

Healthy Streets Foundation Training



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Healthy Streets Online Foundation Course

BACKGROUND

This training programme has been developed for decision makers and senior practitioners working in the fields of transport, planning, regeneration and public health. The course takes participants step by step through how to deliver 'systems change' using the Healthy Streets Approach as an exemplar. This is a web-based programme of teaching and coaching interspersed with off-line activities for participants to develop their knowledge, skills and plans.

This training programme enables participants to build their skills and confidence in delivering a new and different approach to urban planning that prioritises the diverse needs of citizens.

The Healthy Streets Approach

The Healthy Streets Approach is a framework for decision making in relation to planning transport and streets. The framework is based on 10 Healthy Streets Indicators. These are the essential ingredients for tackling the public health, socio-economic and environmental challenges that can be addressed through how our streets are designed and managed.

The Healthy Streets Approach can be applied to any streets, anywhere in the world. It focuses on building improvements on existing conditions

rather than seeking a fixed end goal. The Healthy Streets Indicators can be improved in different ways in different places depending on the public support, political ambition, existing geography and climate, resources available and the legislative and policy framework. This Approach is being applied across diverse geographies from the commercial centres of global cities through suburbs to rural regions in a range of places around world.



Taking this Approach requires incremental changes in all aspects of decision-making processes related to streets and transport. These changes reorient the focus to delivering meaningful improvements in public health (air quality, physical activity, noise pollution, road danger reduction); socio-economics (social connectedness, resilient local economy) and climate change resilience (low carbon travel, local flooding mitigation, greening and biodiversity).

THE COURSE STRUCTURE

The course is delivered as a series of online sessions using Zoom to groups of up to 15 participants. There are 6 chapters which are delivered weekly over the course of 6 weeks. The content of each chapter is set out overleaf. There are three elements to this programme to ensure participants cement their foundational knowledge of Healthy Streets and work as a team to apply it to their own work context.

Part 1 – Seminar

Seminars are delivered by Lucy Saunders, who developed the Healthy Streets Approach and leads its implementation. Each seminar covers one of the key elements of delivering systems change. Each session builds on the content of the previous session(s). The final seminar brings all the elements together to focus participants on their next steps to apply their learning. Seminars are 2 hours, delivered in a lecture style with limited participant involvement.

Part 2 – Homework

Following each seminar, participants are set a homework activity to apply what they have learned in the session and develop a deeper understanding of a key concept or tool.

Part 3 - Tutorial

The participants reconvene a few days after each seminar to present their homework and discuss more complex questions that have arisen since the seminar, challenges of applying their learning in their local context and how to overcome these. These sessions are led by the participants, presenting their findings and raising the challenges of applying the Approach to their work context.



“Very practical and tangible, homework was manageable and good to have an opportunity to discuss with peers who work in other areas”

- Participant

Six Chapters

1. Introduction to the background to Healthy Streets

SEMINAR SESSION

- Brief introduction to what Healthy Streets is
- Background of the main health impacts of transport
- Context of how this fits in the overall disease burden for the population
- Explanation of how the health impacts are translated into the Healthy Streets Indicators
- How Healthy Streets aligns with securing wellbeing

HOMEWORK

Using qualitative assessment tool to develop a broader understanding of the 10 Healthy Streets Indicators and their applicability across different kinds of streets.

TUTORIAL SESSION

Participants present and discuss the findings of their on-street qualitative assessment.

2. Healthy Streets as a framing mechanism

SEMINAR SESSION

- The evolution of the current framing mechanism for transport and streets
- Why a broader framing mechanism is needed
- What makes a framing mechanism successful
- How Healthy Streets works as a framing mechanism
- Myth-busting of what Healthy Streets is and is not.

HOMEWORK

Participants work in pairs to develop a pitch for an initiative using Healthy Streets framing.

TUTORIAL SESSION

Participants present their project pitches and reflect on how they can strengthen their technique.

3. Communicating Healthy Streets

SEMINAR SESSION

- The importance of communication to delivering successful change.
- Elements of language that are important to reflect the framing.
- Tips on how imagery can be employed to deliver messages effectively
- Case studies showing role of communication in a comprehensive approach

HOMEWORK

Participants each review the language and imagery in public facing materials: policy, press releases, web-pages, posters etc.

TUTORIAL SESSION

Participants each present their critique of public facing communications materials.

4. Measuring Healthy Streets

SEMINAR SESSION

- Why we need to measure
- 3 different types of measures
- What people think of the street – pro's, con's, examples
- How the street looks and functions – pro's, con's, examples
- How people use the street – pro's, con's, examples
- City level surveillance vs project evaluation

HOMEWORK

Participants complete a quantitative assessment of a local street.

TUTORIAL SESSION

Participants discuss the strengths and limitations of quantitative tools and the current performance of streets against the Healthy Streets Indicators.

5. Embedding Healthy Streets in systems

SEMINAR SESSION

- Why whole-system change is needed
- Applying Healthy Streets at 3 spatial levels: spatial planning, network connectivity, street experience
- Step-by-step guide through the elements of day to day operations that need to change to deliver Healthy Streets
- Case studies to illustrate the challenges faced in systems change and how they can be met

HOMEWORK

Participants conduct their own situational assessment of opportunities for them to begin to embed the Healthy Streets Approach.

TUTORIAL SESSION

Participants share their findings from the homework activity and begin to formulate ideas for next steps in embedding Healthy Streets.

6. Prioritising and capacity building

SEMINAR SESSION

- Developing plans that the participant can deliver on their own
- Identifying changes that are **required within the participants' own organisation or local system**
- Identifying changes that require action at a wider scale or higher level e.g. national government.

HOMEWORK

Participants each produce a personalised programme of work to begin to apply their learning from the course.

TUTORIAL SESSION

Participants develop their answers to frequently asked tricky questions.

Course completion

On completion of the course participants receive a copy of the course materials, a certificate and electronic badge, their name is added to the register of Healthy Streets Alumni.

After 4-8 weeks participants receive a follow-up review on their progress.

Participants can then access more advanced Healthy Streets training opportunities.

"It was just so informative and thought provoking."

- Participant, UK

"The Healthy Streets online foundation Course is a must. Everyone in any government organisation around the world should be doing this course."

- Participant, Australia

"It has made me look at streets in an entirely different way."

- Participant, Europe



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