



Livewell Development Accreditation

Guidance for Developers, Planners and Designers





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1. Livewell accreditation scheme background

Health and wellbeing are intrinsically linked to both individuals and their environment. Health inequalities, (the gap between good and poor health), are heavily influenced by a wide range of socio-economic and environmental factors including housing, education, jobs, and worklessness.

Planning, therefore, plays a key role in improving health and wellbeing and reducing health inequalities. Planners and developers are recognising the benefit that incorporating health and wellbeing into their development proposals has. Public Health England has called for support from planning to improve the environment with a view to prevent ill-health, improve health and support reducing those health inequalities that are influenced by socio-economic factors and the built and natural environment.

The Essex Design Guide (EDG), has incorporated health and wellbeing into its latest edition published in 2018¹. This area of the design guide has been developed by multiple health and wellbeing stakeholders and has key areas that should be addressed when designing new places. These are home/ space design; supporting communities; active environment and active design principles; access to healthier food environments; education/skills/employment opportunities; access to services and facilities; and environmental sustainability.

The Essex Planning Officers Association (EPOA) supports the use of Health Impact Assessments (HIA) for residential developments over 50 homes and non-commercial spaces over 1000sq metres. This tool provides an assessment of the above key areas featured in the EDG and ensures that both the positive benefits to health are promoted whilst raising awareness of the potential unintended consequences on health to the development team. These unintended consequences can then be removed or reduced via mitigation.



Introduction of a voluntary accreditation scheme

It has been raised by multiple stakeholders that developers who are supportive of and are contributing to the health and wellbeing agenda should be recognised. As neither use of the EDG or HIA is statutory, it is proposed that acknowledgement should be through a voluntary accreditation scheme available for any scale of housing scheme within the County of Essex. The design award and accreditation are awarded by the Local Planning Authority and Public Health teams in partnership with the Essex Quality Design Review Panel.

Whilst it is recognised that several accreditation schemes exist nationally, such as BREEAM, Lifetime Homes, BSi, Home Quality Mark, most focus on housing or building design specifically. The NHS Healthy New Towns programme² is also looking at how health and wellbeing can be planned and designed into new places through their 10 pilot sites. These sites are testing creative solutions for the health and care challenges of the 21st century, including obesity, dementia and community cohesion.

This Livewell accreditation scheme, therefore, acknowledges developments that are incorporating much wider health and wellbeing benefits throughout their design. It has been made available for developers in Essex to be recognised and rewarded for their contributions to the health and wellbeing agenda. It is considered that acknowledging developments would be of greater benefit for planners and developers as well as the public who can be given some assurance that these environments have the potential to support their health and wellbeing.

A two-stage health and wellbeing assessment is made against specially developed criteria (based on the Essex Design Guide³ and Essex Healthy Places Guidance) and if the proposal is shown to have the potential to make a positive contribution, the development would be awarded a 'design award' with a subsequent graded accreditation of **bronze, silver or gold** and **highly commended awards** being made after the submission of evidence to the Essex Quality Review Panel⁴. This panel would include representatives from health and wellbeing related professions as well as planners and designers.

Within this scheme, the 10 principles of Active Design developed by Sport England in partnership with Public Health England have been embedded across all categories of assessment to be considered in conjunction with other health and wellbeing elements to recognise developments that have demonstrated the application of these principles. The aim of the Active Design Principles is to promote environments that offer individuals and communities the greatest potential to lead active and healthy lifestyles. Active Design principles are also embedded in the Essex Design Guide with a view of designing and adapting where we live to encourage activity in our everyday lives. The Active Design principles are crucial in ensuring quality is built with a unique identity that will provide environments where people want to live, work and be active and healthy⁵.



1.1. Wider benefits of the accreditation scheme

The Livewell accreditation scheme can contribute to achieving a broad number of objectives and priorities within both the national public health framework and the Essex Health and Wellbeing framework. These frameworks align with the council's corporate objectives; the Joint Essex Health and Wellbeing Strategy⁶ and the National Planning Policy Framework on ensuring developments are safe, inclusive and accessible, and promote health and wellbeing. This will also help developers demonstrate their contribution to high-quality growth and delivering the EPOA's Essex Quality Charter.

A healthy development is not only influenced by the quality of homes but the quality of the outdoor environment creating spaces that promote people's health, happiness and wellbeing. The accreditation scheme allows developers to highlight their positive contribution to health and wellbeing and to reassure prospective homeowners of how their new community will have the potential to facilitate healthier lifestyles.

Developers can use the accreditation scheme for market differentiation in relation to the quality of their homes and the surrounding environment from other developments in the local area. Accreditation can be a key element in gaining support for the development through early marketing, PR and community engagement, and ultimately increasing asset value. A report by National Home Builders Council (NHBC) and Savills, exploring new-home buyers' priorities for marketing strategies, found that the size and design of living space, quality of neighbourhoods and energy efficiency are often considered to be high on the agenda⁷.

Spatial planning is an enabler of health and wellbeing and has a considerable impact on building better communities with "happier" occupants and new developments result in additional value to the people who live in or near them.

It is difficult to accurately measure the economic impacts of better spatial planning, although a TCPA literature review found that high-quality and good design adds to the economic value which can be quantified in monetary terms⁸.

Similarly, Simetrica prepared a report on behalf of Redrow Housebuilder, to gain a better understanding of the impacts and social value of new developments. The report clearly demonstrates the importance of good housing and place-making to social value, for both communities and individuals⁹. For example, new developments that provide facilities for sporting activities are associated with the additional social value of c£4k to an average Redrow household¹⁰.

