standards[30]. People living in poor quality homes are twice as likely to have poor general health than those who do not. As a result, the NHS is currently estimated to be spending over £1bn a year on treating people affected by poor quality housing[31].

Energy Efficiency

5.21.   Living in a warm and energy efficient property can improve general health outcomes by reducing risk of respiratory conditions and related mortality, as well as improving mental health. Planning policies should include requirements for homes to be built to high energy efficiency standards, which coincides with the Government's Clean Growth Strategy which also highlights the need to improve energy efficiency to an Energy Performance Certificate (EPC) B and C standard for all homes by 2035.

5.22.   In aiming to provide warm and energy efficient homes, it is important that issues such as overheating and poor ventilation are also addressed. Overheating is an increasing concern as peak summer temperatures continue to rise and, if not planned and designed for adequately, can lead to adverse impacts on comfort, productivity and health. People with long-term health conditions such as cardiovascular, mental, respiratory and diabetes related conditions are particularly vulnerable to the effects of heat[32]. This can be overcome by making the most use of natural light and ventilation when warming and cooling homes. In doing so, homes can be made more energy efficient while addressing fuel poverty by remaining cheaper to heat, cool and light.

Space

5.23.   Overcrowded housing and lack of internal space are associated with an increased risk of accidents, infectious diseases, condensation and mould. This is linked to physical health outcomes such as respiratory illness, and contributes to mental health issues such as depression, stress, anxiety and negative implications for children's education. Homes of adequate internal size can support health and wellbeing, whilst providing flexibility for changing family circumstances, for example reconfiguring the home for the needs of the elderly, those with a disability and/or care needs. This can help to ensure that individuals can remain in their own home for longer. This can be achieved through the adoption of Nationally Described Space Standards[33].

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[30] Source: https://www.health.org.uk/evidence-hub/housing/housing-quality/number-of-non-decent-homes-by-tenure#:~:text=Non-decent%20homes%20are%20those%20with%20a%20hazard%20of,Non-decent%20housing%20can%20directly%20affect%20a%20person%E2%80%99s%20hea

[31] Source: https://bregroup.com/news/poor-housing-will-cost-over-135.5bn-over-the-next-30-years-without-urgent-action

[32] Source: https://urbanhealth.org.uk/insights/news/overheating-homes-climate-health-crisis & https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health

[33] Ministry of Housing, Communities and Local Government – Technical Housing Standards – Nationally Described Space Standard.

5.24.   There are a growing number of reviews[34] which raise concerns over permitted development rights allowing additional housing units through the conversion of offices and industrial buildings to residential units, in which many of these units are on industrial estates or business parks. Due to the absence of planning regulation for this type of development, they have resulted in issues such as overcrowding, poor ventilation, overheating, lack of open space and fire safety risks, which have particular impacts on vulnerable populations. This type of development also limits the amount of developer contributions required for infrastructure such as schools and GP surgeries, as well as affordable housing contribution.

5.25.   Some LPAs have included suggested space requirements for new dwellings created under permitted development rights in their Local Plans and SPDs. For example, Reading Borough Council (2019) had concerns over development which had taken place under permitted development that did not provide adequate internal floor space. Although it has been highlighted that this cannot be enforced, they have outlined in their local plan that new development should meet nationally described space standards.

5.26.   The TCPA (2024) outline 12 principles for healthy homes. The combination of these principles, if considered by developers in the design process, would facilitate the growth of healthy communities as well as preventing residents of new prospective homes to be unhealthy as a result of their living environment. The 12 principles are as follows:

1. Fire safety
2. Liveable space
3. Inclusive accessible and adaptable
4. Access to natural light
5. Cut carbon emissions
6. Access to amenities and transport
7. Safe from crime
8. Climate resilient
9. Prevent air pollution
10. Limit light and noise pollution
11. Ensure thermal comfort
12. Genuinely affordable and secure homes.

Adaptability of Homes

5.27.   As outlined in Chapter 3, the population of Havant Borough is ageing. As such, a key health priority is making new homes adaptable to the health needs of older residents and others with specialist needs.

5.28.   The ability to require new housing to meet the Lifetime Homes standard - 2010 was removed by central Government in 2015 and replaced by Building Regulation Technical Standards. However, although some of the standards are optional, Part M sets out a range of measures which, if implemented, will help make homes more accessible and adaptable for a wide range of people, including the elderly and those who have a disability. This would allow for adaptions such as installing stair lifts and including sockets to be a certain height for those with restricted mobility.

