SHAPING NEIGHBOURHOODS

FOR LOCAL HEALTH AND GLOBAL SUSTAINABILITY

THIRD EDITION

HUGH BARTON, MARCUS GRANT AND RICHARD GUISE

ROUTLEDGE

shaping neighbourhoods

What they said about the second edition, 2010:

'We deal with masterplanning in places like Nigeria and Abu Dhabi. I have never come across a publication with functional checklists as featured in your work... very helpful to evaluate designs or existing settlements. You have also addressed the allocation of public facilities and catchment areas... highly appreciated by planners.'

Michael Vogt, Albert Speer and Partners, Germany

'The book is a treasure trove of practical advice on bridging the gap between health and planning. Special attention is given to mechanisms for engaging local communities and the lessons apply to the whole process of delivering successful local planning.'

Adam Le Dieu, Chair of NHS London Healthy Urban Development Unit, for the RTPI

'The book bridges the gap between research evidence and practice... It is beautifully produced with colour diagrams and photographs... Each chapter has case studies that bring the principles to life.'

Margaret Douglas, Consultant in public health, and Chair, Scottish HIA Network

'This compact, constructive and holistic handbook provides practitioners and students with an action checklist... The fresh emphasis on health and wellbeing gets right to the heart of the matter: healthy places are successful, creative and sustainable. This book is attractive, accessible and indispensable.'

David Lock, CBE, Vice-president of the Town and Country Planning Association, formerly Chief Planning Advisor to the UK Government

What they said about the first edition, 2003:

'*Shaping Neighbourhoods* builds on the principles previously explored in the WHO handbook *Healthy Urban Planning*, providing a comprehensive and practical guide to creating local environments... and invaluable resource for practitioners and communities everywhere.'

Agis Tsouros, Director, WHO Europe Healthy Cities

'There are very few texts that bridge the gap between community planning and spatial planning. *Shaping Neighbourhoods* is the exception, and is essential reading for communities seeking to influence the planning process.'

Alison West, Director, Community Development Foundation

'*Shaping Neighbourhoods* should be read, assimilated and put into practice by everyone engaged in neighbourhood planning, renewal and management. It should be open on every planner's desk, ready for use.'

Derek Taylor, Director, Global to Local Ltd. Review in Town and Country Planning

'This book is a remarkable achievement, telling us how to re-inhabit local environments while also keeping an eye on the global context and impacts of human settlements. I strongly recommend this beautifully presented book to all who want new tools to create a sustainable world.'

Herbert Girardet, Co-founder and Director of Programmes, World Future Council

The digital version of Shaping Neighbourhoods allows readers to move seamlessly between topics in planning, design, health and sustainability. To enable this, the authors have prepared a unique web of cross-references. Readers can use these links to bring complex subjects alive in new ways. These hyperlinks make Shaping Neighbourhoods highly accessible as both a reference and working document. All readers will find this version invaluable when developing a better understanding of this comprehensive text, whether they need to research a specific topic in more depth, or want to weave a thread through many topics led by their own interests.

shaping neighbourhoods

for local health and global sustainability

Third edition

Hugh Barton, Marcus Grant
and Richard Guise

Routledge
Taylor & Francis Group
LONDON AND NEW YORK

Third edition published 2021
by Routledge
2 Park Square, Milton Park, Abingdon, Oxon, OX14 4RN

and by Routledge
605 Third Avenue, New York, NY 10158

Routledge is an imprint of the Taylor & Francis Group, an informa business

© 2021 Hugh Barton, Marcus Grant and Richard Guise

The right of Hugh Barton, Marcus Grant and Richard Guise to be identified as authors of this work has been asserted by them in accordance with sections 77 and 78 of the Copyright, Designs and Patents Act 1988.

All rights reserved. No part of this book may be reprinted or reproduced or utilised in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without permission in writing from the publishers.

Trademark notice: Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

First edition published by Routledge 2003
Second edition published by Routledge 2010

British Library Cataloguing-in-Publication Data
A catalogue record for this book is available from the British Library.

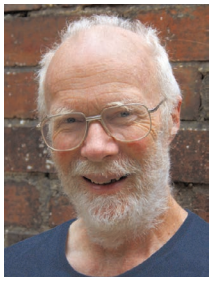
Library of Congress Cataloging-in-Publication Data
Names: Barton, Hugh, author. | Grant, Marcus, 1958- author. | Guise, Richard, author.
Title: Shaping neighbourhoods : for local health and global sustainability / Hugh Barton, Marcus Grant and Richard Guise.
Description: Third Edition.
Identifiers: LCCN 2020058420 (print) | LCCN 2020058421 (ebook) | ISBN 9780367336912 (hardback) | ISBN 9780367336929 (paperback) | ISBN 9780429321245 (ebook)
Subjects: LCSH: City planning–Environmental aspects. | Neighborhoods. | Sustainable development. | Community development, Urban.
Classification: LCC HT166 .B38653 2021 (print) | LCC HT166 (ebook) | DDC 307.1/416–dc23
LC record available at https://lccn.loc.gov/2020058420
LC ebook record available at https://lccn.loc.gov/2020058421

ISBN: 978-0-367-33691-2 (hbk)
ISBN: 978-0-367-33692-9 (pbk)
ISBN: 978-0-429-32124-5 (ebk)

Typeset in Linotype Ergo
by Winslade Graphics, Stroud, UK

Publisher's Note
This book has been prepared from camera-ready copy provided by the authors

the authors



Hugh Barton

Hugh is well known for his long history of innovation for healthier and more sustainable places. He is an urban planner and Emeritus Professor of planning, health and sustainability at the University of the West of England, Bristol. In the early 1980s he co-founded the Urban Centre for Appropriate Technology, now the Centre for Sustainable Energy. Later he was Director of the WHO Collaborating Centre for Healthy Urban Environments, working with cities across Europe. He is also a prolific author. Early publications include *Sustainable Settlements* and *Sustainable Communities*. In 2000 the WHO commissioned him to write the ground-breaking *Healthy Urban Planning*; more recently he has published *The Routledge Handbook for Health and Well-being* and *City of Well-being: a radical guide to planning*. In 'retirement' Hugh is a trustee for environmental charities, composes music, directs choirs, climbs mountains and enjoys his extended family.

Marcus Grant

With a background in ecological systems and urbanism, Marcus is an urban designer and landscape architect. In practice since 1986, he worked on rural and urban projects for a range of clients. Following almost twenty years at the World Health Organisation's Collaborating Centre for Healthy Cities, culminating as deputy director and Associate Professor, he went on to found *Cities & Health*, a Routledge journal. He specialises in spatial frameworks and neighbourhood interventions to support healthier lives, planetary health and reduce health inequalities. He has worked as expert advisor with the WHO and UN-Habitat, with communities and local authorities across Europe and on the inaugural public health NIHR scientific funding panel. Marcus is a Fellow of the Faculty of Public Health by distinction.