On the other hand, the cost to the NHS for treating medical conditions associated with poor housing has been estimated to be as high as £2.5bn per year, this includes mental ill-health¹¹. However, findings in a literature review by TCPA showed that there are many other important intangibles factors from development which



contribute to value, "factors such as health, happiness, and wellbeing with the potential to keep the cost of health services affordable"¹².

The accreditation scheme aims:

- To promote and recognise the highest standards of health and wellbeing in residential-led schemes, in terms of their design and positive contribution to lifestyles supporting health and wellbeing across Essex.

2. Scope of Livewell Development Accreditation scheme

2.1. Livewell Developer Charter

Developers will have the opportunity to sign up to the 'Livewell Developer Charter', which commits developers to support the health and wellbeing principles within the accreditation scheme. The charter is focused on an annual review process with a minimum requirement for developers to attend health and wellbeing training and on-going monitoring. This allows the developer to promote their commitment to delivering health and wellbeing throughout their business, supporting corporate responsibilities. Signing up to the charter also shows the developer's intention to promote residential schemes for the accreditation process.

2.2. Proposed process for Accreditation scheme

Using the Healthy Places Guidance (2019) (which incorporates this new HIA guidance), the developer completes an HIA for submission to the LPA at the pre-app stage (the timing of this submission will vary depending on the local protocol). HIAs will be reviewed by the Public Health Practitioner (PHP) working within the LPA (this is subject to change) and feedback and guidance provided to the case officer.

Applications where the PHP assesses that elements of the HIA findings are unacceptable will be reviewed by Public Health at ECC and advice provided to the applicant/case officer by Public Health on mitigation/enhancement. This mitigation may include the removal of the unintended consequence or measures to mitigate against this identified issue through appropriate planning obligations or amendments to the development proposals which may include resubmission of an HIA.

• Stage 1: Livewell Design Award

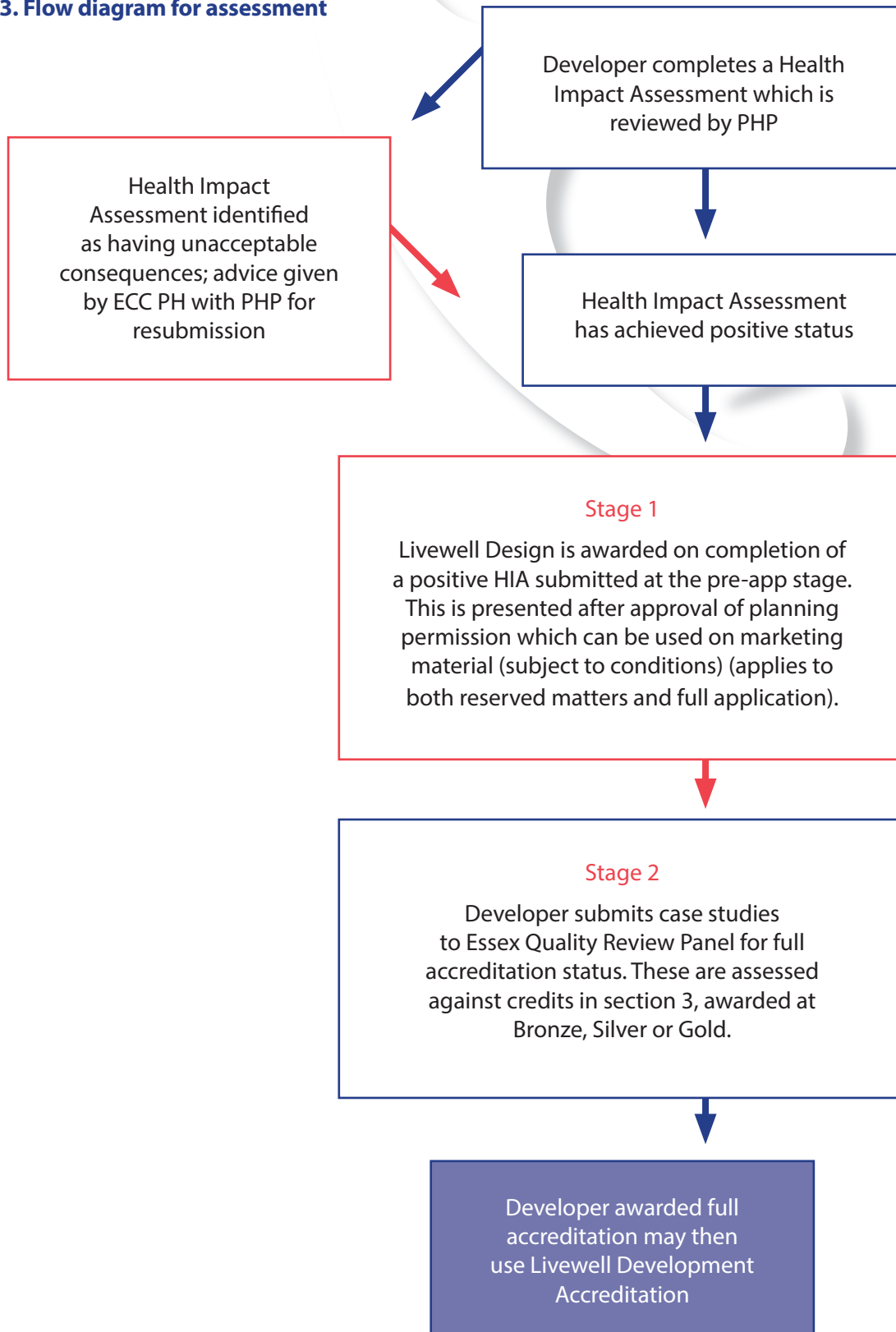
At this stage, developers are assessed on how they have embedded healthy design principles into their emerging schemes which are identified through the Health Impact Assessment or the Healthy Places Checklist submitted at the pre-app stage. However, eligible schemes will receive this award after approval of planning permission and completing a Health Impact Assessment which is assessed as positive. This will be issued through an informative on the decision notice issued by Development Management notifying that the scheme is suitable to receive a Livewell Design Award and to contact the Local Authority to receive this award (refer to conditions below).

