

Replacement Local Development Plan 2018-2033

Background Paper

BP71: Health Impact Assessment



Deposit Plan

May 2025



Mae'r ddogfen hon ar gael yn Gymraeg hefyd.

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Rapid Participatory Health Impact Assessment (HIA) for the Conwy Replacement Local Development Plan (Deposit Plan) 2018-2033

Summary Report

May 2025

Authors:

Cheryl Williams, Principal Public Health Practitioner, WHIASU, Public Health Wales

Lydia Orford, Principal Public Health Practitioner, Betsi Cadwaladr University Health Board

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Rapid Health Impact Assessment for the Conwy Replacement Local Development Plan (Deposit Plan) 2018-2033

1. Introduction

Health Impact Assessment (HIA) is a process which supports organisations to assess the potential consequences of their decisions on people's health and well-being. It provides a systematic yet flexible and practical framework that can be used to consider the wider effects of local and national policies or initiatives and how they, in turn, may affect people's health. It works best when it involves people and organisations who can contribute different kinds of relevant knowledge and insight. The information is then used to build in measures to maximise opportunities for health and to minimise any risks and it can also identify any 'gaps' that can then be filled. HIA can also provide a way of addressing the inequalities in health that continue to persist in Wales by identifying any groups within the population who may be particularly affected by a policy, plan or programme.

Figure 1 below illustrates the wider determinants of health which impact on health and wellbeing which are considered within a Health Impact Assessment.



Figure 1: Wider determinants of health, Barton and Grant 2010

While some impacts on health determinants may be direct, obvious, and/or intentional, others may be indirect, difficult to identify, and unintentional. A HIA can identify health inequalities in not only the general population but in 'vulnerable groups' (e.g. children, young people or older individuals) as well. The main output of any HIA is an evidence-based set of recommendations that should lead to the minimisation of risks or unintended consequences and maximisation of potential benefits. It can provide opportunities for health improvement and to fill in any identified 'gaps' in service provision or delivery.

2. Background to the Replacement Local Development Plan (RLDP)

The Conwy Replacement Local Development Plan 2018-2033, once it is formally adopted, will replace the existing Local Development Plan and will provide the new planning blueprint for future development across Conwy up to 2033. The RLDP will set out how and where development should come forward to match identified growth ambitions. The Preferred Strategy set out the plan's vision, objectives, strategic policies and growth plan. The next stage of the process is to produce the Deposit Plan, which will include detailed policies and strategic site allocations

The vision for the RLDP focuses on improving well-being for people in Conwy, and the overarching approach for the forthcoming Deposit Plan will support people to adopt healthy lifestyles, secure socially inclusive development and more cohesive communities.

There are several objectives within the RLDP which are particularly relevant to health and wellbeing:

- Placemaking (SO1);
- Community Facilities and Services (SO4);
- Recreational Spaces (SO5)
- Sustainable Transport and Accessibility (SO6).

3. Conwy Community Profile

In Conwy the population age structure changed significantly between 2011 and 2021 (Census data) (Figure 2). There has been a:

- 11.5% increase in people aged 65 and over, which is seen particularly in the 70-74 years range (34% rise),
- a 4.3% decrease in people aged 15-64
- a 3.2% decrease in children under 15.

This changing age structure will mean that there is a growing proportion of older people in Conwy who may be living independently, but also a growing proportion requiring health and social care support.

The number of older people living with a long-term condition has increased, leading to higher demand on health and social care services.

Dementia is more prevalent in people aged over 65 years, and there is predicted to be a large rise in dementia prevalence over the next 20 to 30 years due to the ageing population.

