



Planning and Designing a Healthy New Town

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planning and urban design

Northstowe - A Healthy New Town in Cambridgeshire



Figure 1: Strategic Location of Northstowe

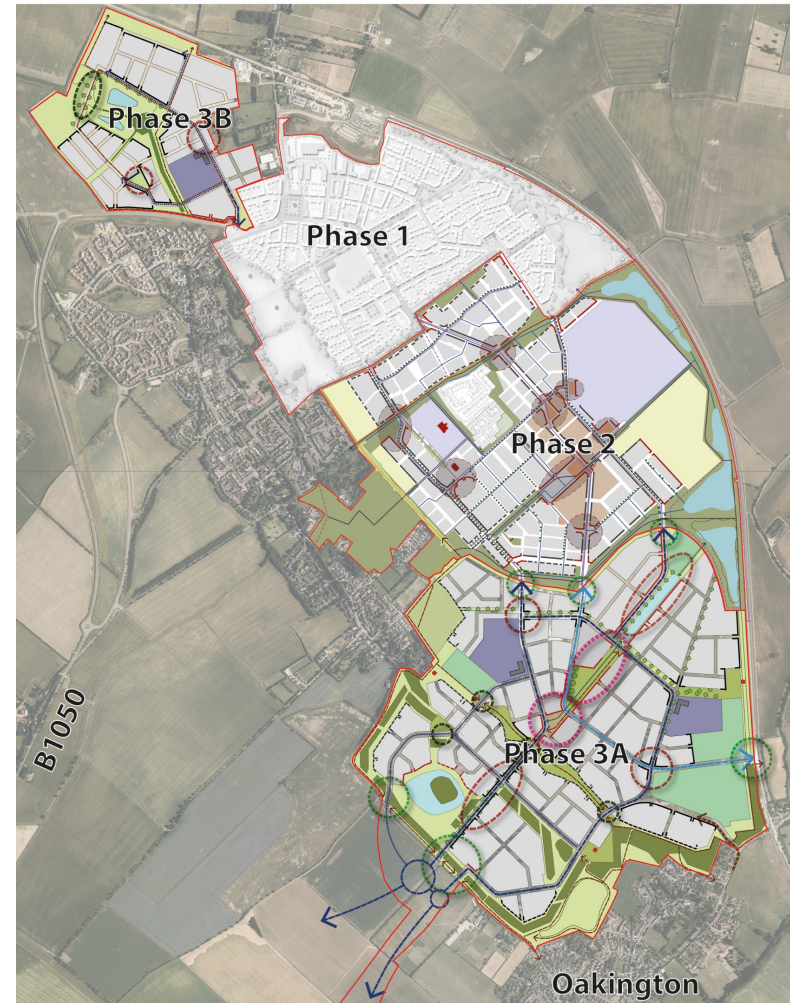
Northstowe: A 'Healthy New Town'

Priorities:

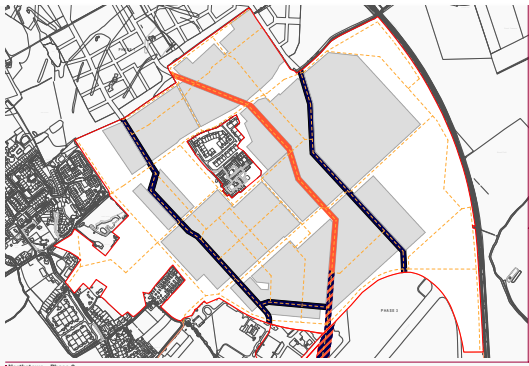
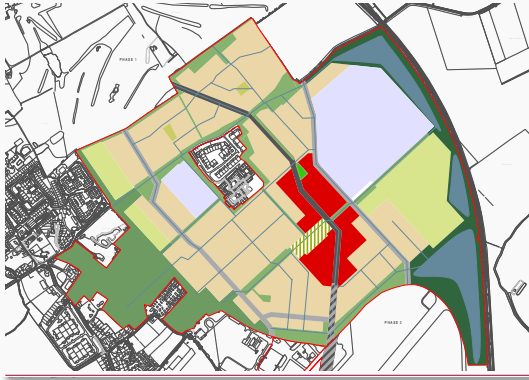
- Deliver a healthy community through a framework of interventions which can be applied as the town develops;
- Create a healthy town through infrastructure and place shaping; and
- Develop a new model of care for Northstowe.

*'The delivery of open space, landscape, and green infrastructure to create **nudge and pull factors and maximise opportunities for positive lifestyle choices around obesity.**'*

'The provision to cater for all ages and abilities with a focus on dementia and older people.'



