

Citizen's Assembly- Public Health

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What is Public Health?

Romsey health profile

Generally older population, living in good health

Relatively affluent area- significantly better than England

Starting well

- Significantly better child development at age 5, but GCSE achievement has got worse.
- Weight in children is better than in England- but it could be even better.

Living well

- Significantly better employment levels.
- Binge drinking, weight management, healthy eating are similar to England.

Ageing well

- Higher number of older people living alone.
- Ageing population.

Healthy communities

- Limited access to public green space.
- Some areas of Romsey have many pubs, gambling outlets and fast food outlets.

- Higher number of people reporting long-term illness of disability
- Many people reporting back pain or severe back pain
- Higher number of carers providing 1 hour of care per week, but lower numbers providing 50 hours per week.

What can we achieve by designing space and planning for health?

Social connectedness

Increase in physical activity

Healthier food choices

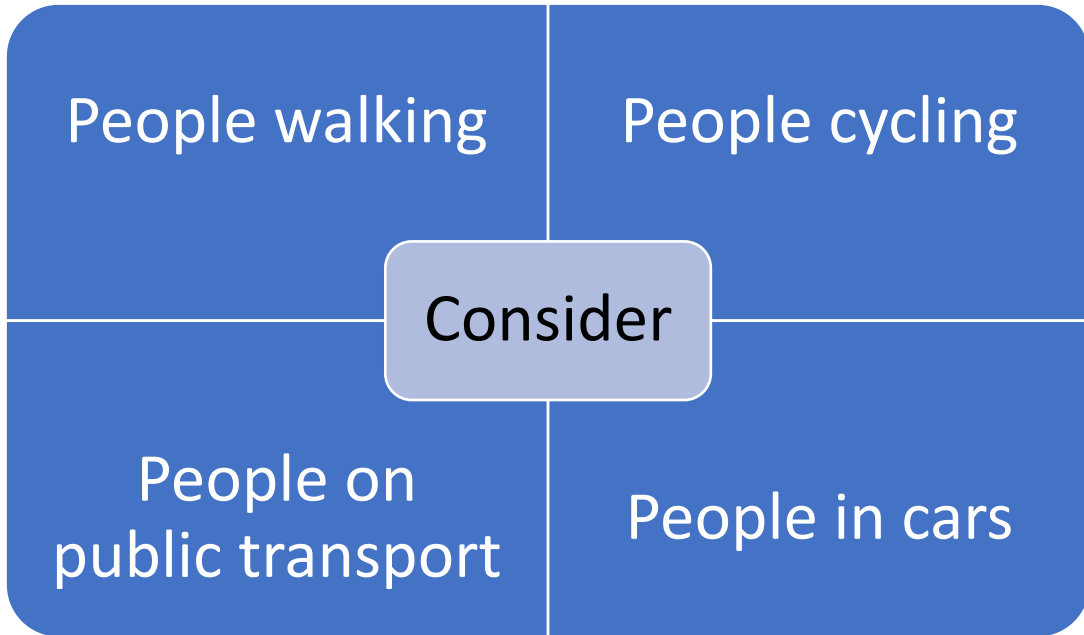
People feeling safe

Support a healthy weight

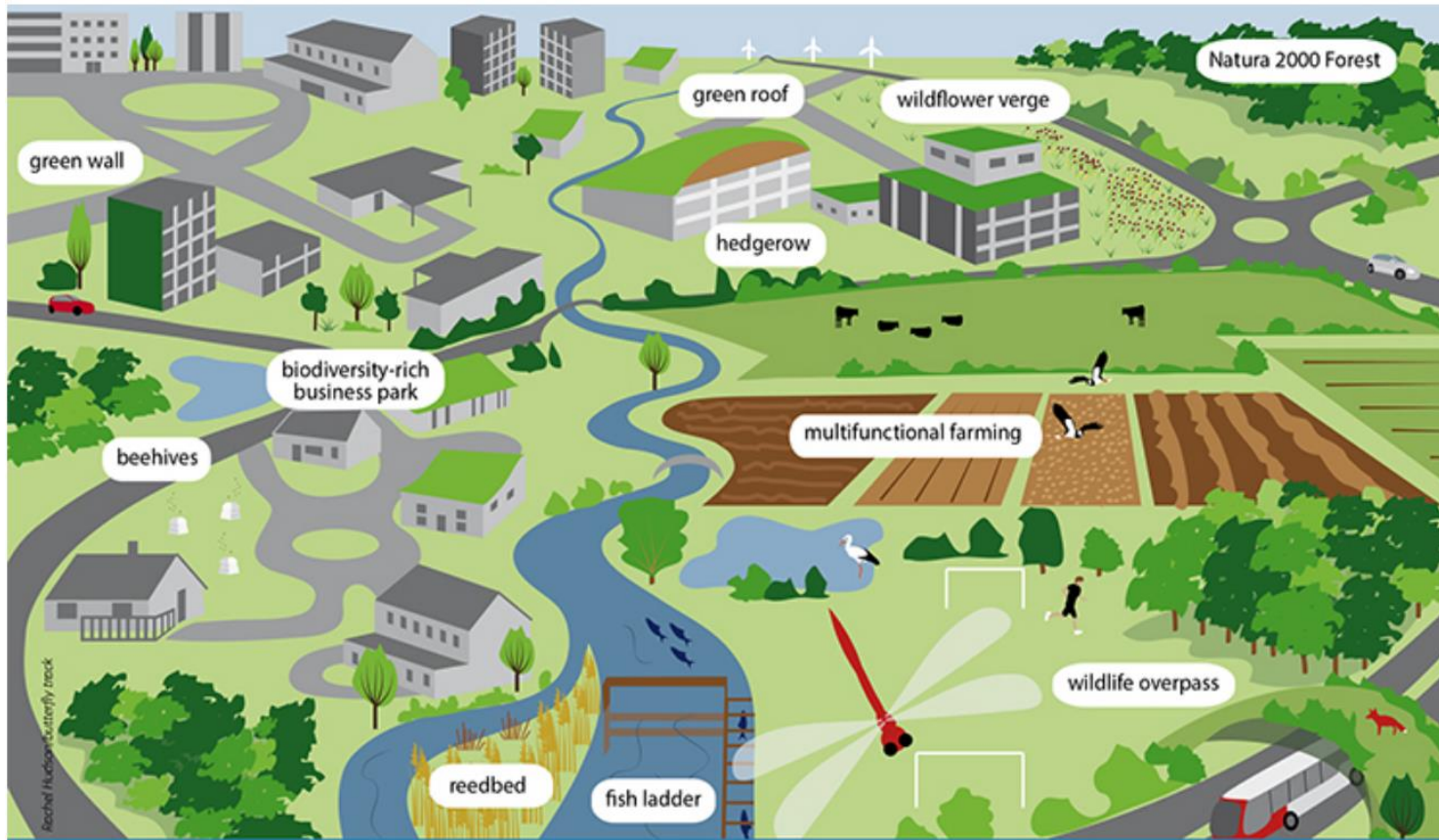
Improve air quality

Benefits to the economy

Walking & Cycling



- Facilities- Cycle racks/ storage
- Clear routes, safe footpaths
- Ensure neighbouring communities can easily access



Multifunctional green space

- Create spaces for different uses- children's play areas, allotments, walking & cycling, green gyms
- Be attractive to all ages
- Well kept, well lit
- Improve the accessibility to green space
- Promote walking for health
- Contribute to biodiversity
- Be creative
- Plant trees (good for the environment and provides shade)



Age and disability friendly

- Plenty of seating
- Plenty of public toilets, changing places and community toilets
- Dementia friendly- plenty of signage, dementia friendly businesses, safe spaces
- Wheelchair accessible
- Balance between level access and challenge
- Inside and outside- buildings, public places, parks



Planning a healthy retail offer

- Potential community facilities targeted to improving health for those who need it most
- Use the local plan and SPDs (planning documents) to design places that support a healthy environment e.g. Prevent the overconcentration of hot food takeaways
- Alcohol and gambling policies



Key messages

Plan now for what Romsey will look like in the future

Inclusive- across age, disability and neighbouring communities

Encourage walking and cycling by building it into design

Be creative with green space

Health at the heart of the design

Essentially, if a space is attractive, is accessible and includes features to be used by all, there can be benefits for all.



THANK YOU



ANY QUESTIONS?