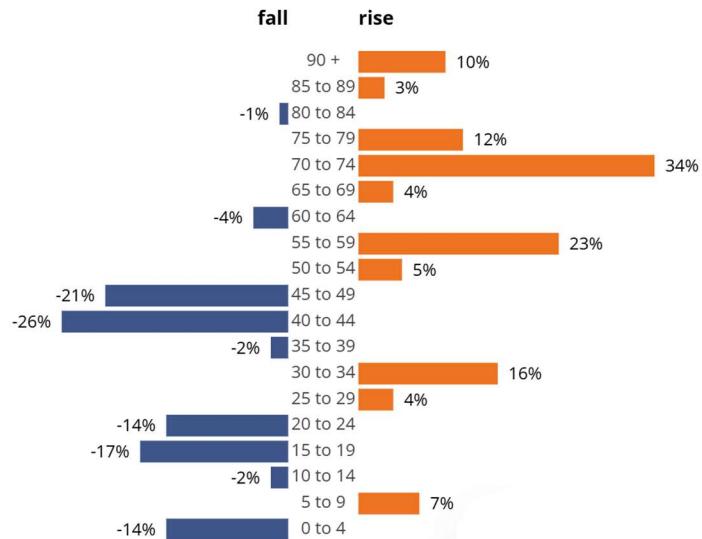


Figure 2: Population change in Conwy by age group 2011-2021

Source: ONS Census 2021 [How the population changed where you live, Census 2021 - ONS](#)

The population of Conwy has remained fairly stable over the ten-year period, neither growing or shrinking. [Stats Wales](#) population data projects that the population of Conwy will have increased by approximately 4.5% between 2021 to 2043, which equates to nearly 6,000 people.

Deprivation is not evenly distributed across Conwy. Conwy has 71 [Lower Super Output Areas](#), and 4 of these are within the 10% most deprived in Wales and these LSOAs are located in the coastal areas of Conwy:

- Glyn 2;
- Abergele Pensarn 2;
- Tudno 2;
- Colwyn 2..

Deprivation has a significant impact upon both life expectancy and healthy life expectancy. In Conwy as a whole, life expectancy is 78.7 years for males, and 82.4 years for females (figure 3).

Females in the most affluent communities will live on average just over 5 years longer than those in the most deprived communities, for males this figure is 7.5 years (figure 4).

This gap in [life expectancy](#) is lower than the Wales average for females which has a gap of 6.4 years and about the same for males which in Wales is a 7.6 years gap.



Figure 3: Life expectancy at birth in Conwy and Wales, 2021-23

Source: Public Health Wales Observatory, 2022

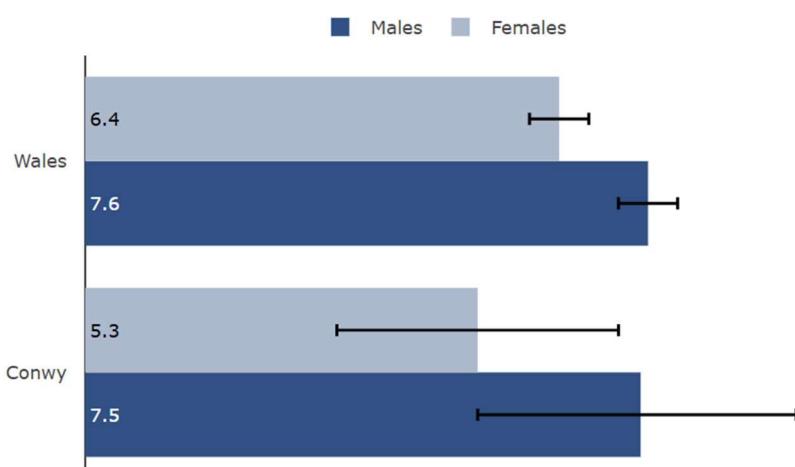


Figure 4: Gap in life expectancy at birth between most and least deprived in Conwy and Wales, 2021-23

Source: Public Health Wales Observatory, 2022

In terms of healthy life expectancy (number of years a person might expect to live in good or very good health):

- males living in the most deprived communities are projected to live in good health for almost 19 years less than males in the least deprived (figure 5), this is compared to the Wales average of around 13 years.

- For females, this figure is much lower, with females in the most deprived communities living almost 14 years less in good health compared to the Wales average of almost 17 years.