A 'Healthy New Town' – Design Code



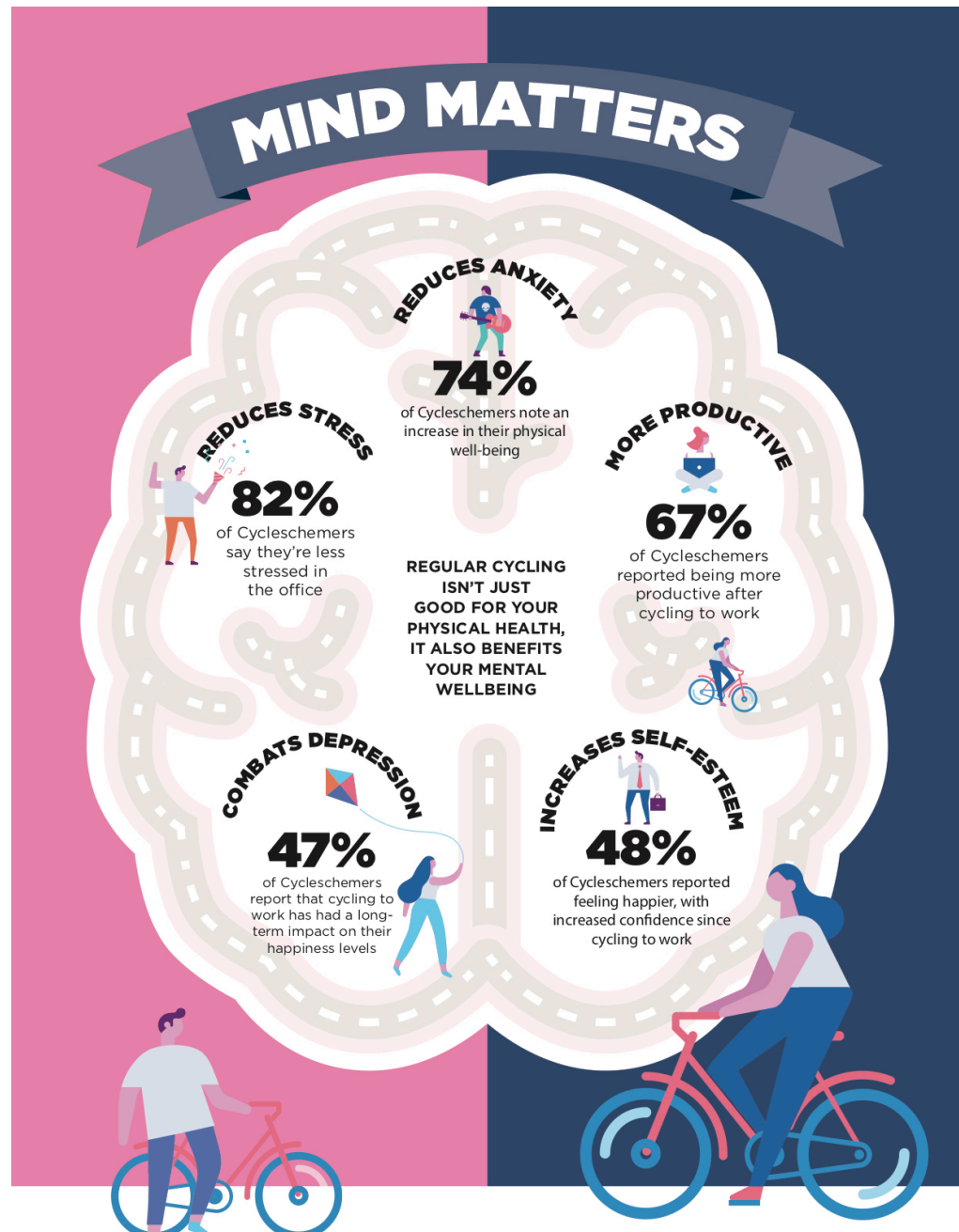
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	2.2 Character and Urban Design	10	★
	2.3 Movement and Street Typologies	10	★
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	3 Character Areas	24	★
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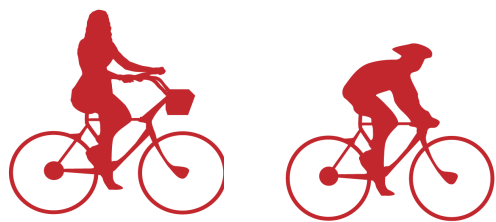
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Active travel & Mental health



Providing the connections (within and outside the redline)





