Introduction to Planning for Healthy Food Environments: national perspective and updates

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Public Health England

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Using the planning system to promote healthy weight environments
Guidance and supplementary planning document template for local authority public health and planning teams

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Health Matters

Common areas of obesity activity identified as part of a whole systems approach to obesity

planning a healthier food environment

the **school** and **childcare setting**

increasing **healthy** food consumption

creating **healthy workplaces**

increasing **active travel**

providing **access to weight management support**

promoting **local opportunities** and **community engagement**

change 4 life

educating people about the benefits of healthy eating and physical activity

planning and creating an environment that promotes physical activity
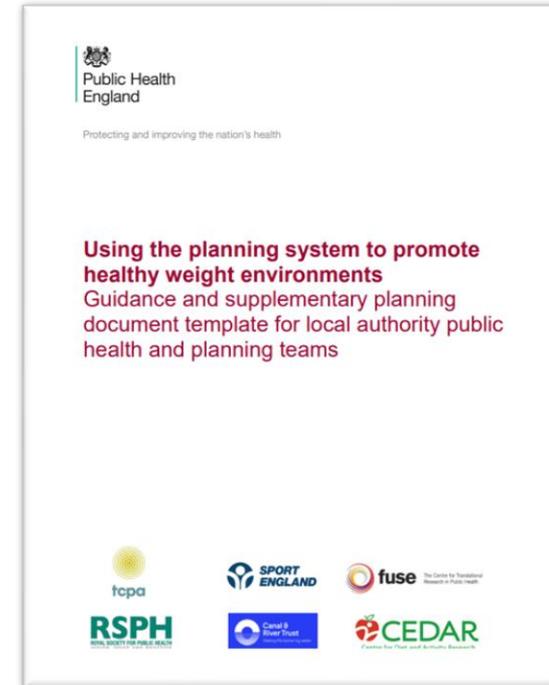
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Re-establishing the narrative: evidence, policy and practice

- Continuing trend of obesity prevalence across population groups but more prevalent in certain age groups, sex and more deprived areas,
- Correlation between poverty, obesity, proximity to and density of fast-food outlets, with twice as many in most deprived areas (39%) compared to least deprived (13%),
- Challenges/ opportunities from emerging food retail, food production and online delivery access trends,
- The principle of using planning to help promote healthier lifestyles and food environments established in national planning policy and guidance since 2017,
- 164 local planning authorities have a policy targeting takeaway food outlets, of these, 56 designed to promote health,
- In many application and appeal cases, public health and obesity concerns are not being considered material by planners and the Planning Inspectorate.

PHE aspirations for Planning a healthier food environment

A positive and proactive (evidence-based) planning approach to promote a healthier food environment is a win-win for local authorities, public health, the NHS, businesses, consumers and communities. It helps:

1. **Levelling Up** by addressing health impacts of land use policies and decisions which fall on more deprived areas and black communities far more than others,

2. **Building Back Better** by supporting the planning system plan for and deliver a diverse and healthier range of food retail,

3. **Project Speed** by working with whoever it takes, particularly with those decision-makers, businesses and services that can prevent, minimise and mitigate risk factors, related to obesity, as early as possible (upstream) to ensure certainty and consistency of planning approaches.

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PHE main activities

- **Collaborate** with universities to understand the effectiveness of planning policies on hot food takeaways for public health (Cambridge) and appeals process (Teesside).
- **Inform and contribute** to national planning policy and guidance development by engaging with the Ministry of Housing, Communities and Local Government.
- **Publish and update** PHE guidance on planning healthier and active environments.
- **Provide capacity building** training for the Planning Inspectorate between the Department of Health and Social Care and PHE – meeting commitments in the Childhood Obesity Plan Part 2.
- **Develop and make available** free online training on planning food environments for local authority planners and public health professionals.
- **Provide strategic advice** to local authority planning and public health teams to inform plan-making and decision-making on food retail developments.

Sign up Knowledge Hub: PHE Healthy Places
https://khub.net/group/healthypeoplehealthyplaces
email healthyplaces@phe.gov.uk

PHE Healthy Places programme

Healthy Places Framework (work in progress)	Integrated Care Systems Deep Dive (work in progress)

Spatial Planning

- Getting Research into Practice
- Health Impact Assessment in Planning
- **Planning and obesity**
- Planning Reforms and local systems support

Nationally-Significant Infrastructure Projects

- Nationally-Significant Infrastructure Projects (NSIPs) PHE statutory responses on health protection and health and wellbeing aspects

Housing

- Supporting government, incl. Decent Homes
- Standards and regulation
- E-learning module
- Housing and Health MoU

Transport and active travel

- Support DfTs review of cycling infrastructure design note and Highway Code
- PHE input into DfT cycling and walking strategy, and road safety strategy
- Support Transport related projects with Other Govt Dpts and third sector

Natural Environment

- Review of Improving Access to Green Space
- Green Social Prescribing
- Green Infrastructure Standards

Comms, Events, Support & Collaborations

- Influencing national policies & strategies
- Webinars: Capacity-Building: events
- External Events and Workshops
- Healthy Places Knowledge Hub