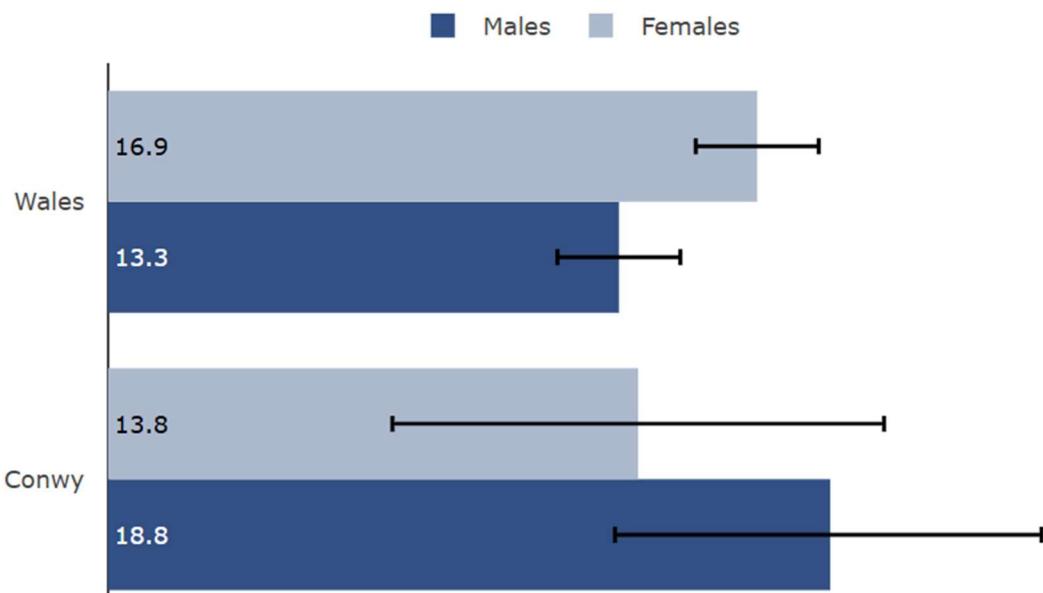


Figure 5: Gap in healthy life expectancy at birth between most and least deprived in Conwy and Wales, 2021-23

Source: Public Health Wales Observatory, 2022

3. Evidence linking health to the built environment

There is clear evidence^{1,2} to demonstrate how the built and natural environment impacts on health and wellbeing. Poorly planned and designed environments can impact negatively on health, for example poor quality housing, a lack of green space, car dominant spaces with little opportunity for active travel, lack of social opportunities and lack of essential services such as healthcare. Planning healthy environments can have a significant effect on population health and wellbeing.

Research which links long-term health conditions and the built environment, provides an evidence base for the local authority to particularly consider where the RLDP could have impact in terms of the health needs of the local population.

Many health issues are impacted and can be improved or enhanced through the environment we live in, table 1 highlights some health conditions that are particularly closely linked to the environment, and the corresponding planning and design considerations that evidence demonstrates can help address them.

Table 1

Key health issue	Data (local and/or national)	Land use planning contribution to addressing key health issues	Recommendations for planning and design principles
Obesity The causes of obesity are multi-factorial, including obesogenic environments and lifestyle choices.	62% of adults in Conwy are living with overweight or obese (BMI 25+) in 2022/23 (Wales 62%)	Increase opportunities for physical activity in day-to-day life Create spaces which are	Enhance neighbourhood walkability Build complete and compact neighbourhoods, enabling active travel to be

¹ Public Health Wales Trust 2018. *Creating healthier places and spaces for our present and future generations*. https://phwwhocc.co.uk/whiasu/wp-content/uploads/sites/3/2021/06/Creating_healthier_places_and_spaces_for_our_present_and_future_generations.pdf

² Public Health England, 2017. *Spatial Planning for Health. An evidence resource for planning and designing healthier places*. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/729727/spatial_planning_for_health.pdf

