

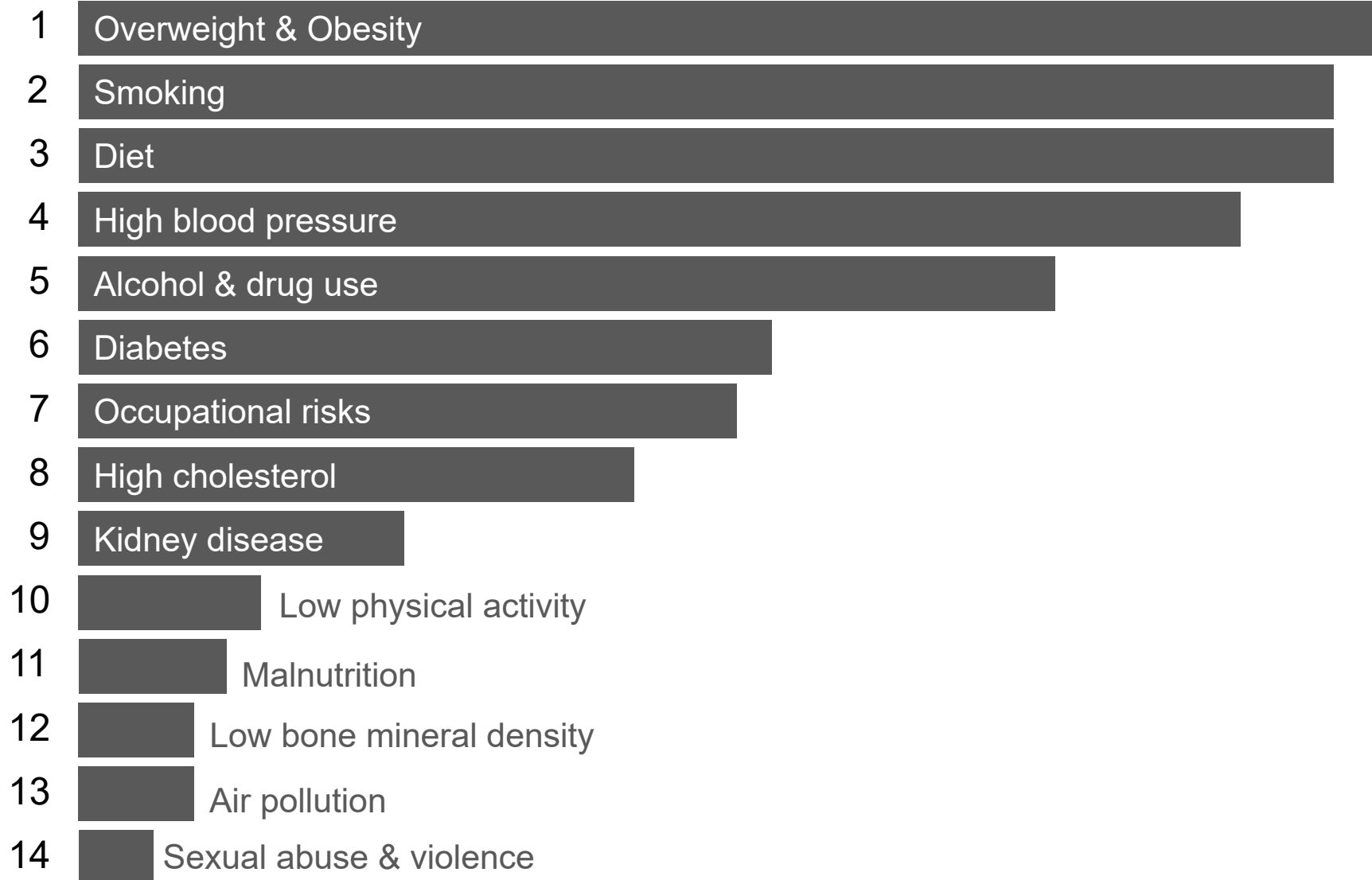


# Do we have to do it this way? Healthy Streets takes a fresh look

Lucy Saunders FFPH



# Top causes of illness and early death among New Zealanders



# The big 5 health impacts of urban transport



The health impacts of the transport system in urban areas relate to how we manage motorised road transport



