Healthy Places | Healthy People Prosocial Places

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## Belfast Healthy Cities Seminar Series Autumn 2016

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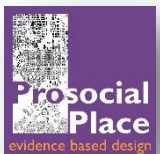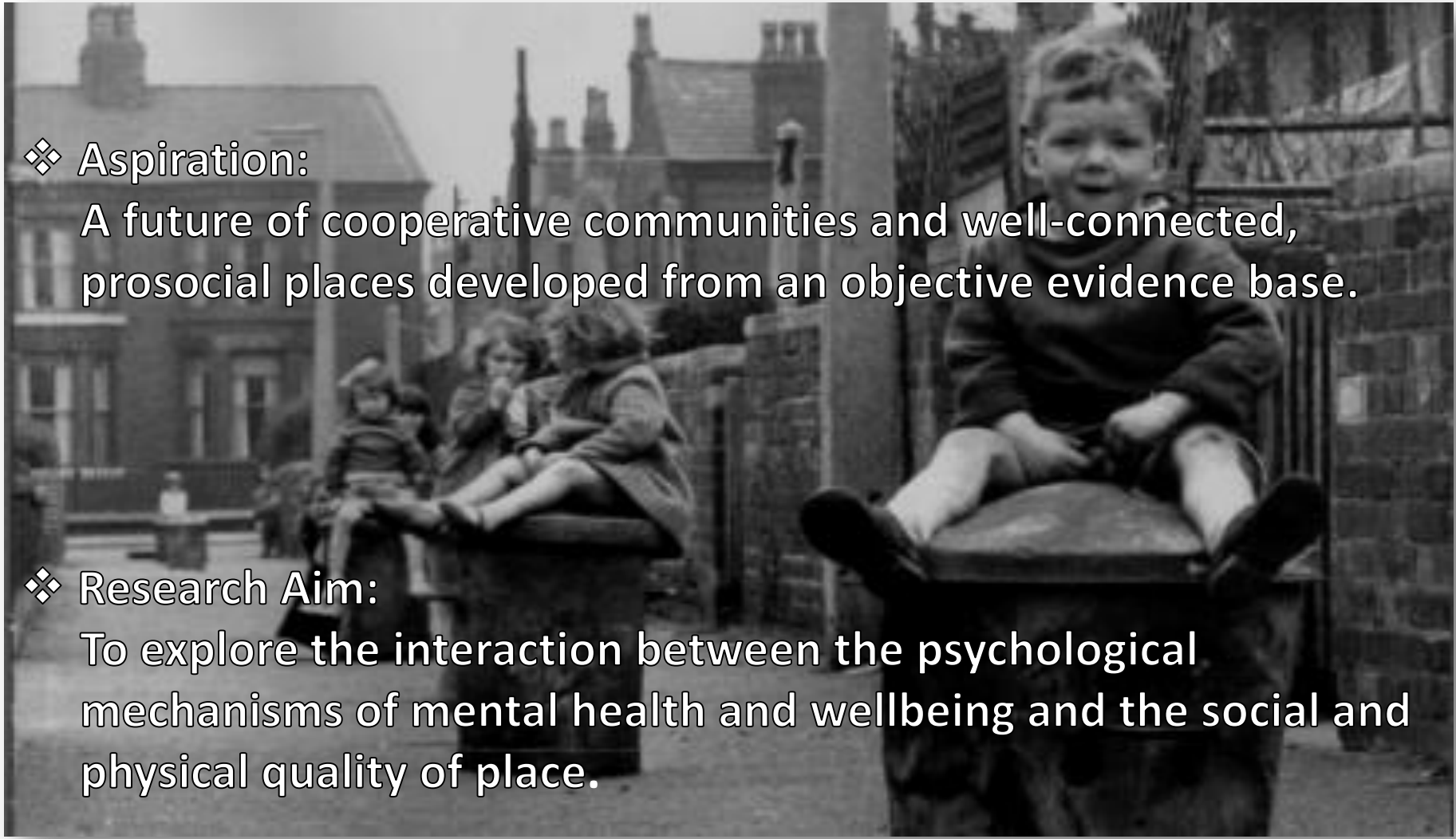
How The Built Environment Shapes Wellbeing

❖ **Key concepts and background research.**

❖ **The built environment, mental health and wellbeing - a range of evidence from research programmes .**

❖ **The built environment examples and thoughts from practice.**

❖ **Doing it better**

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Key Concepts & Background Research
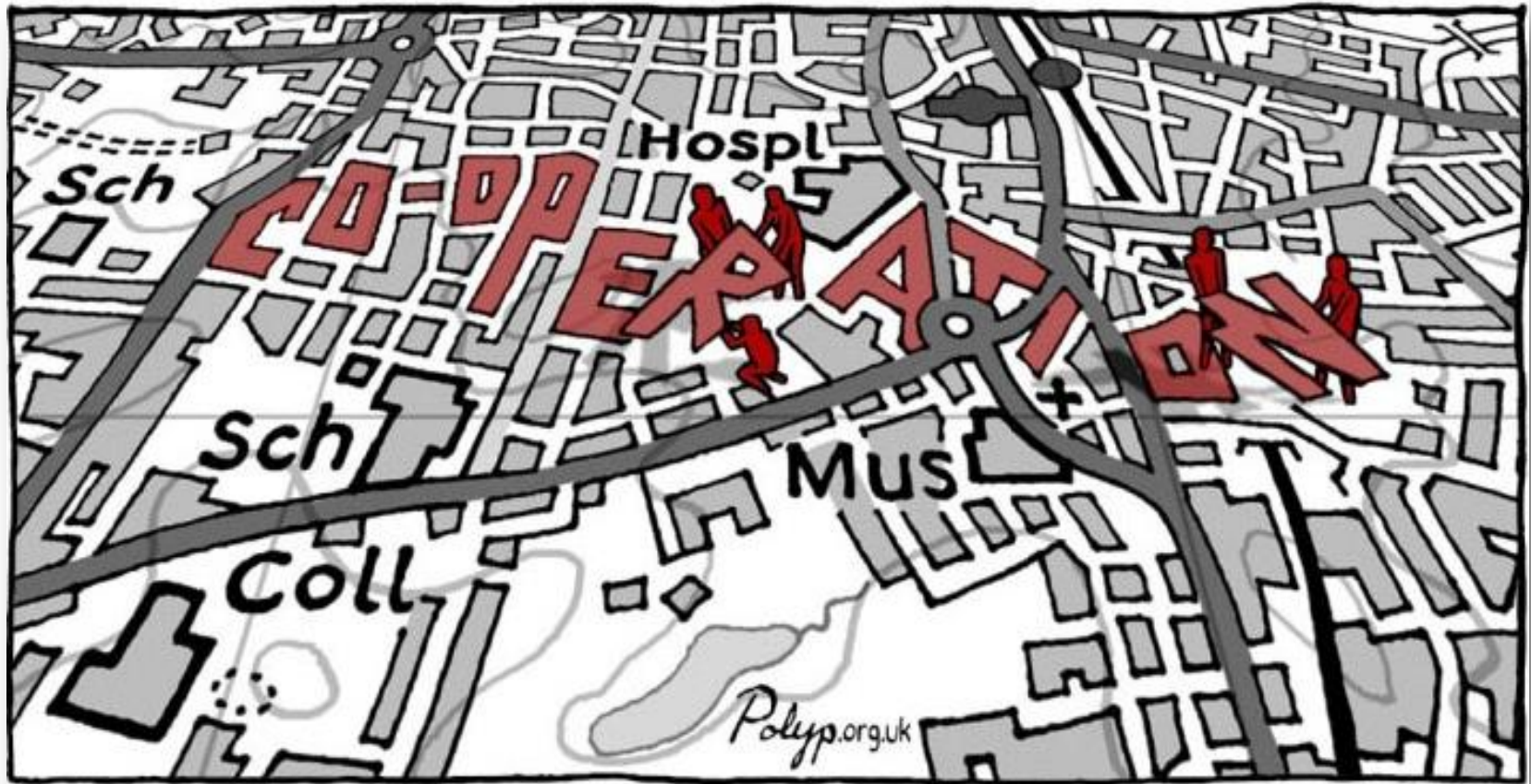
Prosocial Place Programme