Richard Guise

Richard Guise is an architect and town planner, principal of his urban design consultancy Context4D, based in Bristol. He is known for his evocative and perceptive drawings. Formerly, Course Leader of the MA Urban Design programme at the University of the West of England, his career fuses professional and academic aspects of urban design. Richard is co-author of *Characterising Neighbourhoods*, *Sustainable Settlements* and two volumes of *Streets for All* for English Heritage. He now works mainly for local authorities, producing design guides, urban character reports, urban design frameworks and training. Richard is an Academician of the Academy of Urbanism, a Fellow of the Royal Society of Arts and a member of the Design West design review panel.

contents

Acknowledgements viii
The authors v
Foreword to the third edition ix
Forewords to previous editions x
Preface xi
How to use this guide xii

Chapter 1

ORIENTATION AND PRINCIPLES

Chapter 1 places neighbourhoods in the context of global issues of climate and ecological emergency and the fundamental principle of planning for health, equity and wellbeing. It defines the spatial concepts that inform policy and design.

Introduction
1.1 Local global planning 1
1.2 Neighbourhoods for real 4
1.3 Powers, professions and processes 7

Policies and agendas
1.4 Sustainable development 11
1.5 Health and wellbeing 14
1.6 Health and place equity 20
1.7 Climate emergency 24
1.8 Ecological crisis 27
1.9 Spatial planning at the crossroads 30

The neighbourhood as habitat
1.10 The ecosystem approach 34
1.11 The Settlement Health Map 36
1.12 The natural human habitat 39

The neighbourhood in focus
1.13 Defining neighbourhoods 43
1.14 Town, neighbourhood, homezone 46
1.15 Neighbourhood design principles 48

Case studies
1.a Three neighbourhoods in Algiers, Algeria 51
1.b Polimipara project, Rocinha, Rio de Janeiro, Brazil 52
1.c Hammarby Sjöstad, Stockholm, Sweden 54
1.d Utrecht, The Netherlands 56

Chapter 2

A NEIGHBOURHOOD PLANNING PROCESS

Chapter 2 is about the process of creating a neighbourhood plan. It shows how to engage with stakeholders and the wider community in an inclusive way while tackling problems and devising plans with systematic rationality.

Overview
2.1 Purpose and scope 57
2.2 The seven-stage process 60
2.3 Collaborative communities 63

Getting going
2.4 Stage 1 – Taking the initiative 67
2.5 Stage 2 – Defining a shared vision 69

Creating a strategy
2.6 Stage 3 – Understanding the locality 76
2.7 Stage 4 – Developing ideas 79
2.8 Stage 5 – Agreeing a co-ordinated programme 84

Making it happen
2.9 Stage 6 – Taking action 89
2.10 Stage 7 – Learning lessons 92

Case studies
2.a Sweet Home Farm, Cape Town, South Africa 95
2.b The Spectrum approach, Houndwood, Street, England 96
2.c Stroud Neighbourhood Plan, Gloucestershire, England 98

The neighbourhood checklist 100

Chapter 3

PROVIDING FOR LOCAL NEED

With an emphasis on health equity, physical activity and social wellbeing, Chapter 3 examines the varied nature of local communities and describes how to increase opportunity for all in relation to housing, work, local facilities, recreation and movement.

People and community
3.1 Putting people first 103
3.2 A diverse population 106
3.3 Housing for all 111
3.4 Strong communities 116
3.5 Neighbourhood identity 120

Local enterprise
3.6 Access to jobs 124
3.7 Resilient local economies 128
3.8 Town and local centre vitality 132

Access to local facilities
3.9 Planning local accessibility 138
3.10 Accessibility criteria 143
3.11 Educational facilities 146
3.12 Community health 150
3.13 Recreational space 154

Planning for travel
3.14 Neighbourhood travel strategy 160
3.15 Pedestrians first! 164
3.16 Planning for the cyclist 168
3.17 Public transport 175
3.18 Taming cars and vans 180

Case studies
3.a UN Rapid Planning Studio, Kenya, the Philippines, Saudi Arabia 185
3.b Vauban, Freiburg, Germany 186
3.c Mandela Gateway and Mandela Market Place, Oakland, USA 188
3.d Mulberry Park, Bath, England 190

Chapter 4

WORKING WITH NATURAL SYSTEMS

Dealing with the critical resources of energy, water, food, materials and biodiversity, this chapter sets out the principles and practice of sustainability at the local level.

Overview

4.1 The local global system *191*
4.2 Implementing an integrated strategy *194*

Energy

4.3 Neighbourhood energy planning *197*
4.4 Energy-efficient layout and landscape *204*
4.5 Sourcing, distributing and storing energy *211*

Water

4.6 Neighbourhood water planning *219*
4.7 Local supply and treatment *225*
4.8 Flooding, drainage and run-off *227*

Food and soils

4.9 Neighbourhood planning for food and soils *233*
4.10 Soil care and food growing *240*
4.11 Food retail access *245*

Waste and materials

4.12 Local waste and materials planning *247*
4.13 Domestic resource recovery *254*

Biodiversity

4.14 Neighbourhood biodiversity planning *260*
4.15 Biodiversity framework *265*
4.16 Urban trees *271*

Case studies

4.a GWL Terrein, Amsterdam, the Netherlands *276*
4.b Vesterbro, Copenhagen, Denmark *278*
4.c Honkasuo residential extension, Helsinki, Finland *280*

Chapter 5

NEIGHBOURHOOD STRATEGY

This chapter sets the principles and policies of previous chapters in an integrated spatial context, moving from fundamental issues of land, location, form and the process of urban change to guidance on collaborative planning of healthy neighbourhoods.

Overview

5.1 Orientation *281*
5.2 Land governance *283*

Understanding the locality

5.3 Location, location, location *286*
5.4 Neighbourhood appraisal *288*
5.5 Understanding local urban form *292*
5.6 Change and renewal *295*

Key spatial elements

5.7 Land use and activities *299*
5.8 Graded density *302*
5.9 Street networks *308*
5.10 Green infrastructure *311*

Developing ideas

5.11 Local assets and potential *315*
5.12 Land needs *319*
5.13 Devising the spatial framework *321*

Integrated spatial strategies

5.14 Linear principles *325*
5.15 Planning compact neighbourhoods *329*
5.16 Studies of intensification *332*

Healthy places: making it all happen

5.17 Working together *337*
5.18 Integrated assessment *341*

Case studies

5.a Freiburg, Germany *344*
5.b Nesselande, Rotterdam, the Netherlands *346*
5.c The Pearl District, Portland, Oregon USA *348*

Chapter 6

NEIGHBOURHOOD DESIGN AND PLACEMAKING

Chapter 6 explores the shaping neighbourhoods project from the perspective of urban design. It examines the physical dimensions of placemaking, then presents a coherent design process from development brief to realisation and review.