• Stage 2: Livewell Development Accreditation

At a later agreed stage, the applicant will be expected to provide either a case study/ case studies or additional HIA/s as part of the monitoring process. If the applicant can demonstrate that health and wellbeing is being supported during the operational phase, a subsequent accreditation of **Livewell Development** rather than Livewell Design Award will be awarded at either bronze, silver or gold level subject to approval by the Essex Quality Review Panel. This will be assessed against the categories listed below in section 3. Case studies can be a compilation of evidence which demonstrates how the scheme has provided or met the outcomes of the different categories of assessment. The panel may give further recommendations for ongoing monitoring and evaluation for healthy lifestyle impact.

**If the developer chooses not to submit any further evidence, the accreditation of Livewell Design will expire, and the proposal will no longer be supported to receive any further part of the Livewell Accreditation scheme by the LPA issuing this stage of accreditation or by EPOA.*

2.3. Flow diagram for assessment



2.4. Terms and Conditions of the Accreditation scheme

These Conditions of the accreditation scheme set out requirements for both stage 1 and stage 2.

a) Accreditation Scheme:

- i. (For phased developments) Any accreditation awarded only covers the phases it relates to; however, this is subject to the whole scheme applying health and wellbeing principles going forward.
- ii. The scheme applies to reserved matters and full applications.
- iii. This accreditation does not replace or prejudice any other requirements needed by planning conditions, other British Standards, Building Regulations or required by third parties, such as Health and Safety, these must be adhered to.
- iv. The scheme may be subject to future revisions.

b) **Award:** Stage 1 Livewell Design Award will be issued on the basis that the scheme will proceed to stage 2 accreditation at an agreed stage.

c) **Award Period:** Stage 1 award is issued with a year of award, for example, 'Livewell Design 2020'. This year stamp will need to be made visible in any livewell associated marketing.

d) **Fees:** Fees will not be refundable.

e) **Panel:** Any panel decision will be final.

f) **Livewell Website:** Developer will use www.livewellcampaign.co.uk in any livewell accreditation associated marketing. The Essex Design Guide website will include case studies of accredited developments showing what level of accreditation they have achieved in order to promote good practice.

g) **Branding Guidelines:** The livewell brand has set branding guidelines that must be adhered to for all promotional material relating to the accreditation scheme.

h) **Developer Charter and Accreditation:** This only applies to Essex based scheme and is not transferable outside of the County.

2.5. Health Impact Assessment

Health Impact Assessment (HIA), a means of assessing the health impacts of a development, forms a crucial part of this accreditation scheme, for more information and guidance about completing an HIA refer to the Essex Healthy Places guidance which can be found on the Essex Design Guide Website¹³. As part of the HIA, it is expected that the Sport England Active Design Checklist will be submitted.

2.6. Non-HIA Threshold Schemes (Small Scale Residential Schemes)

If a proposal does not meet the minimum size criteria (50 dwellings +) for an HIA but the applicant wishes to submit their proposal as part of the accreditation scheme, this will be encouraged. It would be expected that a Healthy Checklist would be completed for stage 1 assessment. It is acknowledged that these developments may not be able to demonstrate all elements of the Livewell Accreditation. As such, only the three core categories will be assessed against for stage 2, these are Core Category 1: Design of homes and spaces, Core Category 2: Active Environment and Connectivity and Core Category 3: Environmental Sustainability.

2.7. Other schemes

It is possible to apply for retrospective stage 2 accreditation of a scheme which has already been built out. In this instance, an HIA with case study/ studies evidence will need to be submitted.

2.8. Fees for the accreditation scheme

The fees for the accreditation scheme are split into three stages.

Charter – Please contact the Local Authority to sign up to the charter.

Stage 1 – Please see local arrangements for the relevant District Council.

Stage 2 – Please see Essex Quality Review Panel website for information on fees.

3. Credits for Assessment

There are 6 categories in total with 3 core categories holding higher points as set out below. Within each standard, there are sub-categories which stage 2 applications will be assessed against. The categories listed below are interconnected and will receive credits for each specific area.

These criteria also cover the Active Design Principles developed by Sport England.

Development proposals will be assessed by a scale on the basis of small scale (Non-HIA schemes) and larger schemes which are 50+ units.

Core Category 1: Design of homes and spaces	20 points
Core Category 2: Active environment and connectivity	20 points
Core Category 3: Environmental Sustainability	20 points
Category 4: Supporting Communities	15 points
Category 5: Access to healthier food environments	15 points
Category 6: Improving access to education, skills and employment	10 points

Each category includes the following details:

- **Aim:** What the standard is seeking to achieve
- **Health Evidence:** How the category can affect health and wellbeing (with links to a detailed evidence base at the end of this document)
- **Detailed criteria:** Further information/ or examples of how the standard can be achieved



Core Category 1: Design of homes and spaces

Aim: This standard aims to encourage, acknowledge and enable the identification of developers improving quality of life through healthy designs of homes and spaces.