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[34] See reference list: (TCPA [b], 2024), (The Bartlett Review – UCL, 2023; 2024).

5.29.   The Housing our Ageing Population Panel for Innovation (HAPPI)[35] have published principles based on 10 key design criteria, reflecting the following:

- Space and flexibility
- Daylight in the home and in shared spaces
- Balconies and outdoor spaces
- Adaptability and 'care ready' design
- Positive use of circulation space
- Shared facilities and 'hubs'
- Plants, trees and the natural environment
- Energy Efficiency and sustainable design
- Storage for belongings and bicycles
- External shared surfaces and 'home zones'

5.30.   These criteria should be considered when planning for adaptable and sustainable homes to allow people to remain in their homes as their needs change, either with age or through other circumstances. This could be reflected through various types of policy to ensure that proposed development considers and implements these factors.

Access to Private Open Space

5.31.   Research shows that access to outside space has positive benefits to mental wellbeing, with one survey showing that having access to a private or shared garden was important to 96% of respondents[36]. The significance of having access to open space was particularly highlighted during the Covid-19 pandemic. Data provided by ONS, 2020 revealed that one in eight households in Great Britain did not have access to a private or shared garden, however as stated in paragraph 4.5, Havant borough is above average for access to private gardens.

5.32.   Given the predominantly urban character of Havant borough, it is recommended that there is a policy requirement for development to provide access to outdoor open space. For flatted developments, the previous standard contained within the Code for Sustainable Homes (CfSH) was 1.5 sqm per bedroom of private space or 1 sqm of communal space. The CfSH was withdrawn by the Government in April 2015, and at present, national standards for private dedicated amenity space are unspecified nationally.

5.33.   Some authorities set their own standards. The London Plan[37] sets out that there should be a minimum of 5 sq. m of private outdoor space for 1-2 person dwellings and an additional 1 sq. m for each additional occupant, with a minimum depth of 1.5m. There have been a number of London Boroughs which have adopted plans with numbers above this threshold. More locally, Portsmouth City Council's Regulation 19 document points to development 'providing

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[35] Housing our Ageing Population Panel for Innovation (HAPPI) - https://www.housinglin.org.uk/Topics/browse/Design-building/HAPPI/

[36] More information can be found at: https://www.gov.uk/government/statistics/the-people-and-nature-survey-for-england-monthly-interim-indicators-for-may-2020-experimental-statistics/the-people-and-nature-survey-for-england-monthly-interim-indicators-for-may-2020-experimental-statistics#sect

[37] The London Plan – March 2021.

sufficient onsite external private amenity space/ balcony space, and/or onsite communal outdoor amenity space'.

5.34.   It is considered that the standard set out in the Code for Sustainable Homes would be most appropriate for the provision of private open space for flatted developments, given the absence of a national standard.

Climate Change and Design

5.35.   Due to the changing climate, it is vital that buildings are designed sustainably and to be resilient to a range of climatic impacts. Extreme weather events such as heatwaves, flooding, drought and fires can have a significant impact on the health of populations. Design policies can have regard to a range of factors including thermal comfort, wind mitigation, ventilations measures (such as dual aspect apartments), green infrastructure and sufficient light, shade and shelter. Through the design of buildings considering climate change, negative implications on physical and mental health can be reduced.

5.36.   The Council has published a Climate Change study[38] looking at how to achieve net zero buildings as part of the evidence informing the Building a Better Future Plan. This study provides relevant and detailed information and recommendations for policies relating to low carbon design and climate change. The evidence base has also suggested the implementation of a fabric first energy hierarchy to achieve sustainable design.

5.37.   Furthermore, the Council has recently adopted a new Climate Change Strategy and Action Plan[39] which sets out how the Council will address climate change in the borough and how net zero will be achieved. The Strategy suggests that the Local Plan will be able to help to achieve these aims through planning policies which will provide opportunities to contribute to the delivery of net zero. Some examples include policies which will make homes within the borough more energy efficient and to increase the use of renewable energy. Overall, the strategy will help to contribute to ensuring healthier homes and communities across the borough.

5.38.   The Council has a service level agreement with Portsmouth City Council to deliver an energy efficiency improvement programme called Solar Together. This programme supports residents of the borough with signposting and applying for available government funding to improve the energy efficiency within their home, which in turn has a significant impact on improving living standards and health and wellbeing for residents.