Physical activity

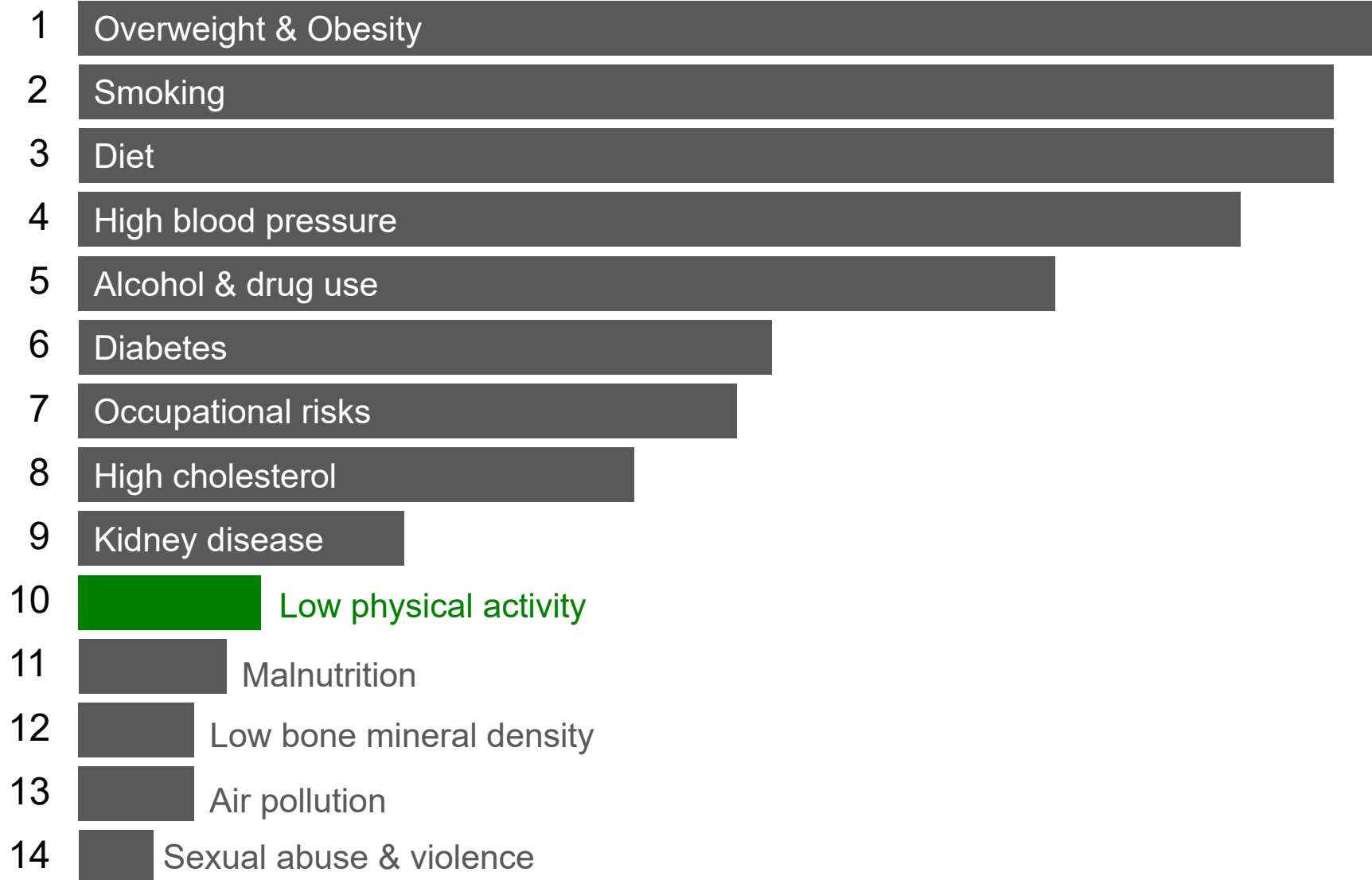
Injuries

Air quality

Noise

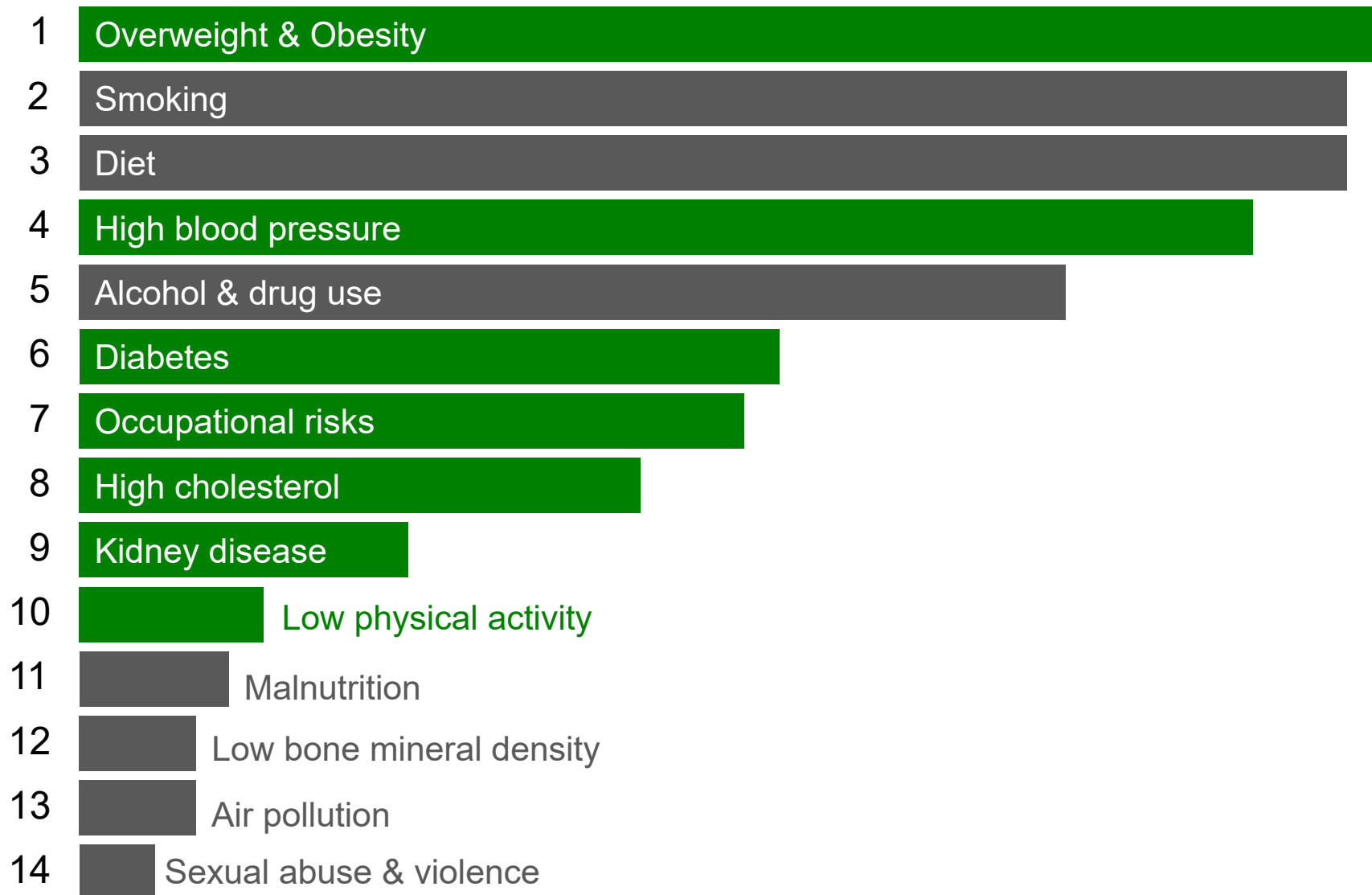
Severance

# Top causes of illness and early death among New Zealanders

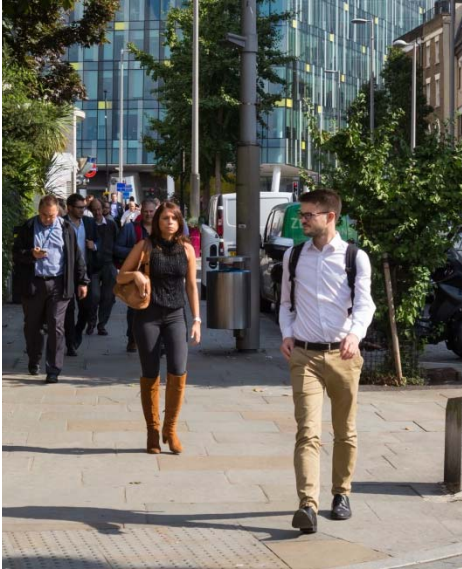




# Top causes of illness and early death among New Zealanders



# How much activity is recommended to stay healthy?



## Adults

🕒 **150** mins a week

- Active daily
- Moderate intensity

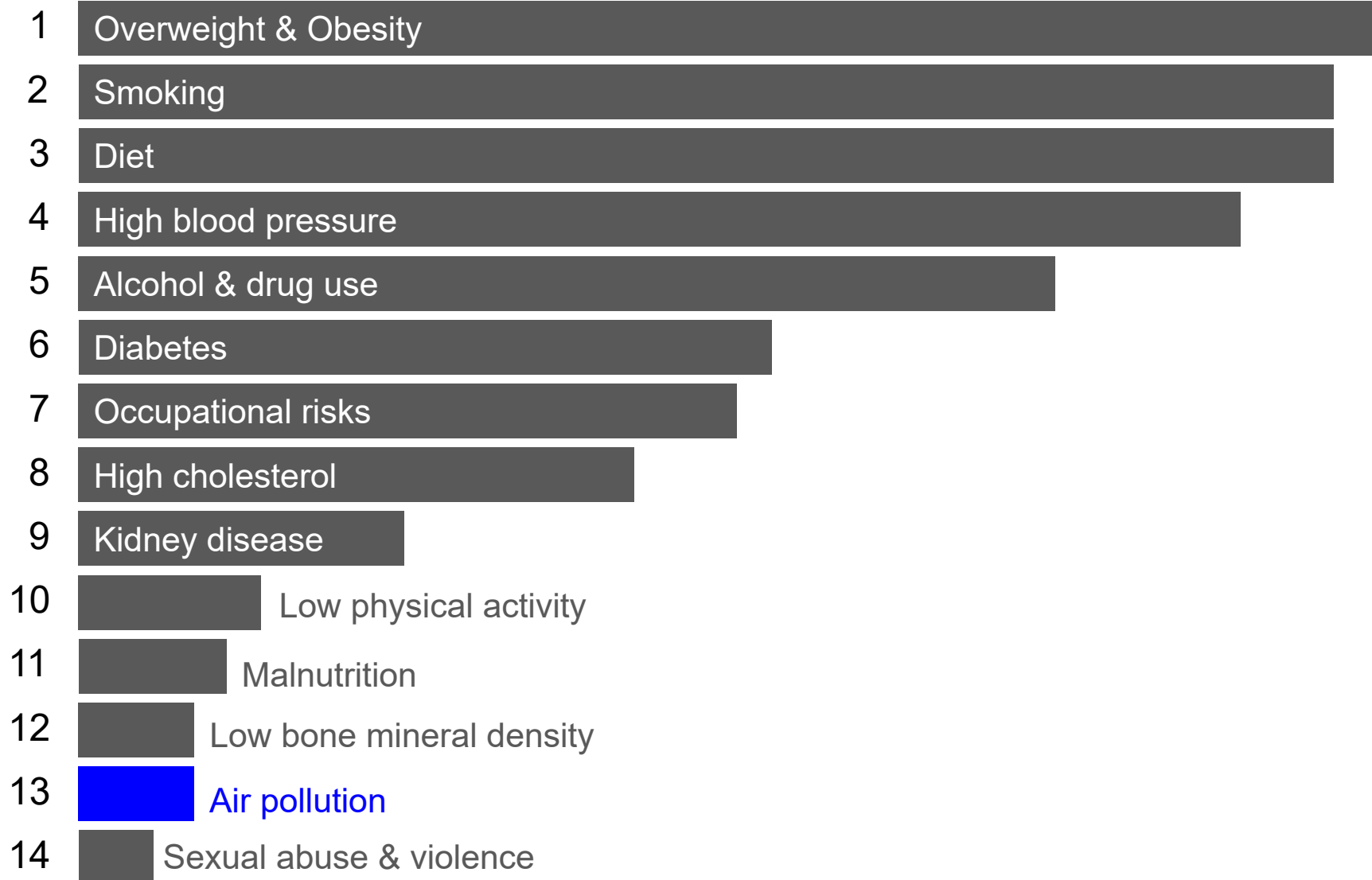


## Children

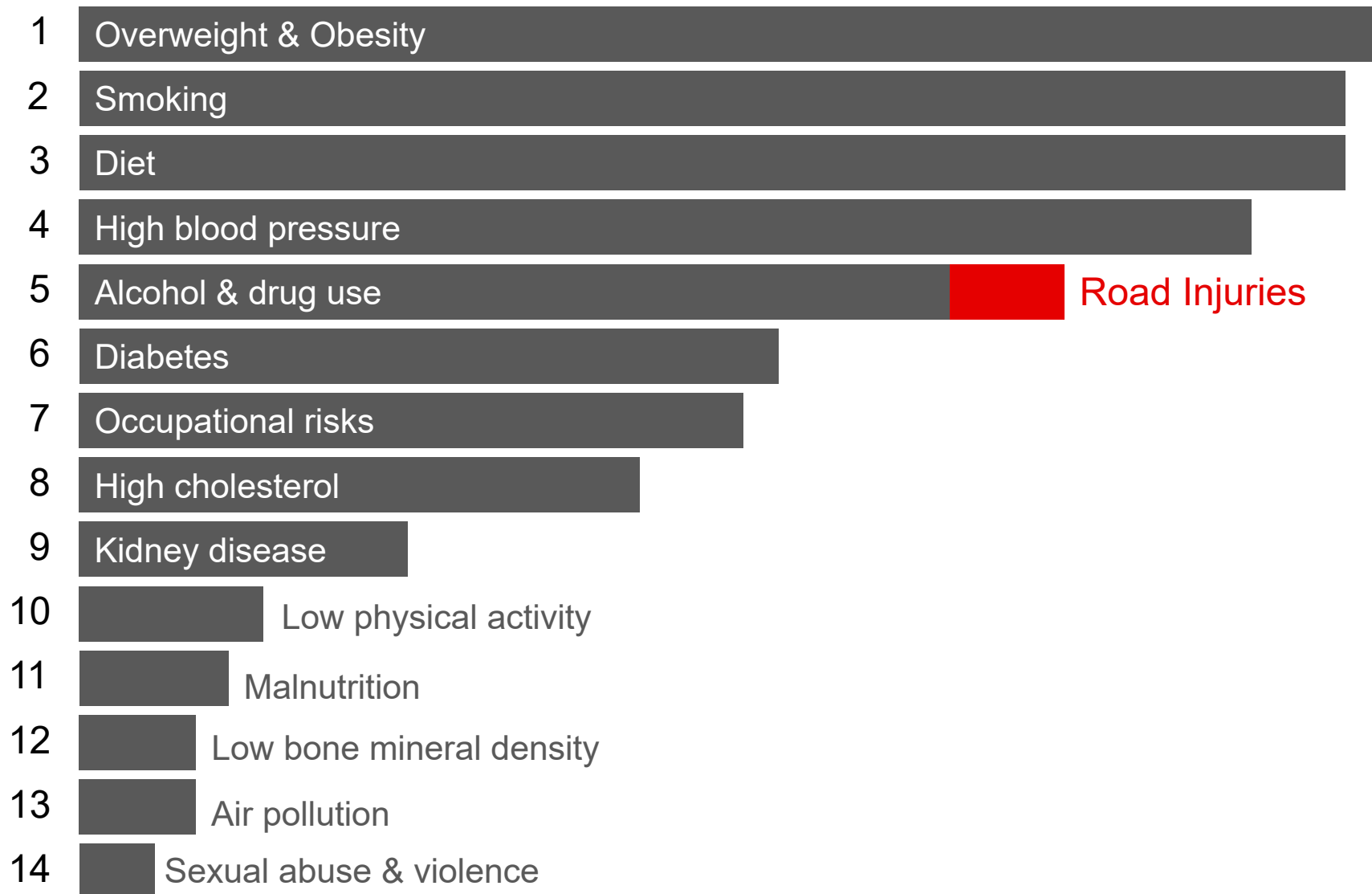