❖ Aspiration:
A future of cooperative communities and well-connected, prosocial places developed from an objective evidence base.

❖ Research Aim:
To explore the interaction between the psychological mechanisms of mental health and wellbeing and the social and physical quality of place.

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What is Prosociality?

❖ **Prosocial behaviour is:**

▪ **voluntary,**

▪ **intended to benefit others, and**

▪ **has deep evolutionary roots.**

Dimensions include:

▪ **Altruism** - incurring indirect cost to self by helping others - basis of evolution of social species.

▪ **Empathy** - understanding the feelings and thoughts of others and behaving accordingly - basis of culture.

▪ **Co-operation** - working or acting together for a common purpose or benefit – basis of wellbeing.

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Examples of Prosociality

Individual altruism...

"A tower block in which the warden decided to help develop the previously unconnected residents into a community, gardens, etc., based on the concept of the including a conservatory, cafe, world's oldest residential towers in Yemen. The block went from having empty flats to a waiting list to move in."

....leads to mutual trust

"Being able to trust a number of your neighbours to look after your house or pets when you are away. Small actions like this that engender mutual trust are important to feeling a sense of community."

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Competition or Cooperation?

Benjamin Disraeli

"In great cities men are brought together by the desire of gain. They are not in a state of co-operation, but of isolation, as to the making of fortunes; and for all the rest they are careless of neighbours. Christianity teaches us to love our neighbor as ourselves; modern society acknowledges no neighbour."
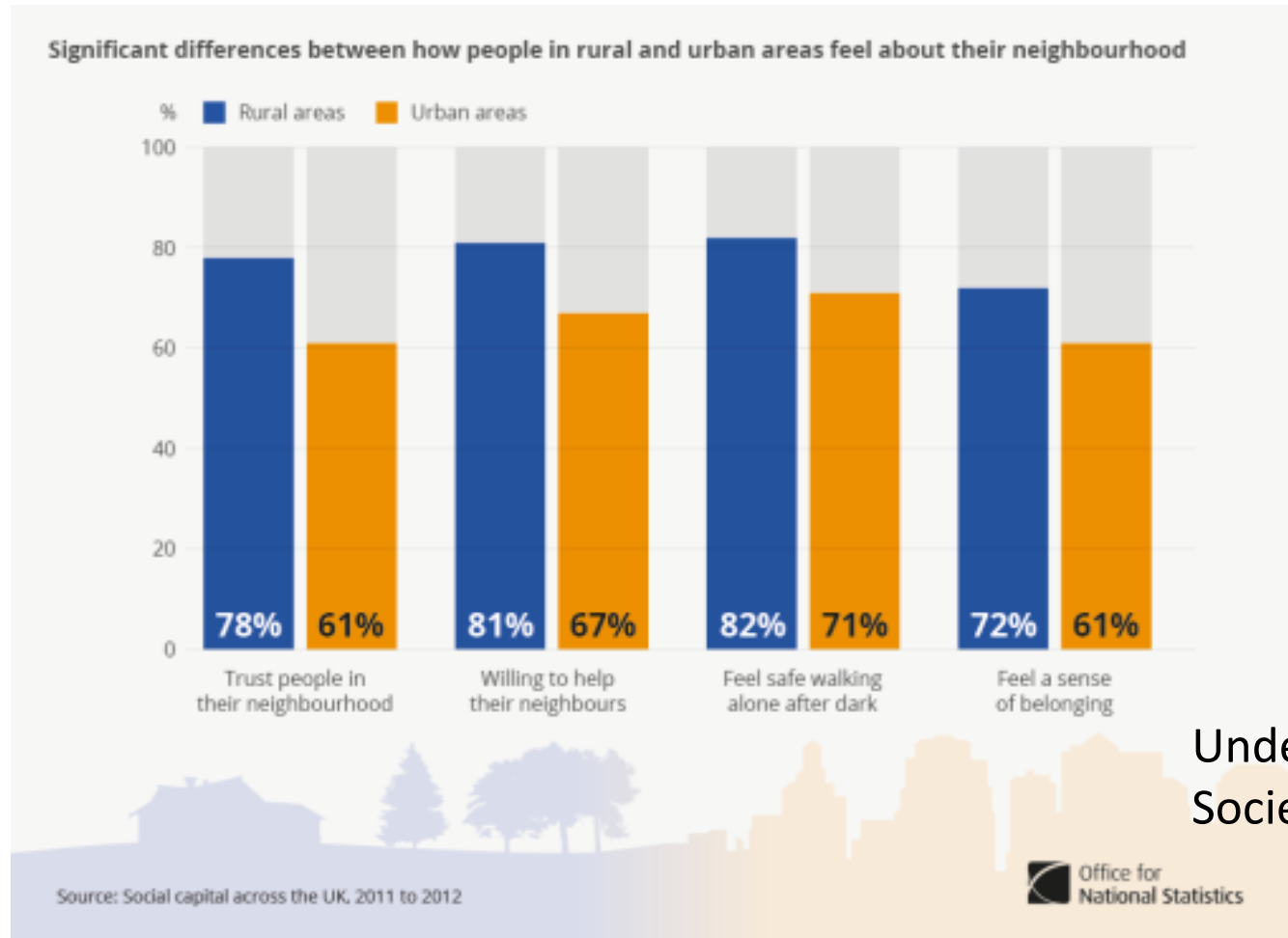
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The Urbanicity Effect