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[38] Climate Change – Feasibility Study (August 2024)
[39] Climate Change Strategy and Action Plan (December 2024)

Healthy Homes: Key Findings and Recommendations

- Consider setting design quality standards for development, to include:
    - energy efficiency
    - internal size standards
    - private and shared outdoor space
    - type and tenure mix
    - accessibility / adaptability
    - resilience to climate change
    - a fabric first energy hierarchy

- Consider using policy and guidance to refer applicants to established design guidance for healthy homes

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Healthy Food and Drink Environment

Hot Food Takeaways and Fast Food Outlets

5.39. In 2021-2022, 66.4% of adults in the borough were classed as overweight[40], which is 2.6% higher than the national average and 3.7% higher than the average of the region. Furthermore, as set out in Chapter 4, 24.6% of Year 6 children (aged 11 years) in Havant borough are classed as obese, which is higher than the regional and national average and has increased in recent years.

5.40. Meals from fast-food and takeaway outlets are associated with larger portions, higher intakes of fat, sugar and salt, along with lower intakes of micronutrients (nutrients, vitamins, minerals and fibre) than meals eaten at home. Regular consumption of fast-food can have a range of short and long term effects on a person's physical health, increase risk of disease and impact mental wellbeing. Fast-food can impact cardiovascular health, due to higher levels of sodium, resulting in higher blood pressure. This in turn can increase the risk of heart attack, heart disease, kidney disease, heart failure and stroke. Additionally, fast-food causes issues to the digestive system, increased weight, which can then cause greater strain on joints and bones, issues with appetite, increases risk of type 2 diabetes, decreases mood and can cause skin problems such as acne and collagen damage[41].

5.41. Nationally, there has been an increase in the number of meals being consumed which have been prepared outside of the home. This is through either eating outside of the home at

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[40] Data available at: https://www.gov.uk/government/statistics/the-people-and-nature-survey-for-england-monthly-interim-indicators-for-may-2020-experimental-statistics/the-people-and-nature-survey-for-england-monthly-interim-indicators-for-may-2020-experimental-statistics#sect

[41] Source: https://www.spirehealthcare.com/health-hub/specialties/nutrition/the-effects-of-fast-food-on-your-body-and-health/

restaurants and food outlets, through the physical purchase of takeaway food from stores or through ordering and delivery services via the internet and mobile apps. Greater access to takeaway and fast-food outlets near the home, work, schools and commuting routes is thought to be one factor that is influencing increased consumption rates. As a result of this, increased body weight among the general population is linked to increased access to these meals.

5.42.   Research shows that individuals on lower incomes and/or with mobility issues are more likely to be influenced by the local food offer and therefore consume greater amounts of food from fast-food and takeaway outlets. A report from Public Health England (2017) concludes that there is 'strong evidence linking the availability of fast-food outlets and increasing level of area deprivation'[42]. Havant Borough has some of the most and least deprived neighbourhoods in the country, which highlights the marked health inequalities throughout the borough. In 2019, the Indices of Multiple Deprivation (IMD) identified 23 areas of Havant Borough within the 20% most deprived areas in England. Of these 23, six neighbourhoods were identified in the 10% most deprived areas in the country.

5.43.   Furthermore, research shows that there are also strong trends associated with children residing in areas of higher deprivation, with a report from NHS England showing that children in the most deprived areas have around double the prevalence of obesity compared with those in least or middle deprived areas[43].

5.44.   Figure 1 below shows the average number of fast-food outlets per decile of deprivation for Havant borough[44]. The chart shows that although the average number of outlets varies, the two largest representations of average fast-food outlets occur within the second and third most deprived deciles within the borough.

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[42] Source: https://assets.publishing.service.gov.uk/media/5ba11e77ed915d2bb50f9eb0/Fast_Food_map.pdf
[43] Source: https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2022-part-2/childrens-overweight-and-obesity
[44] Source: https://app.powerbi.com/view?r=eyJrIjoiM2RlMmI2ODktOGY4Ny00Y2E3LTg4YzMtMTkwM2I0OGQ1NmZIIiwidCI6IjNmODFkOGI1LWVIMDctNGMxNy04NjljLTFkYjQzOTAxOGQ5YiIsImMiOjh9