P&R to busway

Huntington

Education
Campus

Primary
school

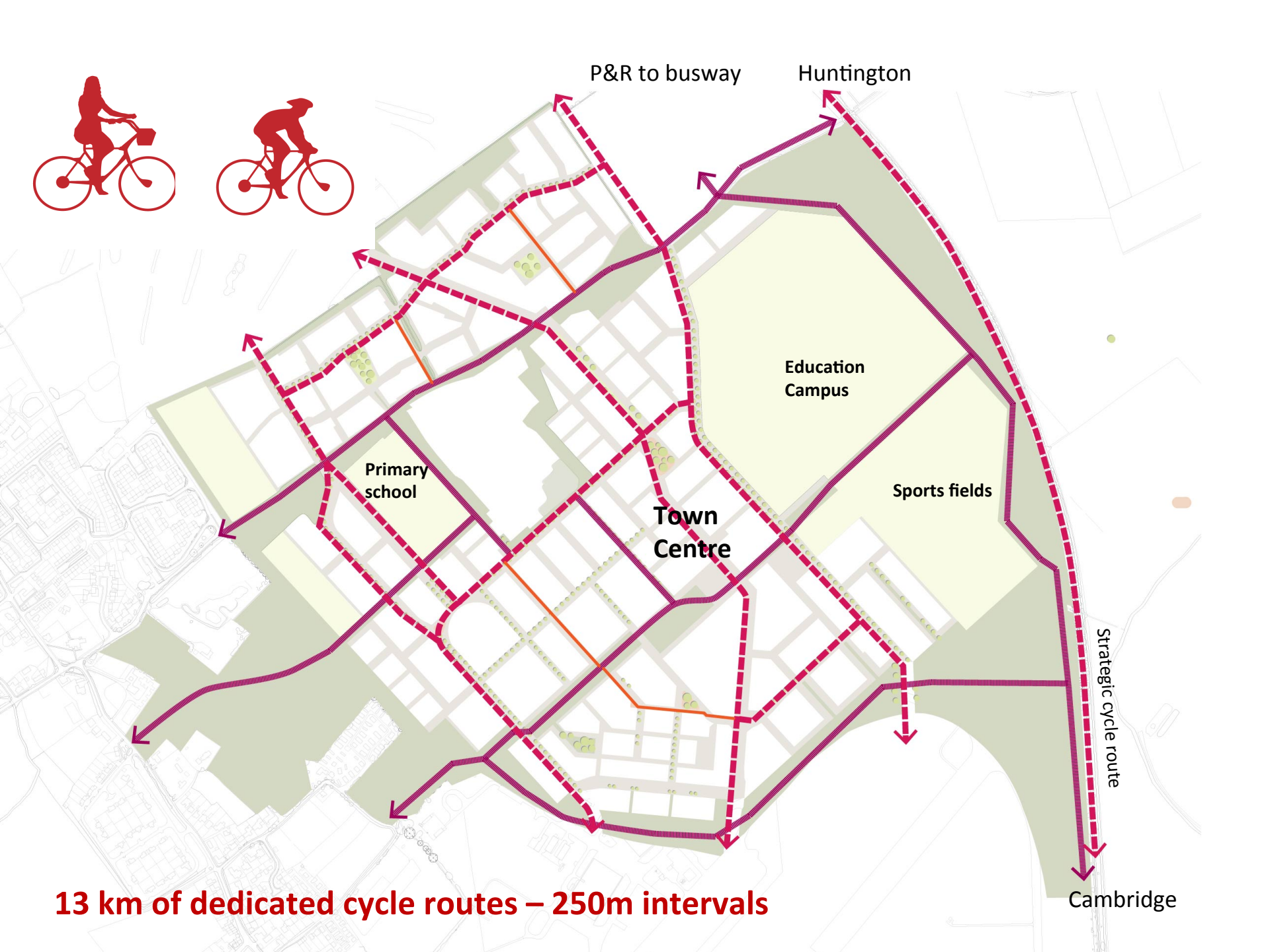
Town
Centre

Sports fields

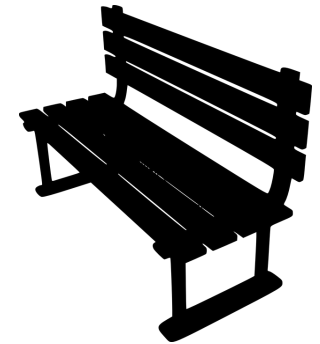
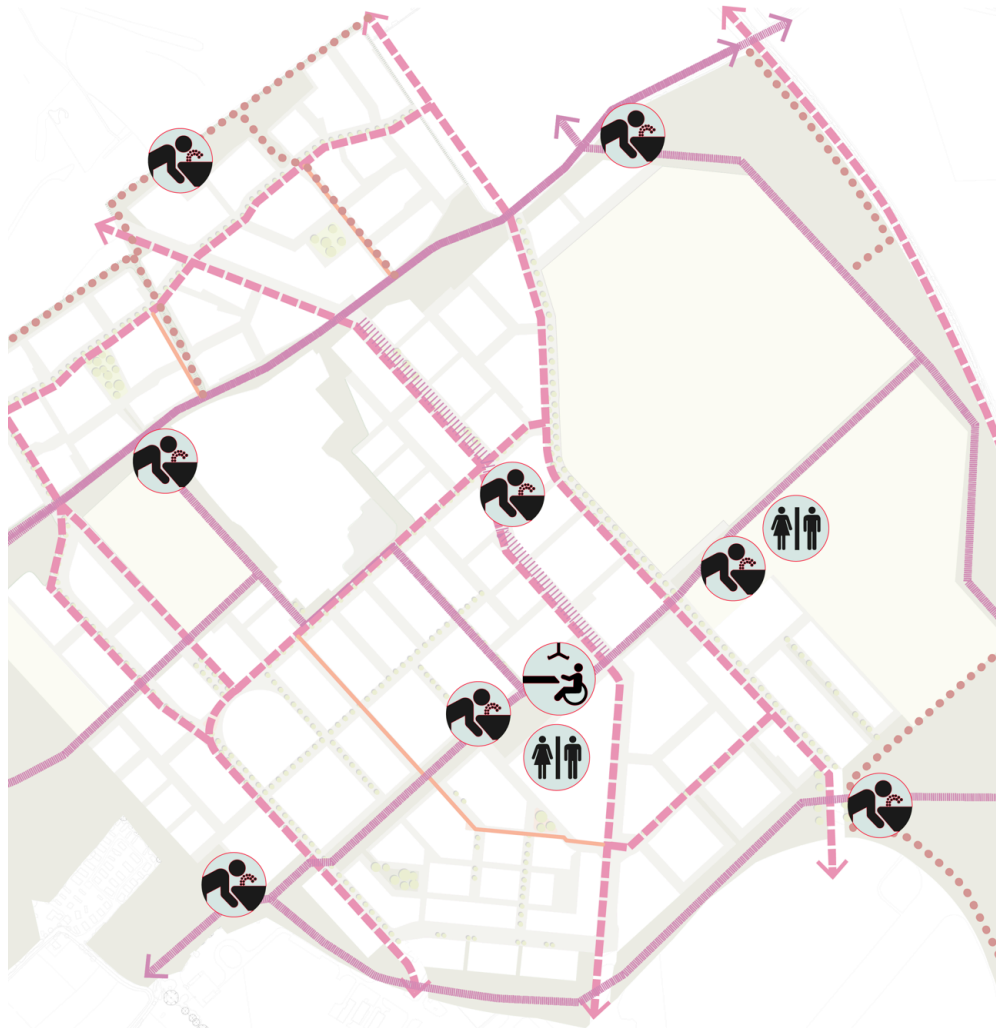
Strategic cycle route

Cambridge

13 km of dedicated cycle routes – 250m intervals



Essential (often forgotten) detail



Benches and informal opportunities for seating at regular intervals of approximately 100m.

Density

Majority of parcels around 43 units / hectare

Military Lake: Western neighbourhood



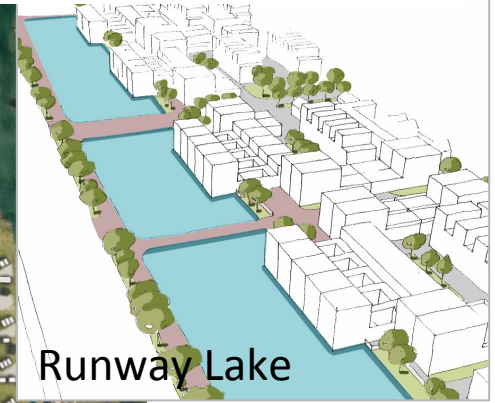
Mill Road Green Corridor



Local Centre and Park



Phase 3 Masterplan



Runway Lake



Local Centre



Military Lake

Sport vs Activity

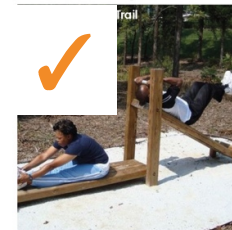
- 5 out of 100 adults use formal sports facilities regularly
- Most popular sports ignored by 90% of the population



➔ Need to focus on day-to-day activity



Outdoor Gym Stations



Mental and physical health

- Better together: higher densities allow walkable neighborhoods
- Positive choices: allowing behavior change
- Play and activity for all ages and abilities
- Everything matters: strategic to detail