<p>Obesogenic environments limit the availability of healthy sustainable food at locally affordable prices, limit access to facilities, services and shops by physical activity and public transport.</p> <p>Obesity is linked to many health conditions, including heart disease, cancers, and type 2 diabetes.</p> <p>Diabetes</p> <p>Living with overweight or obesity is the main risk factor for type 2 diabetes, with adults living with obesity five times more likely to be diagnosed with diabetes than adults of a healthy weight.</p>	<p>24% of adults in Conwy are living with obesity (BMI 30+) in 2022/23 (Wales 25%)³</p> <p>24.3% of children age 4 to 5 are living with overweight or obese in Conwy in 2022/23 (Wales 24.8%)⁴</p> <p>Obesity is estimated to cost the NHS in Wales £465M per annum by 2050</p> <p>Increase of almost 60,000 adults with diabetes in Wales (40%) over a 12-year period up to 2021/22, mostly of Type 2</p>	<p>attractive, social and safe for people to do physical activity, and increase socialisation</p> <p>Support the creation of healthy food environments</p>	<p>an easy option and services / activities in easy reach</p> <p>Enable access to, and engagement with, the natural environment</p> <p>Provide accessible, appropriately located, safe active travel routes⁵</p> <p>Include links to public transport in new development</p> <p>Enable and encourage active play for children, informal and formal</p> <p>Enhance community food infrastructure – community food growing opportunities and management of food retail opportunities⁶</p>
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³ Welsh Government, Stats Wales: [Population health](#)

⁴ Public Health Wales, [Childhood Measurement Programme](#)

⁵ Public Health England, 2018. *Cycling and walking for individual and population health benefits*. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757756/Cycling_and_walking_for_individual_and_population_health_benefits.pdf

⁶ Public Health Wales NHS Trust, 2021. *Planning and Enabling Healthy Environments Incorporating a template for planning policy*.

<https://phw.nhs.wales/publications/publications1/planning-and-enabling-healthy-environments-incorporating-a-template-for-planning-policy/>

	Predicted to be a 22% rise in diabetes by 2035/36 if current trends continue		
Mental health Noise, pollution, housing quality, quality of green space, and access to services all impact mental health Evidence indicates that many people with a mental health condition live or have lived in poor housing	7% of adults in Conwy reported a mental health condition in 2022/23 (Wales 11%) ⁷ 79.9% of adults in Conwy rated their satisfaction with their life as 7 out of 10 or higher in 2022/23. (Wales 79.2%)	Increase opportunities for physical activity and social interaction Providing good quality, safe, secure, affordable and appropriate housing Good quality housing and well-planned local environments can have a substantial impact on the quality of life for someone living with dementia, helping them to live well in their community for longer	Build complete and compact neighbourhoods, with easy access to services and opportunities for socialisation Enable access to, and engagement with, the natural environment Reduce exposure to environmental hazards Consider mobility for all in design and planning Design 'dementia-friendly' public realm (accessible, comfortable, safe, well signposted and distinctive) ⁸

⁷ Public Health Wales: [Public Health Outcomes Framework \(2022\) - Public Health Wales](#)

⁸ [RTPI | Dementia and Town Planning](#)

4. The Health Impact Assessment (HIA)

In the preparation of a Local Development Plan a wide range of evidence is gathered and considered by Planning Policy Officers relating to the key issues facing an area, informed by both the national and local context.

In addition, a number of statutory assessments are undertaken, including an Integrated Sustainability Appraisal (ISA) which includes a HIA. Whilst the ISA encompasses health considerations, the Council considered it prudent to carry out a participatory HIA in addition, to collaborate with local stakeholders and harness local knowledge.

This HIA was rapid participatory in nature and concentrated on gathering qualitative knowledge and insight into the potential health impacts of the proposed RLDP for Conwy from key stakeholders in the local area.

The workshop

In order to arrange the HIA workshop, the Policy Planning team for Conwy Council approached Public Health Wales (PHW) and the Wales HIA Support Unit (WHIASU) to support them. A half-day workshop was then carried out on 29th April 2025 in Llandudno Junction.

The HIA workshop was led by the Wales Impact Assessment Support Unit (WHIASU), following the systematic methodology described in the Welsh HIA guidance of '[Health Impact Assessment: A Practical Guide](#)'.⁹

Participants were invited from a range of key stakeholder organisations. The list of participants is in Appendix 1. An agenda for the workshop can be seen in Appendix 2.

The initial task was for the group to identify the main population groups who could potentially be disproportionately affected by the policies in the LDP, and therefore should be given specific consideration throughout policies.

This task was undertaken using the [WHIASU Population Groups Checklist](#). Although the LDP will affect the population as a whole, specific groups were discussed and these are highlighted below, in no particular order:

Age Group:

- Children and Young People (16-24) – should consider their needs in the RLDP, particularly in line with Future Generations Act requirements. Many young people aged 16 – 18 travel by bus around the area so public transport is important.

