



Challenges to providing active-living infrastructure in England and Jamaica: a qualitative cross-cultural comparison

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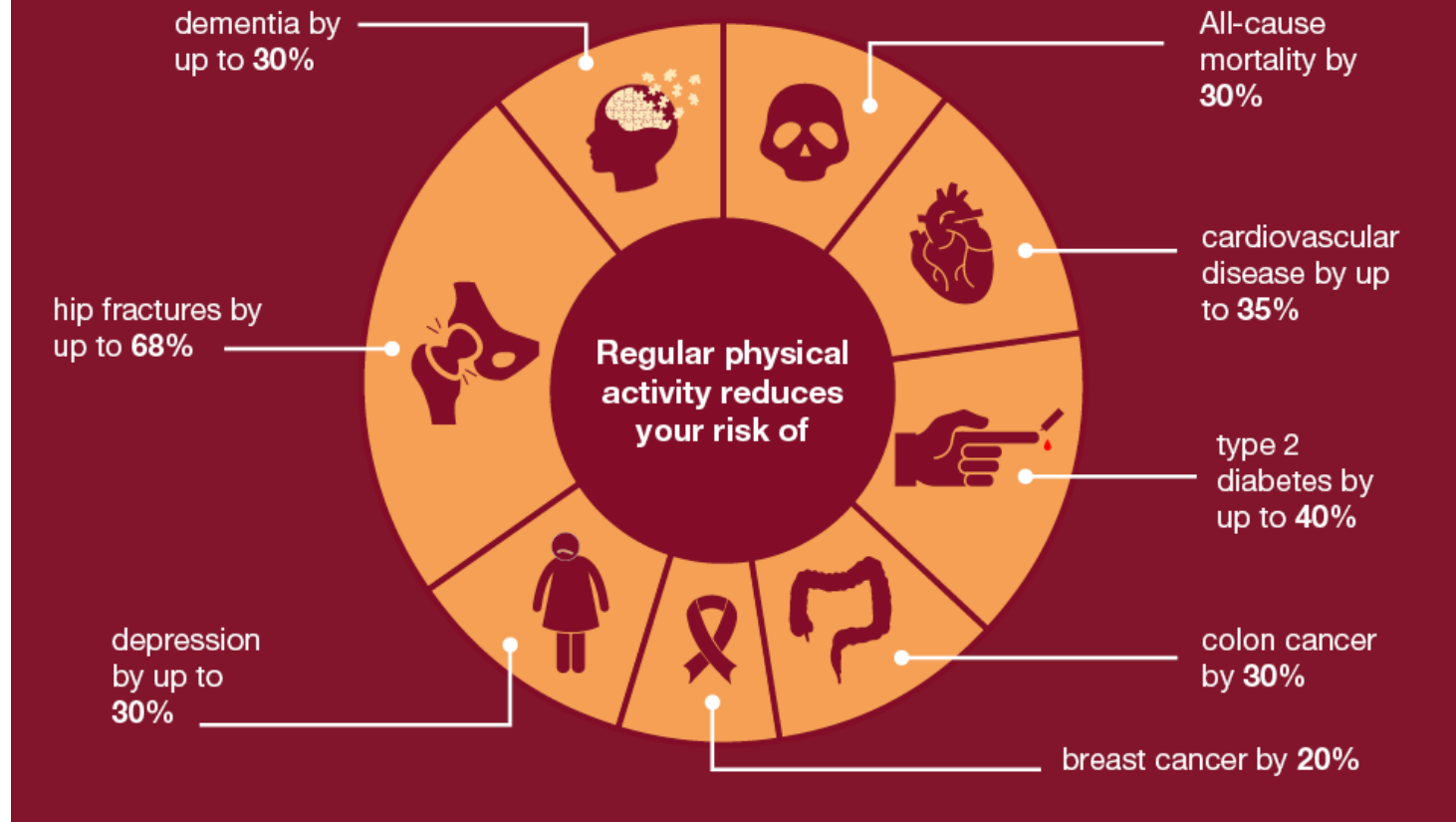
@AnnaLeGouais

