



Joint Local Access Forum (JLAF)

for Bath & North East Somerset, Bristol City and South Gloucestershire

Note for the JLAF on:

Walking, Running, Health and Development – from Chris Bloor, JLAF Member. November 2010.

At the meeting on Friday [5th November 2010], I was asked to share the research on links between planning, exercise and health that I had been given by a running colleague of mine, who wrote:

This is something I know very little about but I am a good researcher so have managed to hunt out some interesting stuff! Most research on urban planning and health has been conducted in the USA (and there is a lot of literature out there), I've tried to find some things directly relevant to the UK. I'm happy to do some more digging if this doesn't quite hit the mark:

But this one looks spot on!

Sport England: Active Design.

http://www.sportengland.org/facilities_planning/planning_tools_and_guidance/active_design.aspx

"Sport England believes that being active should be an intrinsic part of everyone's life pattern. The master planning of major new housing and mixed use development schemes has a vital role in providing easy access to a choice of opportunities for sport and physical activity, making new communities more active and healthy. Active Design is aimed at urban designers, master planners and the architects of our new communities."

The web page includes links to Active Design Criteria and an Active Design Matrix which provides questions for planners to help them think about integrating opportunities for physical activity.

Ooooh something about Bristol!

"The role of infrastructure and town planning in health improvement". This article describes activities going on in Bristol including the 'Active Bristol Strategy'. There are some contact details which may be useful: <http://www.idea.gov.uk/idk/core/page.do?pagelid=10660318>

The following links provide evidence and guidelines about the need for space for physical activity and the importance for health:

"Environmental supportiveness for physical activity in English schoolchildren: a study using Global Positioning Systems" Jones et al (2009): <http://www.ijbnpa.org/content/6/1/42>

Conclusion: We found that children make considerable use of informal environments such as urban streets and rural grasslands as locations in which to undertake bouts of moderate to vigorous physical activity. Our findings thus illustrate the importance of the area around the home for children's physical activity. Although children often engage in informal play, and do not necessarily always make conscious decisions to be active, it is vital that safe and supportive environments are available within communities to facilitate this and help them develop good physical activity habitats. It is therefore important to develop appropriately designed and implemented policies that provide the types of environment that will promote informal physical activity in children.

Sustainable Development: the key to tackling health inequalities: published by the Sustainable Development Commission. http://www.sd-commission.org.uk/publications/downloads/health_inequalities.pdf

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The JLAF is a statutory body established by the three councils shown below, to provide advice as to the improvement of public access to land in the area of Bath & North East Somerset, Bristol City and South Gloucestershire for the purposes of open-air recreation and enjoyment of the area. Its views do not necessarily represent those of the three councils.

**Bath & North East
Somerset Council**



**South Gloucestershire
Council**

Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings: published by The National Institute for Health & Clinical Excellence. <http://www.nice.org.uk/nicemedia/live/11773/42883/42883.pdf>

And finally....

The BBC article about active design in New York is at <http://www.bbc.co.uk/news/health-11381101> and the NYC Active Design Guidelines: http://www.nyc.gov/html/ddc/html/design/active_design.shtml

I found this research very useful in responding to the consultation on Bristol's Ideas for Development Management Policies consultation at three meetings I attended last month.

Up to date ammunition has also been produced by Marmot especially the policy recommendations. See www.marmotreview.org especially page 139 of the Full Report.

Professor Lamine Mahdjoubi of UWE has also done some useful research in Southmead, but he is concerned with children's play rather than adult walking etc.

I hope this is helpful.
Regards, Chris Bloor.