⁹ Wales Health Impact Assessment Support Unit (2012). 'Health Impact Assessment: A Practical Guide'.

- Older people – the population in Conwy is ageing, so need to consider specific requirements for older people to enable them to live healthy, independent lives

Groups at higher risk of discrimination:

- Gypsy and Traveller community – need to address specific needs of this population
- People with mental health conditions
- People with disabilities – physical and mental

Income related groups:

- People on low income and with lower socio-economic status
- Economically inactive – the knock-on effect this can have on mental health and community connection
- Single person households
- People experiencing deprivation and child poverty

Other groups:

- Rural communities – access and services
- People living in houses of multiple occupancy
- Tourists – a large number of tourists come to Conwy, particularly during the summer months, hugely increasing the population and putting more pressure on services such as GPs
- Second homes/ Air B&Bs – a large amount in Conwy
- Language and culture – need to protect the Welsh language and culture as it is important in this area
- People living in deprived areas who do not have access to a car and can't afford public transport – limited to buying food locally, and if this food is primarily unhealthy e.g., lots of takeaways, their choice is limited

Appraisal of the impacts of the RLDP on the wider determinants of health

The RLDP will have impacts on many of the determinants of health illustrated in Figure 1 above, and land use planning and design is closely linked to health and wellbeing.

The participants worked systematically through the health and wellbeing determinants of [health checklists](#) and considered the potential positive and unintended negative health and wellbeing impacts of the natural and built environment in Conwy.

They considered how the RLDP could help to enhance positives or mitigate negative impacts. All of this is summarised in Table 2:

Table 2**Behaviours Affecting Health**

Positive Impacts/Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> Welsh Government looking at hot food takeaways – in progress. Takeaways/cafes offer safe spaces for young people to hang out. Active travel (physical activity) <ul style="list-style-type: none"> outdoor equipment available design of the environment can encourage physical activity Dog parks becoming more popular (social and active) Allotments offer positive environments. Play areas – green area / outdoor gyms 	<ul style="list-style-type: none"> Lots of takeaways in the area so unhealthy options are common. Takeaways near high schools – pupils accessing unhealthy meals. Vape shops becoming more common, classed as retail units so hard to control through planning uses. Often sell sweets too. Dark kitchens (industrial units where food to be delivered is prepared) have different planning rules. Not known how many there are across North Wales New houses often seem to come with a smaller garden = less green space. Rental costs have increased – no longer affordable housing. Play areas with traditional equipment can be expensive to maintain 	All. Specially mentioned: <ul style="list-style-type: none"> Young people Older people

How potential impacts could be addressed in the LDP

- Consider how to control hot food takeaways through planning policy – focus on health implications as well as over concentration and environmental impacts
- Consider measures to control proliferation of vape shops (may be a licensing issue rather than planning)

- Ensure provision of spaces that young people would find safe and attractive rather than takeaways
- Encourage developers give consideration to the design of the environment to encourage physical activity, think about who will use the space and ensure it meets the needs of the community who will use it
- Consider provision of dog parks
- Minimum standards for garden/ outdoor space in new homes
- Encourage developers to provide play spaces which move away from traditional, enclosed play areas to more natural spaces
- Include food sustainability and food growing opportunities within RLDP policy

Social and Community Influences on Health

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> • Independent living – location is important, especially for older generations. • Life time homes can enable people to live where they know and can access services in later life • Design of housing – keep people living at home for longer. • Development for specific age group / people with disabilities / ageing populations / young families. • Diagnostic health services being provided in the community 	<ul style="list-style-type: none"> • Intergenerational communities at risk of being separated if appropriate accommodation not available, impact on social support • Less access to services e.g. GP surgery, especially if living in rural areas and without transport / having to rely on buses/trains and rely on them turning up on time. • Increase in population = negative impact on health services. • Patients staying in GP practices even if they have moved out of the catchment area. 	<p>All</p> <p>Specially mentioned:</p> <ul style="list-style-type: none"> • Older people

How potential impacts could be addressed in the LDP

- Provide housing which enables people to live independently for longer into older age, and locate houses for older people in accessible places