15th October 2019

Our environment influences our physical activity

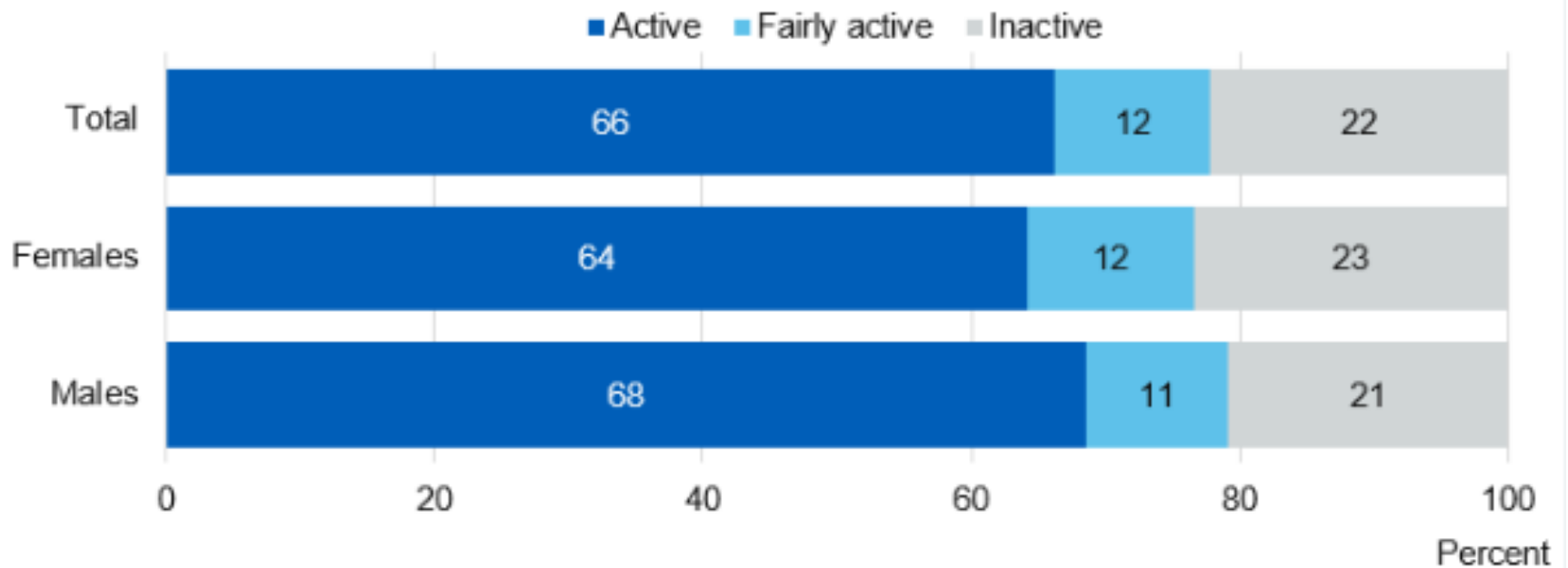


What are the health benefits of physical activity?

