



Shaping our future



SOUTH LAKELAND LOCAL PLAN 2040

# Health and Wellbeing:

## Local Plan Review Topic Sheet

### Introduction

This is one of a number of short topic sheets that have been prepared as part of our early conversations with communities on the Local Plan Review. It is designed to provide some key facts and highlight issues around health and wellbeing that we will need to consider in reviewing our Local Plan. It is hoped that it will prompt discussions and enable people to join in the conversation.

### Some key facts and issues:

- **Life expectancy for men and women in South Lakeland** (Male: 81.5, Female: 84.6) is **higher than the England average** (Male: 79.5, Female: 83.1).
- South Lakeland has a significantly older population than other regions: **28% of the district's population is aged over 65, compared with 18% nationally.**
- The 2011 census revealed that **18.8% of the district's population live with a long term health problem or disability** that limits their day to day activities.
- Although considered relatively less deprived at a national level, the district has small areas with concentrations of deprivation. **Some parts of Kendal and Ulverston fall within the 40% most deprived areas in the country.**
- South Lakeland scores **significantly worse than the England average** on three health indicators, namely: **alcohol related hospital stays for under 18s, diabetes diagnosis, and the number of people killed or seriously injured on the roads.**
- 2011 Census figures show that the District has a **higher proportion of houses without central heating than the national average.**
- South Lakeland is generally a safe place to live, **with a low annual crime rate of 52 per 1,000 population** compared to over 75 in Cumbria as a whole.
- Over the three-year period 2015 to 2018, **1 in 5 children in South Lakeland were overweight when they started primary school and 3 in 10 were overweight when they left primary school.**



## What does our existing Local Plan say about health and wellbeing?

- It seeks to enable and support healthy lifestyles through the provision of safe and accessible green space, sufficient provision of sports facilities and allotments and by encouraging walking and cycling.
- It recognises the role of health and community facilities in supporting health and wellbeing. It seeks to ensure the delivery of health and community facilities to support new development.
- It seeks to ensure that the design of new development contributes to the health and wellbeing of our communities, for example through good provision of green infrastructure, walking and cycling routes and accessible housing layout design.
- It requires all new homes to be built to higher Building Regulations standards to make sure they are more accessible and can be more easily adapted as people's needs change throughout their lifetime.

## What does this mean for the Local Plan Review?

- We need to include planning policies that will aim to ensure that all development contributes to better health and wellbeing.
- We need to create high-quality, inclusive environments that support people in making healthy health choices by encouraging development proposals that maximise the opportunity for walking and cycling, social interaction, sport and physical activity. This includes providing accessible local services, facilities and jobs, a network of useable green spaces and convenient public transport facilities. To do this we first need to assess the quality and quantity of leisure and recreation facilities, the connectivity of open spaces and active travel routes (footpaths, bridleways, byways and cycle routes) that already exist.
- We need to ensure that development is of a high quality design which takes into account lifetime quality, creates safe and accessible environments and minimises potential harm from environmental hazards such as pollution.
- We need to ensure that new housing is accessible in terms of internal space standards and that homes are adaptable for the life course of the occupants.
- We need to support the development of new/enhanced healthcare infrastructure.
- We need to improve quality of life by addressing social inequalities and deprivation.



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- We could consider protecting and promoting the role of community food growing spaces including allotments, community orchards and community gardens in providing social and mental health benefits and access to healthy, affordable locally produced food.