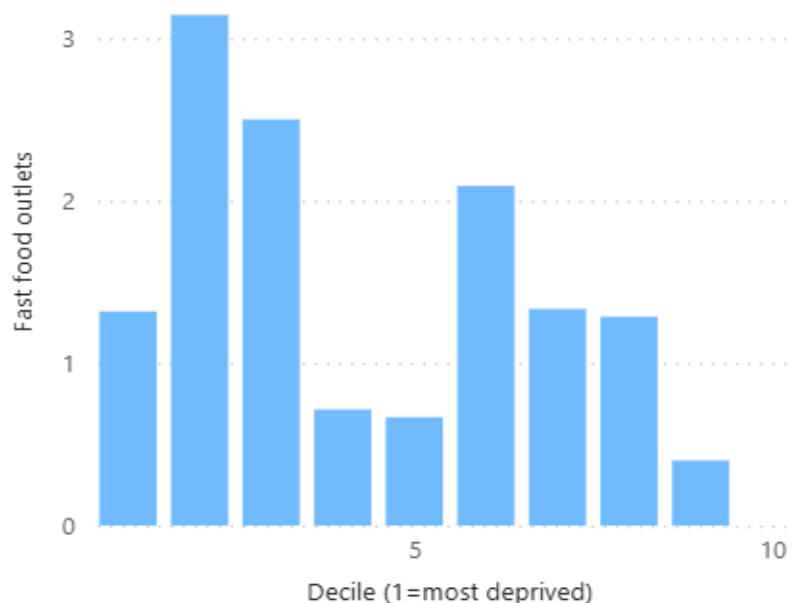**Average number of fast food outlets by deprivation, 2023**

Figure 1 - The average number of fast-food outlets per decile of deprivation for Havant borough. Source: Hampshire County Council

5.45. Figure 2 below shows the number of takeaways per 1,000 population across southeast Hampshire. The data shows that the two highest numbers of takeaways per 1,000 population are both located within the cities of Portsmouth and Southampton. In the region, the third highest average is Havant borough, with an average of 1.21 takeaways per 1,000 residents. Compared with the other non-city authorities in southeast Hampshire, Havant borough is predominantly urban in character with a denser population concentrated in a smaller authority area. The data suggests that due to this development character, and the higher number of takeaways per resident population, a range of takeaways are easily available within the borough.
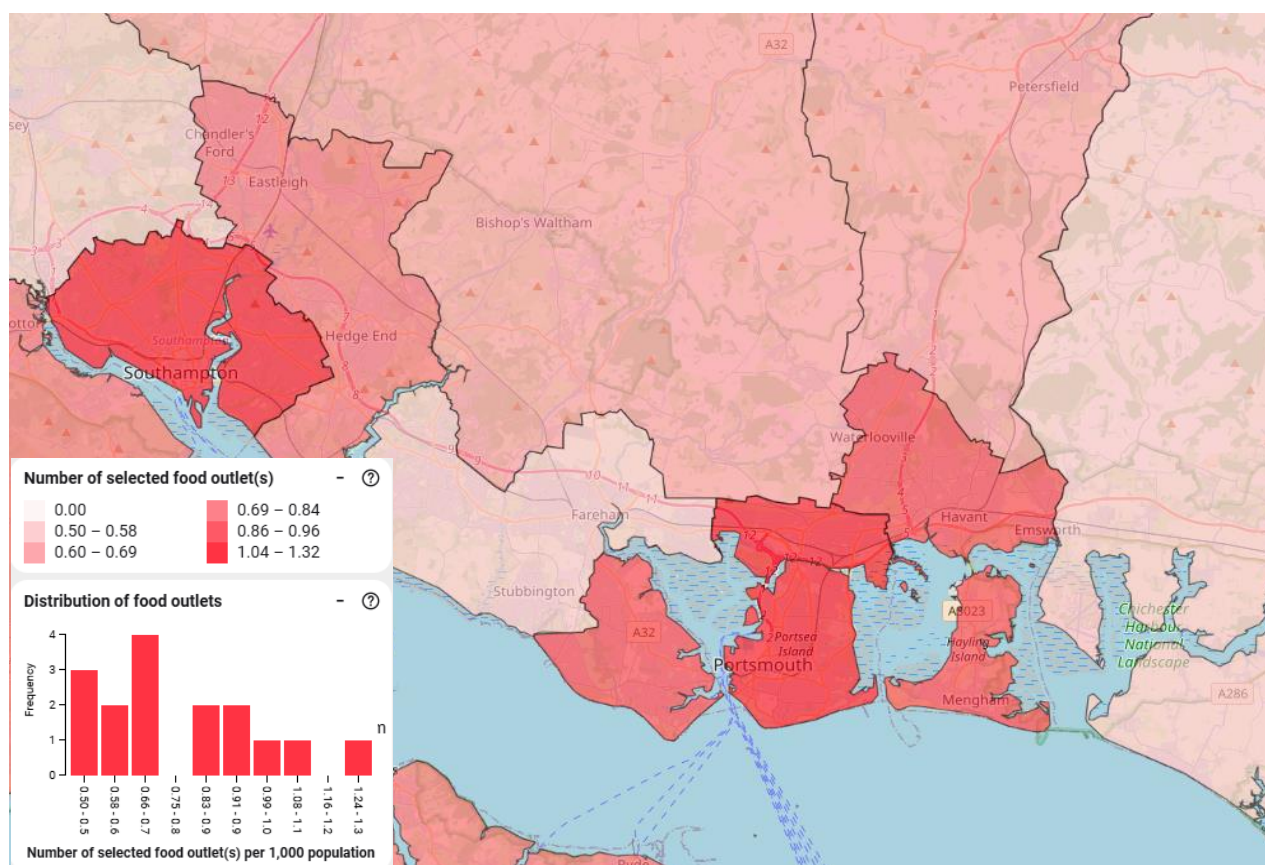
Figure 2 – Number of takeaways per 1,000 population across southeast Hampshire for December 2024. Source: Food Environmental Assessment Tool (FEAT) – www.feat-tool.org.uk

