

Improving our health and well-being

Public health and land use planning are closely linked historically. The planning system that we have today was born out of a need to address poor living conditions in the 19th century (dense urban areas, overcrowding and poor sanitation) that had caused disease (including cholera and typhoid) and ill-health and high morbidity. There was a recognition that the physical environment was a key determinant of health and that state intervention was needed.

Wind forward to today, and living conditions and the quality of the physical environment are under the spotlight again at a time when the world is in the grip of the COVID-19 pandemic.

The need for social distancing and restrictions imposed on public gatherings and travel have meant changes to the way we live, work and take leisure activities. The types of homes people live in (and their affordability), the availability of private amenity space, proximity of places of employment, schools, shops, and access to green space and opportunities for walking, cycling and other forms of exercise have been brought into focus as we start to think about how best to plan Mid Devon through a new Local Plan.

The new Local Plan can influence our environment and impact on our physical health and mental well-being (and our life chances) as follows:

Fitness – designing for active lives - access to quality open space and walking / cycle routes

Diet and nutrition – improving local opportunities for growing food (e.g. fruit and vegetables)

Mental well-being – minimum space standards for new homes including gardens, access to other outdoor space, and places for social interaction

Respiratory health – improving air quality through reduced pollution

We would like you to tell us how you think we should plan our places to encourage and support healthy lifestyles



Healthy places to support healthy lifestyles

