

Health and planning

The West Midlands experience

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Acknowledgements: William Bird MBE

Today

- Evidence?
- The West Midlands experience
- Reality check
- What worked

The nature of the evidence

- Complex area
- Multi-factorial / confounders / long term
- Evidence from different professions / sectors
- Different understanding of 'evidence'
- Quantifying impact?



Chronic Stress

Stress Hormones

Physical Inactivity

And other poor health behaviours

Mitochondrial damage and telomere shortening which leads to inflammation

Depression

Cancers

Cardiovascular

Diabetes

Dementia

Mitochondria as a key component of the stress response.
Manoli et al. Trends in Endocrinology and Metabolism Vol 18 No 5 2007

Who?

- Communities & individuals
- Politicians
- Planners (spatial & transport)
- Public health
- Developers
- Economic regeneration
- Professional bodies
-

**Local
Areas**

Coventry

Sandwell

Stoke on Trent

Birmingham

Staffordshire

Dudley

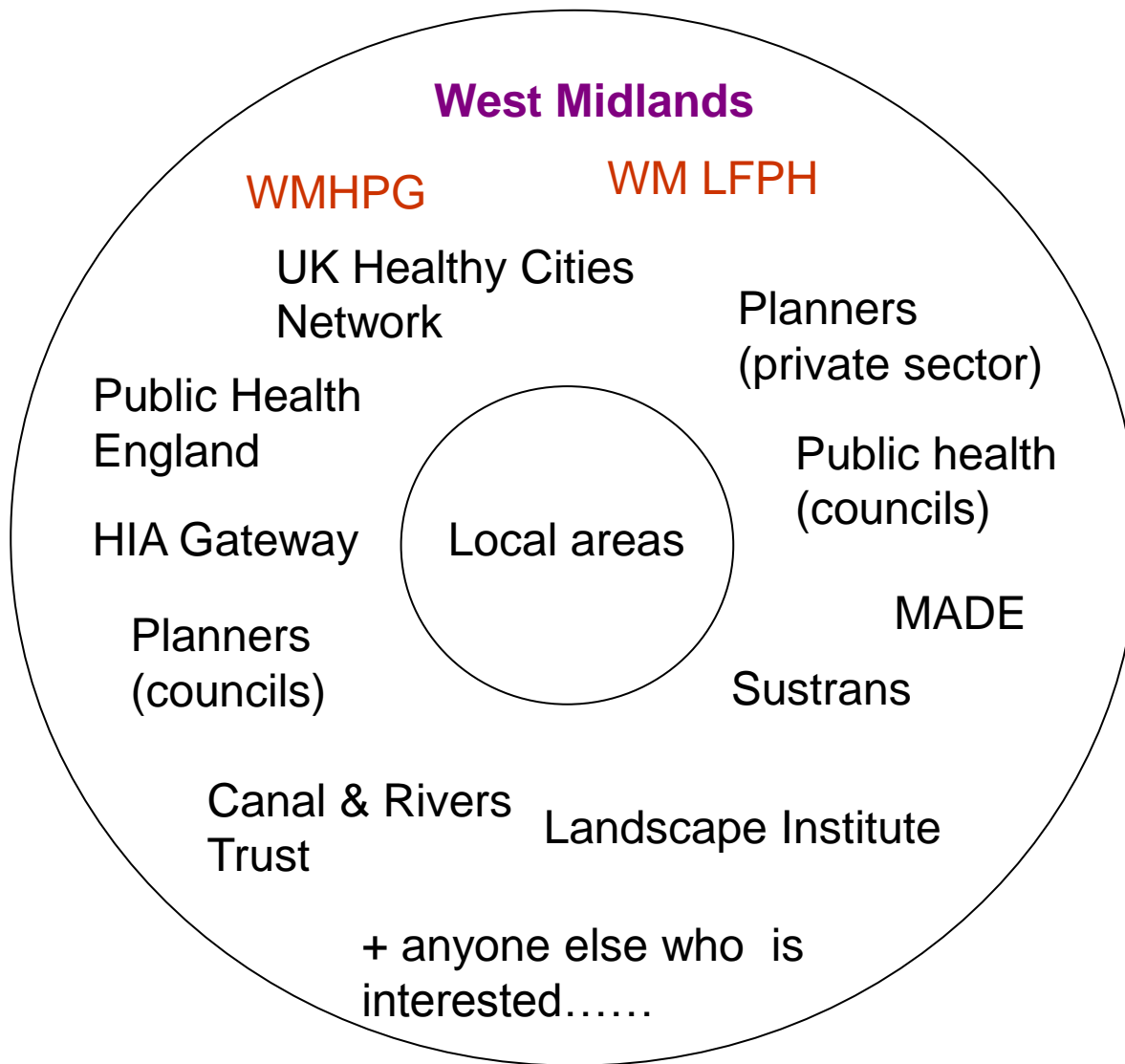
Solihull

Walsall

Shropshire

Worcestershire

+ others....



