

# Planning Healthy-Weight Environments – Six Elements

## 6 Local economy

- Enhance the vitality of the local centre by providing a more diverse retail and food offer
- Centres and places of employment that are easy to get to by public transport, and on walking and cycling networks
- Facilities are provided for people who are walking and cycling to local centres and high streets, such as street benches, toilets and secure bike storage



## 1 Movement and access

- Clearly signposted, with direct walking and cycling networks
- Safe and accessible networks, and a public realm for all
- Walking prioritised over motor vehicles, and vehicle speed managed
- Area-wide walking and cycling infrastructure provided
- Use of residential and business travel plans



## 5 Buildings

- Adequate internal spaces for bike storage, dining and kitchen facilities
- Adequate private or semi-private outdoor space per dwelling
- Car parking spaces are minimised across the development
- Well-designed buildings with passive surveillance



## 2 Open spaces, play and recreation

- Planned network of multi-functional green and blue spaces
- Easy-to-get-to natural green open spaces of different sizes
- Safe and easy-to-get-to play and recreational spaces for all, with passive surveillance
- Sports and leisure facilities designed and maintained for everyone to use



## 4 Neighbourhood spaces and social infrastructure

- Community and healthcare facilities provided early as a part of new development
- Services and facilities co-located within buildings where feasible
- Public spaces that are attractive, easy to get to, and designed for a variety of uses



## 3 Healthy food

- Maintain and enhance opportunities for community food growing
- Avoid over-concentration of unhealthy food uses such as hot-food takeaways in town centres and in proximity to schools or other facilities aimed at children and young people
- Shops/food markets that sell a diverse offer of food choices and are easy to get to by walking, cycling or public transport

