

Health and Wellbeing Strategy Action Plan



Objective B1: Create outdoor places that make it easy to exercise and to be active

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Thurrock Health and Wellbeing Strategy 2016 - 2021

Opportunity for All

Healthier Environments

Better Emotional Health and Wellbeing

Quality Care Centred on the Person

Healthier for Longer

Create outdoor places that make it easy for to exercise and to be active

Develop homes that keep people well and independent

Building strong and well connected communities

Improve air quality in Thurrock



Thurrock Health and Wellbeing Strategy
2016 - 2021

**GOAL 2
A healthier environment**

What do we want to achieve?
Places and communities that keep people well and independent

What will achieving this goal look like?

- Outdoor spaces that make it easy to exercise and to be active
- More homes will be built that keep people well and independent
- Communities will be stronger and better connected
- Air quality will be improved

Why?
We want to keep people well for as long as possible. For this to happen, we need communities that are strong and inclusive. We also need the way Thurrock's neighbourhoods are designed and built to make it easy for people to lead active and healthy lives.

If children and adults are to be more active we need to create environments that encourage them to be more active – either at school or where they live. We also need to ensure that public space is attractive and that people feel safe when they use it.

Much has already been done to empower local communities to be strong and inclusive. The Stronger Together partnership is a ground-breaking initiative which promotes community activities that strengthen connections between people. It also encourages people to have a greater say in what happens in their neighbourhood, taking control over the decisions that affect them. We want to build on that work to build strong, well-connected communities.



What do we mean by creating active outdoor places?



“We also need the way Thurrock’s neighbourhoods are designed and built to make it easy for people to lead active and healthy lives.”

Benefits of a more active environment

Benefits of active travel for young people



Physical activity can encourage healthy growth and development, maintain a healthy weight and reduce anxiety and stress. It can improve muscular strength, endurance and flexibility in children and adolescents!

Recent figures from the National Child Measurement Programme show that 20.7% of Year 6 boys and 17.7% of Year 6 girls (age 10-11) in England are obese – with a significant increase in obesity between 2007 and 2012. In Scotland, recent figures from the Scottish Health Survey show that 16.8% of children are at risk of obesity.

The health benefits of cycling greatly outweigh any risks involved; on average cyclists live two years longer than non-cyclists!

Research shows that 15-minute bouts of aerobic exercise can lead to significant increases in positive mood and decreases in negative mood amongst younger children!

The Chief Medical Officers of all four home countries recommend that all 15- to 16-year-olds participate in physical activity of moderate- to vigorous intensity for one hour per day (and up to several hours). This can include a variety of activities across the day including organised sport, play, walking or cycling to school, physical education or planned exercise!

The Chief Medical Officers' recommendations include vigorous intensity exercise to strengthen muscle and bone at least three days per week. Cycling at a low speed constitutes moderate activity, while cycling at higher speeds constitutes vigorous activity!

Benefits of active travel for young people



Mental alertness and motivation

The benefits of active travel are not just physical. Measurable increases in concentration, positivity and academic performance are further advantages arising from active journeys.

Research indicates that children who travel actively to school have wide social networks and are more actively engaged with their community than those who travel by car!

Independently negotiating the school journey is thought to develop children's responsibility, decision making, and time and risk management skills!

The range of skills children can develop through interacting with their local community and environment could enhance their job prospects – a study by the Higher Education Authority revealed that 54% of employers will be looking to employ people who are socially and environmentally responsible in the future!

Health and fitness benefits

It's easy to imagine that exercise is simply 'good for us' and for children especially. The following research supports this assumption and can be used in pitches, proposals and bids to help gain support for active travel initiatives in your school or college.

Active journeys can help reverse the sharp drop-off in physical activity in the early teens as it addresses key barriers to participation, such as perceived lack of time, effort required and body image/appearance – unlike many sports, active travel can be fitted into daily routines, is relatively gentle and requires no special clothing or competitive element.

www.sustrans.org.uk 0117 915 0100 youngpeople@sustrans.org.uk

Physical activity benefits for adults and older adults

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BENEFITS HEALTH

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IMPROVES SLEEP

🏃

MAINTAINS HEALTHY WEIGHT

🧘

MANAGES STRESS

😊

IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

Physical activity is associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression!

Encouraging independence

In addition to the physical, emotional and academic benefits, making an active journey to school has been shown to increase the independence of participants, teaching them valuable life skills.