Health Related Evidence: Living in good quality and affordable housing is associated with numerous positive health outcomes for the general population and those from vulnerable groups. The design of the built environment plays a significant role in influencing health-related behaviours such as nutrition and physical activity.

On the other hand, poor design can have significant adverse environmental, social, and economic effects. Poor housing factors can affect an individual's mental and physical health, through factors such as air quality, lighting, design, and housing tenure. Poor design can undermine an individual's health and increase the risk of social isolation, disrupt community cohesion, and reinforce social inequity.

However, a well-designed environment can overcome many health and wellbeing issues. The provision of multi-functional greenspace with affordable housing can reduce social isolation and fear of crime and enhance social cohesion. Adaptable housing meanwhile can meet varying needs of children, families and older people, while the provision of energy-efficient homes can reduce fuel poverty and any associated poor health outcomes.



Detailed criteria:

Core Standard 1: Design of homes and spaces		
Points available: 20 (10 essentials scoring 1 point each. 5 desirables scoring 2 points each)		
Sub-category	Credit summary - Essential	Desirable
Accessible Outdoor Space	<ol style="list-style-type: none"> 1. Development has provided multi-functional open space that is inclusive and accessible for all members of the public and demonstrates how space can cater for a range of uses with multiple social, health and environmental benefits (Supporting Active Design principle 5; Network of Multi-functional Open Space). 2. Development has provided opportunities for informal and formal outdoor sports/ physical activity /play space which is inclusive and accessible to all to encourage a range of activities (Supporting Active Design principle 1; Activity for all). 3. Development recognises the importance of green/blue/grey infrastructure and incorporates safe and convenient access to green and blue infrastructure throughout the development. 4. Development has demonstrated how open spaces will be managed and maintained to ensure the facility remains sustainable over a long-term (e.g. through stewardship agreements) (Supporting Active Design principle 9; Management, maintenance, monitoring and evaluation). 5. Development has incorporated public realm improvements (e.g. provision of street furniture). 	<ol style="list-style-type: none"> 1. Development has improved access to high-quality green spaces for both new and existing residents in the surrounding communities (enhancing neighbourhood connectivity). 2. Demonstration of innovative on-site healthy living activities (for example; Trim Trails/buggy parks/outdoor gyms or the use of digital technology e.g. healthy lifestyles apps or Wi-Fi in public spaces) (Supporting Active Design principle 7; Appropriate Infrastructure).
Good quality and affordable homes	<ol style="list-style-type: none"> 6. Development provides mixed size and type of housing. 7. Development provides affordable housing with detail of phasing release for these homes. 8. Development has demonstrated homes are well ventilated and remain cool in extreme heat and well insulated for warmer homes in winter. 	<ol style="list-style-type: none"> 3. Development has demonstrated how their design of homes and spaces contributes to health and wellbeing using the life course principle (age-friendly environments, e.g. pavements, early life and adult life, adaptable housing allowing residents to remain in their homes, lifetime homes).
Homes Standard	<ol style="list-style-type: none"> 9. Building Regulations M / Development has achieved the voluntary national Home Quality Mark framework/ BREEAM standards to showcase the quality of their home. 10. Development provides suitable and high-quality living environment for residential occupiers with sufficient internal space, natural light and private amenity space. 	<ol style="list-style-type: none"> 4. Development is well connected to digital infrastructure to incorporate and future proof for new technology. 5. The design and use of buildings promote opportunities for physical activity through design features (for example, feature staircases, cycling access ramps, signage and cycle storage). (Supporting Active Design principle 8; Active buildings).

Core Category 2: Active environment and connectivity

Aim: This standard aims to encourage, acknowledge and enable the identification of developers promoting physical activity in their developments through the creation of active environments.

Health Related Evidence: According to PHE, one in two women and a third of men in England are damaging their health through a lack of physical activity. Physical inactivity is the fourth-largest cause of disease and disability in the UK and a wealth of evidence makes it evident that an active lifestyle is essential for physical and mental health and wellbeing. The way land is used and creating the right spaces has an immense impact on the public's health.

Evidence suggests strategies that increase mixed land use and investing in infrastructure that supports walking and reducing the time in the car can increase levels of physical activity among all age groups and be effective as health interventions. Building in more physical activity into normal day to day routines such as commuting to work or school involves creating environments that are supportive of active living. NICE guideline (NG90) also identifies the way to improve the physical environment in order to increase the general population's physical activity levels.



Detailed criteria:

Core Standard 2: Active environment and Connectivity		
Points available: 20 (10 essentials scoring 1 point each. 5 desirables scoring 2 points each)		
Sub-category	Credit summary - Essential	Desirable
Connected walking and cycling	<ol style="list-style-type: none"> 1. Development has provided direct, convenient, safe walking and cycling routes to centres, key workplaces and schools/places of education (Supporting Active Design principle 3; Connected Walking and Cycling routes). 2. Development has provided supporting infrastructure and measures to support walking and cycling in a safe environment (e.g. secure cycle parking, cycle storage, lighting, signage) (Supporting Active Design principle 7; Appropriate Infrastructure). 	<ol style="list-style-type: none"> 1. Development has created a walkable community by providing appropriate clear signage to encourage residents to use active travel and leisure with distance measurements and walking times to key sites (e.g. helping raise awareness of the health benefits of walking). (Supporting Active Design principle 2; Walkable Communities).
Provision of public transport	<ol style="list-style-type: none"> 3. Development has engaged with public transport providers to encourage use of public transport. 4. Development has effectively integrated with existing transport infrastructure and services and there is provision of new or enhanced public transport services to site. 5. Development supports sustainable modes of transport. 	<ol style="list-style-type: none"> 2. There are Incentives to use public transport (combining active travel and public transport).
Travel Planning	<ol style="list-style-type: none"> 6. Development has demonstrated use of personalised travel plans for homes, schools, healthcare facilities and other places. 	<ol style="list-style-type: none"> 3. Digital Infrastructure – real time information for transport services. 4. Travel planning information has been provided to all new residents via welcome packs. 5. Measures reducing car use (e.g. introducing Car Clubs).
Active Street Design	<ol style="list-style-type: none"> 7. Development has provided streets and spaces that are overlooked. 8. Development has demonstrated high quality active street design which promotes inclusive access for all users across all ages. (For example, durable materials, street furniture and signage). (Supporting Active Design principle 6; High Quality Streets and Spaces). 9. Development has provided appropriate segregation or shared surfaces between cyclists, pedestrians and vehicle traffic. 10. Development has enhanced the safety of local roads by implementing traffic calming measures, including areas around play spaces and schools. 	

Core Category 3: Environmental sustainability

Aim: This standard aims to encourage, acknowledge and enable the identification of developers promoting environmental sustainability in their developments through implementing and embedding sustainable measures.

Health Related Evidence: Environments that are safe, environmentally sustainable and have good environmental infrastructure to protect against extreme weather events, have good air quality and are not overly exposed to noise nuisance, are those which can be regarded as healthy. An increase in growth can lead to increased traffic and subsequently have an impact on air quality. Air pollution can give rise to significant adverse human health effects and long-term exposure could have an even greater impact.

According to WHO, transport-related air pollution is linked to numerous ill-health conditions such as cancer, cardiovascular disease, and adverse pregnancy and birth outcomes. On the other hand, living in an energy-efficient property can improve general health outcomes and improve mental health. In addition, dwellings that incorporate high levels of natural light and ventilation can help limit confusion and anxiety for people with dementia and help the partially sighted or blind to navigate around the home.



Detailed criteria:

Core Standard 3: Environmental sustainability		
Points available: 20 (10 essentials scoring 1 point. 5 desirables scoring 2 points)		
Sub-category	Credit summary - Essential	Desirable
Air quality	<ol style="list-style-type: none"> 1. Development has provided electric charging points to support adoption of zero emission vehicles. 2. Development has produced a sustainable travel plan to reduce car use and encourage less polluting modes of transport. 3. Development has undertaken an Air Quality Impact Assessment (or equivalent). 4. There are measures to mitigate indoor air pollution (ventilation). 	<ol style="list-style-type: none"> 1. Development supports activity promotion to the local community, for example cycle training and public bicycle hiring schemes. (Supporting Active Design principle 10; Activity Promotion and Local Champions). 2. Development uses alternative materials to help alleviate poor air quality (e.g. Green Roofs/Green Walls – Urban Greening).
Sustainable and energy efficient development	<ol style="list-style-type: none"> 5. Development has implemented measures to enhance exposure to natural daylight for homes. 6. High energy efficiency rating for homes (including energy efficient lighting and smart metres) (tackling fuel poverty). 7. Water conservation measures are implemented. 8. Provision for refuse and recycling storage and collection (waste infrastructure). 9. Development has demonstrated how they are adapting to climate change (e.g. flood prevention measures, resilient planting, shading in external areas). 	<ol style="list-style-type: none"> 3. Development demonstrates a range of renewable energy and clean energy options (e.g. Solar Panels).
Responsible sourced materials	<ol style="list-style-type: none"> 10. Developer demonstrates use of sustainable construction techniques whenever possible in the building construction process (e.g. low emission construction vehicles). 	<ol style="list-style-type: none"> 4. Development uses locally sourced materials for building and construction. 5. Development has demonstrated use of the BRE Green Guide to look at environmental impacts of construction material.

Category 4: Supporting Communities

Aim: This standard aims to encourage, acknowledge and enable the identification of developers supporting communities in their developments.

Health Related Evidence: Social and community networks are essential for health and wellbeing. Evidence shows that neighbourhood characteristics can have an impact on health, with worse general health and poorer mental wellbeing relatively associated with disadvantaged and deprived neighbourhoods.

The built environment can have a significant impact on whether a person becomes socially isolated. For example, neighbourhoods with antisocial behaviour can increase isolation and community fear. Perceptions of an unsafe neighbourhood can have negative health outcomes and prevent people from using the built and natural environment to undertake exercise.

It is recognised that health assets exist at the community level and they help build resilient communities and reduce social isolation and loneliness. The provision of local amenities can also help improve social engagement and mobility. Mixed developments with access to schools, recreational centres and social amenities can increase physical activity among children, adolescents and older adults. Environmental improvements also have the potential to contribute to the reduction of fear of crime such as implementing natural surveillance measures. It is essential to ensure that new developments can support and build environments that promote social and community participation.



