

# Planning and Design for Health and Wellbeing

The key principles of planning and design for health and wellbeing have been brought together on a page. These principles are underpinned by national and local planning policy, meet the strategic priorities for the city and can be signed up to by all partners.

## Key Principles

- Active neighbourhoods** – promoting cycling and walking, reducing car usage and improving children’s opportunities for independent mobility.  
*The increasing volume and speed of traffic over the last few decades have been shown to impact negatively on healthy outdoor activity. Attractive, safe streets and networks lead to more children’s informal Wplay and active travel for all ages and abilities, and can add to the financial value of development.*
- Better air quality and green space** – using green and blue infrastructure to provide opportunities for outdoor recreation and promote mental wellbeing.  
*New development should provide and link to existing green and blue infrastructure wherever possible and should provide new natural features including green roofs, hedges, street trees and gardens. Environmental sustainability is integrally linked.*
- Cohesive communities** – encouraging co-located services and high quality neighbourhood spaces to encourage social interaction and combat isolation.  
*A well-overlooked street or space that provides places for chance encounters or to sit and chat is more likely to lead to more neighbour friendships, helping those from different backgrounds get to know each other and feel safe. Facilities and workplaces should be easy to reach, and communities helped to play an active part in managing their area.*