5.46.   Following updates to The Town and Country Planning (Use Classes) Order[45] in 2020, hot food takeaways are Sui Generis uses, not falling within a wider use class. The 'hot food takeaways use in the new Use Class Order' Addendum[46] states that the replacement of the A5 hot food takeaway use class with Sui Generis use allows local authorities to have greater control, through using the planning application process, to prevent the proliferation of hot food takeaways. It should be noted however that some types of fast-food outlets fall under use Class E.

5.47.   Paragraph 97 of the NPPF states that LPAs should refuse applications for hot food takeaways and fast-food outlets within walking distance of schools and other places where children and young people congregate, unless located within designated town centres. Local Plan Policies can restrict the proliferation and concentration of hot food takeaways and fast-food outlets within these areas.

5.48.   Public Health England's 'Using the planning system to promote healthy weight environments' (2020) sets out that exclusion zones of 400 metres (which equates to 5 minutes walking time) or 800 metres (which equates to 10 minutes walking time) from schools and colleges can encourage healthier food environments and restrict the impulse buys of unhealthy food

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[45] The Town and Country Planning (Use Classes) Order 1987
[46] Available at: https://www.gov.uk/government/publications/healthy-weight-environments-using-the-planning-system/addendum-hot-food-takeaways-use-in-the-new-use-class-order

upon walking to and from school, helping to reduce rising obesity levels and cardiovascular disease.

5.49.   Local authorities which have adopted policies restricting hot food takeaways within their Local Plans include London Borough of Waltham Forest, Newcastle, Blackpool and Doncaster.

5.50.   Considering the above evidence, particularly obesity amongst children within the borough, it is considered that a restriction on takeaway and fast-food uses would be appropriate within the borough.

5.51.   It is acknowledged that this alone would not eliminate the problem of child obesity as unhealthy foods can still be purchased in shops and from family members at home. It is also acknowledged that since the COVID-19 pandemic, there have been increasing numbers of food outlets offering food delivery services. This means that unhealthy foods are easily accessible from locations away from the premises itself. It should also be considered that some takeaways offer healthier food choices, which should be considered before any restrictions are proposed.

5.52.   It is recommended that the Building a Better Future Plan explores the option of incorporating a policy which restricts the use of hot food takeaways and fast-food outlets within a certain radius of schools and colleges within the borough to help tackle the increasing levels of child obesity, particularly as a result of the high concentration of takeaways in the borough. It is recommended that this restriction should be applied within a 400 metre radius (5 minutes walking time) of all schools and colleges in the borough, as recommended by Public Health England and set out in paragraph 5.48 above. This would help to restrict impulse buying amongst the younger population when walking to and from school and college.

Drive – Through Takeaways

5.53.   Drive-through takeaways rely on and encourage the use of the private vehicle. As active travel options are increasingly encouraged, the reliance on the private car for journeys is less favourable. Additionally, car idling releases large amounts of pollutants into the atmosphere causing local air pollution, which has serious environmental and health consequences[47].