Overview

6.1 Placemaking and design for health *349*

Placemaking principles

6.2 The structure of space and place *352*
6.3 Walkability, conviviality and community hubs *356*
6.4 Built form and plot structure *359*
6.5 Shaping the homezone *363*
6.6 Character and coherence *366*

The design process

6.7 The development process and design *368*
6.8 Appraising the site and its context *370*
6.9 Appraisal methods *372*
6.10 Developing design concepts *375*
6.11 The scheme and its implementation *377*
6.12 Tactical change and adaptation *383*
6.13 Post-occupancy: closing the circle *386*

Case studies

6.a Arabianranta, Helsinki, Finland *388*
6.b Marmalade Lane, Cambridge, England *390*
6.c Point Chevalier, Auckland, New Zealand *392*

The development project checklist *393*

Bibliography 398
Index and key terms 408

acknowledgements

The authors would like to thank again the many people whose contributions helped to make the first two editions such a success, including the funders, advisors, consultees, and all those groups and organisations which were involved with us in developing ideas and collaborative processes. They have already been extensively acknowledged in print.

For this new edition we express our thanks to all those who have provided us with material, contacts, support and advice, including:

Charlotte Bates, City of York
Daniel Black, planning consultant
James Bruges, The Southern Trust
Sarah Burgess, Planner, Brisbane
Pamela Carbajal, Salvatore Fundarò and Jia Cong Ang at UN-Habitat
Laurence Carmichael, UWE, Bristol
Kevin Cranston, Mayor, Stroud Town
Elina Eskelä, Helsinki Planning
Rebecca Faith, photography. UK
Nick Falk, urbanist, URBED Trust
Alice Ferguson and the staff at Playing Out
Brian Ford, Emeritus Professor of Architecture
Camilla Hale, Stroud Preservation Trust
Trevor Hancock, Victoria University
Thiago Hérick de Sá, WHO, Geneva
Petri Hoppula, Helsinki Planning
Steve Hurrell, photographer, Stroud
Yazid Khemi, Portsmouth University
Sophie Leguil, botanist, London
Barry Lewis, architect, South Africa
David Mickhail, architect, London
Simon Roberts, CSE, Bristol
Leonora Rozee, ex-planning inspector
David Rudlin, urban designer, URBED
Paddy Tillett, architect, Portland
Catalina Turku, urban designer, UCL
Valentina Warren, Curo,
James Webb, FSH,
Miriam Weber, Utrecht
West Midlands RTPI
Claire Wilks, urbanist, Bristol
Frances Wright, We are Town
Hadi Zadeh, Politecnico di Milano

Special thanks to Bruce Winslade for his work on the graphic presentation of the book. His unfailing good humour and sheer skill have been greatly appreciated.

Personal thanks

Hugh thanks Val Kirby, for her enduring support and amazing tolerance throughout what has been almost a lockdown in more senses than one, and for the concern and hope expressed in every phone call, WhatsApp and Zoom from Chris, Rachel, Michael and Sam.

Marcus thanks Vicky Meadows, who had to live through Marcus spending long hours on this project, and daughter and son, Jesse Meadows and Ashley Grant, who had to endure a somewhat distracted father.

Richard: huge thanks to my sons Oliver and Elliot Guise, for their unstinting support and their help in all matters technical!

Finally: a mutual thanks to each other, for amazing tolerance, good humour and positivity, especially over periods in 2020 when we could not meet in person. Our monthly then weekly Zoom meetings a pleasure, full of trenchant analysis, laughter and creativity.

Figures and images are all the authors' own work unless otherwise indicated. Acknowledgements of third party work is provide next to figures. Maps based on material from Ordnance Survey (Crown copyright) are reproduced under licence 100057481. For photos and illustrations, all attempts were made to contact original copyright holders to obtain their permission for use of material. The publishers apologise for any errors or omissions and would be grateful if notified of any corrections to be incorporated in future reprints of this book.

foreword to the third edition

Howard Frumkin

Howard Frumkin, MD, DrPH, is Professor Emeritus of environmental and occupational health sciences at the University of Washington School of Public Health, former Director of the National Center for Environmental Health at the US Centers for Disease Control and Prevention, and former Head of the Our Planet Our Health initiative for the Wellcome Trust.

In the nearly 20 years since the first edition of this book the world has changed dramatically. Many people have achieved better lives. Rising prosperity, urbanisation, and improved health went hand-in-hand. But many social and health trends are worrying. Across the world there has been worsening hunger, rising chronic diseases and population dislocation. Urbanisation often brings sedentary lifestyles, air pollution, noise, and unhealthy dietary shifts. And progress has come at the cost of the planet. Climate change is battering agricultural outputs, threatening cities and deepening poverty.

In that context, this third edition is more timely, and more needed, than ever. Well-designed human habitats can't solve every problem but can make remarkably far-reaching contributions. 'If there is one over-riding hope for the guide,' the authors write, 'it is to enable planners, designers, politicians and developers, who are making decisions about the urban environment, to see clearly how to put the long-term health and wellbeing of people first.' For a health professional like me, this is the foundational claim of *Shaping Neighbourhoods*. Putting people first is as radical a proposition as it is simple and intuitive. It means designing for both human thriving and the lightest possible environmental footprint.

How do we know what kinds of places lead to human thriving? This is ultimately an empirical question. A great strength of the book is its grounding in evidence. Those who create human habitats need to demand evidence, assist in producing that evidence, and act on the basis of evidence. Research in recent years has made clear that health varies dramatically from place to place. Life expectancy in adjacent neighbourhoods can differ by more than ten years, influenced by disparities in housing, greenspace, access to jobs and facilities. Policies for equity and justice are needed, and are woven throughout this book.

Another strength of *Shaping Neighbourhoods* is its systems approach. For example, vegetation patterns in urban parks and streets have complex, interacting effects, on the response to extreme heat, stormwater, biodiversity, physical activity and social interactions, that in turn determine human wellbeing. No problem can be solved in isolation; efforts to shape neighbourhoods must always address multiple problems at once.

The challenges of our times are intersectoral: we need to advance health and wellbeing; equity and fairness; prosperity and security; and environmental sustainability. This edition of *Shaping Neighbourhoods* is a signal contribution to people-centred placemaking that will help advance each of these goals.

forewords to previous editions

Extract from the Foreword to the 2nd Edition, 2010

Neighbourhoods and communities are the building blocks of people's lives. The impacts of the material and social world directly on our physical and mental health are profound. Planning is one of the mechanisms which can help to shape the nature of localities. This authoritative and comprehensive text provides helpful guidance on this very important public health issue. Its careful outline of the key areas and concepts as well as its very practical orientation and informative maps, plans and illustrations will provide a framework for the consideration of the factors involved in development and planning of the physical and social places in which we live and work for years to come. It's a great piece of work.

By Professor Mike Kelly
Former Director of the Centre for Public Health Excellence at the National Institute for Health and Clinical Excellence UK

Extract from the Foreword to the 1st Edition, 2003

Shaping Neighbourhoods manages to set a lot of important technical material in the context of an inclusive collaborative process, and provides clear signposts to involving local partners and people in the development of neighbourhood sustainability strategies. In that respect, it has the potential to make a profoundly empowering contribution to this critical debate by helping community groups to become even more focused and effective in their campaigns for better places to live, work and play.

