

HBEP Regional and Rural Case Studies

National Case Studies

CASE STUDY	LOCATION	DESCRIPTION	CATEGORY
Bellingen Plan Making	Rural and Regional New South Wales	This case study describes a collaborative partnership between three agencies to embed healthy planning principles in a rural shire council on the northern coast of New South Wales. It describes the factors that lead to this collaboration, the staff relationships it established between the agencies and the impact this new way of thinking has had on council planning, local health activities and interest from the community. http://www.pcal.nsw.gov.au/case_studies/bellingen	General
Bendigo City Centre Program	Regional Victoria	The Bendigo City Centre Program is an initiative for strengthening the heart of Bendigo, building on its rich inheritance to ensure ongoing improvements in amenity, prosperity, sustainability, local identity and inclusion. http://www.bendigo.vic.gov.au/Page/page.asp?Page_Id=2889 http://www.healthyplaces.org.au/site/casestudies.php?task=show&id=11	Social Interaction; Physical Activity
Blayney Heritage Park	Regional New South Wales	Blayney Heritage Park is an area of high quality open space that offers a range of active and passive recreation facilities. The multi-purpose park is notable for the range of facilities it provides, catering for a wide range of users, from children to adults, families and groups, walkers and cyclists. http://www.pcal.nsw.gov.au/case_studies/blayney_heritage_park	Physical Activity; Social Interaction
Bungendore Health Impact Assessment	Rural and Regional New South Wales	In order to identify and assess the potential health impacts of future development on the health of people living in Bungendore, a series of scenarios were developed. Two of these scenarios – infill development only and infill plus reenfield development – were put through a health impact assessment (HIA). The HIA focused on three health-related areas: physical activity, water and social connectedness. A series of recommendations were developed with the aim of ensuring that future development maximises residents’ health and wellbeing. http://www.healthyplaces.org.au/site/casestudies.php?task=show&id=12 http://www.hiaconnect.edu.au/completed_hia.htm	Physical Activity; Social Interaction
Fernleigh Walking and Cycling Track	Regional New South Wales	The Fernleigh Track is an attractive and popular walking and cycling path, created along the route of a former rail corridor in the Newcastle and Lake Macquarie regions of New South Wales. It provides a pleasant travel route through a bushland setting with links along the way to adjoining residential communities. The track is a popular facility, used for both localised commuting and recreational purposes. http://www.pcal.nsw.gov.au/case_studies/fernleigh http://www.lakemac.com.au/page.aspx?pid=501&vid=13	Physical Activity