- Ensure development considers the needs of the local population, both those currently living nearby and future residents
- Liaise with local health board about strategic direction for provision of health services to ensure alignment with future development through LDP

Mental Well-being

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> • Placemaking policy focuses on creating spaces that encourage socially inclusive and cohesive communities. • Feeling safe in your own home is important. • Social contact – community networking, social connection – major impacts on mental wellbeing – provision of places to meet is important 	<ul style="list-style-type: none"> • People feeling unwelcome in a new community. • Tensions between people not wanting affordable housing next to established housing • No / lack of access to GP appointments impacts on mental wellbeing <p>Affordable housing – not being able to afford a home impacts negatively on wellbeing</p>	<p>All.</p> <p>Specially mentioned:</p> <ul style="list-style-type: none"> • Older people • Young people • People moving into a new area

How potential impacts could be addressed in the RLDP

- Ensure placemaking policy includes details about how to create socially inclusive and cohesive communities e.g., designing walkable neighbourhoods as evidence shows this creates social cohesion and community support
- Encourage the provision of spaces for people to meet, benches in open spaces or on walkways, community facilities, and places for young people to meet
- Facilitate community engagement at the start of a new development, to help alleviate fears and tension about new affordable houses being built
- Ensure new affordable homes are mixed within the new residential areas to avoid creating isolated groups of affordable homes
- Liaise with local health board at pre-application stage of major developments to consider how to mitigate for potential impacts on local health services, and to be

able to address concerns of local residents about new development and how it will put pressure on services

Living and Environmental Conditions affecting health

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> • There is a net gain around biodiversity within LDP • Dark Skies – Conwy Council taking on board advice from Welsh Government • New housing developments have a smaller footprint. • Active travel is becoming more important. A balance is needed between providing parking and active travel options • Area is close to the National Park • Green space access has a huge impact on health and wellbeing 	<ul style="list-style-type: none"> • Air quality when developing new properties. • Not always having access to green / blue spaces. • Gender inequality – more spaces should be gender neutral e.g., lots of skate parks around which seems more for boys to use rather than girls. • Limited parking near green spaces can limit access. • Price of houses – children living with parents longer as unable to afford their own home. More cars parked at one property due to this impact. • Parking causing a disruption to surrounding neighbours. • Flooding issues especially East part of Conwy County. • Internal insulation in new properties keeping homes warmer but this has a negative impact in the summer months and can lead to overheating 	All.

How potential impacts could be addressed in the RLDP

- Ensure biodiversity policy enables provision of wide variety of options to encourage biodiversity e.g., green roofs, green walls, protected wildflower spaces etc
- Find a balance between needing to provide parking for residential areas, and the need to prioritise active travel opportunities. Focus new development near to existing transport hubs, provide adequate cycle storage in new homes (not just for standard bicycles but consider trikes, trailers and scooters)
- Introduce specific policy requirements about designing and creating spaces which are equitable – for all genders, abilities and cultures
- Ensure green space policy and strategy considers accessibility for the community
- Ensure housing policies consider summer heat impacts as well as need to keep homes warm in the winter

Economic Conditions Affecting health

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> • Improved energy efficiency in new homes - heat pumps, insulation, car charging, solar panels. • Conwy has land allocated for wind and solar storage. • Local area Energy Plan • Space for co-working local to home with good Wi-Fi access -thus supporting local economy 	<ul style="list-style-type: none"> • Move towards retrofitting of older homes with energy efficient and sustainable options like heat pumps is unaffordable for many • Upkeep of older homes is difficult for people living in poverty • Young people leaving the area due to economic conditions, but also some workplaces employing younger people which then makes it harder for older generations who want to work gain employment. • Older population coming to retirement age. Losing skills such 	<p>All.</p> <p>Specially mentioned:</p> <ul style="list-style-type: none"> • Older people • Young people • People in deprived areas

	<ul style="list-style-type: none"> as tradesmen Recruiting care from overseas for ageing population 	
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How potential impacts could be addressed in the RLDP

- Ensure new homes are fitted with energy efficient heating and energy options, but consider how affordable these will be for new occupiers to run
- Encourage the location of employment opportunities where there is access to public transport and consider local opportunities for employment
- Provide spaces for co-working in local communities

Access and quality of services

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> Locations of school and housing development is important as they need to be near services Schools want more children to attend so they gain more money and can provide a better service 	<ul style="list-style-type: none"> Lack of health appointments. Services struggling to support the population that we already have. High cost to build new infrastructure in public sector. Some schools at max capacity – looking to build another in Llanfairfechan to help with this. 	All.