Detailed criteria:

Standard 4: Supporting Communities		
Points available: 15 (7 Essential scoring 1 point. 4 Desirable scoring 2 points)		
Sub-category	Credit summary - Essential	Desirable
Provision of community facilities	<ol style="list-style-type: none"> 1. Community facilities are provided timely as a part of new development to help people feel connected and to provide a local destination. 2. Development provides for the co-location of community facilities such as healthcare facilities, early years nurseries and childcare facilities, key retail, community and open-space. This helps to create multiple reasons to visit a destination, helps to promote physical activity and reduce social isolation. (Supporting Active Design principle 4; Co-location of community facilities). 	<ol style="list-style-type: none"> 1. Development has provided access to facilities that support self-care. 2. Development has designated non-smoking areas in local retail centres/neighbourhood centres and public areas, open spaces.
Reducing social isolation through design	<ol style="list-style-type: none"> 3. The mixed tenure housing is distributed across the development to facilitate community integration and development has demonstrated how existing communities are connected and not isolated from new developments. 	<ol style="list-style-type: none"> 3. Development has identified type of community facilities that would be most beneficial and inclusive for vulnerable members of the community and supports activity promotion and local champions. (Supporting Active Design principle 10; Activity promotion and local champions).
Personal safety and crime/fear of crime	<ol style="list-style-type: none"> 4. There is creation of safe public spaces through good landscaping and development has incorporated good, consistent and well-designed lighting throughout the development along with natural surveillance measures. 5. Development has enhanced the safety of local roads by implementing traffic calming measures, including areas around play space and schools. 	<ol style="list-style-type: none"> 4. Secured by design or evidence of personal safety measures included.
Engagement and consultation with local community	<ol style="list-style-type: none"> 6. Development has engaged with local communities about the new development and provision for community facilities. (Supporting Active Design principle 10; Activity Promotion and Local Champions). 7. Development has provided 'welcome pack' or similar material to ensure residents are aware of and signposted to community facilities. 	

Category 5: Access to healthier food environments

Aim: This standard aims to encourage, acknowledge and enable the identification of developers who are increasing access to healthier food environments.

Health Related Evidence: Deprivation, excess weight and levels of obesity are significantly associated with living within close proximity of fast food takeaway outlets. The food environment plays an important role in promoting a healthy diet; this, however, is influenced and determined by several factors. Access to healthier food choices can have a direct and indirect impact on the determinants of health. Evidence shows that vulnerable groups including those on a low income, children and those of certain ethnicities, are less likely to achieve a healthy and balanced diet. Evidence also shows that increasing the provision of, and access to, low-cost healthier food, could be an effective intervention. Promoting access to healthy and locally sourced food and increasing opportunities for food growing not only helps tackle food poverty but also contributes to increasing active lifestyles and wider environmental and social benefits.



Detailed criteria:

Standard 5: Access to sustainable and healthier food environments		
Points available: 15 (5 Essential credits scoring 1 points: 5 Desirable credits scoring 2 points)		
Sub-category	Credit summary - Essential	Desirable
Provision of and access to allotments and adequate garden space	<ol style="list-style-type: none"> 1. Development maintains or enhances existing opportunities for food growing (e.g. urban farming) and prevents the loss of food-growing spaces. 2. Opportunities are provided for households to own or have safe and convenient access to space to grow food. 	<ol style="list-style-type: none"> 1. Development provides space for green space projects such as community gardening (e.g. orchards). 2. Grow your own food space within schools (or equivalent). 3. Public realm includes edible foods (e.g. edible cities) for community consumption, including signage and information.
Decreased exposure to unhealthy food environments	<ol style="list-style-type: none"> 3. Development avoids unhealthy hot-food takeaways (A5 uses) by taking account of existing food environment. 4. Development takes account of existing hot food takeaways in proximity to schools and other facilities for children, young people and families and provides mitigation. 5. Development has demonstrated how it supports a healthier community food environment by providing access to food outlets with affordable healthy food choices (e.g. grocery stores). 	<ol style="list-style-type: none"> 4. Development supports local healthy eating initiatives in the provision of food retail offers (such as TuckIN) 5. Development supports healthier food environments by providing access to/ supporting local food distribution networks and (e.g. providing community retail space for local food producers)

Category 6: Improving access to education, skills and employment

Aim: This standard aims to encourage, acknowledge and enable the identification of developers who are supporting communities with regards to education, skills and employment.

Health Related Evidence: Access to education and employment are part of the wider determinants of health and wellbeing. A lack of access to these services can have a negative impact on health and wellbeing, with unemployment significantly linked to deprivation, health inequalities and poorer health outcomes. It is essential to create environments that can support and promote education and employment for people at different life stages and with different needs, supporting good health and wellbeing, producing a productive workforce and attracting and retaining businesses. It is also essential to ensure access to these services is increased to support social mobility, ensuring that there are good opportunities for all.



Detailed criteria:

Standard 6: Improving access to Education, skills and employment		
Points available: 10 (6 Essential credits scoring 1 point each: 2 Desirable credits scoring 2 points each)		
Sub-category	Credit summary - Essential	Desirable
Access to educational and employment areas	<ol style="list-style-type: none"> 1. Development supports sustainable transport access to educational and employment sites. 2. The local and neighbourhood centre is easy to get to by public transport and is on walking and cycling networks. 3. Development provides capacity, location and accessibility of other social infrastructure (schools). 4. Development provide access to outdoor space for breaks/rest periods for on-site employment areas. 	<ol style="list-style-type: none"> 1. Development allows for flexible working/home working options/live-work unit opportunities (e.g. Home spaces or in local neighbourhood centres). 2. Development provides affordable business space and childcare provision facilities to make employment opportunities easier to access.
Training during construction	<ol style="list-style-type: none"> 5. Apprenticeship and skills development programmes are in place (expand). 6. On-site training for construction workers to support skills development and future proofing workforce skills. 	