By Sir Jonathon Porritt
Director of Forum for the Future and former Chairman of the UK Sustainable Development Commission

preface

Salus populi suprema lex esto

The health and welfare of the people should be the highest law – *Cicero*

Eighteen years after the first edition of *Shaping Neighbourhoods*, our agenda remains the same: to promote an holistic view of human settlements in the global context, showing how to make neighbourhoods healthy and sustainable. But in that time the world around us has changed. Most governments and policy-makers now recognise that there is a crisis, with official rhetoric about the climate and ecological emergencies and concern for health and health equity – especially during the COVID-19 pandemic. The UN and WHO have brought the world's attention to the need to adopt a set of interlinked 'sustainable development' goals, together with challenging targets, such as net-zero greenhouse gas emissions by 2050. Converting rhetoric to effective action, however, is another matter. Despite the impressive scope and depth of evidence now available, most cities and neighbourhoods within them continue to evolve in unhealthy, unsustainable ways, driven by the inertia of market and institutional conventions, land ownership patterns and neo-liberal politics.

The basic message of the book is simple: that both personal health and global health are dependent on the local human habitat, our towns, cities and urban landscapes. We need to put people's wellbeing, local communities and city ecology at the heart of urban planning, fully recognising global environmental limits. Converting the message to reality is complex and multi-dimensional. The book provides detailed guidance on all the relevant dimensions, whether social, economic, environmental or organisational, and consolidates them through developing practical spatial planning and placemaking skills. It is designed as a desktop handbook for built environment professionals and all those who work for healthy, sustainable settlements.

This third edition goes beyond the earlier ones in a number of ways. Firstly, we offer more research evidence, to convert the doubters and convince the decision-makers. Secondly, we speak directly to public health professionals, concerned about unhealthy lifestyles and environments, providing them with tools to engage with settlement planning, as once they were before. Thirdly, we have broadened the scope of the book to include more on social inclusion, urban design, the strategic context of neighbourhoods, new forms of travel and updated material throughout. Fourthly, we have provided evidence and case studies to increase the relevance to countries around the globe, in the knowledge that while the climatic, political and cultural contexts vary, the principles of healthy neighbourhoods do not.

The sense of all being in this together has been hugely heightened by COVID-19. Fundamental long-standing problems of health inequality have become obvious and shocking. Local housing, transport, employment, service and greenspace differentials are part of the problem. They could be part of the solution. The pandemic has taught us that local communities, city authorities and national governments can find the will to act together to a degree which previously seemed inconceivable. We hope this book helps galvanise effective action for healthy urban environments.

Hugh Barton, Marcus Grant, Richard Guise

how to use this guide

PURPOSE AND SCOPE

Shaping Neighbourhoods is the only practice guide for planning and design that attempts to examine all facets of urban neighbourhoods and small towns, from community health to carbon emissions, from economic viability to biodiversity. It also presents socially inclusive, evidence-based approaches to making local decisions, with helpful techniques and examples. The guide is radical. It follows through the principles of sustainable development and healthy environments to their logical conclusion, recognising the profound shift in general practice that needs to occur, showing how this is practical as well as necessary.

The manual is designed for desktop use by a wide spectrum of people: planners, designers, engineers, developers, local politicians, health professionals, environmentalists and community groups. It provides an integrated picture of sustainable, healthy neighbourhoods, with a wealth of specific detail to help get to grips with the issues and see the practical way forward.

As authors based in Britain, many of our specific guidelines reflect British towns, behaviours and geographic context. However, we have been at pains to set out the principles by which people may apply the lessons and tools to other countries, whatever their income levels or latitude.

Focusing on the physical fabric of neighbourhoods

The guide is concerned with how the planning, design and management of the physical environment can enhance local and global health. Three themes run through this book:

- The neighbourhood as the local human habitat, providing a healthy, equitable, convivial and environmentally sustainable living environment.
- The management of that habitat by co-operation between all stakeholders involved, including public, private and community sectors, with the professionals and vested interests working together out of their silos.
- Decision processes that engage with the whole cycle of design and development, recognising there is no end point.

It is not about social programmes or economic policy as such, but does deal with their implications for and interactions with space and place. It epitomises the integrated approach to town planning advocated by the EU and the UN, known as ‘spatial’ or ‘territorial’ planning. The UN Sustainable Development Goals provide a global agenda for local planning.

Converting rhetoric to reality

The guide represents a staging post in a learning process. It cannot provide you with everything you need to know and makes no claim to infallibility. It tries to set out clearly the direction of change that is desirable, and the options available to achieve it.

Equally, however, the guide attempts to distil the best knowledge and experience. The research background is extensive, and often points the way unequivocally. Examples are not just from Europe but from around the world. We aim to synthesise diverse perspectives into coherent, integrated urbanist strategies.

Lip service is commonly paid to the goals of sustainable development and healthy communities. If we are to get beyond rhetoric and token gestures, then this guide provides a road map, challenging decision-makers to take effective action.

Scope of the guide

	Chapters	1	2	3	4	5	6
Theory	Health and climate issues	■		□	□		
	Eco-systems and Health Map	■		□	□	□	
	Neighbourhood planning principles	■	□	□	□	□	□
Process	Collaborative decision-making		■	□	□	□	□
	Problem/opportunity analysis		■		□	□	□
	Spatial planning frameworks		□	□	□	■	□
	Design briefs and masterplans		□				■
	Plan and project appraisal		■			□	□
Policy and Practice	Housing and community issues			■		□	□
	Local work and facilities			■		□	
	Planning for travel			■		□	□
	Energy, water, food and waste				■		□
	Biodiversity	□			■	□	□
	Mixed use and density			□		■	□
	Neighbourhood form and location	□		□		■	□
	Greenspace and recreation			■	□	□	□
	Urban renewal					■	□
	Detailed homezone design			□	□		■

■ Prime content □ Applications and examples

Pathways through the guide

- ***Contents*** lists are designed for quick and precise pathfinding
- ***Index*** at the end of the book provides a finer topic net
- ***Page layout*** provides easy access to each section
- ***Cross-referencing*** links one topic to another
- ***Checklists*** in chapters 2 and 6 cover process and product
- ***Evidence base*** can be followed up through the bibliography

The guide is relevant to...

- existing urban neighbourhoods
- market towns and large villages
- urban regeneration projects
- new urban extensions
- new settlements
- town and district centres

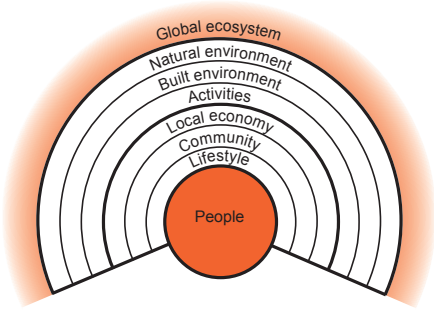
It is useful for...

