Healthy places

Health for all

How place can impact health:[1]
- Affordable, quality, secure tenure **homes**
- Access to **nature and open space**
- Healthy **food** choices
- Low air, noise, and light **pollution**
- Good to get around by **walking, wheeling, cycling** and **public transport**

Age friendly neighbourhoods[2]:
- Varied **housing** options – range of tenure, size, type. Different ages live close by
- **Everyday moving** – shade, places to rest
- **Mixed use neighbourhoods** – local facilities, cultural venues, safe in all seasons

Outdoor play is vital for **child** development[3]:
- **Formal play spaces** – e.g. playgrounds
- **Informal play spaces** – all other spaces, where children and play must co-exist with other users of the space
- **Playful neighbourhoods**, safe and inclusive for all children and young people

Natural environment

Time in the natural environment has many mental and physical health benefits[4]:
- **Reduce stress**, fatigue, anxiety, depression
- Help **boost immune systems**
- Encourage **physical activity**
- Help **combat loneliness** and bind communities together

Natural features in Bolton[5]:
- **Sites of Special Scientific Interest** e.g. West Pennine Moors; Nob End
- **Woodland** priority habitat; woodland improvement areas; ancient woodland

Urban nature in Bolton[5]:
- Country parks, **parks**, private **gardens**
- **Rivers**, brooks, canal, reservoirs, lodges
- Street **trees** and decorative planting;
- Highway areas e.g. **verges**, rain gardens

Urban nature can be designed and managed to **maximise** its value for **biodiversity**[6]

Work

Being in **good work** is better for your health than being out of work. Our **jobs and workplaces** can have a **big impact** on our health and wellbeing.[7]

Shorter commutes (distance and time) are associated with **lower stress**[8]

Higher housing costs are linked with **lower economic productivity**, likely because:[9]
- People live further from places with many jobs, so it's harder to match people to jobs
- More spend on housing, less money for education/ training and innovation

People commuting by **active modes** were **happiest** with their commutes[8]

Business startup and **science/ research** had the biggest impact on job, turnover and productivity **growth** of other new commercial sites. Impacts were mainly seen **up to 2km** from the site [11]

Heritage & culture

Engaging in arts, culture and heritage is associated with **improvements in health and wellbeing** – the more engagement, the stronger the link[11]

59% nationally visit **historic towns**/ cities each year – the most visited heritage
43% visit **historic parks/ gardens**[12]

Bolton has:[13]
356 listed **buildings**
4 scheduled **monuments**
5 historic **parks/ gardens**

66% of adults in England agree that 'Historic buildings are a source of **pride** in the **local area** where I live'[12]

80% of people said local heritage makes their area a **better place to live**[12]

Healthy places

Public spaces[14]

Public spaces encourage **social interaction**, and **promote health, well-being**, social and civic **inclusion**

Public spaces are used for a **range of activities** e.g. socialising, informal doorstep play, resting and movement

There are a **variety of types** of public spaces: from parks, squares, greens, pocket parks, and streets

A public space can **feel safe by design**:
- Buildings around the edges
- Windows, doors and balconies **facing onto the space**
- Reasons for **people to go into the space** - for an activity, destination or because it is on a natural line of travel
- Extra **security** measures are part of **positive design features**

Commercial determinants
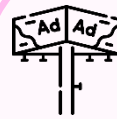
The ways in business **activities designed to generate profits affect people's health**. These can act in positive or negative ways[15]

Compared with the least deprived areas, the **most deprived** areas of England have[16]:

25x more **pawnbrokers**

over **3x** more **betting shops**

Supermarket numbers **dropped 22%** in the most deprived areas of England 2014-2024; no change in the least deprived[16]

There are **twice** as many **vape shops** in the North of England than the South[16]

Bolton has **0.17 supermarkets** per 1000 population; England has 0.21[17]

Bolton has **1.49 takeaways** per 1000 population, England has 1.04[17]

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