- ❖ **1938** - *Wirth*: **Depression** higher in urban compared to rural settings.

- ❖ **1939** - *Faris & Dunham*: "Mental disorders in urban areas": **Schizophrenia** was much more common in deprived inner city Chicago than its affluent suburbs.

- ❖ **2001** *Pedersen & Mortensen*: A **dose-response relationship** between time spent in urban environments in childhood and risk.

- ❖ **2003/ 2009** - *Evans and Ellaway et al*: The relationship is associated with **perceived quality of place**.

- ❖ **2004** - *Sundquist et al*: Sweden - 4.4 million adults. Those living in the most densely populated areas had 68–77% more risk of developing **psychosis** and 12 –20% higher risk of developing **depression** than the reference group.

- ❖ **2010** - *Peen, Schoevers, Beeckman & Dekker*: Meta-analysis of urban-rural differences of **mood and anxiety disorder**.

- ❖ **2012** - *Vassos et al*: Meta-analysis of **urbanicity in schizophrenia**.

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Urban vs Rural

❖ **How we feel about our neighbourhoods?**

Significant differences between how people in rural and urban areas feel about their neighbourhood

% ■ Rural areas ■ Urban areas

	Trust people in their neighbourhood	Willing to help their neighbours	Feel safe walking alone after dark	Feel a sense of belonging
Rural	78%	81%	82%	72%
Urban	61%	67%	71%	61%

Source: Social capital across the UK, 2011 to 2012

Office for National Statistics

Understanding Society Survey

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"Mount Fear"
Abigail Reynolds

"85% OF PEOPLE POLLED STATED THAT THE QUALITY OF PUBLIC SPACE HAS A DIRECT IMPACT UPON THEIR LIVES AND THE WAY THEY FEEL."

SEEN & HEARD, DEMOS, NOVEMBER 2007

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Built Environment Mental Health Wellbeing

- a range of evidence from research programmes

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❖ **The effects of contemplating different residential places**

Our contemplation studies show that urban vs rural housing photos matched for perceived desirability do not differ in how they change psychological responses. But photos that differ in perceived desirability do alter responses differently.

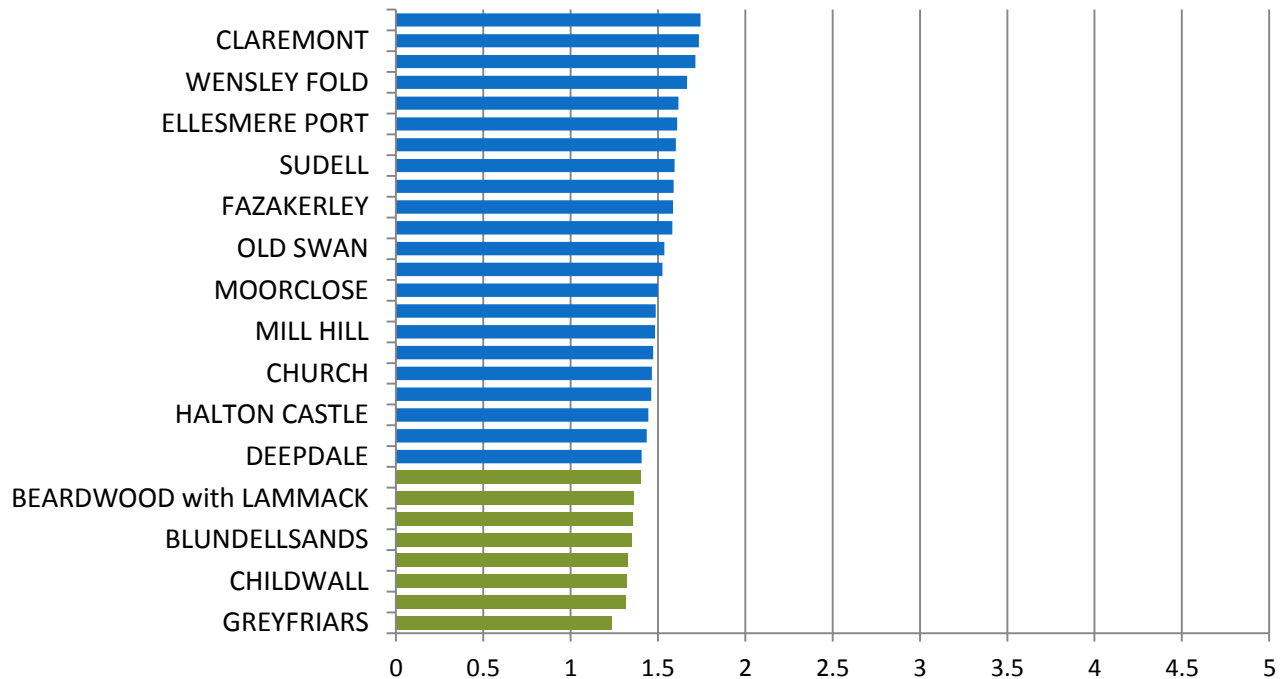Corcoran, Mansfield, Giokas, Hawkins, Bamford and Marshall (2016) SAGE OPEN in submission