🕒 **60** mins a day

- Moderate intensity
- Plus some activities to build muscles and bone strength

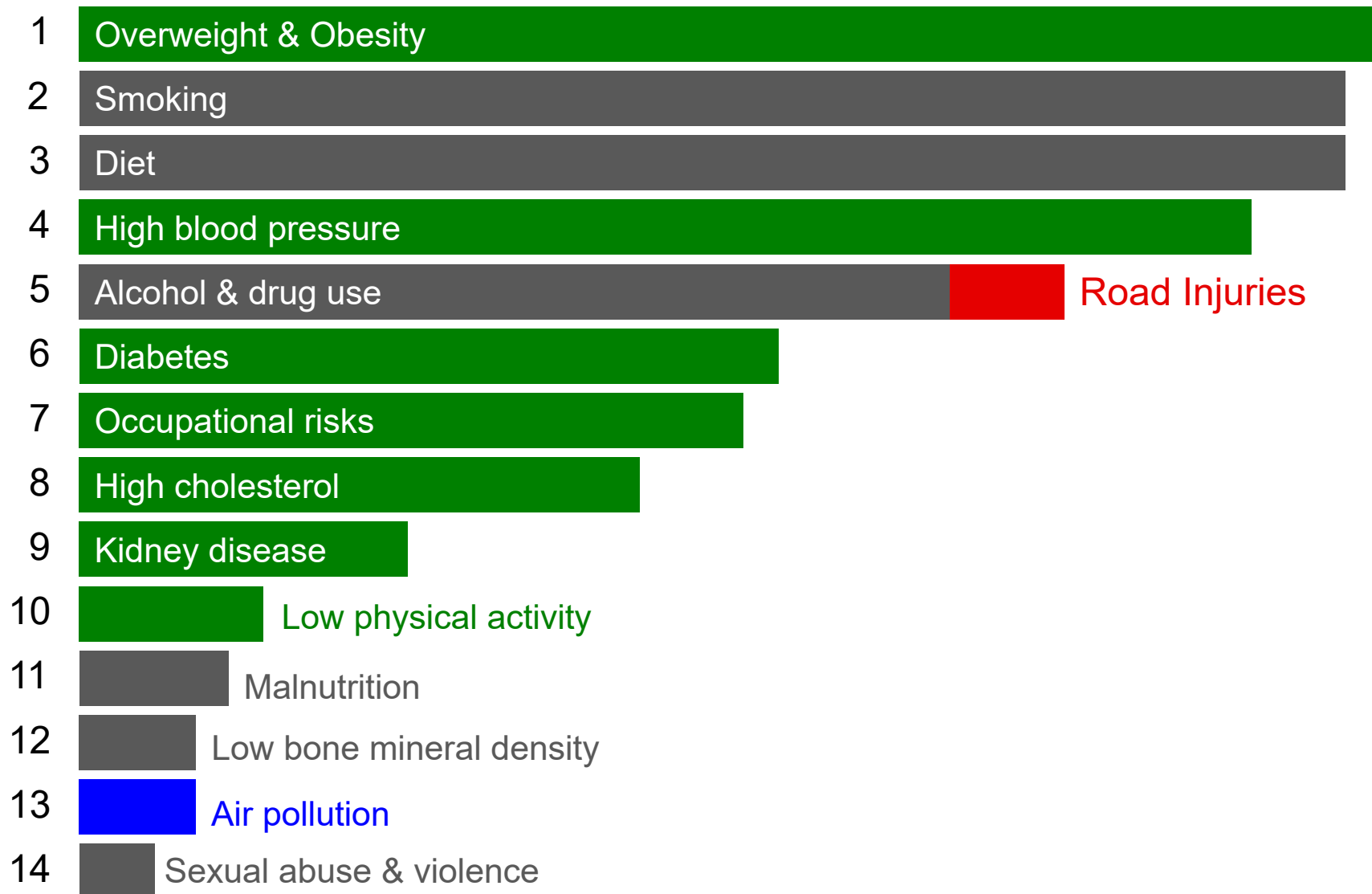
# Top causes of illness and early death among New Zealanders



# Top causes of illness and early death among New Zealanders



# Top causes of illness and early death among New Zealanders







## Making every day life easier

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New daily tablet provides instant benefits, improving your ability to...