How potential impacts could be addressed in the RLDP

- Locate new development within easy access of existing services, prioritising walking, cycling or public transport connections
- Ensure provision of and access to services is a consideration in new development
- Liaise with local health board on any new development to consider impacts on health and care services and identify opportunities for collaboration.

Macro-economic, Environmental and sustainability Factors

Positive Impacts/ Opportunity	Negative Impacts	Population Groups Affected
<ul style="list-style-type: none"> Green Infrastructure: there is existing green infrastructure and natural resources in Conwy that can be utilised to increase health and wellbeing 	<ul style="list-style-type: none"> Climate Change - needs to be considered throughout planning and design as increased heat and flooding will have health impacts Voluntary sector – short term funding, services can change and have an impact on the environment. 	All.

How potential impacts could be addressed in the RLDP

- Prioritise consideration of impacts of climate change on health and wellbeing and factor in to design e.g., provision of shaded spaces in community areas or on active travel routes, provision of planting in new housing developments
- Protect and enhance existing green spaces and infrastructure

Summary

The Conwy Replacement Local Development Plan 2018-2033 has the potential to be highly beneficial to the population of Conwy as it has a strong focus on health and wellbeing. The insights, reflections and considerations gathered from this workshop can enhance the positive impacts and reduce potential negative impacts if they are fed into the process of developing the next stage of the plan. The information and evidence gathered as part of this revision process will be used to inform and amend the final RLDP.

Feedback from workshop participants was positive, with comments being made about the value of having involvement and engagement in the RLDP preparation process. Participants enjoyed having the opportunity to discuss the potential impacts with planners and other stakeholders.

Appendix 1: Workshop attendance list

Name	Organisation
Bryn Kyffin	Conwy County Borough Council
Elen Edwards	Conwy County Borough Council
Erica Thomas	Betsi Cadwaladr University Health Board
Geraint Davies	Conwy Community Voluntary Support
Hannah Fleck	Conwy County Borough Council
James Harland	Conwy County Borough Council
Jodie Davies	Conwy County Borough Council
Lydia Orford	Betsi Cadwaladr University Health Board
Melissa Davies	Conwy County Borough Council
Shane Wetton	Conwy County Borough Council
Sian Jones	Betsi Cadwaladr University Health Board
Siwan Jones	Betsi Cadwaladr University Health Board
Stuart Keen	Betsi Cadwaladr University Health Board
Alison Kemp	Betsi Cadwaladr University Health Board
Sharon Gammon	Betsi Cadwaladr University Health Board
Gail Critchley	Betsi Cadwaladr University Health Board
Nicola Pritchard	Betsi Cadwaladr University Health Board
Emma Jones	Betsi Cadwaladr University Health Board

Appendix 2: Workshop agenda

Rapid Participatory Workshop
for the Deposit Plan for Conwy Local Development Plan
28.04.2025, 09.30am- 12.30pm

Time	Activity	Speaker
09.15	Registration (tea/ coffee available)	
09:30	Welcome and Introduction to the Workshop	Cheryl Williams: Principal Public Health Practitioner, WHIASU
09:40	Presentation: Overview of the Local Development Plan and the Deposit Plan	James Harland: Strategic Planning, Conwy County Borough Council
09:50	Presentation: Key health indicators and population demographics for Conwy	Lydia Orford: Principal Public Health Practitioner, Betsi Cadwaladr University Health Board
10:05	Presentation: Overview of HIA process	Cheryl Williams: Principal Public Health Practitioner, WHIASU
10.20	Workshop activity: identification of key population groups who may be impacted by the LDP	Facilitated group
10:45	BREAK	
11:00	Workshop activity 2: Identification of impact of the LDP on the wider determinants of health	Facilitated group
12:20	Final comments and concluding remarks	Cheryl Williams / James Harland
12:30	Close	