

A healthy environment for all



When it comes to your health, where you live matters.

It is common sense that the quality of our health – and generally how we feel in ourselves (our wellbeing) – can be affected by where we live. The quality of our homes and spaces and places around us can help bring about good health; but they can also have the opposite effect.

Healthy environments are important. This is why this part of the report looks at the homes, communities and the areas where we live, work or study and the effect that these can have on the quality of our health, now and in later life.

What does a healthy environment look like?

A healthy environment doesn't simply mean the countryside; it's about having places you can get to and enjoy. Good services can be part of this; being able to reach shops, a doctor or optician, plus having transport links so that you can get to other places, can all help to support a person's wellbeing.

But where we live can sometimes affect our health in a negative way too.

Areas with high levels of air pollution, like smoke and car fumes, can increase the risk of lung disease. If you don't feel safe going out this could mean you are cut off and isolated which can affect your mental health. You may live in a house with a bad damp problem or without heating in winter which could lead to chest problems and lower your resistance to other health problems.

Upgrade the health potential of your environment...



First Contact

First Contact is a free service for adults living in Derbyshire. It provides an easy way for you to get in touch with local services who can support your wellbeing and help you stay independent.

Some areas First Contact can offer advice to improve your home environment include:

- Housing need (is your home fit for purpose?)
- Keeping your home warm
- Repairs to your home
- Home safety and security
- Falls prevention
- Community transport

[Click here to find out more](#)

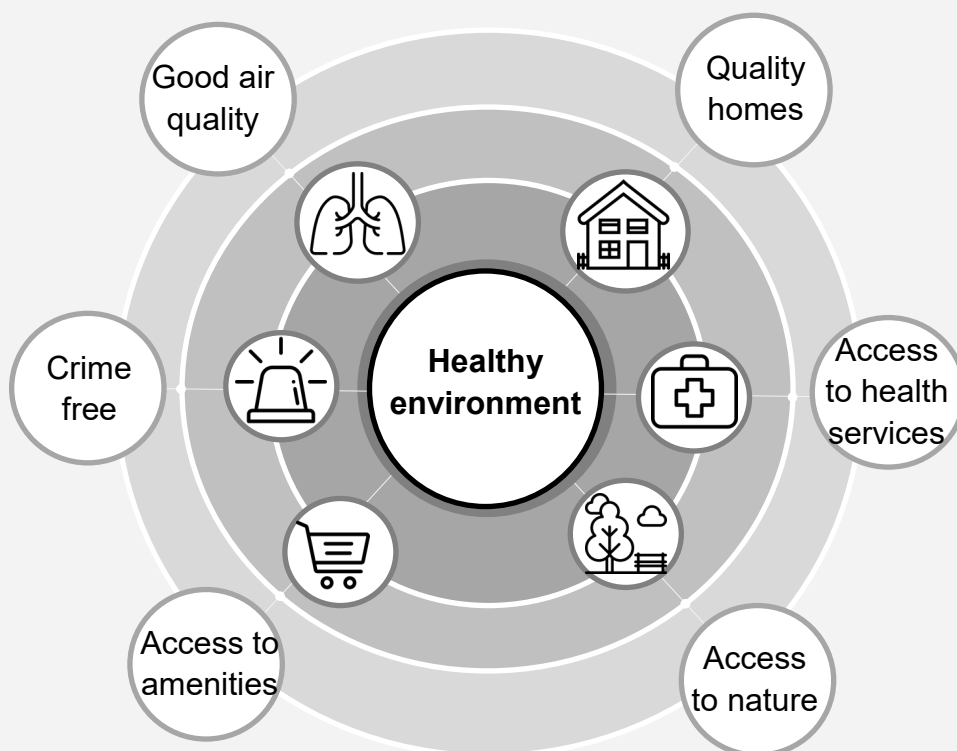


Welfare Rights

The Derbyshire Welfare Rights Team can help you to find out about any benefits you may be entitled to and how to claim. This could help with your living costs.