- Get to sleep quickly and sleep deeply
- Manage and organise daily tasks
- Get more stuff done, more easily
- Stay focused and perform well
- Remember things
- Feel like you have a good quality of life



# Making every day life easier

---



It also helps you to...

- Not feel tired and weary
- Not feel depressed
- Not feel anxious
- Not feel overwhelmed
- Not be snappy and rude to others





*“If physical activity was a drug it would be classed as a wonder drug”*

Public Health England, 2016



Is this making everyday life easier?







Or is it this?





Is our environment  
meeting our basic needs?



# 10 Healthy Streets Indicators



Source: Lucy Saunders

# Easy to cross

---



Easy  
to cross



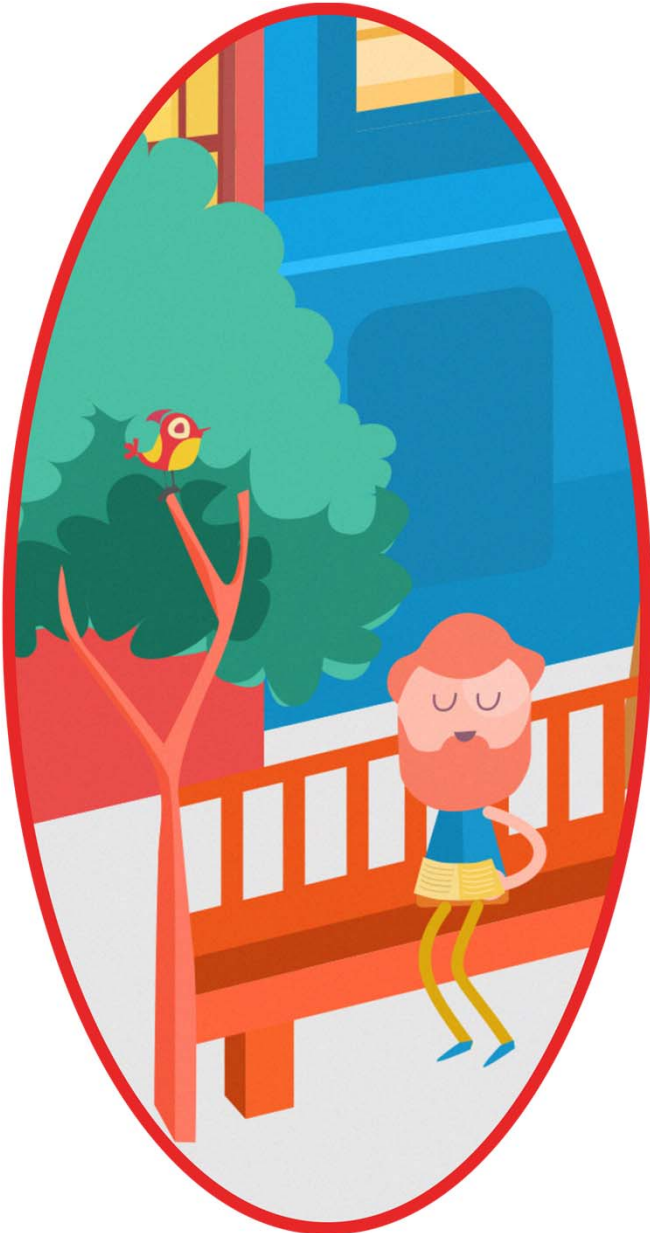