5.54.   The food offer at Drive-Through Takeaways tends to be unhealthy fast-food options as discussed above, which contribute to negative health outcomes such as obesity.

5.55.   Drive-Throughs are also considered to be an inefficient use of land, mainly due to the need for providing areas for car queuing and parking in order to operate.

5.56.   In addition to the points raised above, the NPPF also states that LPAs should refuse applications for hot food takeaways and fast-food outlets in locations where there is evidence that a concentration of such uses is having an adverse impact on local health, pollution or anti-social behaviour. As outlined in paragraph 4.31, Havant has a rate of long-term health conditions amongst adults higher than the Hampshire average, particularly in

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[47] Time for the UK to say goodbye to drive-throughs: for the sake of our environment, our health – and our culture - Connecting Research (reading.ac.uk)

cardiovascular diseases, diabetes and Chronic Kidney Disease (CKD), all of which are exacerbated by or derived from the consumption of fast-food.

5.57. Overall, Drive-Through takeaways are considered to have multiple negative effects on the health of residents, with local evidence showing that the borough has high levels of long-term health conditions amongst the adult population. It is therefore recommended that there would be benefit in considering policies which restrict these uses and/or manage these effects.

Community Food Growing

5.58. Community food growing (such as allotments and community orchards/gardens) can have many positive physical and mental health-related impacts and outcomes due to increased opportunities for physical activity, social interaction and connectivity, as well fruit and vegetable consumption.

5.59. The Open Space Strategy[48] shows that there is currently a deficit in allotment provision within the borough, therefore it is vital that existing allotments are protected. This strategy recommends that 0.2 hectares of allotments per 1,000 population should be required as part of any new development.

Healthy Food Environment: Key Findings and Recommendations

- Consider policy restricting hot food takeaways and fast food outlets within a 400 metre (5 minute walking distance) from all schools and colleges within the borough, outside of designated town centres

- Consider policy to limit drive-through takeaways

- Consider policy to protect existing community food growing provisions and encourage new provision on larger development sites

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[48] [Havant Borough Council Open Space Strategy](#)

Natural Environments and Climate Change

Access to natural environments and open space

5.60.   Natural environments for the purpose of this paper refers to green and 'blue' spaces (such as water bodies). Good quality natural environments can deliver a range of environmental, economic and health and wellbeing benefits. Access to the natural environment is associated with positive physical and mental health benefits for all residents. In terms of physical health, access to green, blue and recreational infrastructure (such as open green spaces, parks and playgrounds) is associated with positive improvements in some key indicators of cardiovascular health, such as blood pressure and cholesterol, whilst reducing the risk of obesity, cardiovascular diseases and mortality. In terms of mental health, spending time in green space and the natural environment can lead to a range of positive wellbeing impacts including, including improving mood, reducing feelings of stress and anger, social interaction, connecting to the local community, reducing loneliness, improving physical health and helping to feel connected with nature[49]. Due to this, high quality green spaces and streetscape scenery (such as street trees and views of green spaces) are associated with promoting health and wellbeing benefits such as reduced stress and perceived better general health.

5.61.   The proximity of natural environments to people's homes is key for users and important for the frequency of visit. Green, blue and recreational spaces should be located less than 500m or a walking distance as set out by Fields in Trust[50] from the home.

5.62.   The Healthy Places JSNA published by Public Health in March 2024[51] highlights that there are lower levels of access to green and blue spaces in Waterlooville, however it is acknowledged that this area is located near to the countryside. The report also highlights that the borough has a higher than Hampshire and national average for access to private gardens.

5.63.   A review of the borough's green spaces[52] has been carried out to form part of the evidence base informing the Local Plan.

5.64.   As set out in the section on Healthy Neighbourhood Design, a review of the borough's open spaces[53] and playing pitches[54] has been undertaken as a separate evidence base. The strategies assess the existing provision in terms of quality, quantity and accessibility. The strategies also provide recommendations for future provision, including appropriate provision on new development, improvements to existing facilities and preventing the loss of existing facilities.

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[49] Source: https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/
[50] Fields In Trust. Source: https://fieldsintrust.org/insights/standards
[51] The Healthy Places – Havant – JSNA can be accessed on the following link:
    https://documents.hants.gov.uk/public-health/jsna-2024/havant-district-report.pdf
[52] Local Green Spaces and Destination Open Spaces in Havant Borough
[53] Havant Borough Council Open Space Strategy
[54] Havant Borough Council Playing Pitch Strategy Assessment Report and Havant Borough Council Playing Pitch Strategy Review: Objectives and Recommendations

Quality and Design

5.65.   The high quality design of green, blue and recreational spaces with a variety of maintained features can provide areas for many types of social activities such as hosting local events, participating in sports and enjoying nature. It can also lead to the enhancement of an area's historic and natural heritage and sense of place.

