



Health

WHAT IS THIS FACTSHEET ABOUT?

Health and wellbeing relates to liveable places where we can live better, healthier lives in more connected communities, as identified in the NPF4. This builds on the first of 6 Qualities of Successful Places that is designed for lifelong health and wellbeing: supporting safety and improving mental and physical health.

WHAT IS IN THE CURRENT LOCAL DEVELOPMENT PLAN?

The Local Development Plan (LDP) has several specific references consistent with the health and wellbeing principles. These include:

- Providing for a mix of housing.
- Promoting the use of sustainable transport options.
- Guiding the location and provision of health related, education and employment facilities that benefit the local community.

Specific policies in the LDP address:

- Community uses
- Hot Food Outlets
- Institutional uses (schools and health care facilities)
- Open Space
- Gypsies and Travellers
- Urban Design
- Active travel

The LDP has limited capacity to achieve all our social goals however, there are other vehicles to achieve these goals and the LDP should be maximised to help achieve them.

WHAT HAS CHANGED SINCE THE LDP WAS ADOPTED?

National policies

At the national level there has been considerable policy change, with some key proposals still not enacted.

- In July 2019, the Scottish Government enacted the new Planning Act 2019. The Act created fundamental changes to modernise Scotland's planning system, including changes to planning for health in Scotland.
- In February 2023, the Scottish Government put into force National

Planning Framework 4 which introduces a new part of the Development Plan. Many policy changes have elements that promote health and wellbeing by addressing:

- The natural environment and active travel with walking and cycling providing wider health benefits
- Design (built environment), housing affordability and infrastructure distribution.
- Acknowledging and meeting the needs of diverse groups

Local Policies and strategies

East Lothian Council Plan 2022-2027

Local Housing Strategy 2018 - 2023

Draft East Lothian Local Housing Strategy 2023- 2028


East Lothian Integrated Joint Board Strategic Plan 2022-2025

Local Active Travel Improvement Plan 2018-2024

East Lothian Play Policy 2017-2020

HEALTH AND WELLBEING STATISTICS AND TRENDS IN EAST LOTHIAN

Social and Cultural

 **7.2%** population to 2028
32.6% in age 75+


68% of adults in East Lothian have obesity or excess weight

31%¹ of adults in East Lothian do not meet physical activity recommendations.
Increase in childhood obesity

24.2%² of East Lothian residents reported having a long-term limiting disability or mental health condition in 2019

18.64% are prescribed drugs for anxiety/depression

15% of adults smoke in East Lothian

15.63% drug related deaths
 in alcohol related deaths.

¹ BHF.org.uk

Natural and sustainable Environment

Climate and extreme weather events: including an increase in air pollution impacting on respiratory health,

18% within 500m of derelict land of what

Neighbourhood Design

34.8% of residents live alone

71.8% of adults rate their neighbourhood as a very good place to live

63.93% use active travel to school

10.8% use active travel to work

Economic

14.35% of people living in the 15% most 'access deprived' areas.

Homelessness  by **32.4%** above Scottish average.

10.2% are income deprived

10.62% of households with children living in fuel poverty



² Statistics.gov.scot

in those receiving food parcels.

Public Health

30.64% People aged 65+ with high levels of care needs who are cared for at home

Life expectancy in most deprived areas
8yrs Male life expectancy

 4.8yrs female

47% loss of health from cancers, cardiovascular diseases and neurological disorders

13% more registrations for cancer than overall average in most deprived areas. Is this for East Lothian

Cause of ill health in most deprived areas

9% drug use, 7.5% heart disease, 6.5% lung cancer, 5.3% COPD

Cause of ill health in least deprived

7.4% Alzheimer's/dementia, 7.2% heart disease, 5% cerebrovascular disease

Causes of COPD what is COPD = outdoor air pollution, increasing age, infection, genetic predisposition, socioeconomic status

Almost double the average patients in most deprived areas with COPD.



in alcohol consumption ?????

higher density “unhealthy food outlets” around schools.

TOPICS to be addressed in next LDP

Health will be one of the key overarching themes in the new LDP.

The Local Development Plan can have direct and indirect impacts on health and wellbeing. LDP2 provides an opportunity to explore whether there are ways to better improve health and wellbeing and to mitigate the negative impacts of certain uses and development.

Healthy Weight

Weight can be influenced by many factors aside from personal choice, including local environments and social context.

Healthy Food

Everyone should have reliable access to enough healthy, affordable and nutritious food to meet their dietary needs and food preferences. What could the LDP do to address this?

Good Neighbourhood Design

Creating the conditions needed for behavioural change. Providing opportunities for social inclusion and physical activity contributing to overall wellbeing.

Neighbourhood design for social and mental wellbeing

The built environment is a constant feature of peoples’ daily lives (work, home, leisure). Neighbourhood layouts can create an environment that promotes mental wellbeing, social connection and a sense of belonging to the community.

Local Living

Green and blue spaces provide places for exercise and relaxation which can contribute to improved mental health and lower rates of chronic diseases. They enable social interaction, which builds and maintains community connection.