Easy to cross



Valencia, Spain



# Shade and shelter



Shade and shelter



# Shade and shelter



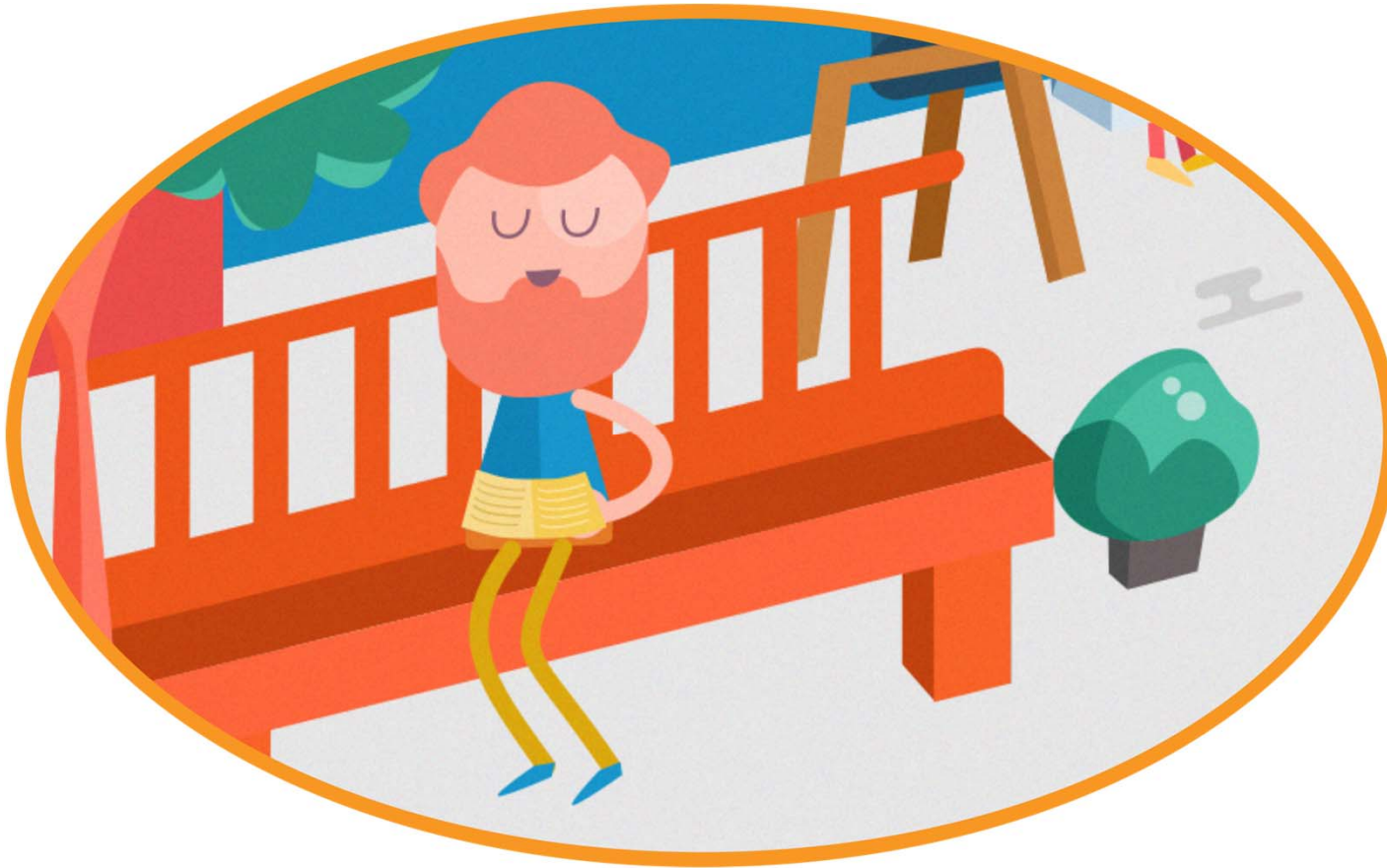
Chicago, USA





# Places to stop and rest

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Places  
to stop  
and rest



# Places to stop and rest



Vancouver, Canada



# Not too noisy



Not too  
noisy

Not too noisy

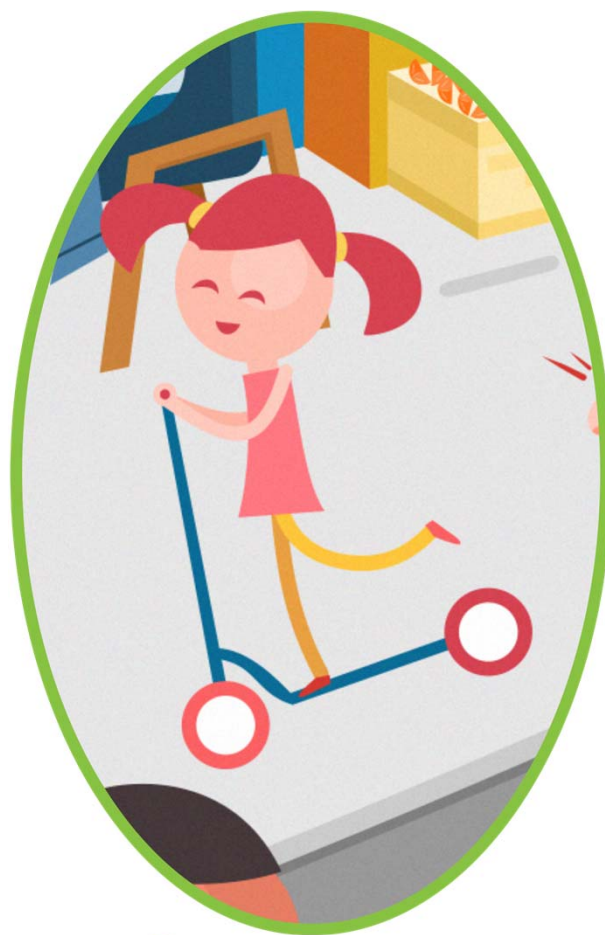


New York, USA



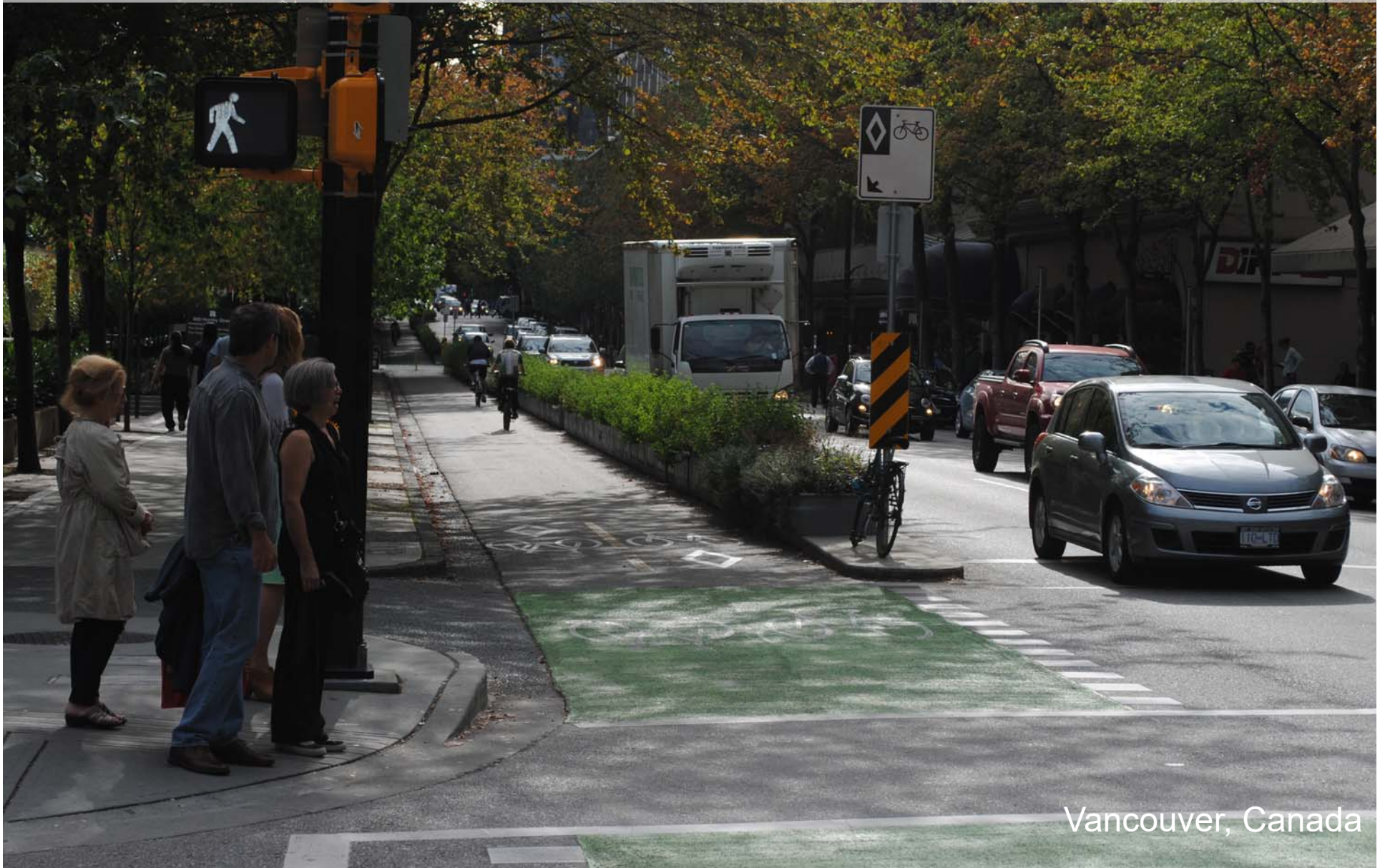
# People choose to walk and cycle

---



People  
choose to  
walk and cycle

# People choose to walk and cycle



Vancouver, Canada





People feel safe

---



People  
feel safe

# People feel safe

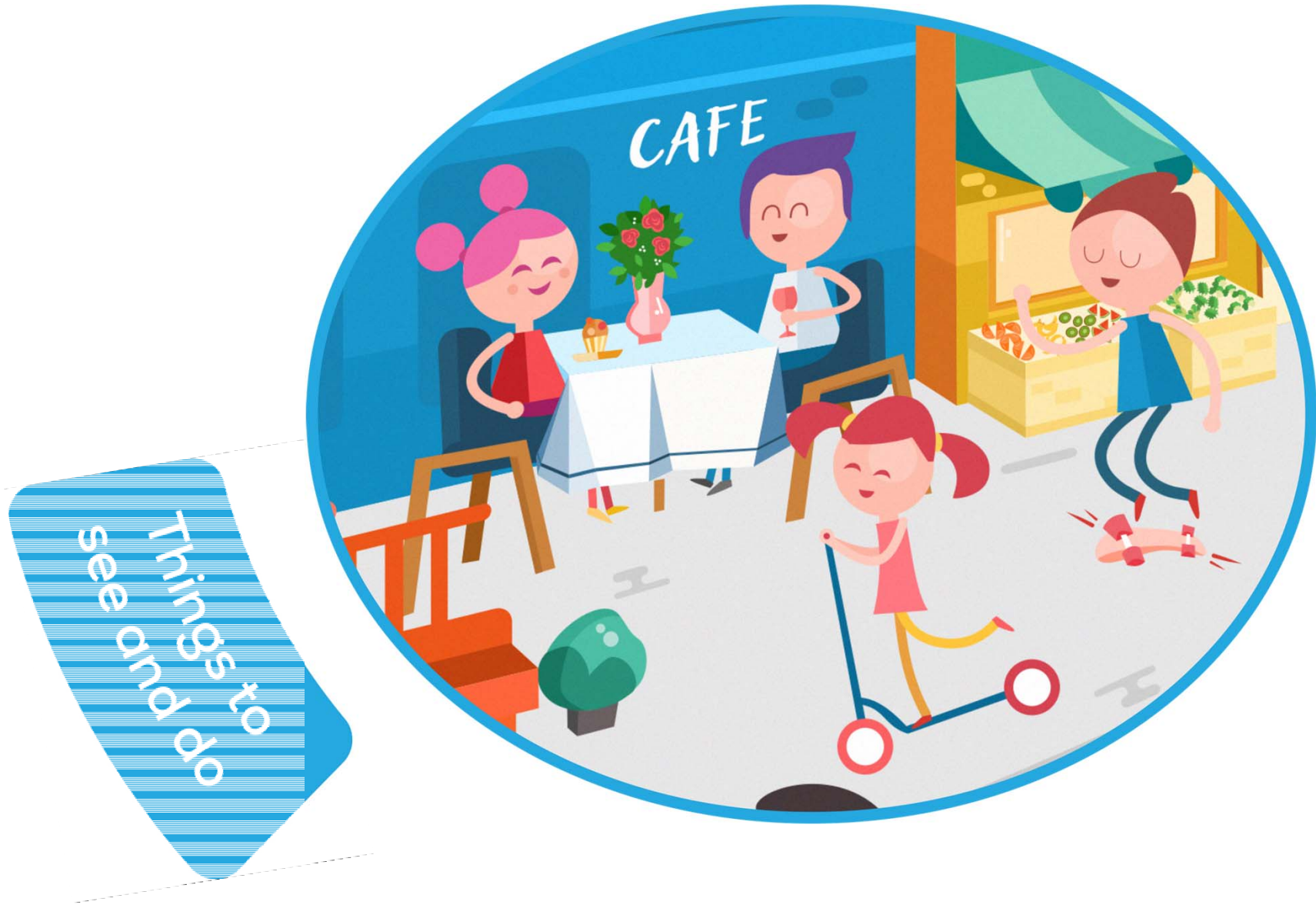


Vienna, Austria