WMHPG

West Midlands Health and Planning Group

WMLFPH

West Midlands Learning for Public Health

Marmot Review – Objective E

“To create and develop healthy and sustainable places and communities”

 ROUTLEDGE
HANDBOOKS



The Routledge Handbook of Planning for Health and Well-Being

Edited by Hugh Barton, Susan Thompson,
Sarah Burgess and Marcus Grant

National

Communities & Local
Government

Public Health
England

Town &
Country
Planning
Association

West Midlands

Spatial Planning
& Health Group

Local
areas

UK Healthy
Cities Network

UWE – WHO
collaborating
centre

& wider

London HUDU

Royal
Town
Planning
Institute

Institute of
Health Equity

+ others

Reality Check

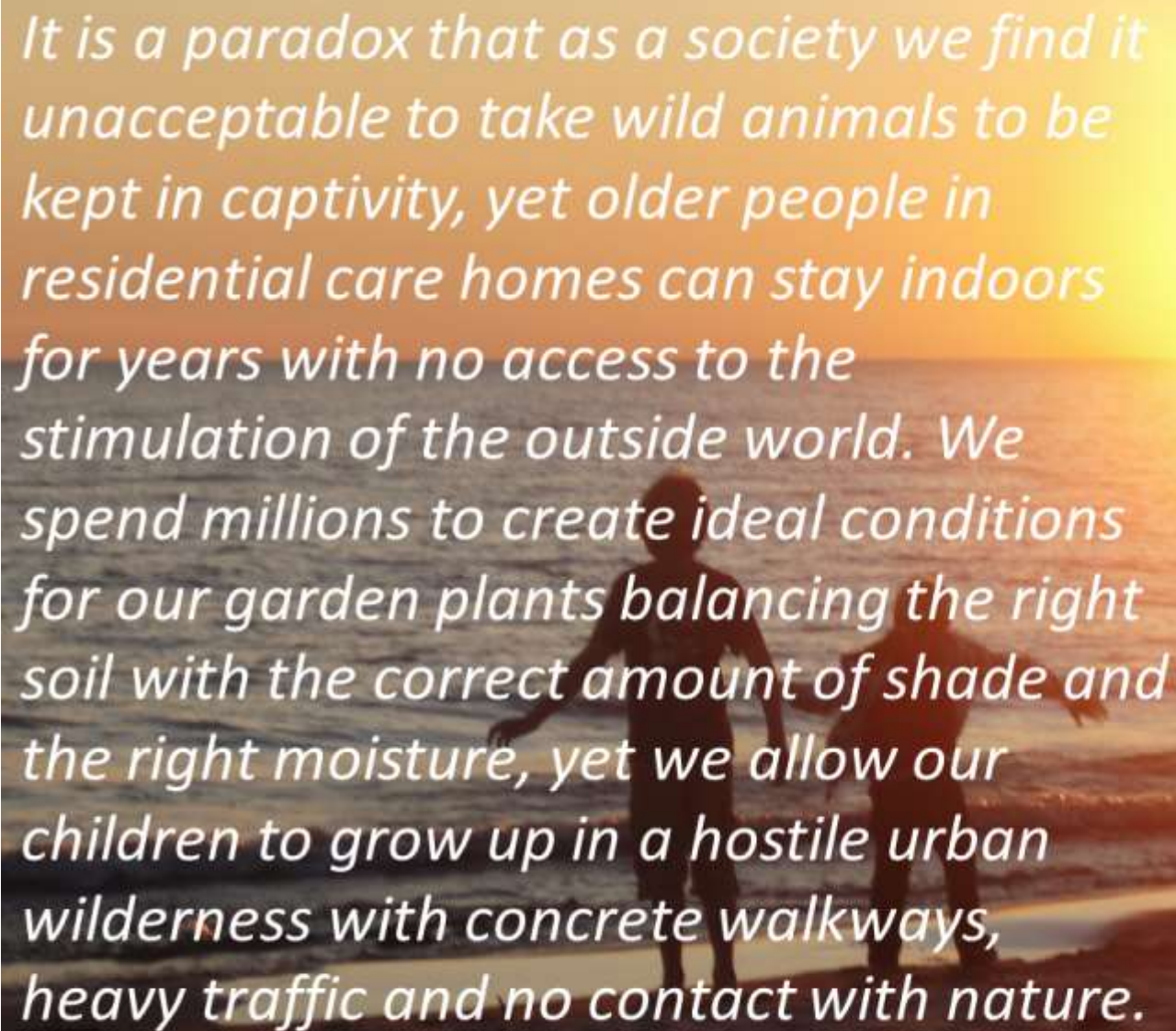
- Working across professions & sectors
- Languages, culture & understanding
- The economic imperative
- Housing crisis
- Gaining political support
- The national picture

What worked

- Starting small
 - Finding opportunities to work together
- The art of the possible
 - Keeping the long view
 - But focusing on what we could do together **now**
- Recognising the realities
- Learning each others languages
- Understanding each others priorities

Summary

- Environment is a key determinant of health
- Public health needs to work with the people who can change things
- Public health & planners want the same outcomes though languages & cultures are different
- Talk to each other and find opportunities for working together
- Remember – the art of the possible

A sunset over the ocean with two people silhouetted on the beach. The sun is low on the horizon, creating a bright orange and yellow glow. The waves are visible in the distance, and the beach is in the foreground. The overall mood is serene and contemplative.

It is a paradox that as a society we find it unacceptable to take wild animals to be kept in captivity, yet older people in residential care homes can stay indoors for years with no access to the stimulation of the outside world. We spend millions to create ideal conditions for our garden plants balancing the right soil with the correct amount of shade and the right moisture, yet we allow our children to grow up in a hostile urban wilderness with concrete walkways, heavy traffic and no contact with nature.

- Dr William Bird, Thinking Natural, RSPB