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Depression by Wards

Neighbourhood	Mean
GREYFRIARS	1.2356
WILPSHIRE	1.3172
CHILDWALL	1.3193
HELSBY	1.3267
BLUNDELLSANDS	1.3496
NORBRECK	1.3539
BEARDWOOD with LAMMACK	1.3601
SWANSIDE	1.3991
DEEPDALE	1.4077
WORSLEY	1.4367
HALTON CASTLE	1.4462
CAMBRIDGE	1.463
CHURCH	1.4659
VICTORIA	1.4722
MILL HILL	1.4835
VIVARY BRIDGE	1.488
MOORCLOSE	1.5011
WINSFORD OVER and VERDIN	1.5261
OLD SWAN	1.5377
DUKE'S	1.5838
FAZAKERLEY	1.5858
DITTON	1.5904
SUDELL	1.5959
ST GEORGE'S	1.6039
ELLESMERE PORT	1.611
MOSS BAY	1.6181
WENSLEY FOLD	1.667
STOCKBRIDGE	1.7149
CLAREMONT	1.7355
PAGE MOSS	1.7439

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Anxiety by Wards

Neighbourhood	Mean
GREYFRIARS	1.2657
BLUNDELLSANDS	1.2814
CHILDWALL	1.2983
NORBRECK	1.3029
DEEPDALE	1.3124
WILPSHIRE	1.3314
SWANSIDE	1.3649
HELSBY	1.37
HALTON CASTLE	1.3869
BEARDWOOD with LAMMACK	1.415
VICTORIA	1.422
WORSLEY	1.4242
VIVARY BRIDGE	1.442
OLD SWAN	1.4546
CAMBRIDGE	1.4615
MILL HILL	1.4736
CHURCH	1.4915
SUDELL	1.4925
FAZAKERLEY	1.5086
DITTON	1.5121
MOORCLOSE	1.5154
WINSFORD OVER and VERDIN	1.5293
DUKE'S	1.5537
ST GEORGE'S	1.5708
WENSLEY FOLD	1.599
ELLESMERE PORT	1.6686
CLAREMONT	1.6888
MOSS BAY	1.6951
PAGE MOSS	1.7582
STOCKBRIDGE	1.7733

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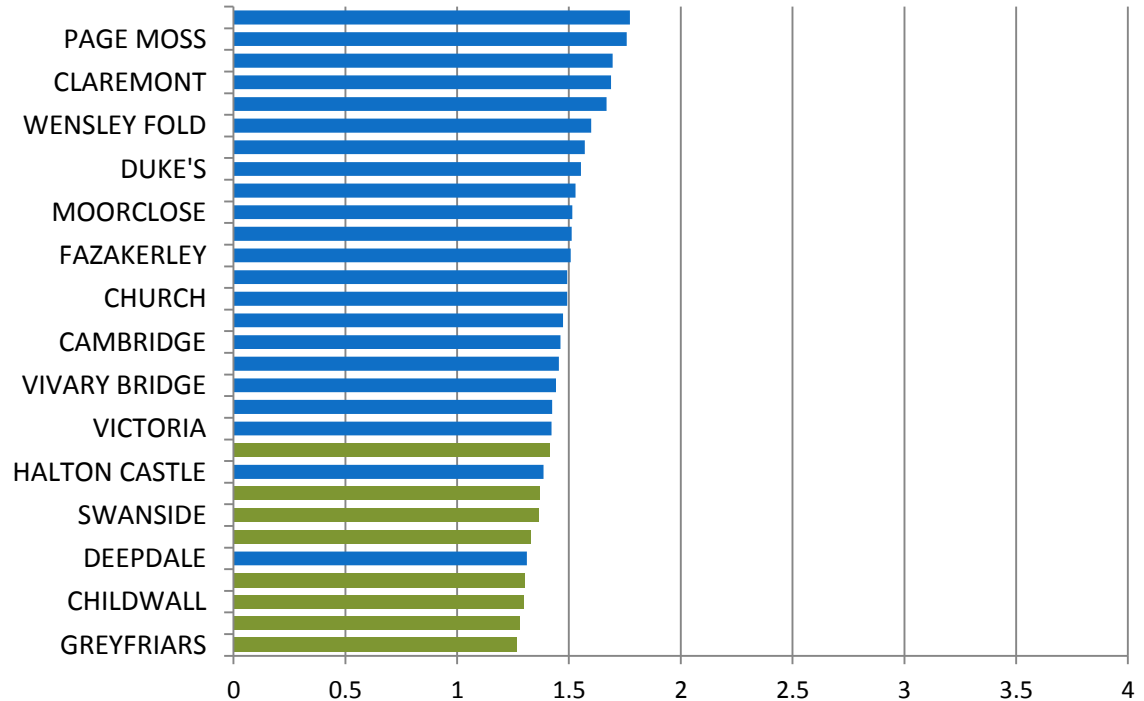
Wellbeing by Wards

Neighbourhood	Mean
BLUNDELLSANDS	4.0586
NORBRECK	4.0574
GREYFRIARS	4.0571
WILPSHIRE	3.9355
MILL HILL	3.8521
SWANSIDE	3.8478
DEEPDALE	3.8442
CHILDWALL	3.8388
HELSBY	3.8152
WINSFORD OVER and VERDIN	3.8151
MOORCLOSE	3.798
HALTON CASTLE	3.7715
BEARDWOOD with LAMMACK	3.7683
VIVARY BRIDGE	3.7534
ST GEORGE'S	3.7275
CAMBRIDGE	3.7048
CHURCH	3.7016
WORSLEY	3.6856
DITTON	3.6756
VICTORIA	3.6683
WENSLEY FOLD	3.6313
FAZAKERLEY	3.6242
STOCKBRIDGE	3.5748
DUKE'S	3.5688
OLD SWAN	3.5658
SUDELL	3.5599
PAGE MOSS	3.5463
ELLESMERE PORT	3.545
CLAREMONT	3.5087
MOSS BAY	3.4691