Geelong Walkability Toolkit	Regional Victoria	The Clause 56 Walkability Toolkit is designed to assist developers, subdivision designers and planning officers determine the walkability of a location, internally and within the context of the surrounding street network. http://www.geelongaustralia.com.au/ct/documents/item/8cd9bd471204de4.aspx http://www.healthyplaces.org.au/site/casestudies.php?task=show&id=5	Physical Activity
June Walking and Cycling Routes	Regional New South Wales	Since 2000 June Shire Council has gradually constructed a network of shared walking and cycling paths in the small Riverina town of June. The path network is effective in linking schools and sporting facilities to the town centre so that people can walk or cycle around the town to meet their everyday needs. The paths have also created a series of loops that are suited for more recreational use. http://www.pcal.nsw.gov.au/case_studies/june	Physical Activity
Macedon Ranges Guidelines for Residential Subdivision	Rural and Regional Victoria	Macedon Ranges Shire Council's <i>Guidelines for Residential Subdivision: Designing in Health & Wellbeing</i> ("the Guidelines") were prepared to assist with the formulation of residential development proposals, specifically addressing subdivision design and the provision of and connection to community infrastructure. http://www.healthyplaces.org.au/site/casestudies.php?task=show&id=10	Social Interaction
Honeysuckle Precinct	Regional New South Wales	The Honeysuckle precinct is a mixed-use urban renewal development along the Newcastle CBD and harbour. The precinct is not solely a retail area but includes small shops and commercial premises along with cafes, bars and restaurants, a hotel and residential apartments and townhouses. A largely pedestrianised area, Honeysuckle incorporates significant areas of well-designed public space that include gathering areas, seating, public art and an interactive water play feature. http://www.pcal.nsw.gov.au/case_studies/honeysuckle	Social Interaction; Physical Activity
NSW Coastal Cycleway	Rural, Regional and Metropolitan New South Wales	The New South Wales Coastline Cycleway is a project that aims to build a 1,400km cycling route along the entire New South Wales coastline from the Queensland border at Tweed Heads to the Victorian border south of Eden. Approximately 300 kilometres of pathway are now in place, and many local councils have plans to build further sections. The route includes sections of off-road shared pedestrian/cycle paths as well as on-road cycle lanes along local streets. Much of the route provides spectacular coastal views, and enables access for cyclists and pedestrians to a range of recreational facilities, from beaches to foreshore parks, picnic areas and playgrounds. http://www.pcal.nsw.gov.au/case_studies/coastal_cycle_way http://www.planning.nsw.gov.au/PlansforAction/Coastalprotection/NSWCoastlineCyclewayGrantsProgram/tabid/308/Default.aspx	Physical Activity
Renwick Subdivision	Rural and Regional New South Wales	Renwick located in Mittagong in the Southern Highlands is a Landcom master planned estate that reflects the unique character and feel of the Southern Highlands. During the master planning process, Landcom incorporated principles of the Heart Foundation's Healthy by Design guideline after identifying that the Southern Highlands had a higher than average level of obesity. http://www.healthyplaces.org.au/site/casestudies.php?task=show&id=18 http://www.renwickliving.com.au/	Physical Activity; Social Interaction

Tullimbar Village	Regional New South Wales	<p>Tullimbar is a mixed-use residential development that has been explicitly designed as an alternative to the low density urban sprawl that characterises much new development in Australia. It aims to create a dense, compact, walkable community that will help residents reduce their vehicle use and increase social interaction.</p> <p>http://www.pcal.nsw.gov.au/case_studies/tullimbar_village http://www.tullimbarvillage.com.au/</p>	Physical Activity; Social Interaction
West Wyalong Walking and Cycling Routes	Rural and Regional New South Wales	<p>The Green Corridor is a dedicated walking and cycling track, which links the towns of Wyalong and West Wyalong, a distance of 4.4 kilometres. The Corridor provides a safe and pleasant link between the towns, avoiding the busy Newell and Mid-West Highway route, which carries 2,400 vehicles per day. As well as being a practical transport corridor, the track is a pleasant walking or cycling route. It passes interesting outdoor art created by the local community, links a number of parks and other recreation facilities and provides access to a range of attractive places for the community to meet, walk, cycle and picnic.</p> <p>http://www.pcal.nsw.gov.au/case_studies/west_wyalong http://www.blandshire.nsw.gov.au/Play/SportRecreation.aspx</p>	Physical Activity; Social Interaction
Orana Regional Organisation of Councils (OROC) Sharing the Load to Shed the Load	Rural and Regional New South Wales	<p>The OROC Region comprises the Shires of Bogan, Bourke, Brewarrina, Cobar, Coonamble, Gilgandra, Narromine, Walgett, Warren, Warrumbungle and Dubbo City Council, in the Central West, North West and Far West of NSW. The Sharing the Load initiative has been designed to educate communities in the region about how to live a healthy and active lifestyle, as well as provide a supportive environment for them to do so. Six case studies from the initiative are:</p> <ul style="list-style-type: none"> • Regional Recreational Precinct, Victoria Park Darling Street, Dubbo Provision of a free all-access playground and fitness centre, to particularly allow children and people of lower socio-economic status an opportunity to improve their health and wellbeing. • iKiFit, Western NSW A school fitness, resilience and wellbeing program delivered online and face-to-face, which involves a combination of martial arts, dance and aerobics. • Go4Fun, Western NSW A program which addresses childhood obesity by providing assistance to parents and children ages 7-13 who are overweight, through education on healthy eating and physical activity, and a focus on self esteem. • Castlereagh Riverwalk (Stage 1), Smith Park, Castlereagh Highway, Coonamble Involves construction of a 600m concrete walkway along the banks of the Castlereagh River, connecting to the Highway, and which includes 5 exercise stations, landscaping and signage. • Narromine Body Blitz/ Boot Camp, Cale Oval, Narromine Provides an opportunity for people of all ages in the community to participate in outdoor exercise. • Gilgandra Fitness Centre and Sporting Hall of Fame, Hall Street, Gilgandra Provision of an alternative health and fitness facility, which is accessible year round and affordable, and which commemorates the sporting achievements of the community. <p>http://oranaregionalorganisationofcouncils.blogspot.com/2010/12/sharing-load-to-shed-load.html</p>	Physical Activity; Healthy Eating; Social Interaction

