



As good as its people...

We take a look at how the environment shapes our health and how we can become the architects of our own communities.

What comes to mind when you read the phrase, 'healthy city'? Perhaps an abundance of green space, the whirr of cyclists making their daily commute, or affordable healthy food

down every shopping aisle? As therapists, we are of course aware of the things we need to make us healthy and how our environment can impact our wellbeing. But in a world with so many options at our fingertips, where do we begin when it comes to building

infrastructure, a healthcare system and a health education system that works for all? We share some eye-opening statistics about UK population health, before delving into government plans to improve this and how we can make a difference in our own communities.

FACTS & FIGURES

THE COST OF LIFESTYLE FACTORS ON THE NHS:

1 Smoking £5.2 billion	2 Obesity £4.2 billion	3 Alcohol £3.5 billion	4 Inactivity £1.1 billion
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Danny McConnell, Strategy Programme Manager for NHS England, said, 'The evidence is very clear of the links between places and health. For example, the proliferation of hot food takeaways in areas of deprivation exacerbate health inequalities and increase rates of childhood obesity.'

OTHER STATISTICS REFLECTING LIFESTYLE IN THE UK:

30% 

of all car journeys in Greater Manchester are under 1km long¹ (Greater Manchester Transport Strategy, 2017)

1 in 10 

People order a takeaway once a week³ (YouGov, 2019).

£2.5 billion per year poor quality housing costs the NHS² (BRE, 2010)

1. On Dr Rangan Chatterjee's podcast, Feel Better Live More, he interviewed gold medallist Olympian, Chris Boardman about his mission to encourage the public to move more. Chris said, '... it's an incredible statistic. A big chunk of those journeys will be the school run, for example people not wanting their kids to walk to school because of the danger of the cars.' (Feel Better Live More, 2019).
2. In their Spatial Planning for Health document, Public Health England states, 'It is estimated that 20% of the UK's housing stock does not meet decent home standards [...] Living in good quality and affordable housing is associated with numerous positive health outcomes for the general population and those from vulnerable groups.' (Public Health England, 2014).
3. According to YouGov, '34% of this group are men under 40. 18 to 24 year olds account for 17% of this demographic, and another 17% are between 25 and 39. Young women are the next largest group, with 18 to 24 year olds comprising 13% of takeaway regulars and 25 to 39 year olds amounting to another 12%.' (YouGov, 2019).