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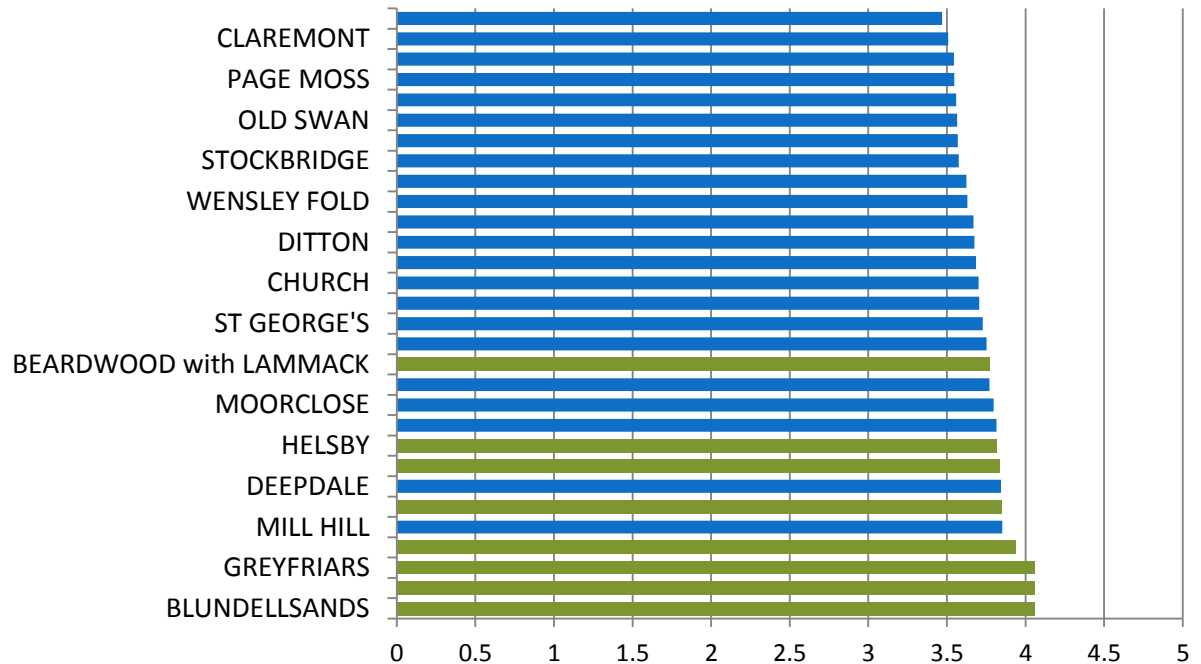
Place Variables

❖ **Which place variables are related to MH&W?**

	Sense of belonging	Use of open space	Level of reported incivilities	Level of community trust
depression	YES	NO	**YES**	MARGINAL
anxiety	YES	NO	**YES**	NO
paranoia	NO	NO	**YES**	NO
wellbeing	YES	YES	**YES**	NO

Reported level of incivilities - the visible cues to impoverishment, threat and poor place stewardship.

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Lived Experience

❖ **Places of Paradoxical Pride & Shame – an Ambivalent Attachment to Place?**

▪ **Hayden (2013):** *"…place comes to define people and how they, in turn, define their community as in need of defence and not easily understandable to strangers."*

▪ **Stafford et al. (2008):** Strong attachment to a deprived neighbourhood increases the risk of depression.

▪ **Participant:** *"…because I feel <u>ashamed</u> being associated with part of that area when deep down people would come to the area and say 'oh my god look, looks rough round here'. <u>But the people are lovely</u>. I'm not <u>ashamed</u> to be associated… I'm <u>ashamed</u> of people that have got no <u>shame</u> in themselves and they just throw litter. Maybe I've used the wrong word of saying I feel <u>ashamed</u> because I'm not <u>ashamed</u> of coming from where I've come from because I've come from there all me life, and it's better for me because <u>I'm not a posh nob</u> or I don't try and be what I'm not."*

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Lived Experience

❖ **When Your Place Makes you Discount Your Future**

Life History Theory shows how the qualities of an environment directly determine our life strategies and our wellbeing, emphasising the importance of place-making.

Where resources are perceived to be stable, reliable and predictable, people plan their futures, develop the capacity to adapt to inevitable life stresses, cooperate with other future -oriented people, to determine their positive futures.

Where resources are perceived to be unstable, unreliable and unpredictable thrill-seeking and non-cooperative impulsive, self-centered choices are primed and become the norm.
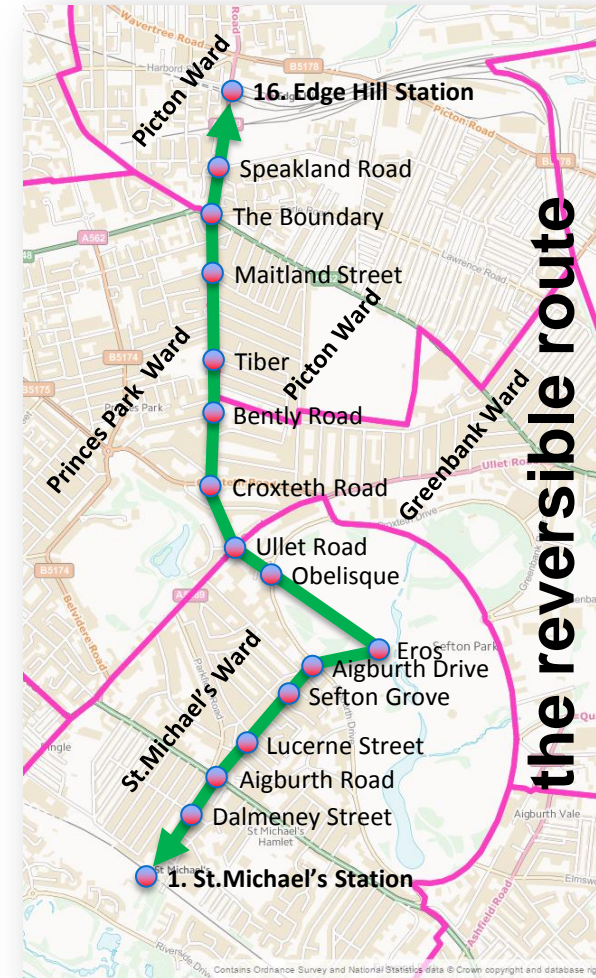
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What do people notice & what do they make of it?

❖ **The South Liverpool Walking Study:**

- **Picton Ward.** Almost 40% of the residents here are working class or not working. 76.4% of neighbourhoods in this ward fall within the most deprived 5% nationally.

- **Princes Park Ward.** Very similar to Picton, but with higher rates of child poverty, but reduced reported crime and higher house values.

- **Greenbank Ward.** Whilst the statistics are generally less severe than Picton and Princes Park, the neighbourhoods the walk passes through is indistinguishable from them.

- **St Michael's Ward.** Over 70% of residents are middle and upper middle class. 22.1% of the area is in the 10% most deprived (notably flanking the walk), far less than the Liverpool average 49.6%.

http://www.urbandesignmentalhealth.com/blog/a-tale-of-two-cities-how-place-management-can-shape-our-assumptions-about-neighborhoods-and-their-residents

the reversible route

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What do people notice?