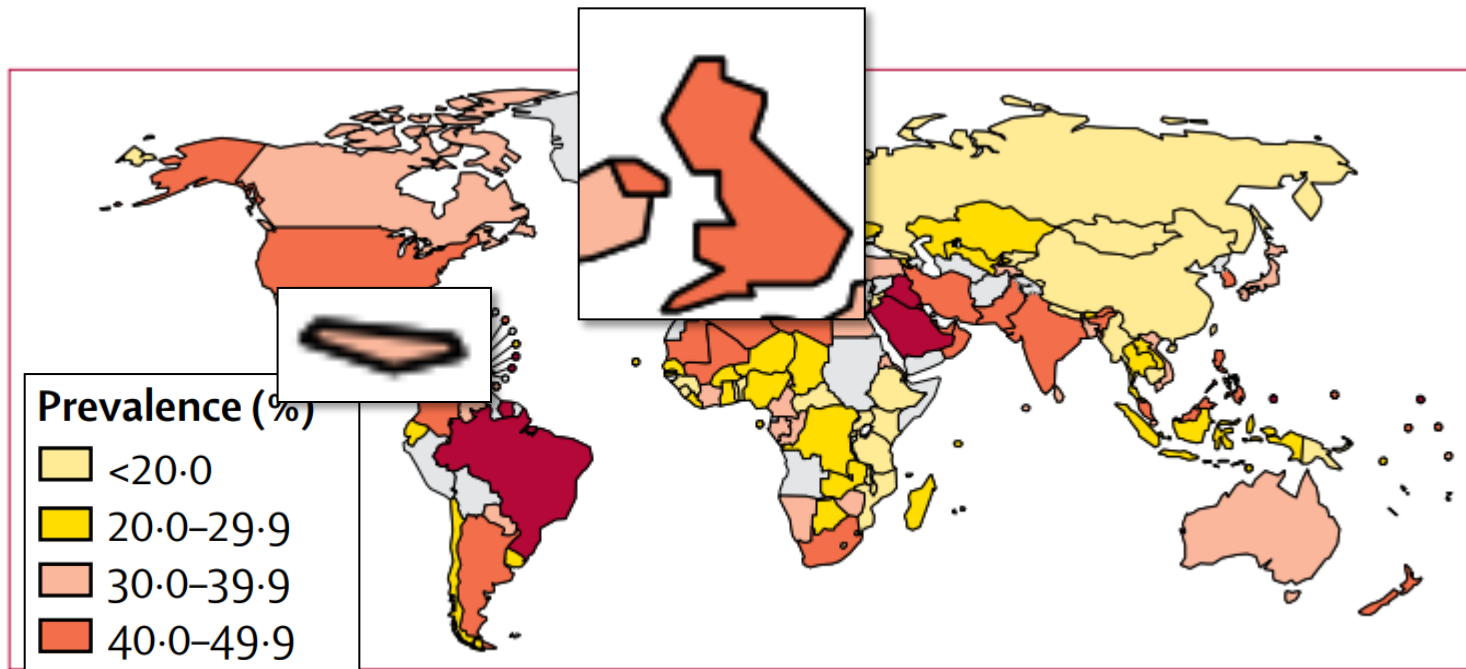
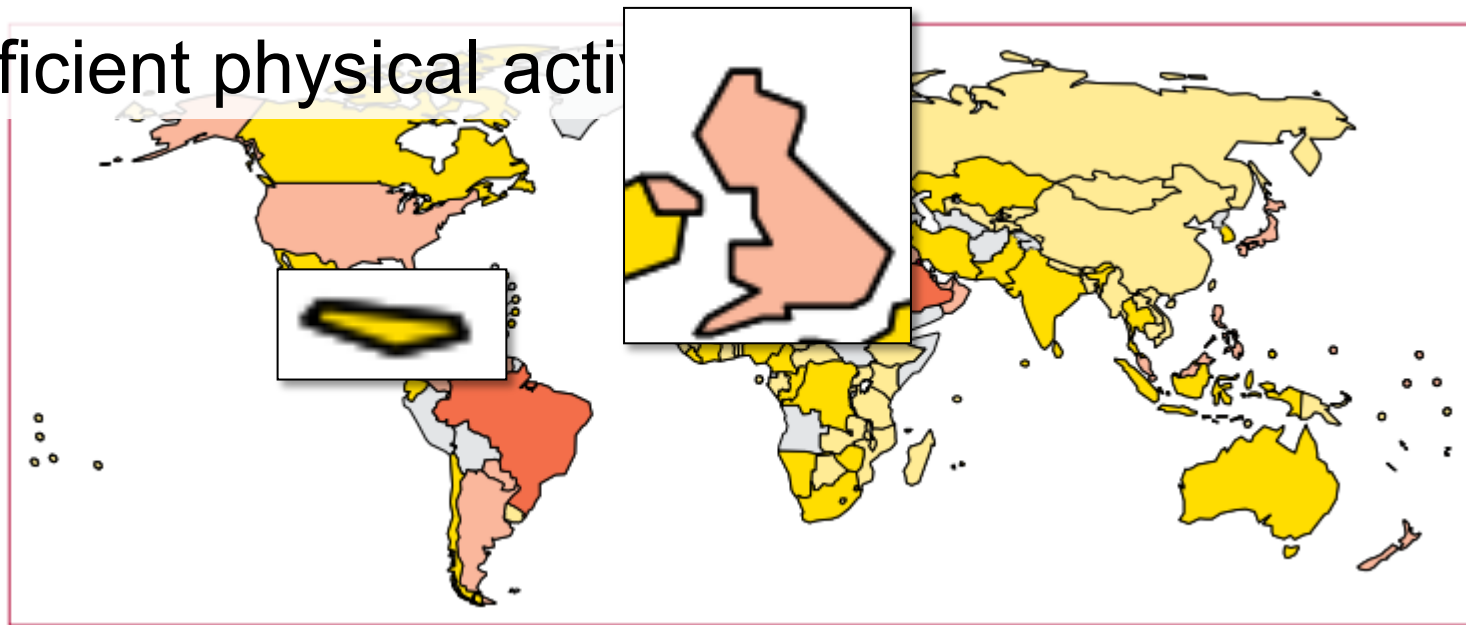


Physical inactivity responsible for 1 in 6 deaths
Estimated cost: £7.4 billion annually (incl. £0.9 billion to NHS)

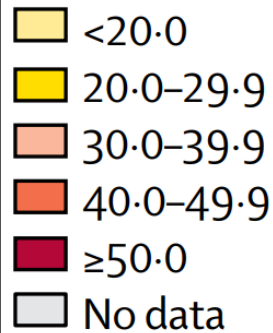
Physical inactivity in the UK



Insufficient physical activity



Prevalence (%)



Guthold et al., Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants, *Lancet Glob Health* 2018; 6. <https://www.thelancet.com/action/showPdf?pii=S2214-109X%2818%2930357-7>

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Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

- Reduces your chance of
- Type II Diabetes -40%
 - Cardiovascular disease -35%
 - Falls, depression etc. -30%
 - Joint and back pain -25%
 - Cancers (colon and breast) -20%

Some is good, more is better Make a start today: it's never too late Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