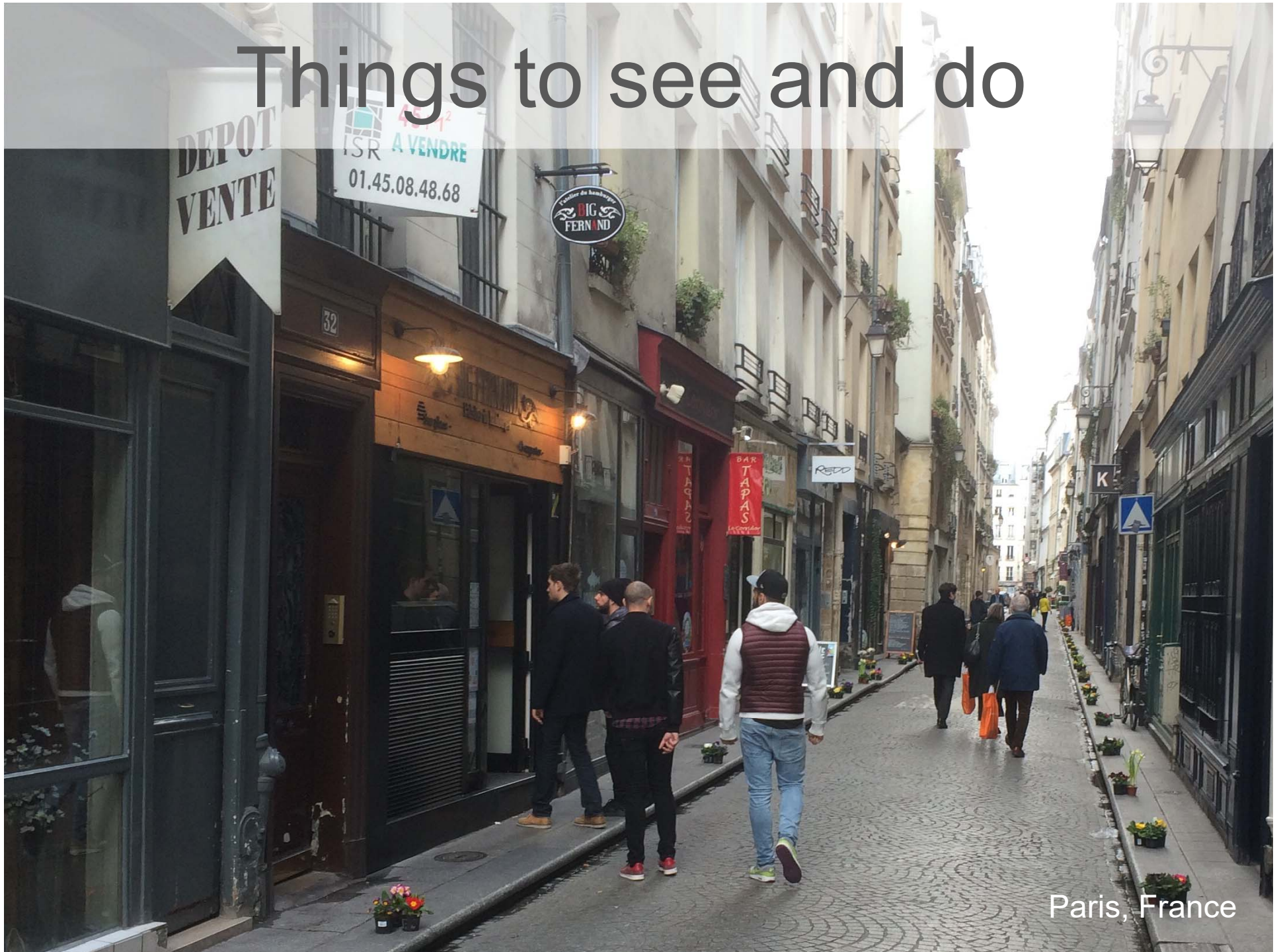




# Things to see and do



# Things to see and do



Paris, France





People feel relaxed

People feel relaxed





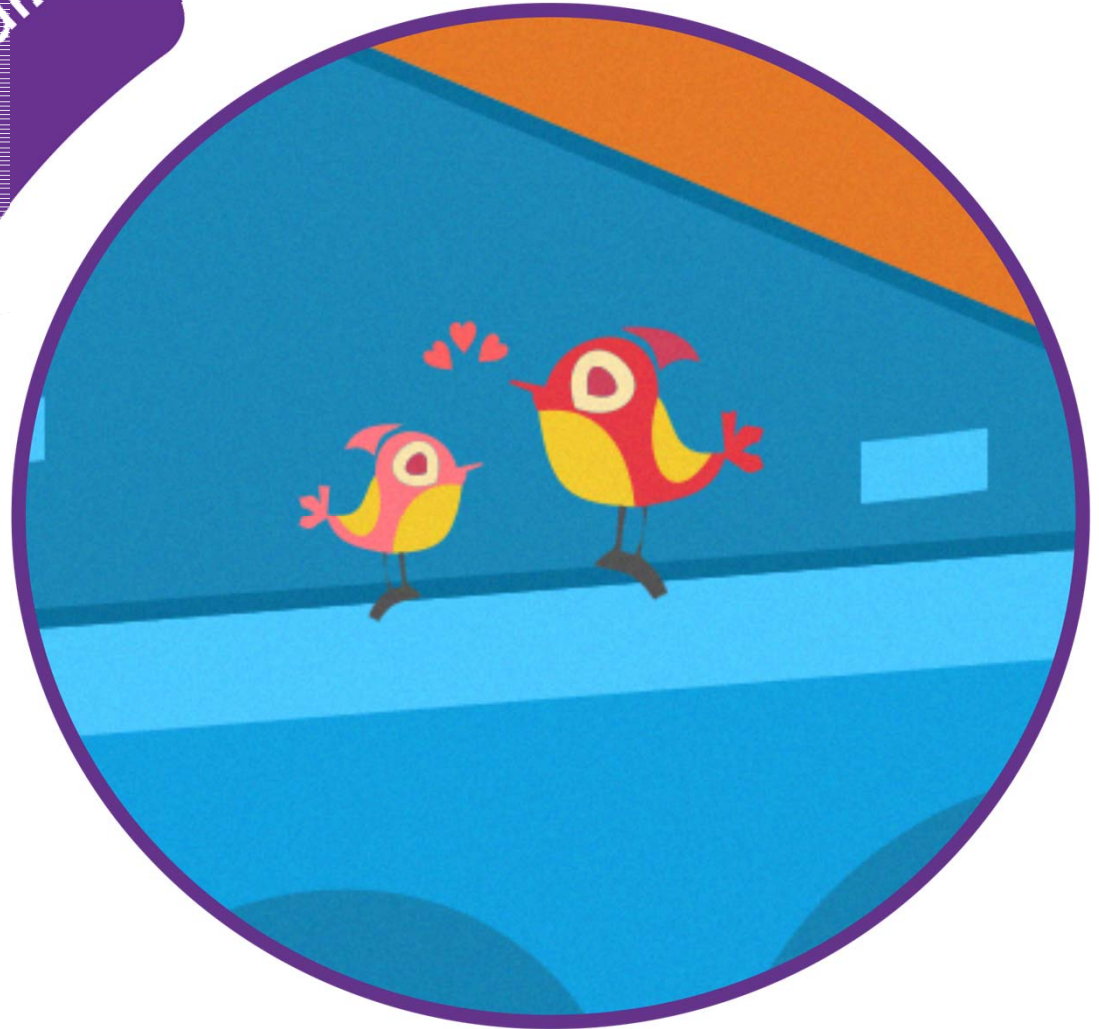
# People feel relaxed



London, UK



# Clean Air





# Clean air



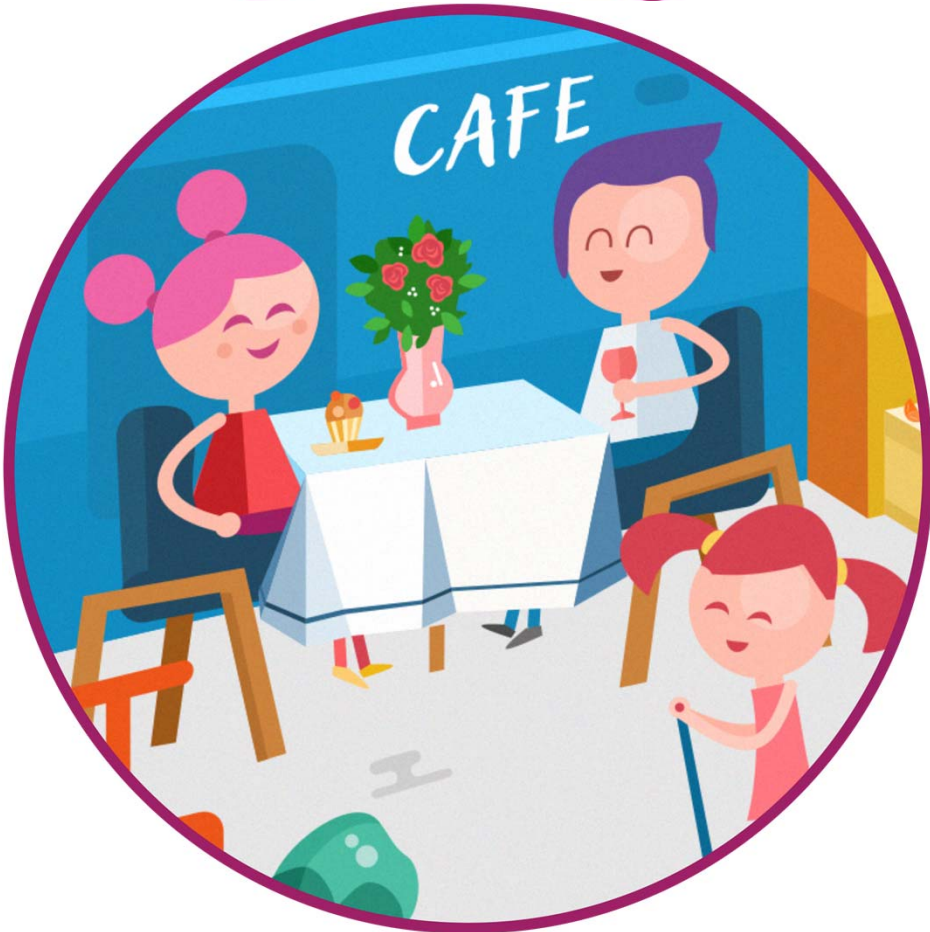
Seoul, South Korea





Everyone feels welcome

Everyone  
feels  
welcome

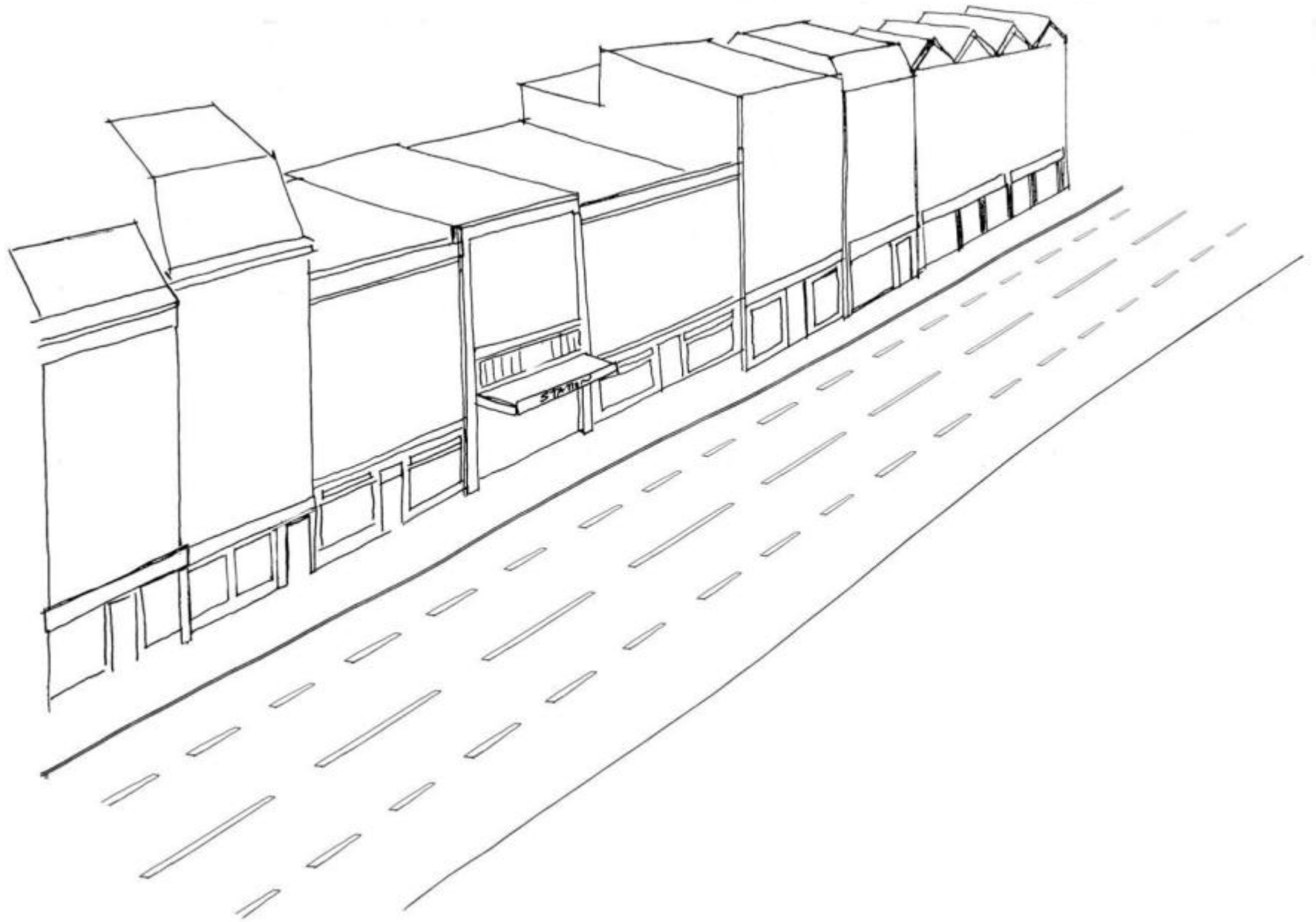


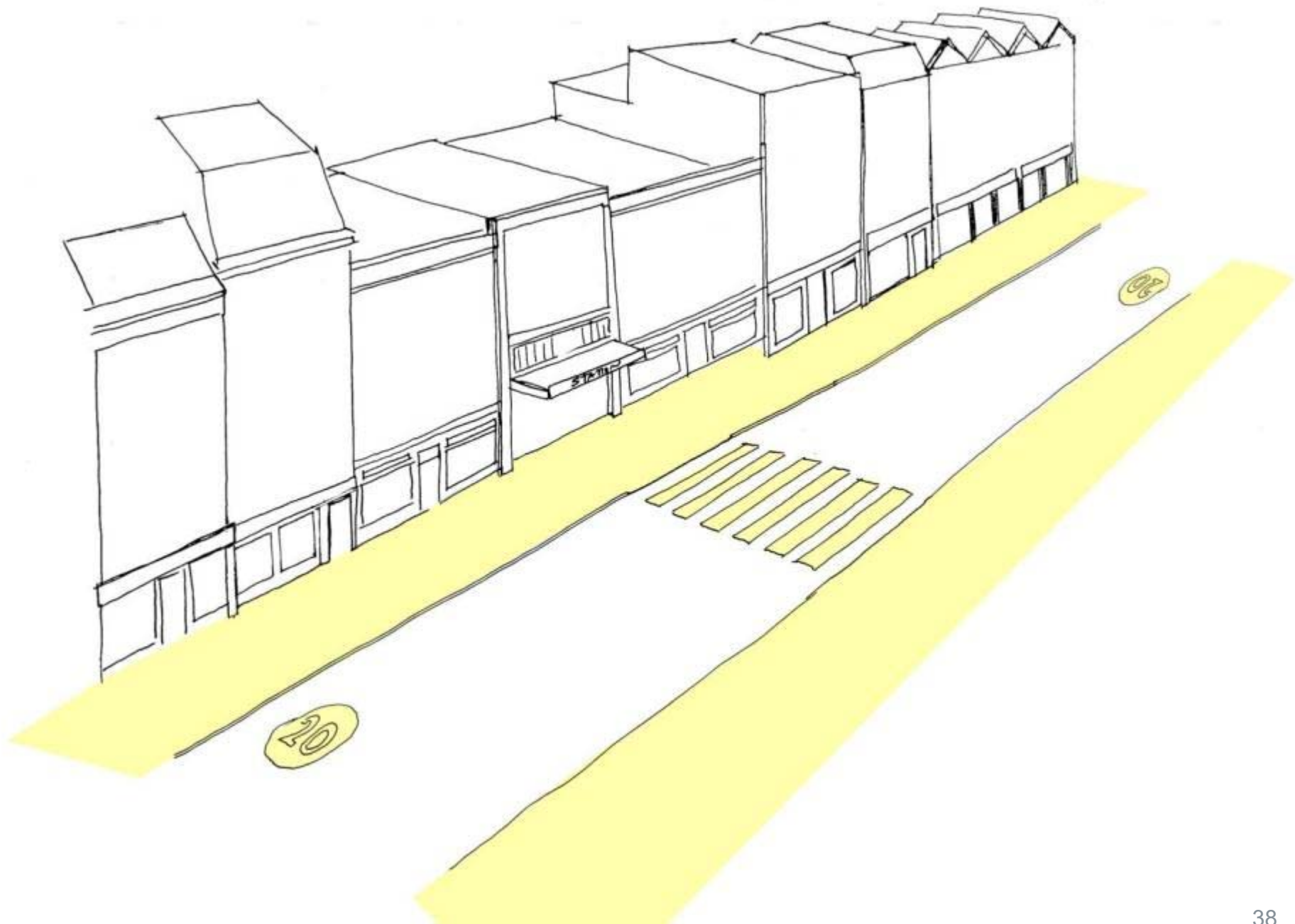
# Everyone feels welcome



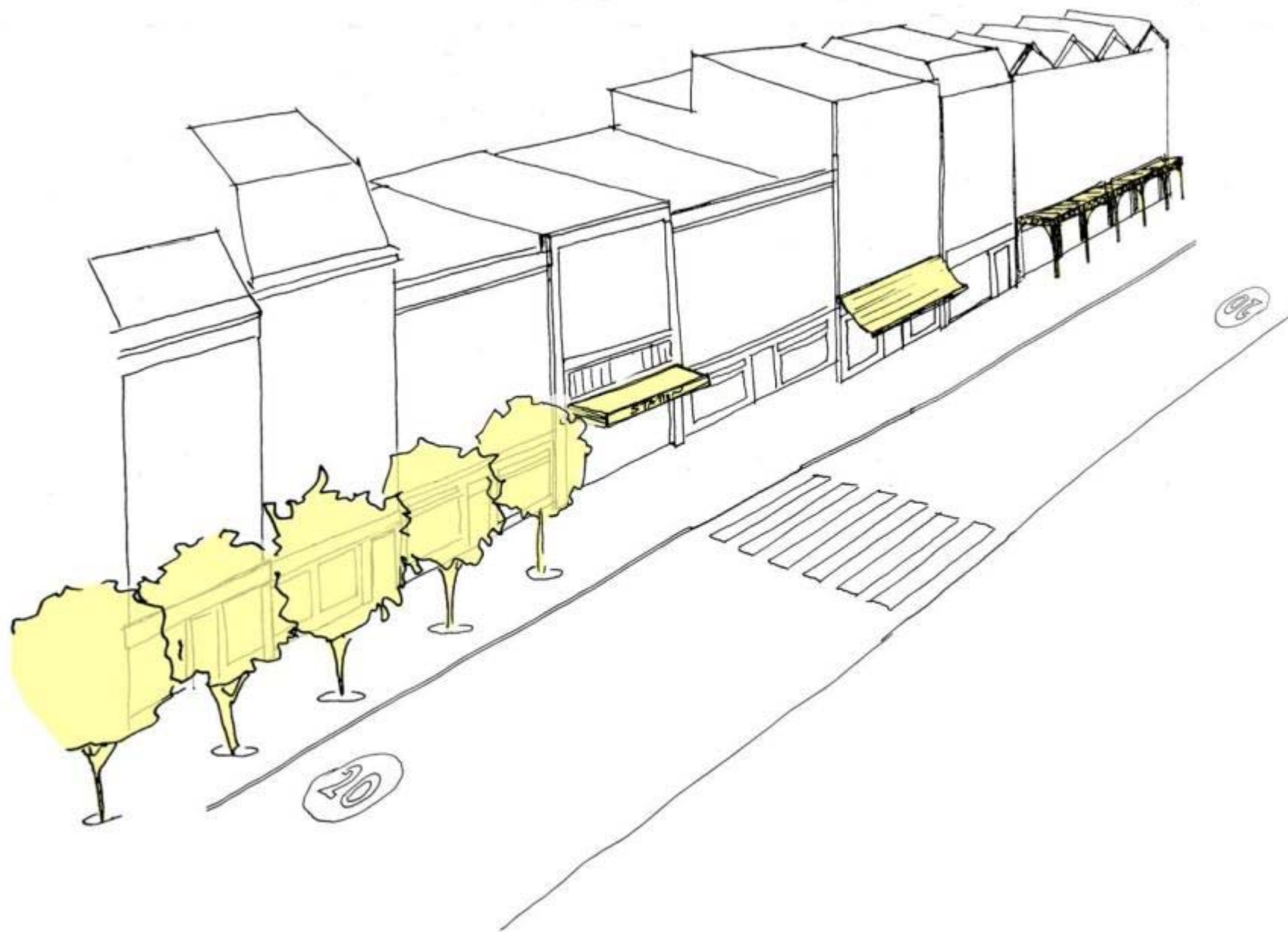
Freiburg, Germany

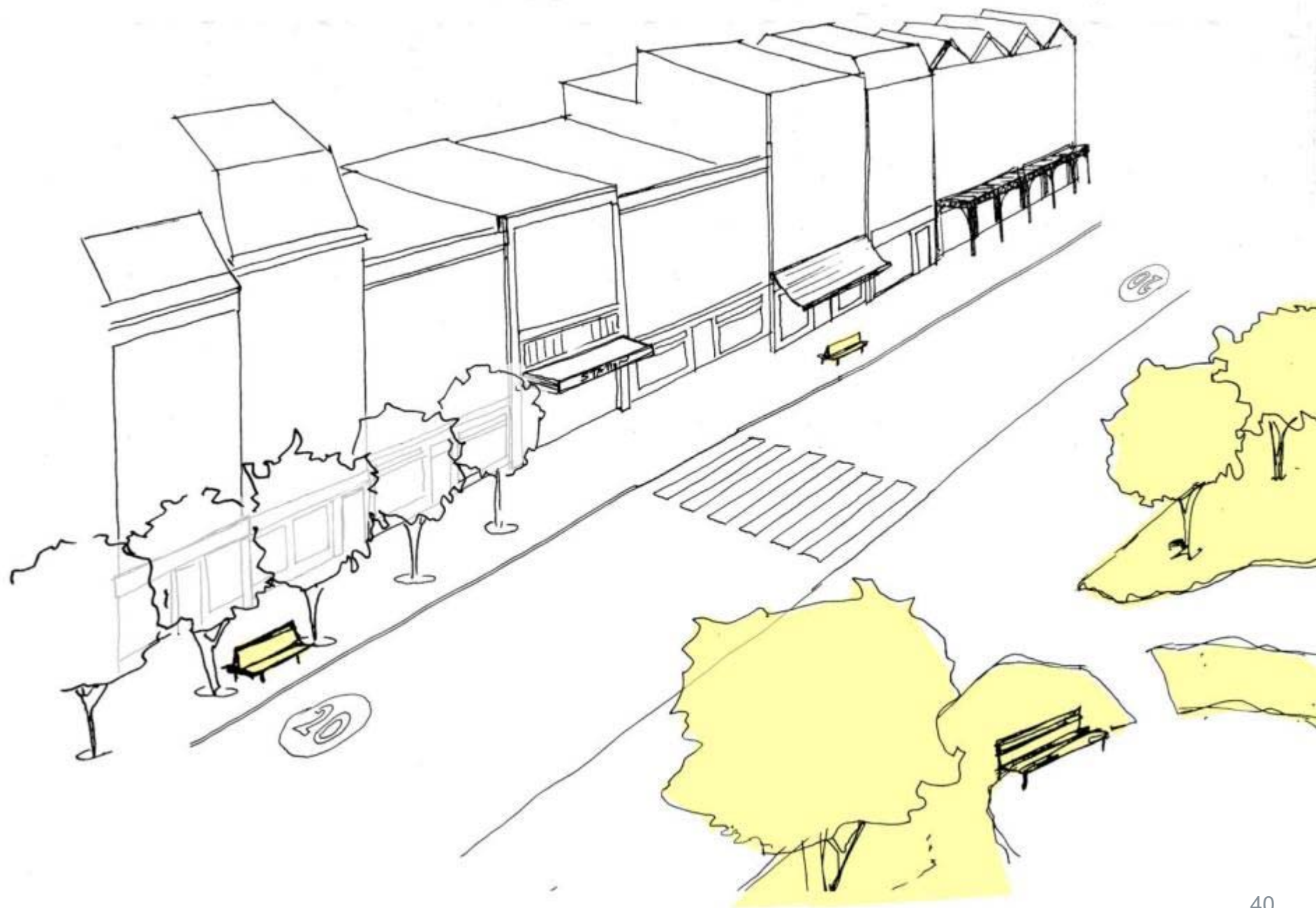










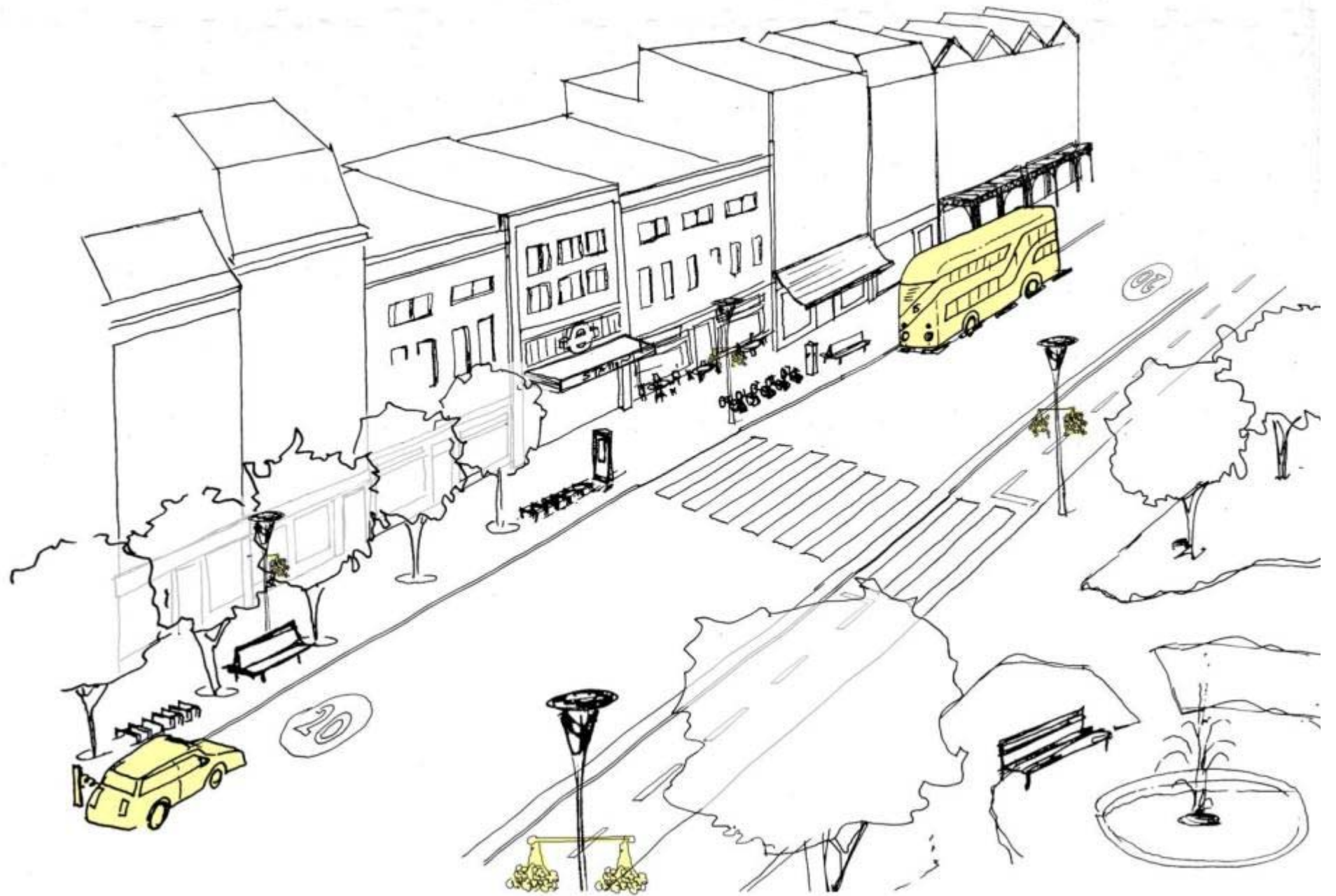


















Francis Road, London, UK





Francis Road, London, UK