5.66.   An important factor in visiting these spaces is the perception of safety. Openness and proximity to nearby dwellings is important in achieving this, with isolated areas with limited human activity being associated with being unsafe. Furthermore, the maintenance and absence of vandalism of such areas is important in attracting people to these spaces, as well as appropriate street furniture.

5.67.   The Make Space for Girls Campaign outlines aims to make parks and sports areas more accessible for teenage girls. Their website[55] suggests that Local Plans, Neighbourhood Plans and Supplementary Planning Documents all have the potential to encourage developers and communities to think about parks and spaces more creatively, and consider areas that girls can enjoy, instead of including only features that are dominated by boys for example skate parks and BMX tracks. This consideration would lead to more inclusive and accessible spaces and is therefore likely to improve the mental and physical health of the younger generation of women and girls.

Trees

5.68.   Trees can provide benefits to the natural environment and help to reduce climate change impacts through biodiversity promotion, removal of particulate matter from the air, flood risk management improvements, shade and shelter provision, urban heat island reduction and the creation of a sense of place. Tree planting can have benefits such as having a cooling effect on the local environment, with research showing that an urban park can be approximately one degree cooler than built development. This can help to achieve the broader aim of healthy urbanism and climate resilience within the borough.

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[55] The Make Space for Girls advice for Council's can be accessed on the following link: https://www.makespaceforgirls.co.uk/our-work-3/councils

Natural Environments and Climate Change: Key Findings and Recommendations

- Implement relevant recommendations of the Open Space, Indoor Sports Facility and Playing Pitch Strategies through the Building a Better Future Plan

- Protect existing open spaces from development as far as possible

- Set quantity and quality standards for open space in new development, including relating to accessibility by active modes, maintenance, provision of opportunities for play, overlooking and activity, and appropriate planting.

- Highlight need to protect existing trees in policy and through site allocations work, as well as encourage the planting of trees in new development

Healthy Transport and Movement

Active Travel

5.69.   The links between spatial planning, transport and positive health outcomes are well evidenced, with research showing the importance of planning for active travel and modes of public transport in reducing negative health impacts and reducing inequalities. Transportation plays an important role in supporting daily activities, however the over-reliance on the private car can lead to a range of physical and mental health issues, including obesity from physical inactivity, injuries from road traffic collisions, social isolation, impacts on mental health and diseases such as lung disease from air pollution.

5.70.   The term 'active travel' refers to travel modes that involve a level of activity, which includes walking, cycling and other forms of wheeling, including the use of wheelchairs and mobile scooters[56].

5.71.   Hampshire County Council published the 'Local Transport Plan 4 (LTP4)'[57] in February 2024. The plan sets out a framework to guide future transport planning and investment. Some of the aims of the plan is to create a carbon neutral and resilient Hampshire, respecting and protecting Hampshire's environment, healthy, happy and inclusive lives and a thriving and prosperous place. There are several guiding principles and core policies that lead to these outcomes which could be reflected within policy at the level to encourage development that will lead to a Borough that achieves these outcomes. Policies within the emerging Local Plan should seek to meet the outcomes included in LTP4.

5.72.   The provision of new, as well as connections to existing, pedestrian and cycle routes improves access to public transportation and helps to reduce perceptions of long distance trips. This in turn helps to increase levels of physical activity. New and existing pedestrian and cycle routes need to be accessible, easy to cross, safe, well-lit, overlooked (natural surveillance) and welcoming for people of all ages and abilities. It is also desirable that these routes connect to existing routes to town, district and local centres, as well as education and leisure facilities. The design guidance and standards subsection below provides examples of guidance for achieving high quality active travel routes.