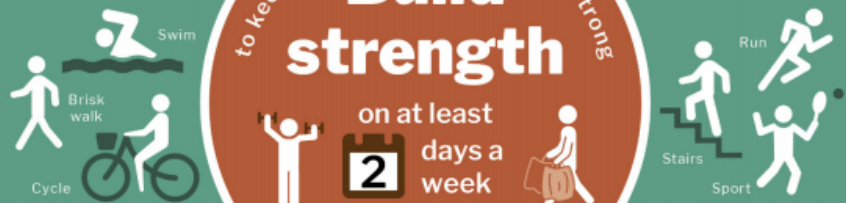
or a combination of both

to keep muscles, bones and joints strong

Build strength

on at least **2** days a week

Gym Yoga Carry heavy bags Bows Tai Chi



Minimise sedentary time
Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls

Improve balance

2 days a week

Dance

UK Chief Medical Officers' Physical Activity Guidelines 2019

RECOMMENDATIONS FOR

PHYSICAL ACTIVITY

Ministry of Health

ADULTS

At least ½ an hour
at moderate or vigorous pace at least
5 days per week to **gain some health benefits.**

At least 1 hour
at moderate or vigorous pace at least
5 days per week if you want to **lose weight.**

At least 1 ½ hour
at moderate or vigorous pace at least 5 days per week
if you are obese and want to **lose and maintain weight.**

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Are places being designed to enable physical activity?

A screenshot of a BBC News article. The page features the BBC logo, a navigation bar with categories like News, Sport, Weather, and iPlayer, and a sub-navigation bar for Science & Environment. The article title is "Young couples 'trapped in car dependency'", written by Roger Harrabin, dated 24 October 2018. Below the text is a photograph of a residential street with red brick buildings and a paved area where several cars are parked. A caption at the bottom of the photo reads: "TRANSPORT FOR NEW HOMES The scramble to build new homes is producing communities where cars are the only form of transport".

BBC Your account News Sport Weather iPlayer Sounds

NEWS

Home UK World Business Politics Tech Science Health Family & Education

Science & Environment

Young couples 'trapped in car dependency'

By Roger Harrabin
BBC environment analyst

24 October 2018

f [social icons] Share

TRANSPORT FOR NEW HOMES
The scramble to build new homes is producing communities where cars are the only form of transport

Research questions

- What influences the design and construction of walking and cycling routes and open spaces in new communities?
- How does evidence, information or data influence decisions relating to active living infrastructure? Who/ what else is influential?
- *What are the similarities and differences between England and Jamaica?*



Jamaica



Method



England:

3 local authority areas
40 interview participants

Jamaica:

2 local authority areas
10 interview participants

Interviews audio-recorded and transcribed

Analysis using NVivo 12:

- Coding: a priori and emergent codes
- Thematic data analysis

Summary of interviewees

Sector	England	Jamaica
Health	3	3
Urban development	16	6
Transport	6	-
Greenspaces	5	-
Elected councillors	3	-
Running/ Cycling	4	1
Other	3	-
TOTAL	40	10

Contextual issues

Framing the issue

Possible solutions

England

- Semi-rural local authority
- Urban expansion
- Urban regeneration

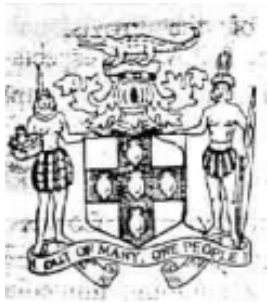


Jamaica



<http://nationwideradiojm.com/govt-taking-multi-dimensional-approach-to-reducing-traffic-congestion/>