# Healthy Streets is about giving streets back to people



Francis Road, London, UK

# To deliver Healthy Streets we need to...



Take action at 3 levels





# 1. Street level



# 1. Street level





# 1. Street level



Network  
level

## 2. Network level

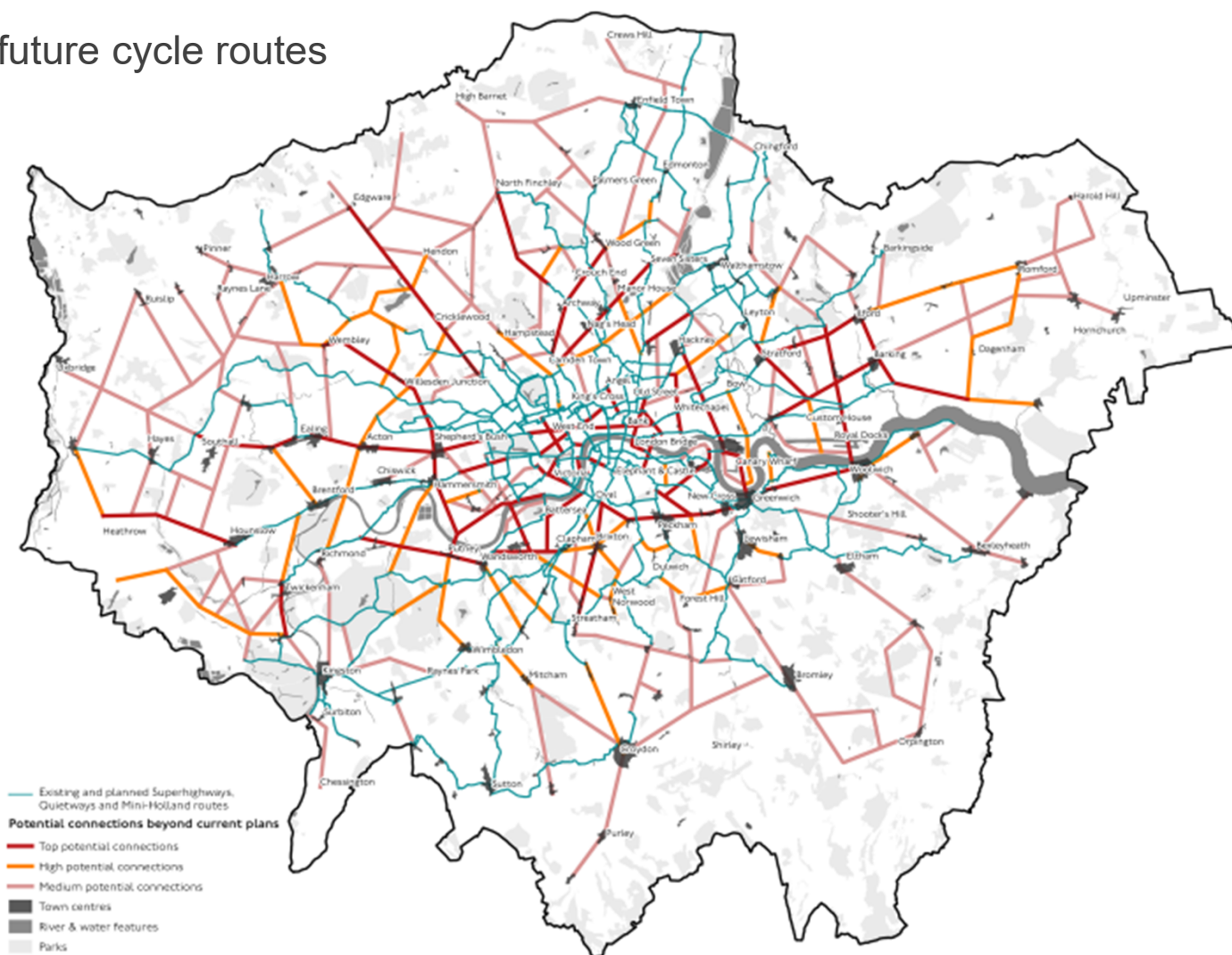
Current trips that could easily be cycled





## 2. Network level

### Priority future cycle routes



## 2. Network level

Current trips that could easily be cycled

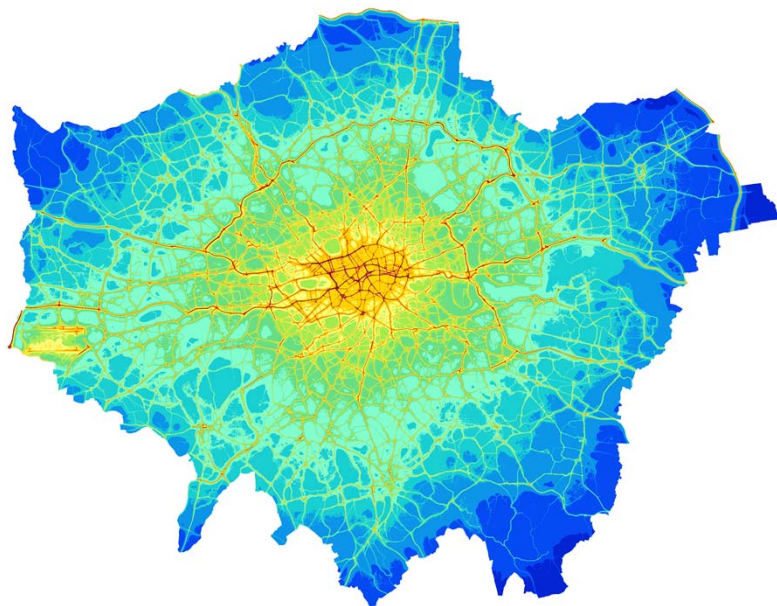


Priority future cycle routes



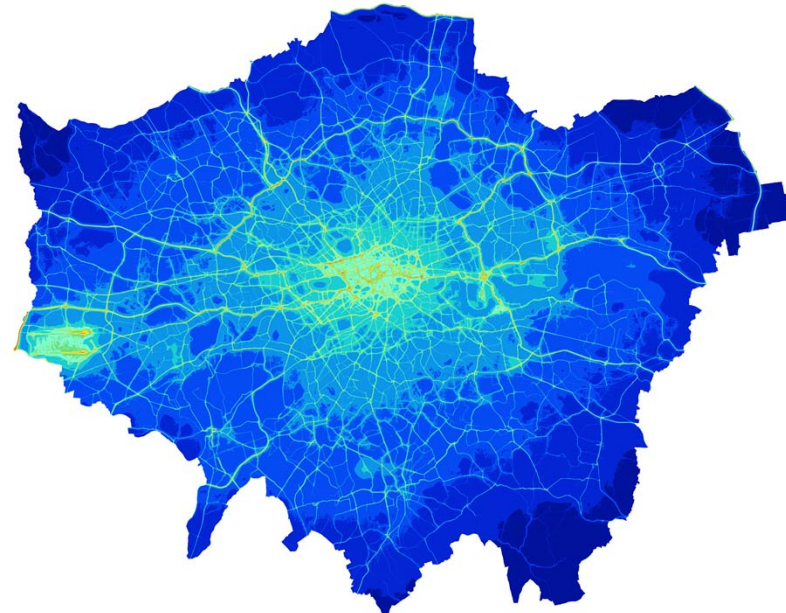


## 2. Network level



N02 concentrations 2013

Limited restrictions on heavy vehicles



N02 concentrations 2021

Wider restrictions on polluting vehicles

### Legend

NO<sub>2</sub> (µg/m<sup>3</sup>)