4. Scoring and rating process

There are three levels of achievement that can be attained through the Livewell Development (Stage 2) accreditation process; Gold, Silver and Bronze. The schemes that show innovation or outstanding best practice have the opportunity to be awarded a highly commended award at the discretion of the panel members. Evidence would need to be demonstrated as part of the case study submission.

Scoring Matrix			
Standards	Total Points Available	Essential Criteria (each worth 1 point)	Desirable Criteria (each worth 2 points each)
Core Category 1: Design of homes and spaces	20	10	5 credits (worth 10 points)
Core Category 2: Active environment and connectivity	20	10	5 credits (worth 10 points)
Core Category 3: Environmental Sustainability	20	10	5 credits (worth 10 points)
Category 4: Supporting Communities	15	7	4 credits (worth 8 points)
Category 5: Access to healthier food environments	15	5	5 credits (worth 10 points)
Category 6: Improving access to education, skills and employment	10	6	2 credits (worth 4 points)
Totals	100	48	52
Small Scale Schemes		Large Scale	
Small Scale Livewell Development Award: Scoring 30 to 60 points for core categories only Small Scale+ Livewell Development Award: Highly commended schemes that have shown innovation above and beyond the core categories.		No Accreditation: 47 and below Bronze: (all essential criteria met) scoring 48 points Silver: (all essential criteria met) scoring 48 point plus up to 10 desirable criteria – 49-69 points Gold: (all essential criteria met) scoring 48 points plus 11 or more of the desirable criteria – 70 – 100 points	

Unclassified rating is for developments that have failed to meet the Livewell Development accreditation standards demonstrated in their case study/studies and Health Impact Assessment.

5. Making an application and submitting evidence

To make an application for the accreditation scheme, developers can express their interest to the Development Management team at pre-application or planning applications stage.

As part of the sign up to the developer charter, developers will be able to access advice and guidance on the completion of the HIA with Public Health. Further guidance on the preparation of an HIA can also be found on the Essex Design Guide website.

The stage 1 design award is awarded on completion of a Health Impact Assessment that has achieved a positive status through an assurance review and receiving appropriate planning permission.

For stage 2 accreditation the developer will need to submit detailed documentary evidence of built schemes to the Essex Quality Review Panel which serve to confirm that the development is in accordance with evidence provided at stage 1.

5.1. Essex Quality Review Panel

The Essex Quality Review Panel will be used to assess applications for accreditation as part of the stage 2 process. This panel will include representatives from Planning and Design teams, together with representatives from Public Health. It is anticipated that this panel would meet twice a year. For detailed information regarding the type of information required for submission for stage 2 and the timings of the panel please see the Essex Quality Review Panel website:

<https://www.essexdesignguide.co.uk/qualitypanel>



6. Glossary of references and evidence

The table below sets out further information and links to useful policy or good practice documents.

Standard	Evidence Base and further information
<p>Design of homes and spaces</p>	<ul style="list-style-type: none"> • Kondo, M., Hohl, B., Han, S. and Branas, C. (2016). Effects of greening and community reuse of vacant lots on crime. [online] NCBI. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5436723/ [Accessed 3 Dec. 2018]. • Retting, R., Ferguson, S. and McCartt, A. (2003). A review of evidence-based traffic engineering measures designed to reduce pedestrian-motor vehicle crashes. - PubMed - NCBI. [online] Pub Med. Available at: https://www.ncbi.nlm.nih.gov/pubmed/12948963 [Accessed 7 Nov. 2018]. • Researchbriefings.files.parliament.uk. (2016). Green Space and Health: Postnote. [online] Available at: https://researchbriefings.files.parliament.uk/documents/POST-PN-0538/POST-PN-0538.pdf [Accessed 7 Nov. 2018]. • Public Health England. (2017). Spatial Planning for Health An evidence resource for planning and designing healthier places. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf [Accessed 20 Nov. 2018]. • Public Health England (2014). Local action on health inequalities: Improving access to green spaces. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/355792/Briefing8_Green_spaces_health_inequalities.pdf [Accessed 3 Nov. 2018]. • Institute of Healthy Equity. (2018). Healthy High Streets: Good place-making in an urban setting. [online] Available at: http://www.instituteoftheequity.org/resources-reports/healthy-high-streets-good-place-making-in-an-urban-setting/healthy-high-streets-phe.pdf [Accessed 3 Dec. 2018]. • WHO (2007). Global Age-friendly Cities: A Guide. [online] Who.int. Available at: https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf [Accessed 7 Nov. 2018]. • WHO Europe (2017). Urban green spaces: a brief for action • Public Health England (2014). Local action on health inequalities: improving access to green spaces. • NHS (2019) The Long-Term Plan www.longtermplan.nhs.uk