- planners, designers, engineers and surveyors in local authorities or the private sector
- commercial developers, house builders and housing associations
- community and environmental groups concerned about their neighbourhood
- public health, environmental and sustainability agencies
- infrastructure providers: transport, housing, education, health, water, energy
- policy-makers at national and local levels
- students of planning, urban design, human geography, sustainability and public health

It can help with...

- defining what neighbourhoods are, or could be
- planning the natural ecology of settlements, coping with climate change
- clarifying the full health and sustainability agenda
- working out a collaborative process for a neighbourhood plan
- preparing a spatial plan for an urban district or town
- preparing development briefs and masterplans
- developing skills of placemaking
- appraising the sustainability of development projects
- tackling problems of social exclusion, unhealthy lifestyles and mental illness through the built environment

Taylor & Francis
Taylor & Francis Group
http://taylorandfrancis.com



orientation and principles

chapter 1

introduction

1.1 LOCAL GLOBAL PLANNING

MANIFESTO

Neighbourhoods are the localities in which people live. They imply a sense of belonging and community, grounding our lives in a specific place we call home. They are the building blocks of towns and cities. Aspirations for neighbourhoods are surprisingly consistent among people with very different backgrounds. We want neighbourhoods that are attractive, safe, healthy and unpolluted, with high-quality local facilities, access to green spaces, and excellent connections to other areas. We would like the opportunity for convivial social activity and friendship. There is recognition that how we live locally must work in harmony with nature, with the flow of natural cycles and with global ecology. Neighbourhoods sit in the front line of actions to support healthier lives and more sustainable lifestyles. They should be planned so as to:

- provide a healthy local human habitat
- enable all people to flourish physically, mentally and socially
- enhance local and global biodiversity and natural assets
- work towards net carbon neutrality

The challenge

Society shapes neighbourhoods and neighbourhoods shape people's lives. The long-term trend has been the progressive decline in significance and quality of neighbourhoods, as economic globalisation, technological innovation, and urban change have altered people's behaviour. The choices we are making, corporately or individually, are in turn threatening personal and planetary health. On the one hand there are increasing problems of obesity, mental illness, social exclusion and inequality; on the other hand, unsustainable greenhouse gas emissions and biodiversity loss.

We see that microcosm and macrocosm are interdependent. Individual lifestyle and wellbeing are connected to earth ecology. Spatial planning, in particular the integrated planning of neighbourhoods and towns, plays a critical role in the chain connecting the personal to the global. Decisions about the physical development and renewal of localities – housing, workspace, transport, facilities, greenspace – can go either way, compounding the problems or creating healthy, convivial, low-carbon

CONTENTS

INTRODUCTION
1.1 Local global planning
1.2 Neighbourhoods for real
1.3 Powers, professions and processes

POLICIES AND AGENDAS
1.4 Sustainable development
1.5 Health and wellbeing
1.6 Health and place equity
1.7 Climate emergency
1.8 Ecological crisis
1.9 Spatial planning at the crossroads

THE NEIGHBOURHOOD AS HABITAT
1.10 The ecosystem approach
1.11 The Settlement Health Map
1.12 The natural human habitat

THE NEIGHBOURHOOD IN FOCUS
1.13 Defining neighbourhoods
1.14 Town, neighbourhood, homezone
1.15 Neighbourhood design principles

CASE STUDIES
1.a Three neighbourhoods in Algiers, Algeria
1.b Polimipara, Rio de Janeiro, Brazil
1.c Hammarby Sjöstad, Stockholm, Sweden
1.d Utrecht, the Netherlands

1.1

The role of this guide

This guide is designed to bridge the gap between rhetoric and action, between research and policy; between social, economic and environmental priorities.

It adopts a radical and challenging stance, offering evidence, effective policies, spatial strategies and design solutions that work towards healthy, inclusive, sustainable and net-zero carbon communities.

It recognises that neighbourhood initiatives may stem from civil society, private investors and/or the local authority, and the key is to find ways to work together.

The guide is concerned with reality, not vain hopes. It is about socially and economically feasible policies for everyday towns and urban neighbourhoods.

The design of a place enables people to start living in new ways: car-free street in Freiburg, Germany.

neighbourhoods. This book offers the insight, knowledge and skills to enable the latter to happen: local global planning.

GOALS FOR THE LOCAL HUMAN HABITAT

This guide is about enhancing the quality of neighbourhoods as places to live, work and play. It advocates an inclusive, environmentally responsible model of neighbourhoods. There are three overarching goals:

Health and quality of life for all

Following the World Health Organization (WHO) lead, we define health as a state of complete physical, mental and social wellbeing and not merely absence of disease or infirmity (WHO Charter 1946). The physical environment of neighbourhoods affects health and wellbeing both directly, through the quality of housing, facilities and public space, and indirectly, through impact on behaviour and the sense of community. A key theme is the degree to which neighbourhoods provide for all groups – young and old, rich and poor, whatever their ethnicity or abilities.

Environmental sustainability

The ecological footprint of settlements in terms of resource use and pollution is great, continues to grow in many respects, and ought to be greatly diminished. Central to this agenda are the interlinked emergencies of climate change, with the need to achieve net carbon neutrality, and the loss of habitat, species and biological diversity across the globe. Planning sustainable neighbourhoods means reworking the development conventions of the recent past. We advocate local neighbourhoods taking greater responsibility for the health of the global commons – climate, land, water, biodiversity.

Economic and civic vitality

Localities should not be mere dormitories. Their rejuvenation as healthy, thriving and sustainable neighbourhoods can only be achieved if there is both local dynamism and appropriate spatial policy context. Part of the local energy comes from the vitality of the local businesses and services, investing in people and places; part comes from political commitment, plus effective partnerships between community, voluntary, public and private sectors.

HEALTH AS THE PULSE AND HEART OF PLANNING

If there is one over-riding hope for the guide, it is to enable planners, designers, politicians and developers, who are making decisions about the urban environment, to see clearly how to put the long-term health and wellbeing of people first. In the wake of the COVID-19 pandemic there is recognition that public health is a huge motivator for political, business and public action. For the future it should be the motivation for creating and sustaining towns and cities that provide high quality of life for all.

The WHO Healthy Cities network has been promoting this idea since 1990, pointing out that good health is not primarily about illness services (such as the NHS in Britain) but about healthy environment, healthy work, equitable access to housing and services, long-term climate and ecological sustainability. Public health professionals – who take centre stage during pandemics – should now focus their minds on the continuing human need for healthy environments. This should be the starting point for urban planning and design, re-energising the alliance of planning and public health from the beginning of the twentieth century, when the dire effects of poor environments on health were all too evident. The subsequent severance of built environment professions from health, and from each other, due to the creation of legal, institutional and professional silos, can be healed.