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What do people notice?

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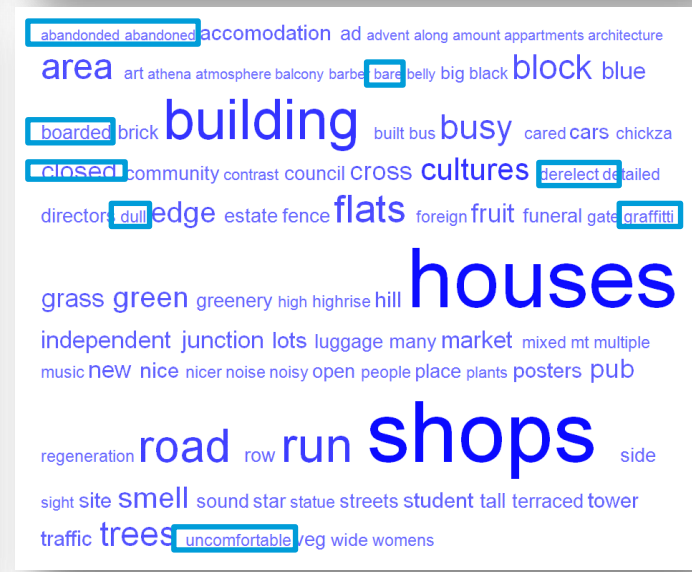
What do they make of it?

❖ **Sentiment Analysis:**

Expression of sentiment within **salient feature** descriptors correlates with on-the-spot sense of:

threat = -0.45: **trust** =0.63; **wealth/resource** = 0.65: **community spirit**= 0.58

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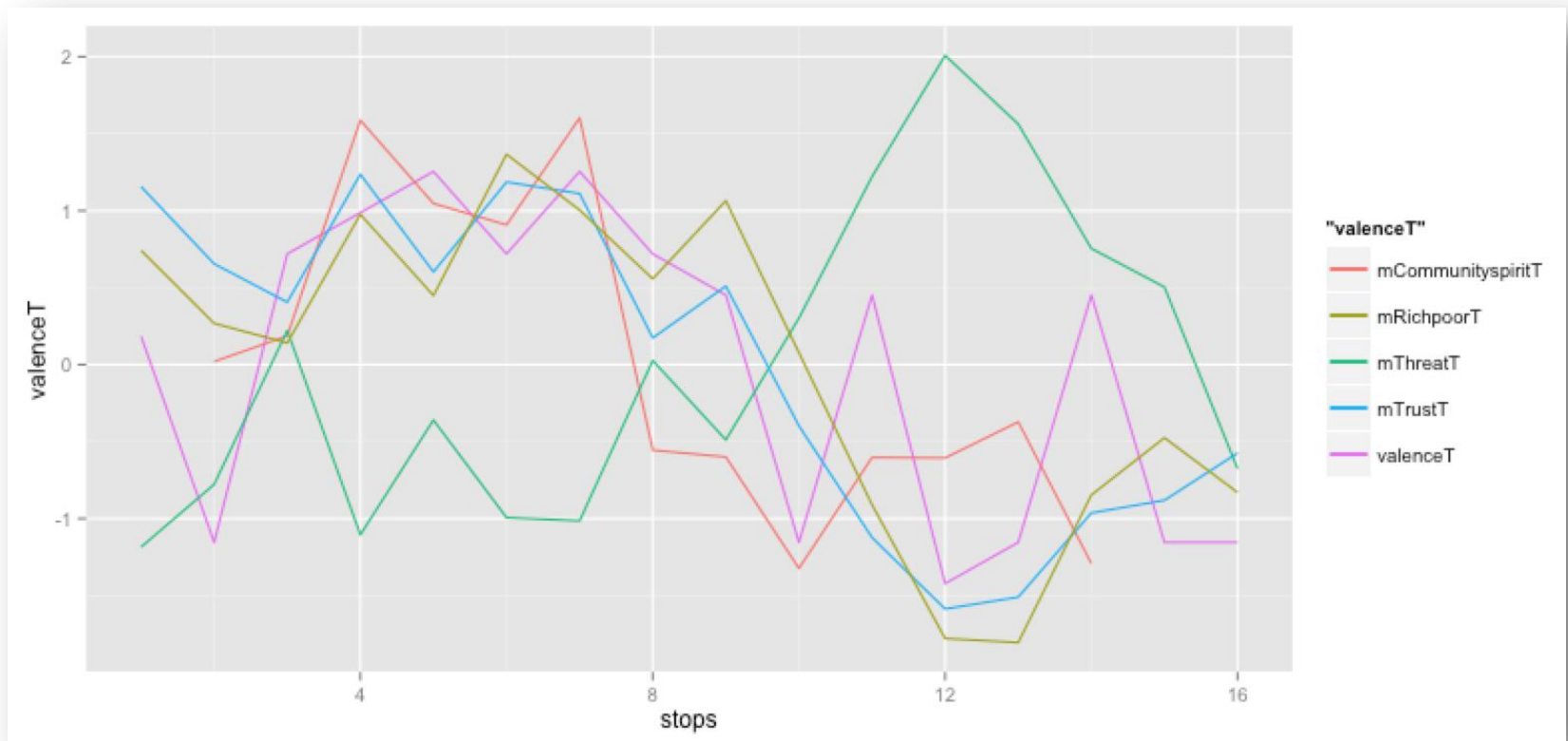
Sentiment Analysis

