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
- Feel safe and secure
- Use facilities and services
- Socialise and play

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

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

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

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.

References available at www.health.org.uk/healthy-lives-infographics

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