

# Public Health and Place

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What is  
Public  
Health?

**"the science and art of promoting and protecting health and wellbeing, preventing ill-health and prolonging life through the organised efforts of society"**



# What is Place?

PLACE is the **geographic area** or **physical environment** where people of different ages, population groups, interests and identity live, learn, work, socialise and interact. The quality of **social relationships and connections** within **communities and places** all impact on health with positive relationships nurturing health and wellbeing.




# What is Place?

PLACEMAKING is best understood as **the interaction between the physical and economic environment** around us and its impact on the people who live, work and learn within that environment (the social environment). This relationship **affects different** ages, geographic communities and **population groups in different ways**. Therefore, interventions should be designed in collaboration with public, voluntary, business sectors and communities.



# What is Place?

PLACE BASED WORK is founded on the understanding that health and the right to a healthy and sustainable environment are **basic human rights**, and that the social, economic and physical environment are building blocks of good health and wellbeing.

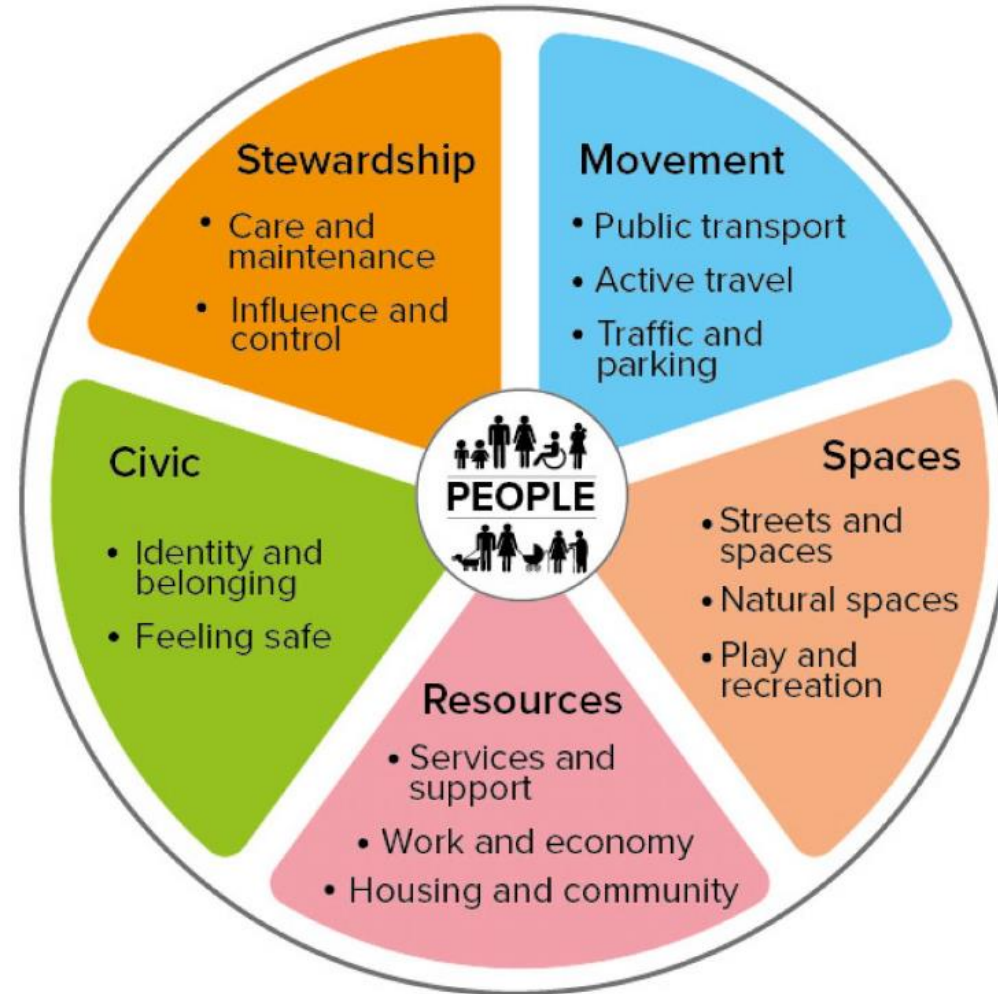


# Why Place?



Figure 2: The determinants of health and wellbeing<sup>2</sup>

# Place and Wellbeing Outcomes



The principles of equality, net-zero emissions and sustainability underpin all of these themes, and all themes should be embedded in policy and action.

## Why communities matter for health

Placing **communities** at the heart of public health can:

Reduce health inequalities



Engage those most at risk of poor health



Empower people to have a greater say in their lives and health



Create connected, resilient more cohesive communities



Why  
Community-  
Led?