Case study 1.d
Utrecht,
the Netherlands

CHECKLIST

World Health Organization
12 healthy urban planning principles

Do planning policies and proposals promote and encourage:

1. *healthy lifestyles*
2. *social cohesion*
3. *housing quality and access for all*
4. *employment and education opportunities*
5. *accessibility to facilities*
6. *access to healthy low-impact food*
7. *a safe and attractive public realm*
8. *social and health equity*
9. *good air quality*
10. *clean water and sanitation*
11. *conserving resources of land, soils, minerals and materials*
12. *sustainable climate and global ecology*

SOURCE: adapted from Barton and Tsourou 2000

THE IMAGE OF A GOOD NEIGHBOURHOOD

When we have run 'visioning' workshops for varied participants, the aspirations for neighbourhoods are surprisingly consistent. They do not necessarily reflect the choices that people have actually made in their lives, but rather the ideal they hold in their hearts. They want neighbourhoods that are attractive, safe, healthy and unpolluted, with high-quality local facilities, access to green spaces, and excellent connections to other areas. They would like the opportunity for convivial social activity and friendship. There is recognition that for some people – particularly the young and old, and those who are home-based throughout the day – the neighbourhood is vitally important for health and wellbeing. The first quality listed below is the first point made by most of those involved. The list has been ordered and expressed by us, with some poetic licence.

Top ten qualities of a good neighbourhood

1. A place where birdsong, rustling leaves, running water and (for some) children playing can be heard, rather than the sound of traffic or industrial processes.
2. A socially mixed and inclusive community, especially in terms of age, with varied housing opportunities which are suited to a range of incomes and types of household.
3. Diversity of use – housing, business, shopping, social, cultural, educational and health facilities, offering easy accessibility, opportunity and choice for all.
4. A pedestrian-friendly human-scaled public realm which makes walking around a pleasure, safe and convenient, where casual meetings on the street reinforce the sense of community.
5. The neighbourhood integrated into the city, inter-connected by all travel modes – offering freedom of movement by bike, public transport, car and foot;
6. Buildings and infrastructure designed for clean air, minimum energy use and net-zero carbon, including solar roofs, multiple bike and car charging points.
7. A green environment, with trees throughout the area, and plenty of greenspace with varied habitats, rich wildlife, pure streams and ponds, beautiful flowers.
8. Local working, educational and volunteering opportunities supporting all-age learning, including those with disabilities, and an engaged, caring community.
9. Multiple opportunities for play, recreation, social and civic engagement, with coffee shops, pubs and meeting rooms, and where children are able to roam free.
10. An aesthetically-attractive physical environment, including older buildings, streets and features that root the area in time and place, giving the community spatial identity.

1.2

An iconic, pedestrianised main street with mature trees helps create the atmosphere that allows the town centre to flourish: Cheltenham, England.

A classic European urban square, once full of traffic, now a place for social activity, hospitality and events.

A small town high street in New Zealand providing a vital service and social centre, but car-dependent.

1.2 NEIGHBOURHOODS FOR REAL

RECOGNISING THE DIFFICULTIES

The reality is often very different from the image above. High mobility and economic change have undermined the significance of locality in people's lives. Where once children played on the street, front doors were left unlocked and there was a close local community, people now travel out by car to dispersed activities or rely on virtual connections. As a result, local shops and facilities cease to be viable. Without local amenities there are fewer people on the street and a spiral of decline sets in. While the changes may represent choice and opportunity for some, others find their lives impoverished. Poorer households and less able households experience tough conditions in the housing market and in access to opportunities. Lifestyles have become less healthy. At the same time, we are using resources unsustainably and exacerbating the climate emergency.

Public policy: sometimes part of the problem

These trends are in part the response of the market to perceived consumer preferences, but they have often been reinforced by official policies for transport, schools, hospitals, libraries, post offices and swimming pools that demote the significance of local accessibility. The modernist images of the twentieth century still pervade much political and commercial thinking. In many countries, planning authorities in alliance with developers have been promoting single-use residential estates and business parks, at relatively low densities and poorly located so that they are inevitably car-dependent, land-hungry and polluting. The trends not only affect the quality of the environment, but also worsen problems of social exclusion, discourage exercise and restrict the potential for local economic activity. In run-down areas people can get the sense of powerlessness – unable to influence the decisions that are degrading their own environment.

Varied contexts, different problems

Experience varies in different countries, different cities, different parts of a city region. The varied geographical, economic, cultural and political contexts of localities lead to a wide variety of planning issues. Here are some varied contexts for which we hope the guide will prove relevant.

- ***Inner city older housing:*** in older towns and cities the industrial revolution led to an explosion in residential development, mostly high density terraced development, with areas of large detached villas. Despite renewal last century of the worst housing, these inner areas typically have concentrations of poverty, inadequate open space, high exposure to traffic and poor air quality. Where extensive gentrification has occurred, neighbourhoods have revived, but

sometimes at the expense of poorer households who are priced out of the market.

- ***Traditional suburbs:*** suburban expansion in the mid to late twentieth century resulted mostly in lower density housing with more greenspace around, but often lacking local facilities within easy walking distance. Social segregation, with large estates of social housing, persists to this day. Huge supermarkets, retail strips, business parks and campus-style hospitals and higher education establishments are premised on car access and extensive hinterlands, undermining neighbourhood functions.
- ***Planned new suburbs:*** urban extensions at moderate densities, ideally based around tram or train stations (transit-oriented development) but more often car-based and lacking easy access to facilities. In the twentieth century such new suburbs tended to be a class monoculture – all social housing or owner-occupied.
- ***Comprehensive renewal areas:*** extensive inner city areas that were originally sub-standard housing, industrial, quayside or railway zones have been or are being renewed, often transforming the street pattern and including high rise development. In central areas typified by 'loft living' and a monoculture of younger lifestyles. After poor design in the post-war years, some such areas have been redeveloped twice.
- ***Pioneer suburbs:*** in North America, Australasia and some more recently urbanised societies, housing has been developed at very low densities, facilitated by major road investments, giving everyone a large plot, but requiring one car or more per adult to get to dispersed locations for work, learning, shopping, playing and socialising. Issues of obesity and loneliness are common, especially among the poor.
- ***Historic towns:*** while large towns exhibit similar patterns to cities, small towns (often with historic character) can function as single large neighbourhoods, with pedestrian and cycling access to the centre. However, many such towns have lost their original economic base, and/or become commuter settlements, and the centre is undermined by peripheral car-based services.
- ***Rapidly growing cities:*** in middle- and low-income countries the hectic pace of urbanisation can sometimes lead to unplanned informal settlement for the urban poor planned alongside new car-based suburbs for the affluent. Both may be at high densities, though of completely different character. Typically such cities exhibit all the problems of cities in rich countries – congestion, air pollution, social exclusion, poor accessibility, lack of open space – but are experiencing them in double-quick time. Sometimes they also have fundamental health issues related to water supply, sewage treatment, overcrowding and poor building construction – issues often exacerbated by climate breakdown.