International Case Studies

CASE STUDY	LOCATION	DESCRIPTION	CATEGORY
Bede Island North Development	Regional UK	The Bede Island North development in Leicester combines homes, commercial premises and public spaces in a well-planned, pedestrian-friendly community. http://www.cabe.org.uk/case-studies/bede-island-north	Physical Activity; Social Interaction
Bike! Walk! Northwest Georgia Task Force	Rural and Regional USA	Bike! Walk! Northwest Georgia membership is composed of citizens, government agency representatives, and business representatives interested in transportation planning pertaining to bicycling and pedestrian activities. A few major projects planned and accomplished by the group include an online catalogue of all the pedestrian facilities in the region, a series of bicycle and walking events designed to promote use of the trails, and the establishment of a Safe Routes to School program. http://www.walkinginfo.org/library/details.cfm?id=2920 http://www.bwnwga.org/	Physical Activity
Haliburton County, Ontario, Canada	Rural Canada	Haliburton County is a large rural area located about 220km north of Toronto, Ontario. Different sectors in the community recognised that adding walking and bicycling to the local planning agenda would require initiative from interested citizens and organisations. Late in 2004, the Communities in Action Committee (CIA) formed to begin promotion and planning for active transportation. In 2005 the Haliburton Highlands Cycling Coalition (HHCC) was formed to advocate and plan for bicycling. http://www.walkinginfo.org/library/details.cfm?id=4279	Physical Activity
Incredible Edible Todmorden	Regional UK	A community-led grow-your-own initiative that has transformed the way local people connect with food production and public green spaces in Todmorden, a market town in West Yorkshire. http://www.cabe.org.uk/case-studies/incredible-edible-todmorden	Nutrition
North Northamptonshire's Place Shaping Workshops	Regional UK	North Northamptonshire's place shaping workshops are a good example of councils and local communities working together to plan for the future of their place. http://www.cabe.org.uk/case-studies/north-northamptonshire	Physical Activity; Social Interaction; Nutrition
Ozark Heart Health Project, Missouri USA	Rural USA	This is a community-led project, involving the development of more than 30 walking trails in 8 rural counties with relatively low socio-economic profiles in south-eastern Missouri. Community coalitions organised to plan and implement the development of the trails, and enhancement of existing trails, as well as a number of health education programs and policies in churches and schools. The Project relies on donations and in-kind contributions from schools, churches and local government, as well as in some cases funding from federal grants. Wiggs, I., Brownson, R.C. and Baker, E.A. (2008) If You Build It, They Will Come: Lessons from Developing Walking Trails in Rural Missouri, <i>Health Promotion Practice</i> 9(4):387-394 http://hpp.sagepub.com/content/9/4/387.full.pdf	Physical Activity; Social Interaction; Nutrition

<p>Transport Canada Issues Paper – 'Sustainable transportation in small and rural communities'</p>	<p>Canada</p>	<p>This issue paper examines different options for sustainable transport in small regional and rural communities. Examples of public transport, car sharing schemes and active transport are provided. Common barriers to implementing sustainable transportation programs in smaller communities are discussed and solutions offered. The context is North America. http://www.tc.gc.ca/eng/programs/environment-utsp-smallnruralcomms-1012.htm</p>	<p>Sustainable Transport including public transport, car sharing and active transport</p>
--	---------------	--	---