This substantially revised and important second edition responds to a changing agenda in government policy and planning practice, putting issues of climate change and obesity at the centre of its concern. This guide ensures you:

- Understand the underlying principles for planning healthy and sustainable neighbourhoods and towns;
- Plan the collaborative and inclusive processes needed for multi-sectoral cooperation;
- Develop know-how and skills in matching local need with urban form;
- Discover new ways to integrate development with natural systems;
- Design places with character and recognise good urban form;
- Guide communities, and advise developers, in the creation of successful and sustainable places for living.

Containing many new case studies and a wealth of new research, this indispensable guide bridges the gulf between theory and practice, between planning authorities, investors and communities, and between different professional perspectives.

Whether you are a student faced with a local planning project; a planner, urban designer or developer involved in new development; a health authority concerned with promoting physical activity; or a community group wanting to improve your neighbourhood; this book is for you.