Case study 1.b
Polimipara, Brazil

INTERNATIONAL ADVOCACY FOR NEIGHBOURHOODS

WHO Healthy Cities Network
Neighbourhoods offer shared activities that provide a focus for social life and are especially important for the health and wellbeing of old and young people, and disadvantaged groups. Neighbourhoods should provide varied, affordable housing, excellent pedestrian accessibility to local facilities and greenspaces.
(Barton and Tsourou 2000)

United Nations: the New Urban Agenda
UN-Habitat envisages human settlements that provide for basic needs of clean water, sanitation and housing, promote civic engagement, engender a sense of belonging and ownership, prioritise safe, inclusive, accessible, green, high quality environments that are friendly for families, foster social interaction, cohesion, inclusion in peaceful and pluralistic societies, where the needs of all inhabitants are met.
(United Nations 2016)

International review of the role of cities in improving health
Some of the boldest attempts to improve population health in cities have been fuelled by the involvement and leadership of local people. City governments can harness the assets, resourcefulness and creativity of communities by creating the conditions for active citizenship and acting as a catalyst of locally led initiatives.
(Naylor and Buck 2018)

American Planning Association (APA)
The APA cites research showing that demand for traditional auto-oriented suburbs is plummeting. People value walkability, travel options and proximity to key facilities. They want to live in a diversity of neighbourhood settings, from small towns to urban centres.
(APA 2014)

UK Localism Act 2011
Introduced neighbourhood planning as a formal part of the planning system, with new rights and powers to allow local communities to shape development and improve their local environment.

Wales Future Generations Act
The Wellbeing of Future Generations Act requires public bodies in Wales to think about the long-term impact of their decisions, to work better with people, communities and each other, and to counteract persistent problems of poverty, health inequalities and climate change.

1.2

Neighbourhood Renaissance begins when people take over the street. Margaret Bond, the oldest resident in this Bristol street, only became visible once the cars were cleared out and street parties happened. Her wealth of stories became part of the oral history of the street, Bristol, England.

- ***New settlements:*** planned new towns can in theory provide an ideal healthy environment. However, they all-too-easily fail to deliver. Their location may be decided on the basis of land ownership rather than economic rationale and sustainable travel. Their size may be inadequate to support essential town facilities. Their layout may be determined more by conventional market preferences than the principles of healthy, sustainable planning and design. The opportunity for net-zero carbon development is lost.

NEIGHBOURHOOD RENAISSANCE

In many contexts it is difficult for neighbourhoods, in the sense of local place communities, to exist. Commentators in the 1960s foresaw a time when place and locality would be submerged by the 'non-place' urban realm. However, recurrent suggestions of the death of neighbourhoods are misplaced. Grass-roots activism, especially in run-down localities, can be a trigger for renewal. When community dynamism meets municipal policy re-direction, change can be profound. Cities can successfully re-invent themselves.

While almost all cities were going in the same highly-motorised direction in the 1960s, inspired by modernist dreams, cities at the forefront made a political decision at some point in the last 50 years, to give priority to pedestrians, cyclists and public transport instead of the car. Squares given over to car parking are again vibrant social spaces; residential rat-runs are now traffic-free so children can play. In parallel some cities have planned greenspace networks for health and sustainability. The positive impacts on the feel of the urban environment, levels of physical activity and air quality have been huge. In particular, neighbourhoods flourish because people are out on the street, not in vehicles.

The neighbourhoods of the future need to reflect cultural shifts, new technology and global priorities. We cannot nostalgically return to the localism of the past. Rather, neighbourhoods must be open, varied, egalitarian and connected places – providing more choice, opportunity and beauty, supporting healthy living and healthy ecology. Ironically the COVID-19 pandemic, by revealing to many people the attractions of home-working, may be a lever for neighbourhood renaissance.

A neighbourhood is not an island

Except for isolated settlements, far from the influence of major cities, neither small towns nor urban neighbourhoods are islands of potential self-sufficiency. Inhabitants are dependent on the city or town region of which they are a part. Job markets, city-wide services and many varied social networks, link between places. Cycleways, public transport services, roads and virtual networks make up the web of connectivity that enable social and economic development. The location of the neighbourhood in relation to that web is critically important. Only if the strategic planning of transport, land use, housing and economic development is correctly aligned can a place hope to be healthy.

Neighbourhoods as testbeds

Neighbourhoods can be pivotal to positive change and have a special role in the transition to sustainable settlements. They are small enough to reflect personal lifestyles, social networks and quality of life, yet they are also of sufficient size to affect the environmental impacts and economic function of towns and cities. Following the UN's New Urban Agenda, they are a vital element in a bottom-up approach to sustainable development. Individual neighbourhoods or small towns can act as testbeds for innovation and experimentation.

1.3 POWERS, PROFESSIONS AND PROCESSES

WHO SHAPES NEIGHBOURHOODS?

There is no simple answer to this question. In most situations the process of urban change and renewal is incremental and disjointed. New investment in infrastructure or buildings occurs when an investor (private, public or voluntary sector) makes the decision to act. Some of the people investing may be local, but others are far removed from the locality – commercial or institutional agencies with their own agendas. Policies and plans approved by democratically accountable bodies (including neighbourhood and parish councils) can help shape investor decisions but cannot necessarily determine them. Direct action by residents can sometimes galvanise authorities and investors to act – see 'Bottom-up creativity' and ' Harnessing activism'.

People and organisations come to any planning process with different perspectives, often quite narrow, driven by personal experience, by vested interests (e.g. property), by institutional remits, by political/environmental values and/or professional training.

Community, professional and institutional change

Given the plurality of interests involved, co-operation is vital. No one interest or profession has a monopoly of wisdom. New institutional ethics need to be adopted, reflecting the new paradigm, so that consistent overall strategies work towards healthy, net-zero carbon environments that contribute to global sustainability. This section highlights the roles of different actors, stressing the need for professional. institutional and community development. It is a call for all involved to:

- come out of your silos!
- see personal and organisational interests in the context of social and environmental priorities
- put people's health as a prime motivation for action
- take a holistic, integrated approach

No magic wand, but clarity, co-operation, integration.

It is vital to recognise that we cannot achieve local global planning of healthy neighbourhoods by simple bolt-on measures – such as wind turbines or 20mph (30kph) zones – useful as they may be.

Bottom up creativity

This can be a valuable resource in change and renewal. The somewhat run-down and neglected Stokes Croft area in Bristol has seen the emergence of vibrant community life and entrepreneurial activity. This has been supported by local initiatives including the 'People's Republic of Stokes Croft', which have helped mobilise city council action to improve the area.

Harnessing activism

The energy and enthusiasm of young people in housing need were critical to the renewal of Spangen, Rotterdam, the Netherlands. Years of dereliction and crime wer carefully turned round by a renaissance programme backed by the municipality with an innovative programme that included self-building and co-housing.

1.3

KEY TERMS DEFINED

This set of definitions is provided in order to help develop a common understanding between the many interests and professions which are involved in neighbourhood planning.