❖ **How Individual Differences Determine Perception of Place**

Sentiment analysis low/high PADStotal by stop
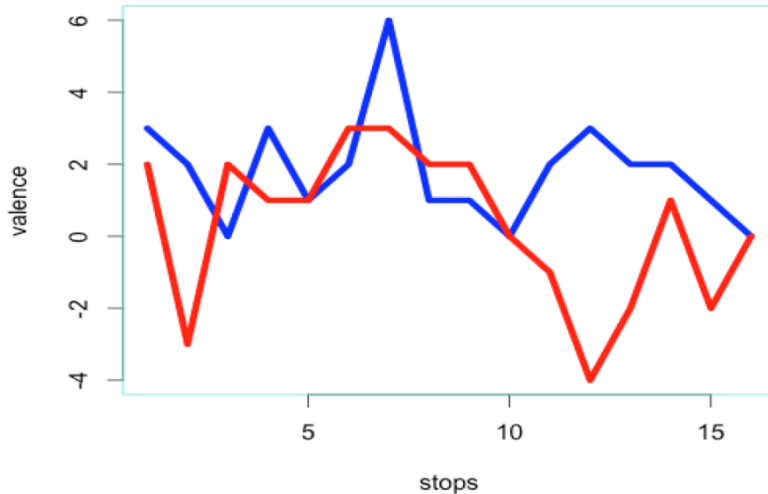
Sentiment analysis low/high DASS by stop
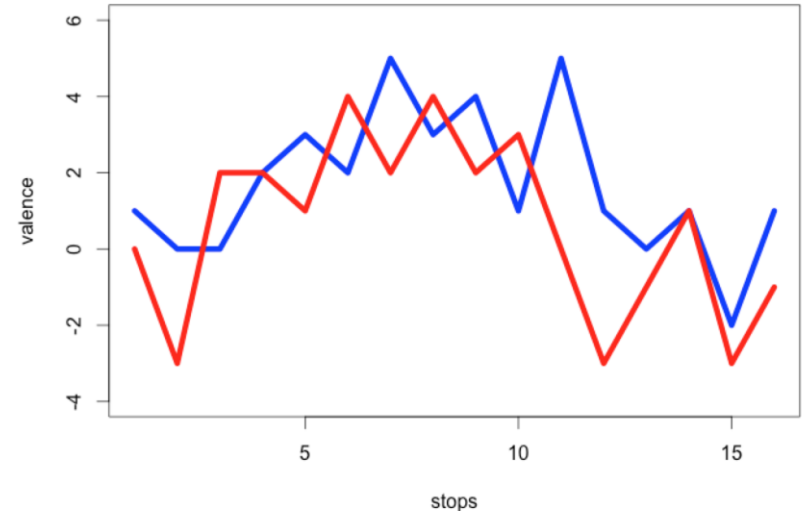
Clear differentiation of emotional reaction between groups in low IMD/ low resource environments.

Red = highest scores.

Blue = lowest scores.

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What's Community Wellbeing?

❖ **315 professionals/practitioners working on wellbeing were asked ' what is meant by the term community wellbeing?'**

...is about strong networks of relationships and support between people in a community, both in close...

...means people feeling able to take action to improve things in, and influence decisions about, their...

...means people's feelings of trust in, belonging to and safety in their community.

...is about nobody being excluded from the community they live in, and ensuring that everyone can lead a...

...is the total sum of wellbeing of all the individuals who live in a community.

...is what emerges from physical surroundings that enable people to flourish.

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Wellbeing in Place

❖ **Peoples Views:**

"What makes a good place?"
66 views aired

I - Community Spirit; Good People & Neighbourliness

II - Nature & Open Space

III - A Clean Living Environment

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Encouraging Community Wellbeing

❖ **Reclaiming the public realm**

"Spread & growth of 'Playing Out' activities. This is where streets are closed to traffic for short periods of time, but opened-up to children and adults to play, talk, interact and socialise. This has the potential to increase exercise for children, reduce isolation and loneliness, allow neighbours to get to know one-another, builds trust, understanding, increases safety in that people look out for one-another and much more."

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Encouraging Community Wellbeing

❖ **Reclaiming the public realm**

"A once run down, crime ridden area has been given a new sense of pride for the individuals to live in due to one street deciding to come together to do little things i.e. plant flowers and shrubs and discourage their children throwing litter around etc. It has made a huge difference over time and led to people appearing to smile more."

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Changing Places Changes Futures

South et al. (2016) Community wellbeing evidence programme.

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Co-Design - a thematic analysis

VISION – Group 1

The Reader Organisation will create a new heart for Calderstones: building a cultural community for the benefit of the city.

OBJECTIVES

- Create an accessible cultural hub for the local community
- Realise the heritage and landscape assets of the park
- Develop an attractive metropolitan destination within the city
- Establish a sustainable and identifiable home for the reader organisation
- Provide inclusive and equitable wellbeing outcomes

VISION – Group 2

The Reader Organisation will create a relaxing, inclusive and sustainable home for a cluster of cultural pursuits with reading as its foundation.

OBJECTIVES

- Facilitate a range of accessible and inclusive cultural activities
- Provide inclusive and equitable wellbeing outcomes
- Provide an exemplar 21st century suburban neighbourhood
- Realise the attractions of the park
- Develop an attractive metropolitan destination within the city
- Establish a sustainable and identifiable home for the Reader Organisation

❖ **A Home for The Reader Organisation**

- Increased 'responsibility' for place.
- Increasing 'implicit mastery'.
- An 'allocentric' consideration of place.
- 'Optimism'.
- 'Co-operative' decision-making.

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A Common Sense of Place

Kevin Lynch 'The Image of The City'
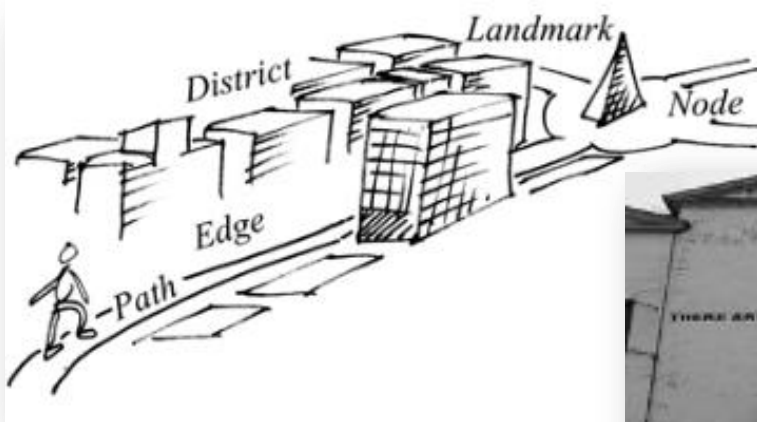
Connectivity & Movement

The importance of visual cues
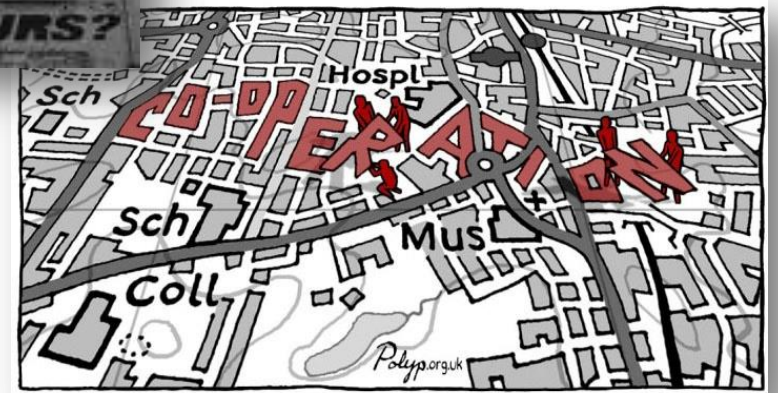
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Built Environment

- examples and thoughts from practice

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Is this Good Design?