Policy context: Discretionary systems

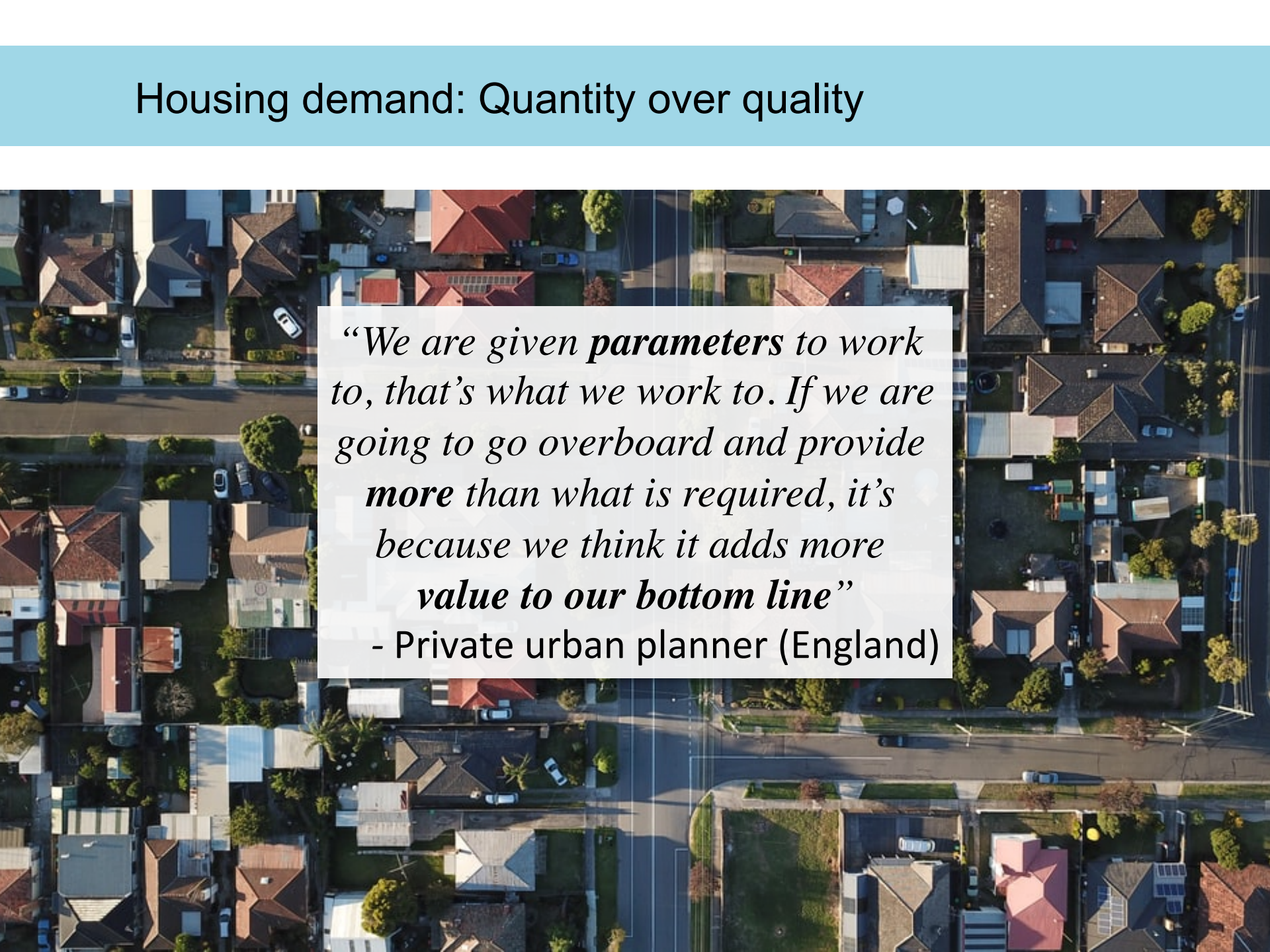


THE TOWN AND COUNTRY PLANNING ACT

“...a lot of people do things illegally actually. If people are sticking to the plan you wouldn't have a problem... but a lot of people do things that are not supposed to done”
– Urban development stakeholder (Jamaica)



Housing demand: Quantity over quality



*“We are given **parameters** to work to, that’s what we work to. If we are going to go overboard and provide **more** than what is required, it’s because we think it adds more **value to our bottom line**”*

- Private urban planner (England)

Status and stigma



Gear Patrol, 2019. *5 of the Best New Car Lease Deals You Can Find in September 2019.* <https://gearpatrol.com/2019/09/22/5-best-lease-deals-new-cars-september-2019/>

Glamour, 2015. *11 Cute Summer Outfits That You Can Ride a Bike In.* <https://www.glamour.com/story/bike-style>

Low public demand for cycling infrastructure



*“...cycling is seen here as a sport that you do on a Sunday when the road is clear, and you just **ride for sport**, not for, not to be as part of your daily transport or daily commute to work”*

– Health stakeholder (Jamaica)

Resource constraints: lack of maintenance & quality

“...the mass wasn't objecting [to building on open space] ...the mass is more interested in bread and butter right now and that is a serious issue.”
– Urban development stakeholder (Jamaica)



Framing the issue of physical activity



Individuals or environments?



Strategies for tackling congestion

*“..I mean road building is, it employs people who are otherwise unemployable. People **love roads** [laughter]. It’s the thing by which **politicians are judged** is how well they do roads...”*

- Urban development stakeholder
(Jamaica)



Walking & cycling safety

CRIME SCENE DO NOT CROSS

“...the people are saying now there are no place to walk... in the name of development and advancement I think sometimes ... walking spaces are sacrificed.”

– Health stakeholder (Jamaica)

“...Road Safety come along and say, no you can't do that, it's dangerous... Road Safety trump every scheme, every time.”