[Click here to find out more](#)

Elements that make a healthy environment



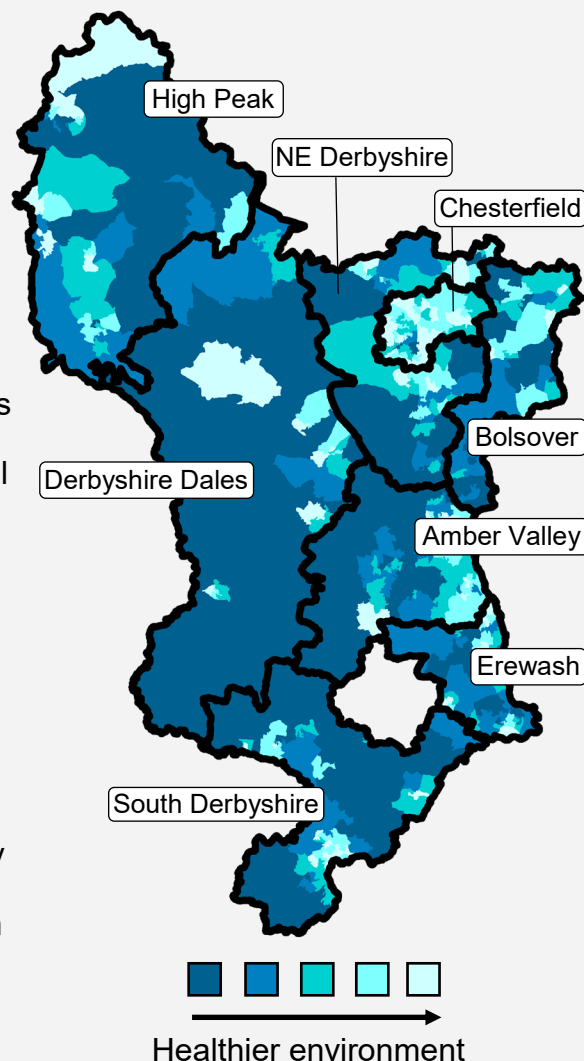
Derbyshire has one of the best environments for health in the East Midlands

According to research conducted by the University of Liverpool, Derbyshire has one of the best environments for health in the East Midlands¹.

These findings were based on a number of factors, including; access to nature, access to health services, the retail environment and air quality.

However, there is still room for improvement, with some parts of Derbyshire fairing better than others.

Rural areas may not be as healthy as we think. This is caused largely by the isolation of these communities from health services²².



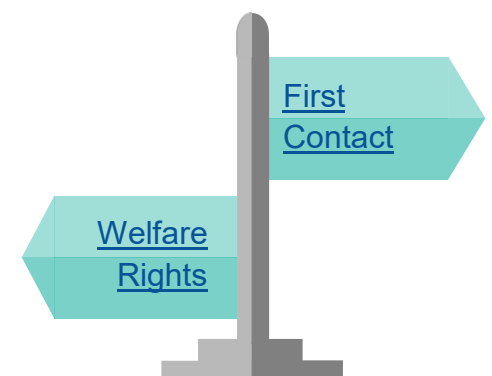
A healthy environment and frailty - what's the link?

A good environment for health can help protect us from illness and makes it easier to make healthier choices - building up our health reserves.

For example, good neighbourhood design can affect how much we exercise, how our social lives develop and our mental health. It can also help people to live as independently as possible.

Want to find out more?

Click on the links below:



What is Derbyshire County Council doing?

Support

Supporting our vulnerable populations to live in well-planned and healthy homes has been marked out as a key priority as part of the council's current Health and Wellbeing Strategy²³.

This is supported by the Strategic Statement for Planning and Health across Derbyshire and Derby City (2016)²⁴ that outlines key principles for work in Derbyshire.

Working together

DCC is working with planners to make sure that health is thought about when designing the 'built environment' like homes, property developments and estates.

The National Planning Policy Framework (2019)²⁵ recognises that planners need to create safe and healthy places for people to live, with access to the kinds of facilities and opportunities that help to build a sense of community.