FPH calls for councils to boost 'active travel'

📅 13.07.2016

📄 NEWS

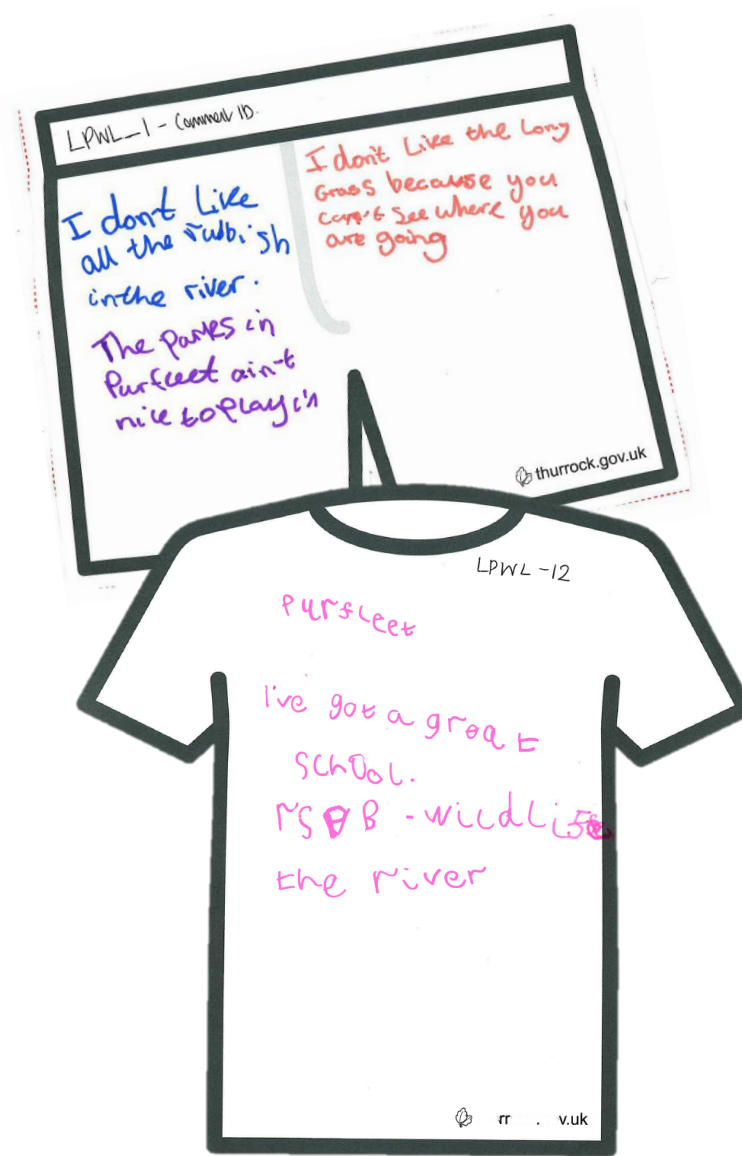
👤 WILL DATE

A report by the UK Faculty of Public Health has called for a "major shift" away from the use of cars as a primary method of transport in favour of walking, cycling and public transport, in a bid to tackle air pollution.

Research released by the health charity last Tuesday (5 July) – coinciding with the 60th anniversary of the Clean Air Act – suggested that 68% of people make journeys of under two miles by car at least once a week, whilst 40% say they make a journey by car when they could have walked.

Existing Situation

- High levels of inactivity
- High levels of adult and childhood obesity (10–11 year olds)
- Varied community opinion on the overall quality of the environment and open spaces
 - Lack of facilities for older children
 - Concerns about safety surrounding open spaces
 - Concerns about air quality
 - HGV movements and road safety




Existing Situation

- Core Strategy
- Emerging Local Plan
- Draft Design Strategy SPD
- HWB Housing and Planning Advisory Group
- Infrastructure Requirement List
- Active Place Strategy



Where we want to be



Multifunctional open spaces that are accessible to all

Well connected walking and cycling routes

High quality streets and civic spaces

Increased understanding about public perceptions surrounding place and the use of open spaces

Activity promotion and local champions

How we are going to get there – the Action Plan

Review and update the Infrastructure Requirement List to ensure that the impacts of new development are appropriately mitigated

Undertake a comprehensive audit and needs assessment for open spaces and play areas in the borough (Active Place Strategy)

Undertake a comprehensive audit and needs assessment for footpaths and cycleways in the borough (Active Place Strategy)

Undertake a public consultation on Local Green Spaces as part of ongoing work on the emerging Local Plan

How we are going to get there – the Action Plan

Ensure that policies in the emerging Local Plan support the delivery of Objective B1

Ensure that all new developments appropriately contribute towards the creation and/or enhancement of open space and play areas in the borough

Explore the opportunity to create a riverfront walk/cycleway along the Thames



Thank You