– Public transport planner
(England)



Health costs

*“...unhealthy lifestyle or meds, it impacts on your family purse, it impacts on your cooperate purse, your national purse, everything... the fact is that you can be ill and if you don't have the **money** you are going to **die**”*
– Civil society organisation (Jamaica)

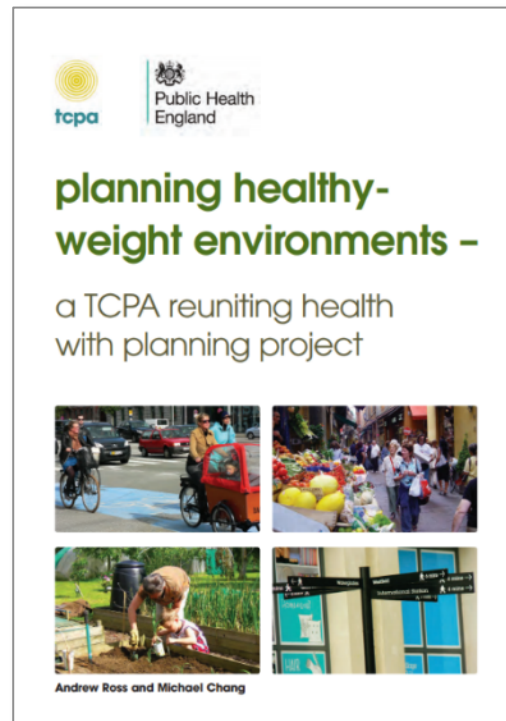


*“...enlightened members will care if it saves the **NHS money**, but many will say, “Well, that's got nothing to do with us, that's not part of our responsibility.””*
– Public urban planner (England)

Possible ways to support creation of ALI



Using 'evidence' – importance of contextual relevance



*“...while I’m often told to look at what the Netherlands are doing and why can’t we do that here, that’s **not** really much help.”*
- Councillor (England)

Economic impacts – Emphasising developer profits

*“I think it’s market driven, because people now are becoming more health conscious, so you get to ask for a **nicer price**.”*

- Health stakeholders (Jamaica)



*“...typically walk cycle infrastructure isn’t particularly expensive but you may get certain developers who think it is slightly, you know, a bit of a **luxury**, it’s a nice to have, but it’s not essential...”*

- Private transport planner (England)

Influential individuals

*“When you’ve got **passionate people** who are committed to achieving a positive change in communities, it makes a real difference, and it doesn’t take a lot; it just takes a few people and they can have that **ripple effect** ... in terms of improving longer-term public health outcomes.”*

– Public urban planner (England)

