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Plan Mid Devon 2023 - 2043 Regulation 18 Issues Paper January 2022

IMPROVING OUR HEALTH AND WELL-BEING

10.1 Supporting healthy communities forms part of one the three overarching objectives for achieving sustainable development. National planning policy makes clear planning policy and decisions should aim to achieve healthy places which enable and support healthy lifestyles. The environment around us is one the key determinants affecting our health – physically and mentally.

10.2 The current Local Plan promotes healthy communities in a number of ways. While it facilitates the provision of well-designed and more affordable housing, and the creation of jobs, healthy places are supported through the delivery of:

- social, educational, recreational and cultural facilities and services
- access to high quality open space, public rights of way, recreational trails, accessible land, allotments and other green infrastructure, and
- opportunities for sport and recreation and the designation of Local Green Space.



Healthy places to support healthy lifestyles'



10.3 Plan Mid Devon provides an opportunity to take these measures forward where new development is planned to continue to support our health and well-being. Additionally, Health Impact Assessments can be required when planning applications are submitted to the Council for determination.

10.4 A Joint Strategic Needs Assessment has been undertaken for Devon and was published in June 2021. This looks at the current and future health care needs of local populations to inform and guide the planning and commissioning of health, well-being and social care services within a local authority area. A key issue affecting Mid Devon is its ageing population and age-related health conditions, but there are also health issues related to younger age groups that will affect their health outcomes. The population profile of Mid-Devon has a significant and growing aged population, with the 65-84 age group growing by 23% from 2021 to 2040, and the 85+ age group nearly doubling over that period.

Health and planning

10.5 While younger age groups are proportionately smaller compared to the rest of England, health inequalities are still significant across these age groups. Hospital admissions for children and young people in Devon are considerably higher for mental health conditions, self-harm and injuries, and the gap is even wider for disadvantaged and looked after children. Furthermore, 11.8% of children in Mid Devon live in poverty. This has an impact on development of their skills for the workforce and consequences such as earning lower wages as adults.

10.6 Life expectancy has remained fairly stable over the last decade, with people living their remaining 10 to 15 years of life in poorer health, with leading behavioural risk factors being diet, lack of physical activity, alcohol intake and smoking. The Joint Strategic Needs Assessment identified for Mid Devon that 21.7% of the population is physically inactive and 31.1% are obese and 23.6% regularly using alcohol and 12.1% regularly smoking. Poor physical and mental health can impact on income and the ability to work, and increase demands for health and social care services. This in turn presents challenges around access to services in Mid Devon's rural areas.

10.7 Dementia diagnosis remains unchanged in Devon, and there is a potential gap of unmet need with an estimated 2 in 5 people aged 65 and over having undiagnosed dementia. In the UK there are about 850,000 people living with dementia, and this figure is projected to increase to 1.6 million people by 2040. Currently, it is estimated that 5.6% of the population are living with dementia in Mid Devon and the growth in this age group in Mid Devon presents clear challenges. The Royal Town Planning Institute has prepared advice about dementia and planning. People living with dementia may experience the built environment differently to other people. Good quality housing and well-planned places can have substantial impact on the quality of life for someone living with dementia – and can also help older people, people with disabilities and others in the community.

10.8 Climate change will bring more extreme weather events including flooding, heatwaves and impacts on air quality, which can affect health, well-being and safety, particularly for vulnerable and older people. Plan Mid Devon will seek to address these challenges.



COVID-19 pandemic

10.9 The COVID-19 pandemic and local / national lockdowns have placed restrictions on travel and meeting people and this had a disproportionate impact on older persons, and also persons with physical and learning disabilities. It has also brought into sharp focus the strengths and weaknesses of our places and our way of life.

10.10 The pandemic has highlighted health inequalities in terms of differences in people's health and well-being that result from the conditions in which they are born, grow, live, work and age. These conditions are wider determinants of health and include education, work environment, living and working conditions, income, access to health services, housing, and affordable food and fuel. For example, the pandemic has impacted social and community networks, showing that lack of social contact has a detrimental impact on mental health (causing or facilitating anxiety and depression). It has also had a negative impact on individual lifestyle factors such as lack of exercise and unhealthy diet, causing other health issues. There are actions in relation to land use planning that can be taken to reduce these (avoidable illnesses), including:

- Creating fair employment and good work for all
- Ensuring a healthy standard of living for all
- Create and develop healthy and sustainable places and communities

10.11 The Royal Town Planning Institute (RTPI) has launched its 'Plan the World We Need Campaign as part of a call to capitalise on the expertise of planners to achieve a sustainable, greener, resilient and inclusive recovery from the COVID-19 pandemic. Plan Mid Devon can take this forward locally, through the measures set out above and this can build resilience, and help tackle inequality and address climate change too. The preparation of Plan Mid Devon will provide an opportunity for a Health Impact Assessment (HIA) screening to help understand the effects of its policies and proposals on public health and well-being, and address these as the plan is finalised, and for the inclusion of a policy or requirement for certain development proposals to be subject to a Health Impact Assessment as part planning applications submitted for determination.



Culm Valley Integrated Centre for Health



Question 32

Please select what you think should be the top three measures in terms of their importance in the planning our places to encourage and support healthy lifestyles

- **Healthcare infrastructure and facilities (where there is a need to support the new development)**
- **Buildings and spaces for community use to support social interaction and mental well-being**
- **Opportunities and access to open space and play and recreation**
- **Opportunities for active travel, including walking and cycle routes**
- **Opportunities for growing food locally, e.g. through allotments or the planting of fruit trees as part of landscaping schemes**
- **Good design and place making**
- **Decent homes and amenity space around them**
- **Improving habitats and biodiversity**
- **Other (please state what you think this should be)**

Scan our QR code to access our online survey or visit middevon.gov.uk



If you require a printed version of our questions please call **01884 255255** or email us at planmiddevon@middevon.gov.uk

Planning for new Healthcare facilities

10.12 The current Local Plan has included provision for a new doctor's surgery at Sampford Peverell, and more broad support for healthcare facilities as part of the planned growth at Tiverton and Cullompton. The preparation of a new Local Plan provides an opportunity to review and plan for new and improved healthcare facilities in Mid Devon, and include policies to help protect those facilities that already exist. There is further information about this section 8 'Infrastructure and how we travel'.