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Whose Aspiration?

❖ **Design Policy:**
'Un-Placed' Townscapes, and
'Dis-Placed' People

The Secret History Of Our Streets – Duke Street, Glasgow.
BBC - Season 2 Episode 2

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Un-Valued

The Urbanicity Effect
Stark cues to low resource and threat. Is it the barrel or the apple that is bad?

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Re-Valued

1976 - **Enough**
John Butterly & John Dowson

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Streets & Spaces

The Living Environment
Cues to a valued shared resource.

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Whose Aspiration?

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Tower Hill

Tower Hill

Tower Hill

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Doing it Better

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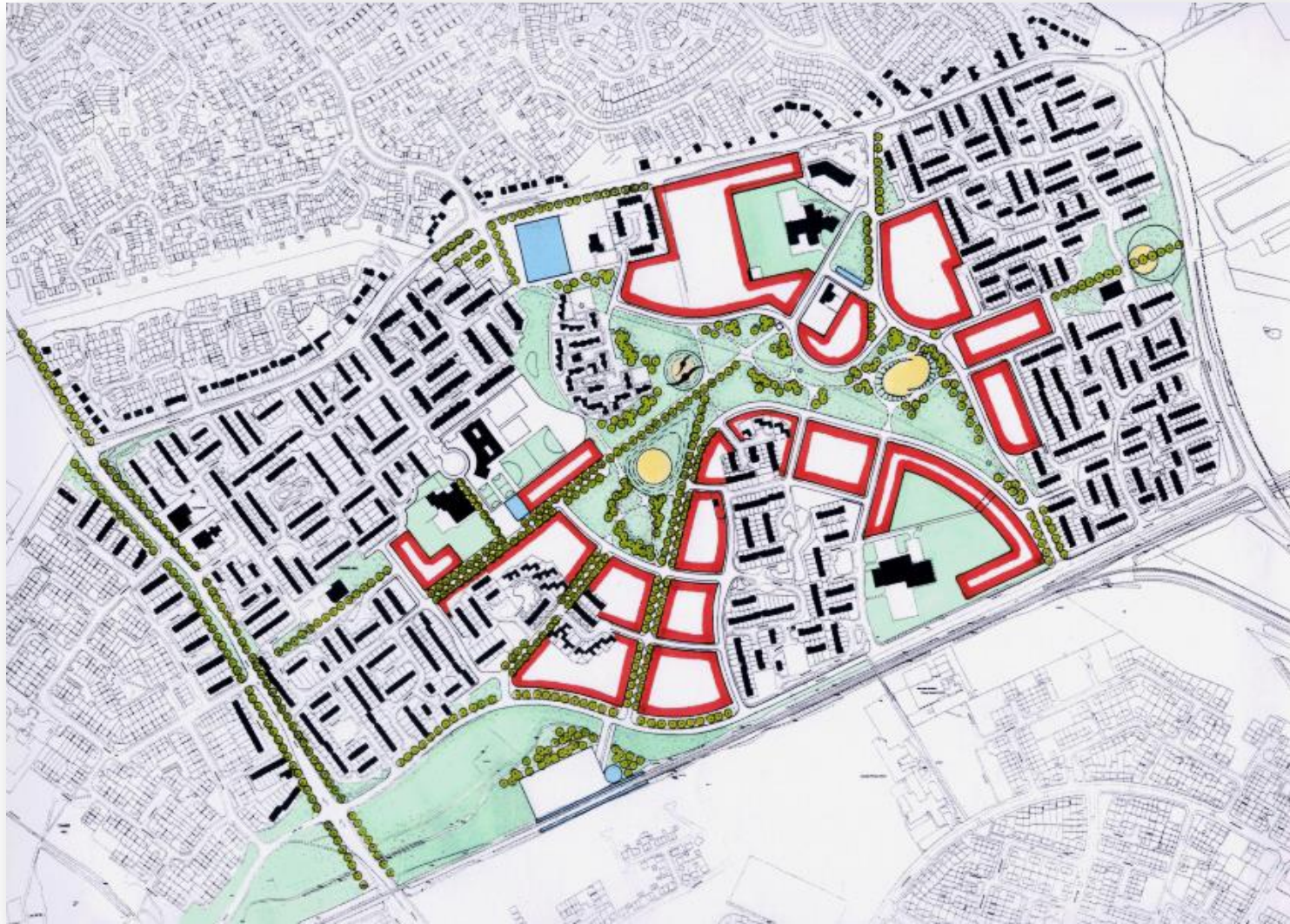
Well-Design – a Policy Provocation

❖ **Can the 'Five Ways to Wellbeing' deliver place-making principles?**

Corcoran, R. and Marshall, G. (2016) Planning for Wellbeing. Urban Design and Mental Health
http://www.urbandesignmentalhealth.com/journal1-planning4wellbeing.html

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Our Estate

❖ **Place-Making for the Common Good**

- Fore-sighting that tells us that 80% of the buildings that we will inhabit in 2050 **have already been built**.

- Much new development will be within existing fabrics, infrastructures and stewardship regimes, and so will become 'existing'.

- We therefore need to make existing environments liveable as a matter of urgency, building on our evidence bases – our **common sense**.

- Lessons learned – **common wisdom** - should direct the development of new places, not untested design theory or developers business plans.

- A **Place Directorate** presents an opportunity for balanced thinking towards a vision of a socially sustainable place.
- **…and, branding is not authenticity.**

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Key Messages

❖ **Socially Sustainable Communities are the Foundation of Attractive & Resilient Cities"**

- Understand the bond between place and mental wellbeing.

- Generate a 'common sense of place'.

- Consider how a 'well-design' approach can transform this into 'common wisdom'.

- Embed co-produced place-making and stewardship in the regeneration agenda.

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