Standard	Evidence Base and further information
Active environment and connectivity	<ul style="list-style-type: none"> • Ward, J., Duncan, J., Jarden, A. and Stewart, T. (2016). The impact of children's exposure to greenspace on physical activity, cognitive development, emotional wellbeing, and ability to appraise risk. [online] Science direct. Available at: https://www.sciencedirect.com/science/article/abs/pii/S135382921630048X [Accessed 14 Nov. 2018]. • Lakerveld, J., den Braver, N., Rutters, F., Schoonmade, L., Brug, J. and Beulens, J. (2017). Built environmental characteristics and diabetes: a systematic review and meta-analysis: Joreintje Mackenbach. [online] Oxford Academic. Available at: https://academic.oup.com/eurpub/article/27/suppl_3/ckx187.701/4556662 [Accessed 12 Nov. 2018]. • Nice.org.uk. (2018). Physical activity and the environment. [online] Available at: https://www.nice.org.uk/guidance/ng90 [Accessed 7 Jun. 2019]. • Ostergaard, L., Borrestad, L., Tarp, J. and Bo Andersen, L. (2012). Bicycling to school improves the cardiometabolic risk factor profile: a randomised controlled trial. [online] BMJ Open. Available at: https://bmjopen.bmj.com/content/2/6/e001307 [Accessed 7 Nov. 2018]. • Frank LD, Andresen MA, Schmid TL. Obesity relationships with community design, physical activity, and time spent in cars. <i>Am J Prev Med</i> 27, 87-96 • Public Health England. (2017). Spatial Planning for Health An evidence resource for planning and designing healthier places. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf [Accessed 20 Nov. 2018]. • PHE. (2013). Obesity and the environment: increasing physical activity and active travel. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/256796/Briefing_Obesity_and_active_travel_final.pdf [Accessed 7 Dec. 2018]. • Sport England (2015). Active Design Planning for health and wellbeing through sport and physical activity. [online] Sport England. Available at: https://www.sportengland.org/media/3426/spe003-active-design-published-october-2015-email-2.pdf [Accessed 7 Nov. 2018]. • Sport England (2018). Active Design Case Study Essex Design Guide: building activity into new development (online) Available at https://www.sportengland.org/media/13816/active-design-essex-design-guide-case-study.pdf (Accessed 3 Jun. 2019) • WHO (2007). Global Age-friendly Cities: A Guide. [online] Who.int. Available at: https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf [Accessed 7 Nov. 2018].

Standard	Evidence Base and further information
Environmental sustainability	<ul style="list-style-type: none"> • Colan, B., Fraser, A., Vedrenne, M., Tate, J. and Whittles, A. (2016). Evidence review on effectiveness of transport measures in reducing nitrogen dioxide. [online] Uk-air.defra.gov.uk. Available at: https://uk-air.defra.gov.uk/assets/documents/reports/cat05/1605120947_AQ0959_appendix_1-evidence_review_on_air_quality_effects_of_transport_measures.pdf [Accessed 17 Nov. 2018]. • World Health Organisation: COP24 special report: health and climate change • Public Health England. (2017). Spatial Planning for Health An evidence resource for planning and designing healthier places. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf [Accessed 20 Nov. 2018]. • Institute of Healthy Equity. (2018). Healthy High Streets: Good place-making in an urban setting. [online] Available at: http://www.instituteoftheequity.org/resources-reports/healthy-high-streets-good-place-making-in-an-urban-setting/healthy-high-streets-phe.pdf [Accessed 3 Dec. 2018]. • Ferranti, E. J. S. and MacKenzie, A. R. and Ashworth, K and Hewitt, C.N. (2018) First Steps in Air Quality for Built Environment Practitioners. Technical Report. University of Birmingham & TDAG. (Unpublished) http://epapers.bham.ac.uk/3069/10/TDAG_FSAQ_2017_v2.pdf
Supporting communities	<ul style="list-style-type: none"> • Sport England (2015). Active Design Planning for health and wellbeing through sport and physical activity. [online] Sport England. Available at: https://www.sportengland.org/media/3426/spe003-active-design-published-october-2015-email-2.pdf [Accessed 7 Nov. 2018]. • WHO (2007). Global Age-friendly Cities: A Guide. [online] Who.int. Available at: https://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf [Accessed 7 Nov. 2018]. • Royal Town Planning Institute. (2016). Poverty, place and inequality. [online] Available at: https://www.rtpi.org.uk/media/1811222/poverty_place_and_inequality.pdf [Accessed 3 Jun. 2019].

Standard	Evidence Base and further information
Access to healthier food environments	<ul style="list-style-type: none"> • Public Health England. (2017). Spatial Planning for Health An evidence resource for planning and designing healthier places. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf [Accessed 20 Nov. 2018]. • Public Health England (2019). Healthy people, healthy places briefing Obesity and the environment: regulating the growth of fast food outlets. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/296248/Obesity_and_environment_March2014.pdf [Accessed 3 Jun. 2019].
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- 1 <https://www.essexdesignguide.co.uk/>
- 2 <https://www.england.nhs.uk/ourwork/innovation/healthy-new-towns/>
- 3 Essex Healthy Places Guidance 2019
- 4 <https://www.essexdesignguide.co.uk/qualitypanel>
- 5 Sport England: Active Design Case Study- Building Activity into new development <https://www.sportengland.org/media/13481/spe-case-studies-essex-design-guide-final.pdf>
- 6 <https://www.livingwellessex.org/media/621973/jhws-2018-cabinet-aug-2018.pdf>
- 7 <http://www.nhbc.co.uk/media-centre/articles/pressreleases/priorities-of-new-home-buyers/>
- 8 Who pays and who benefits? Understanding the value of investing in 'health places'
- 9 Redrow: Valuing Communities, Communities Report 2018
- 10 Redrow: Valuing Communities, Communities Report 2018
- 11 Healthy Housebuilding: Making 300,000 new homes a year better places to live
- 12 TCPA: Securing constructive collaboration and consensus for planning healthy developments
- 13 <https://www.essexdesignguide.co.uk/overarching-themes/health-and-wellbeing/>





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