



Our surroundings

Health is influenced by how our surroundings make us feel and the opportunities they provide. Good places, spaces and buildings create opportunities to:

Be more physically active



People are more likely to make use of a green space if they think it is well-maintained and easy to reach.

Feel safe and secure



Among pedestrians aged 5 to 9, fatal and serious injuries are six times higher in the most deprived areas than the least.

Use facilities and services



Making it easier to walk to shops, schools and other amenities can help reduce social isolation in older people.

Socialise and play



Children in deprived areas are nine times less likely to have access to green space and places to play.

We need to:

Value our surroundings as a determinant of our health.

Listen to local communities about how to improve their surroundings.

Recognise the benefits for the environment and local economies.