



The Health Improvement Commission's response to the consultation on the Leale's Yard Regeneration Framework.

The Bailiwick of Guernsey is beautiful. The recent experience of lockdown brought home to many of us just how special our environment is. It also reminded us that *where* we live influences *how* we live, in particular behaviours that impact our health.

We know that there is a relationship between the built environment and behaviours which impact our health and we believe that the environment can and should be designed and built to set people up for success, making healthy choices the easier choices. This is especially the case when we consider physical activity and eating habits.

That is why we submitted the three key points below to the Leale's Yard Regeneration Framework consultation.

1. Commit to making the Bridge a healthy and sustainable place to live.

We advocated that “***Making the Bridge a healthy and sustainable place to live***” should be added as one of the Framework's commitments. This would align with other government policies such as the Partnership of Purpose, the Children and Young People's Plan and the States Resolution on *Health in all Policies*. Current and future developments should enhance our health.

2. Build an environment that makes it easy to be active

There is overwhelming evidence that regular physical activity is not only beneficial but necessary for mental and physical health in people of all ages. [‘Moving Matters: Interventions to increase physical activity’](#) is a good example of that evidence and includes key aims relevant to the regeneration of Leale's Yard to help ensure it is as easy as possible to be active:

- Improved opportunities for public and active transport
- Enhanced access to green spaces and leisure facilities
- Reduced traffic with safer streets and lower emissions
- Improved, more pleasant open spaces

We advocated for prioritising opportunities for children and families to be active. We encouraged the design of both formal spaces (e.g., playground etc) and informal green spaces to “play” and for the creation of extensive pedestrianised zones.

A priority for the Health Improvement Commission is to promote everyday physical activity through active travel (walking, cycling, scooting, wheeling). Planning at Leale's Yard will present an excellent opportunity to facilitate this activity through active travel and prepare for a 21st Century where communities are not so dependent on car use.

We advocated for the following:

- Prioritise walking and cycling
- Keep cars and pedestrians as separate as possible with hard infrastructure
- Cycle lane infrastructure that has connections with other large populations - such as the Victor Hugo College on the Baubigny site.
- Arrangements for e-bikes (and cargo bikes storage and charging facilities)
- Opportunities for informal safe spaces to play outside, learn to ride a bike, take prams and buggies, scooters or trails for walking or jogging / pedestrianisation (e.g., Learn to ride Bike Playgrounds and dedicated physical activity tracks for jogging, strolling, walking with buggies etc).

3. Build an environment where it is easy to eat healthily.

We encouraged consideration of how the development would change what types of eating opportunities are on offer. Developments at Leale's Yard provide the chance to build a "foodscape" that boosts residents' health, making it easier not harder to access healthy food.

We recognised that there is only so much that planning authorities can do to manage the commercial environment, but a commitment to making the Bridge a healthy place to live through its design and through working with the local community, can achieve a healthier eating environment. We referred to Sustain's new [publication](#) on developing healthier food environments. The report calls for a series of actions to be explored on planning, design and licensing to tackle community health issues, including Type 2 Diabetes and childhood obesity. In a Guernsey context, these include:

- Government support and planning regulations to avoid a dominance of takeaways in urban areas.
- Explore the impact of restrictions on the sale of unhealthy food to under 16s before 6pm on school days – encouraging businesses to reformulate their offer and provide nutritious alternatives.
- Reviewing residential space standards to ensure houses have enough space for food preparation, cooking, dining and storage.

Additionally, a community space to grow vegetables could provide green space and the opportunity for social connection and physical activity, alongside the chance for increase availability of free/low-cost vegetables and fruit.