

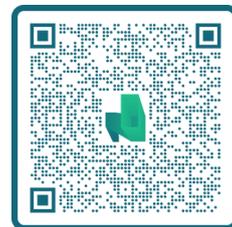
# How to Make a Healthy City

## Evidence from Born in Bradford



Healthy Urban Places, a programme hosted by Born in Bradford, is working with communities and local partners to better understand how local urban places impact health and what improvements could achieve the best outcomes.

Explore the full evidence



Improving the places in which Bradford communities live will contribute to reductions in mortality and health service use, and will improve health and reduce health inequalities.



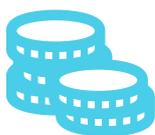
Reducing air pollution has a high probability of improving a wide range of children's health outcomes, reducing NHS burden whilst contributing to net-zero agenda.



Increasing access to high quality green space and safe places for children to play will improve adult and child mental health, particularly in deprived areas; this will reduce inequalities.



Making local streets safer and more attractive will improve children's mental well-being and increase physical activity.



Ensuring that families have enough money and income security to meet their basic needs can improve physical, mental health, and educational outcomes.



Ensuring affordable and decent housing can improve health, wellbeing and reduce NHS burden.



Listening to and involving Bradford communities to co-produce plans for improvements is important to ensure they address local priorities and inequalities.

This evidence is from Born in Bradford, a world-leading research programme which aims to find out what keeps families healthy and happy. Our vast 'city of research' infrastructure, includes detailed health and wellbeing information on Bradfordians enrolled in our three birth cohort studies and a connected routine dataset of health, social care and education data for over 700,000 citizens living in Bradford and Airedale. Find out more at [www.borninbradford.nhs.uk](http://www.borninbradford.nhs.uk).