5.73.   The location of development and active travel routes are key for people to use active travel as their chosen form of transport. Ensuring that new development is within walking and cycling distance of schools, areas with employment opportunities and town and district centres gives residents other options than the private car. Locating new development close to existing public transport routes can also increase active travel and achieve aspirations in a similar way. Energise Me produced the We Can Be Active Strategy[58] for Hampshire and the Isle of Wight, where a key priority is the delivery of places and travel routes where people feel safe and 'encouraged' to be active. The planning system can help facilitate access to safe routes to walk and cycle from new and existing homes, thereby increasing active travel

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[56] [Active travel: local authority toolkit - GOV.UK (www.gov.uk)](https://www.gov.uk)
[57] Hampshire County Council's Local Transport Plan 4 can be accessed on the following link: https://www.hants.gov.uk/transport/localtransportplan
[58] Energise Me – We Can Be Active Strategy. Sourcehttps://www.energiseme.org/about-us/physical-activity-strategy/we-can-be-active-strategy/

through location of development. Evidence also suggests that in the case of new developments, access to these routes can help to facilitate behaviour changes when moving to a new home, making it important that the delivery of such infrastructure takes place before residents begin to occupy new homes.

5.74.   Figures from the 2021 Census show that, 12.1% of adults in the Borough cycle at least once a month, 8.2% at least once a week, with just 1.2% cycling on their commute to work. To improve these figures and provide better opportunities for cycling and walking, new developments should provide new cycle and walking routes which connect to the Borough's existing network. The Havant Local Cycling and Walking Infrastructure Plan and the Borough's Aspirational Cycle Map provide guidance on where good connections exist and where improvements are required[59].

5.75.   Additional measures can also include restricting private parking provision on new residential developments that are in proximity to good public transport. This is considered in the Council's Parking SPD[60]. The Parking SPD also sets out which areas of the Borough are the most accessible due to proximity to public transport and community facilities and services and as a result, where smaller requirements for parking may apply.

5.76.   Design polices and requirements can actively encourage active travel and healthy neighbourhoods (see also Healthy Neighbourhood Design) by encouraging site layouts on new development which:

- Require lower vehicle speeds;
- Promote the safe and convenient movement of pedestrians and cyclists;
- Promote the provision for bus access and suitably located bus stops;
- Use measures that prevent motorists from parking vehicles on verges and curbs; and
- provide new, and enhancing existing, pedestrian and cycle routes on-site;
- connect on-site pedestrian and cycle routes to existing open space, community facilities and pedestrian and cycle routes, which surround and/or are in proximity to the site;
- require high-quality surface treatments, landscaping, signage and lighting as part of new development, and upgrades to existing pedestrian and cycle routes to ensure the ease of use, natural surveillance and perceptions of safety.

Cycle Parking and Storage

5.77.   The Havant Borough Parking SPD[61] requires all new properties to provide long-stay (overnight) cycle storage facilities. This includes at least one cycle parking/storage space for a one-bedroom property with this minimum requirement increasing depending on the number of bedrooms per property. Larger developments (schemes of 10 or more dwellings) are also required to make provision for short-term visitor parking. The above should continue to be required as it will help promote active travel.

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[59] Cycling and walking infrastructure plan | Havant Borough Council
[60] Havant Borough Parking SPD – July 2016
[61] Havant Borough Parking SPD – July 2016

Healthy Transport and Movement: Key Findings and Recommendations

- Actively encourage active travel through policy requirements and site allocation decisions.
- Set standards for cycle parking through policy and guidance

6. Conclusions

6.1.   This report outlines the health needs of Havant Borough and how the Building a Better Future Plan has the potential to significantly influence the opportunities available for residents to live happy, healthy lifestyles. In turn, this will help reduce pressures on healthcare facilities and infrastructure.

6.2.   It is acknowledged that the planning process cannot overcome the borough's health issues in isolation. A coordinated approach will need to be taken by key stakeholders, infrastructure providers and healthcare facilities.

6.3.   However, by considering the findings of this report, and exploring opportunities to take forward health focussed policies, the Building a Better Future Plan can help to influence and promote healthy communities through the design of neighbourhoods, provision of high quality homes, access to natural and open spaces, a healthier food and drink environment and promoting sustainable transport and active travel within the borough. With these areas combined, it is envisaged that there will be the possibility to increase physical activity and improve mobility, reduce obesity and implications for ill-health, improve mental health and wellbeing, increase social interaction, reduce inequality, provide access to affordable housing and provide age friendly, accessible and inclusive environments. Alongside this, improvements to the natural environment such as becoming more climate resilient through the design of buildings in a changing climate can help to reduce mental and physical health impacts, whilst changes to transportation modes can improve air quality and therefore physical health.

6.4.   Development proposals should, demonstrate an integrated approach to health and wellbeing, designing in opportunities at the outset.

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