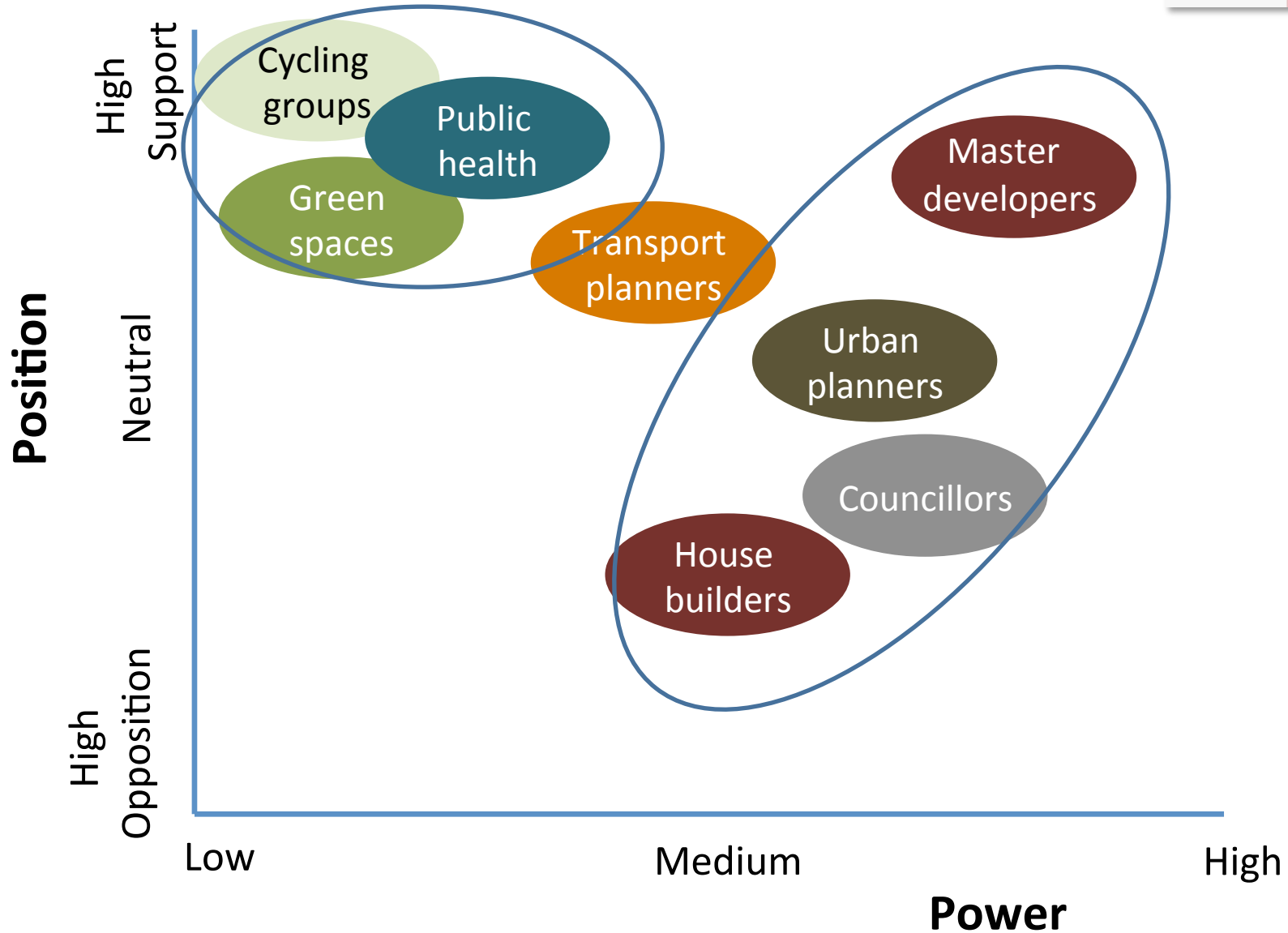


Collaboration, Power & Relationships

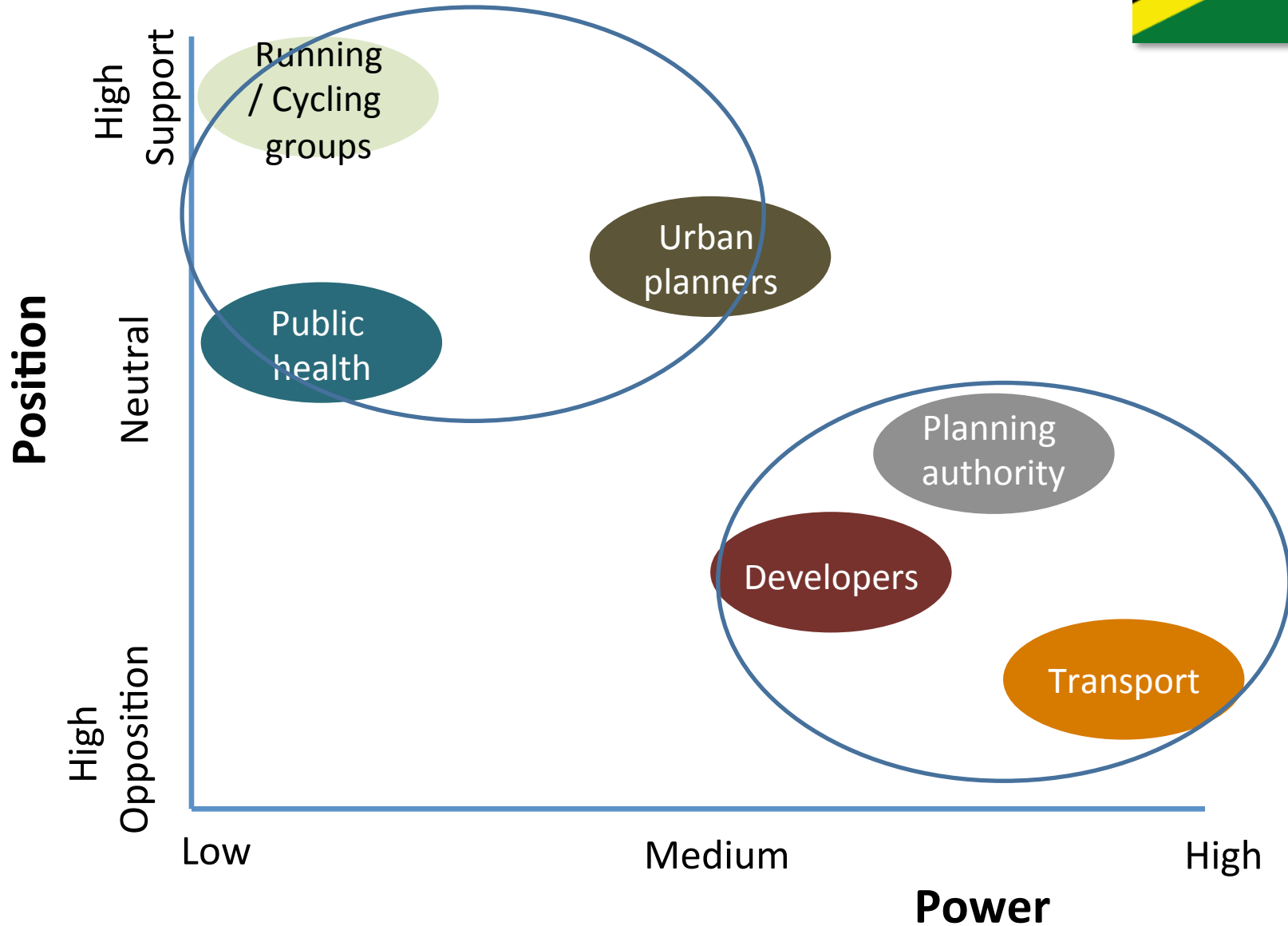
*“I sort of think sometimes **health** is in danger of seeing itself as a sector that stays within its sector, rather than being **part of transport and lifestyles and greenspace and built form and everything.**”*