< 16

16 - 19

19 - 22

22 - 25

25 - 28

28 - 31

31 - 34

34 - 37

37 - 40

40 - 43

43 - 55

55 - 58

58 - 73

73 - 76

76 - 97

> 97

← Limit

Spatial  
Planning

### 3. Spatial Planning





### 3. Spatial Planning



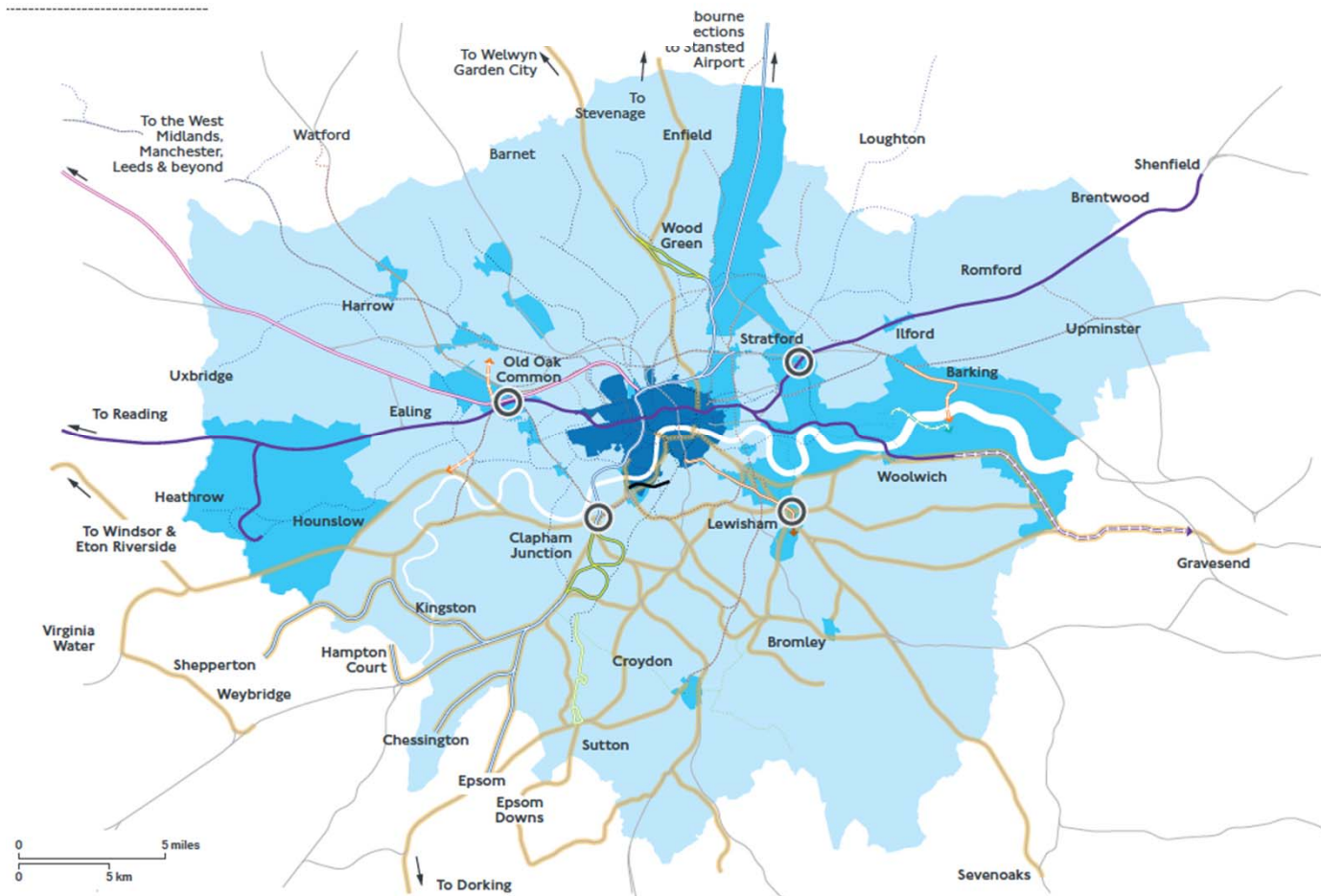
### 3. Spatial Planning





### 3. Spatial Planning

#### 'Growth Areas' and train connectivity in London





Healthy Streets is being embedded in all strategies

# MAYOR OF LONDON

Spatial Plan



Transport Strategy

Environment Strategy



Health Inequalities Strategy

Housing Plan



Policing and Crime Plan



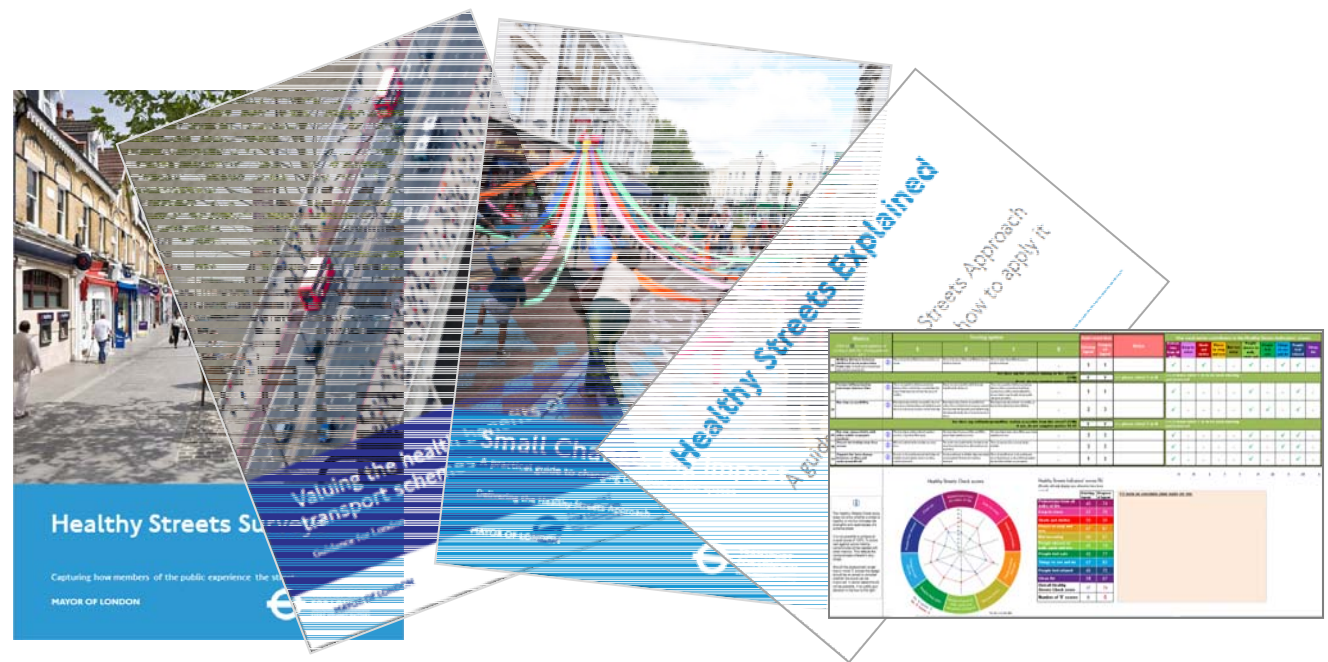
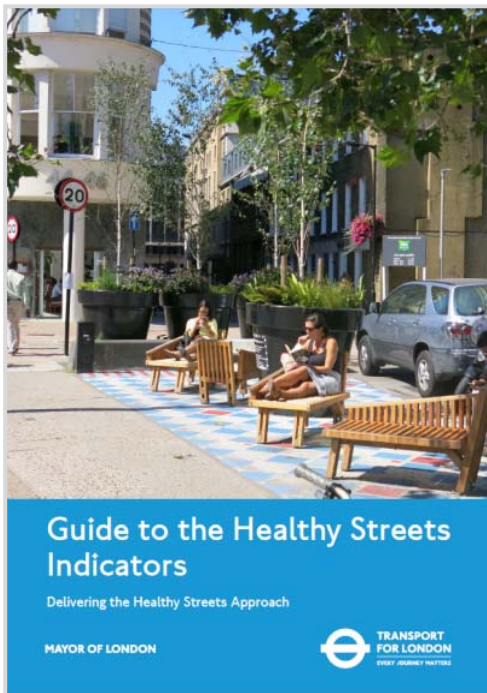
# The big challenges for urban areas



How we manage  
motorised road transport  
helps to tackle our big  
urban challenges



# Healthy Streets Toolkit



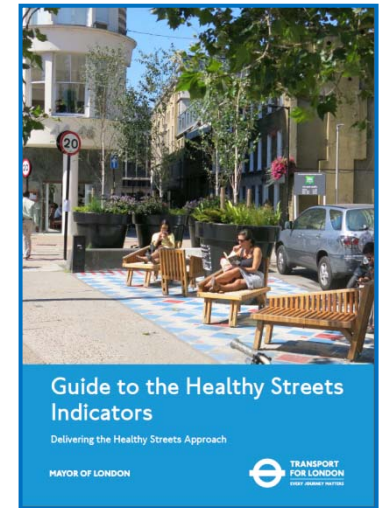




# Guide to the Healthy Streets Indicators

## Qualitative assessment tool

- Summarises the essential aspects of the 10 Healthy Streets Indicators using questions as prompts
- Use to qualitatively assess the Healthy Streets Indicators
- Photos and examples



Side road entry treatment



Smooth asphalt reduces noise



Local shop provides seats for the public

# Small Change, Big Impact



Practical guide for implementing light touch and temporary projects

- Tips on how to overcome hurdles
- Technical guidance on delivery
- Includes case studies to inspire you



Play Streets



Roaming Parklet



Trial of new layout to reduce speeding





# Healthy Streets Surveys

## Capturing how people experience the street

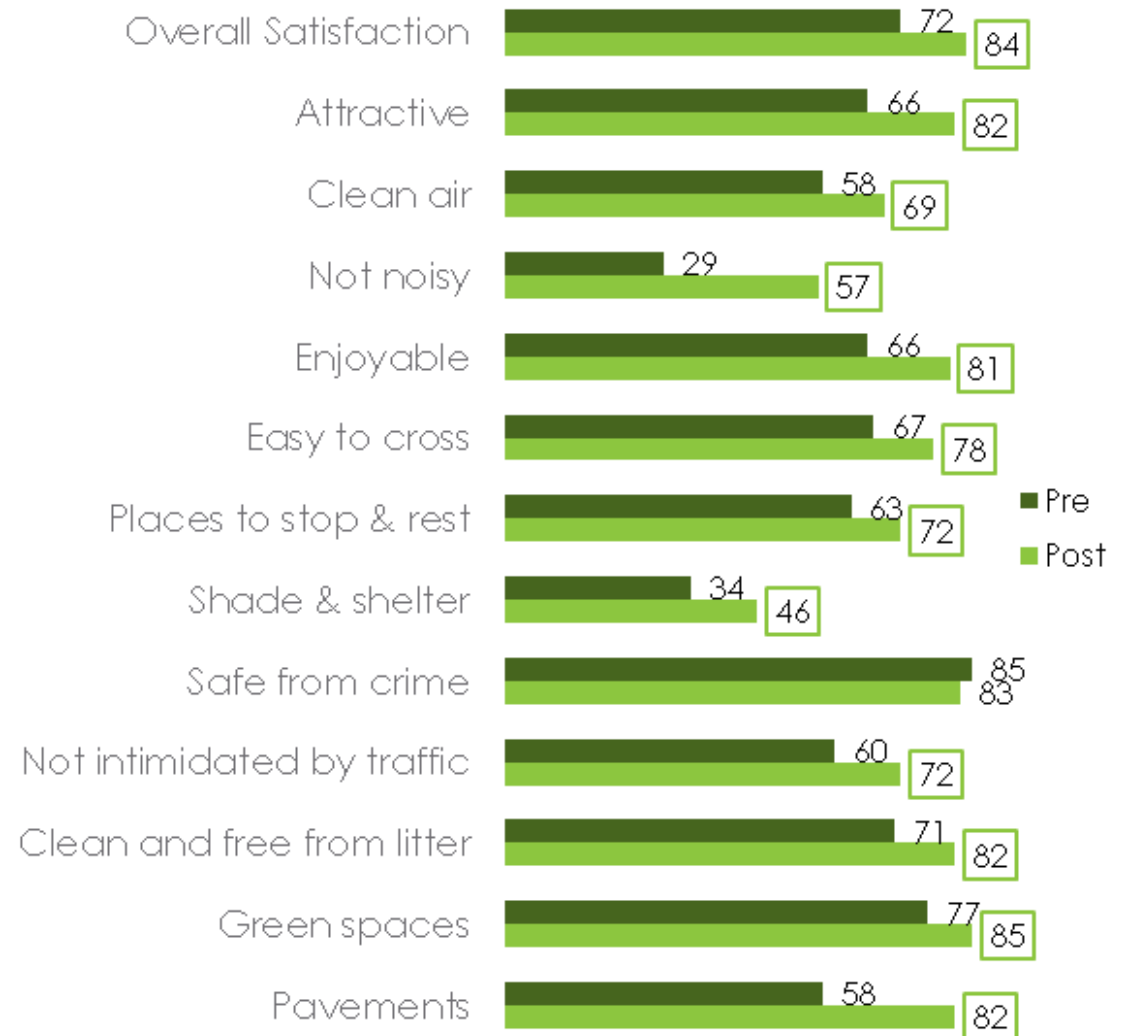
- 100 respondents randomly selected on each street
- 5-10 minute interviews
- Respondents rate each Indicator out of 10





# Healthy Streets Survey Example

People on the street rate improvements across all Healthy Streets Indicators



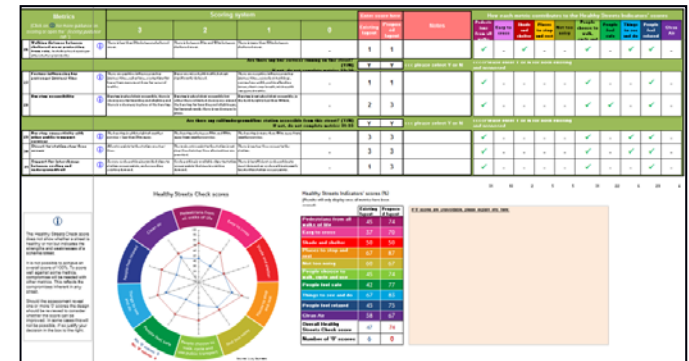


# Healthy Streets Check for Designers



## Quantitative assessment of street design

- Spread sheet tool measures designs against 31 metrics
- Proposals can be reviewed and changed before they are built
- Communicates strengths and weaknesses clearly



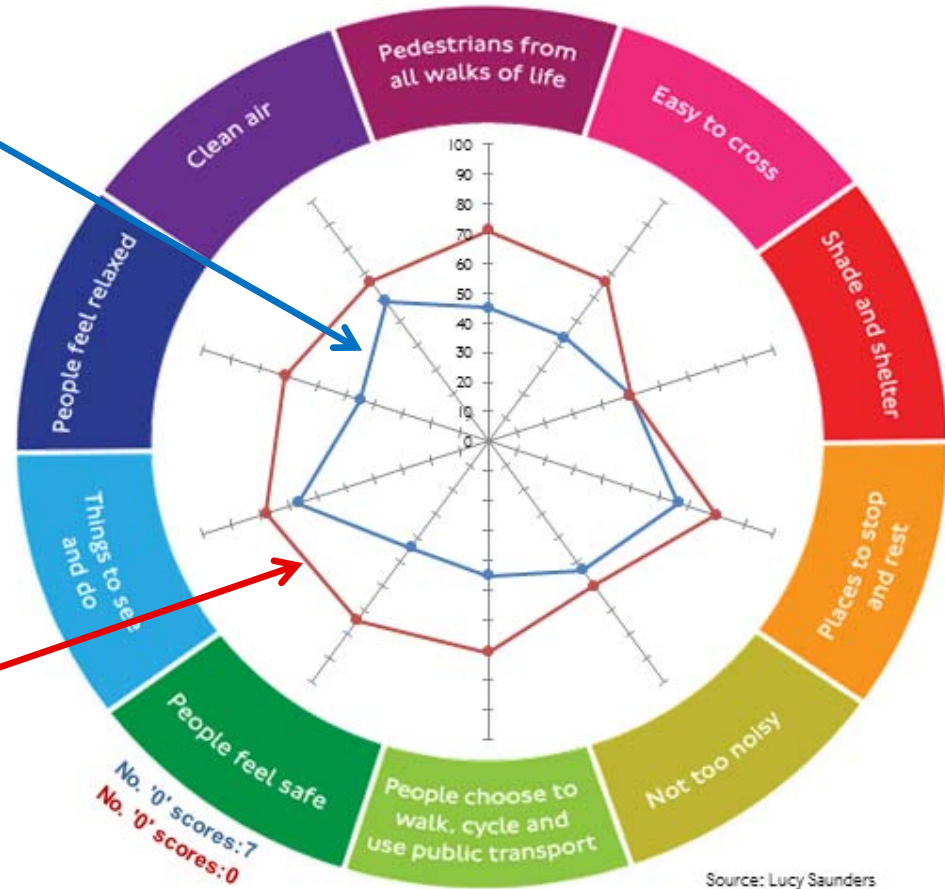
# Healthy Streets Check for Designers Example



Before



After

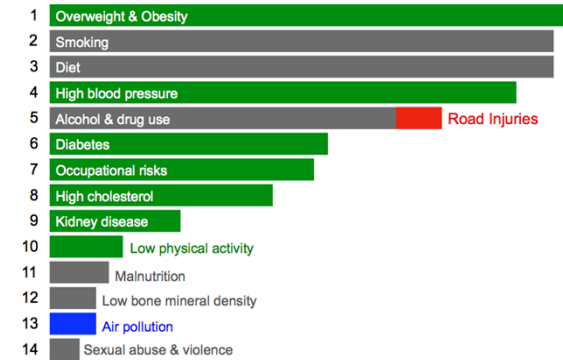






Where are we now?

# 1. The need



# 2. The framework



Source: Lucy Saunders

# 3. The tools



# Where next?



Source: Lucy Saunders





Healthy<sup>TM</sup>  
Streets

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@le\_saunders