Neighbourhood
This is commonly used in the generic sense of the localities in which people live, but here we have normative definitions based on an easily walkable catchment for local facilities, or areas of shared (named) identity. Section 1.13 goes into detail.

Shaping
In the title this word is intentionally used in two senses: 'shaping' as a decision-making process; shape as in the physical form of neighbourhoods. All chapters deal with process to some degree, but chapter 2 is entirely devoted to it, and provides context for the others. Chapters 3–6 all examine aspects of physical form, linking to social, economic, ecological and aesthetic variables.

Health
While many health professionals use a biomedical definition of health (the measurable physical/physiological condition of a person), the definition here is the broader one adopted by the World Health Organization (WHO), which equates health with a state of physical, mental and social wellbeing. See section 1.5 for the way this is related to public health and the built environment. For greater depth see 'Demystifying health: Valuing Nature Programme' (Lovell, 2018).

Local/urban/population health
In this book we are concerned with local neighbourhood health. This is a subset of city-wide or local authority area health. Contrasts between wards within an urban area and between authorities can be very illuminating. Population health simply refers to overall (not individual) population health at any particular scale. See sections 1.5 and 1.6.

Global sustainability
This takes a holistic global ecological perspective, concerned with climate, air, water, soils, wildlife, genetic diversity and natural resources – and the effect of human actions upon them. 'Planetary health' is used to embrace both the health of the natural world and the health of humankind. See sections 1.4 and 1.8.

The changes needed are much more fundamental. They relate to all policy areas and all levels of decision-making. Implementation through planning and design of neighbourhoods only works when broad strategy and local interventions reinforce one another. They work when the key policy makers, the local communities themselves and the investors who implement development are all pulling together.

People, professions, firms, institutions and elected representatives need to erode conventional barriers and escape from silo thinking, building the potential for co-operation through identifying shared values, and agreeing on 'who are we working for?'

- ***Shared values:*** almost everyone accepts the central importance of planning an environment that is good for human health and wellbeing, and recognises the overarching need for climate and biodiversity action. Agreement on these can help build trust and co-operation.
- ***Who are we working for?*** Some may initially look no further than the client who is paying them, the possible profit margin or their agency role. Acceptance of a broader social and environmental responsibility is vital. We are working for the whole community and the environment on which the community depends.

Chapter 2 lays out processes and techniques that can help build collaborative communities. It identifies three possible launch pads for neighbourhood planning: the local community, the local planning authority and large private or public developers. The guide as a whole provides powerful arguments for change, backed by scientific evidence, and shows how healthy, sustainable settlements are both possible and highly desirable. Below in this section we set out briefly the plurality of forces, local and strategic, affecting neighbourhood evolution, and pointers to their specific responsibilities.

ACTORS IN NEIGHBOURHOOD FUTURES

Local neighbourhood actors, if they are to achieve real change, have to recognise that the critical decision-makers are often not local at all. In capitalist democracies the rules of the game are set by government. As we have seen in the COVID-19 crisis, governments can in the last resort make dramatic change happen. The set of policy-makers below include central and local government, and two sets of professionals that advise and can sometimes shape policy. The gap between policy and action can, however, be great. Sometimes the real decisions are being taken by the private and public firms/agencies with money to invest in the built environment. All this makes for a complex tangle of influences that local people have to try to disentangle.

National and municipal policy-makers

National and state governments
The state politicians who make policy and frame the options open to neighbourhoods, may well espouse noble social and

environmental goals – such as tackling air pollution, obesity and carbon emissions. The test is whether they convert rhetoric into action. In relation to the health and sustainability of neighbourhoods, this action needs to encompass, for example, sustainable, active transport investment, strong local authority powers and a balance of private and community property rights, enabling healthy decisions locally. For a discussion of some of the issues, see chapter 5.

Local government councillors
In most countries, decisions about significant change within any neighbourhood will be made by councillors at municipal, city or county scale. This could include decisions about local transport, employment, housing, services and green infrastructure which profoundly influence the quality and healthiness of the urban environment. The ability to make good decisions will be affected by the powers that local authorities have, and the resources available. Local politicians need to be working for the health and wellbeing of the whole population, recognising global climate and ecological priorities. In order to do this, they need a clear understanding of the spatial dynamics of settlements in relation to healthy household behaviour.

Built environment agencies and professionals
Planners, urbanists, designers, civil engineers and surveyors have a huge responsibility to advise politicians and developers on how to plan places that are good for health and sustainability, conversely on how to avoid counter-productive decisions, even when they superficially seem the easiest and most economically productive. It is vital that these professions' initial education and mid-career training emphasise deep and up-to-date understanding of the health/environment interplay. No politician wants to make decisions that are declared to be unhealthy. This clutch of professions, working together, hold the levers and skills to make visions into reality. Organisationally and individually they could be proactive, taking on a place-based leadership role.

Public health agencies and professionals
The public health agencies at national and city levels have until recently largely ignored spatial planning as a key health determinant. But they could act as powerful forces demanding healthy city policies and development decisions. Public health agencies should be devoted to influencing the decision-makers in the city council, in the major private enterprises, economic development and transport authorities, so that the large investment decisions and wide-area plans support healthy, convivial lifestyles, good air quality and net-zero carbon strategies. This then provides the positive platform for neighbourhood activists, planners and designers to achieve healthy neighbourhoods. Public health professionals can reinforce this by contributing their specialist knowledge.

5.2 Land governance

5.17 Working together

***KEY TERMS DEFINED** (Continued)*

Net carbon-neutral strategy
The Intergovernmental Panel on Climate Change (IPCC) recommends that by 2050 the world must reach the point where any residual carbon emissions are balanced by carbon absorption. See section 1.7.

Spatial planning
This is the generic term we use to embrace the planning of all human elements of the physical environment, including housing, transport, economic activity, facilities, open space, utilities, landscape, human settlements from farmsteads to conurbations. It is based on an understanding of the needs and behaviours of people, markets and institutions. Alternative terms (town, urban, territorial planning) have broadly similar meanings.

Urban design
This is the design and management of the built environment, especially in terms of the three-dimensional relationship of buildings, spaces and networks and their relation to behaviour, aesthetic perception and development processes. Urban design overlaps with spatial planning. See illustrations throughout the guide and especially chapter 6.

The planning system
While spatial planning is a ubiquitous and integrated activity, planning systems – the legal powers given to central and local government to control land use – vary widely between nations, even between states or countries within one nation (e.g. in Germany, the UK and the USA). They can be prone to manipulation and abuse. Property rights between private, public and community interests are key. See section 5.2.

Healthy planning
A clear distinction must be drawn between planning health facilities (e.g. hospitals, health centres) and planning a healthy built environment. The former is discussed in section 3.12. The latter is the rest of the guide! Public health, environmental health and planning professions all originated in the modern era from concern for unhealthy 19th-century urban environments, and are now re-building connections.