- Private urban planner (England)

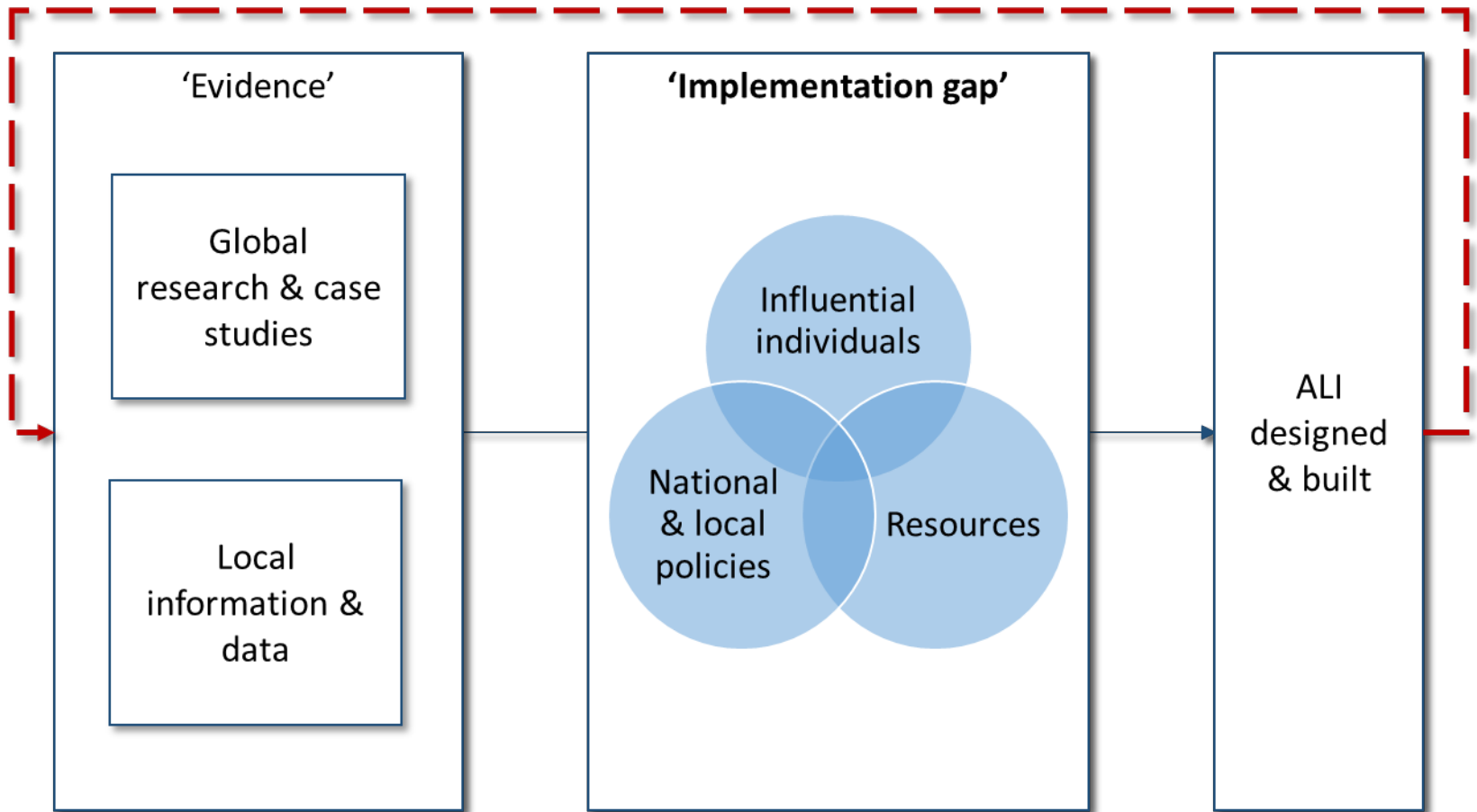
Position – power: England



Position – power: Jamaica



Evidence to output 'Implementation Gap':



Le Gouais, A. *et al.* (2019) 'Decision-making for active living infrastructure in new communities: a qualitative study in England', *Journal of Public Health* doi: 10.1093/pubmed/fdz105.

Decision-making for active living infrastructure in new communities: a qualitative study in England

A Le Gouais , L Foley, D Ogilvie, C Guell

Journal of Public Health, fdz105, <https://doi.org/10.1093/pubmed/fdz105>

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Blog

 CEDAR



Designing for health – creating physically active communities

8th October 2019

CEDAR PhD student [Anna Le Gouais](#) outlines the findings of research on the opportunities and challenges in creating neighbourhoods that encourage physical activity and promote health.

<https://www.cedar.iph.cam.ac.uk/designing-for-health-physically-active-communities/>

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