



Creating Healthy Built Environments: A Heartful Process

What's town planning got to do with heart health?

Never Stand Still

Faculty of the Built Environment

Healthy Built Environments Program

Susan Thompson

Heart Foundation's Annual Solicitors' Working Lunch

16th August 2012



THE HEALTHY BUILT ENVIRONMENTS PROGRAM

Outline

1. What's town planning got to do with heart health?
2. Introducing the Healthy Built Environments Program
3. Heart Foundation partnerships in research, education and advocacy for healthy built environments
4. So that's the planning heart connection!

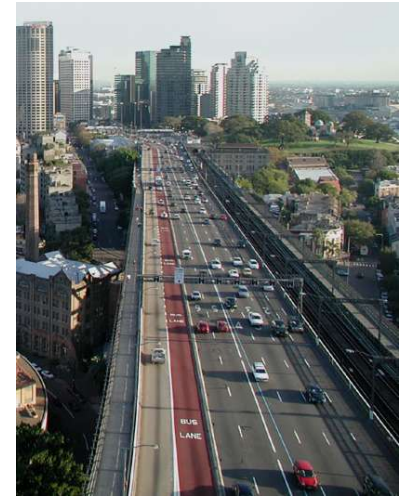


Increasing evidence linking built environment to human health and well-being

Environments have 'designed out' physical activity and social interaction

Unsafe, unfriendly, car dominated environments

Increasing incidence and cost of chronic disease



A sedentary lifestyle is highly problematic for maintaining good physical and mental health and well-being

Major risk factors for chronic disease:

- Obesity
- Physical inactivity
- Social isolation





Historical links between the built environment and health



HABERFIELD

The Garden Suburb



But the suburbs continued to grow

Today's suburbs are too far away from the things we need to access each day – work, shops, schools, medical and community services, parks and recreation facilities

Poor public transport is not well linked to local uses – reinforces car dependency and sedentary lives – our cities are designed for the car

Long commuter distances are bad for physical and psychological well-being



Car dependency is undermining the health of people and the planet

Unsafe cities are not healthy

More cars means less people

Isolated public spaces are perceived as unsafe

Limits opportunities to be out and about



Healthy places support access to healthy food











The Sydney Morning Herald VEGIE KING Produce Good Living Grocers Market

Green Beans \$3.50/kg

Leafy Greens \$3.50/kg

Carrots \$3.50/kg

Tomatoes \$3.50/kg

Retention of prime agricultural land



Healthy places encourage and support physical activity







Image: Juliette Kavanagh



Walkable destinations have mixed uses, are pleasant and connect to active transport



Denser cities

Residential density, mixed use and micro-design elements in some combination are most likely to get people more active





Public transport increases physical activity – it must be viable and easy to use, well connected to other uses and other forms of transport



Regular public transport use means that people walk more and have opportunities to socially interact



Healthy places support community interaction and belonging











Healthy places are environmentally sustainable

Co-benefits for health from action on climate change





The **Healthy Built Environments Program** is a consortium linking planning and health

Leadership in urban planning and public health

Core funding from NSW Department of Health of \$1.5m over 5 years

Situated in the City Futures Research Centre, Faculty of the Built Environment at UNSW

HBEP partnership includes academics, Heart Foundation, NSW health professionals, local councils, planning consultants

The HBEP **vision** is that built environments will be planned, designed, developed and managed to promote and protect health for all people





Three Strategic Areas of Work

Research
Education & Capacity Building
Leadership and Advocacy

Position statement

The built environment and walking

The Heart Foundation's National Physical Activity Advisory Committee
Writing Group: Klaus Gebel, Adrian Bauman, Neville Owen, Sarah Foster, Billie Giles-Corti

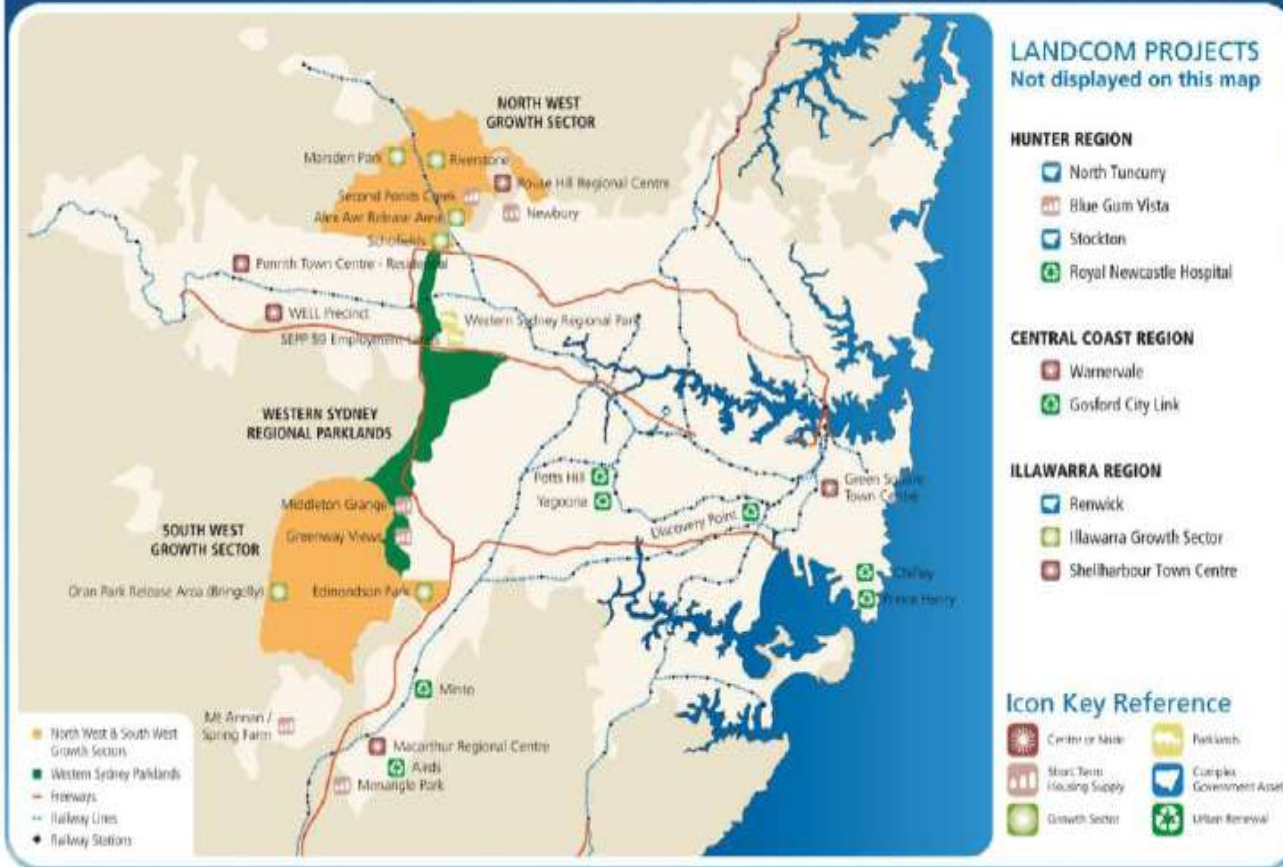
Facts

- Physical inactivity is a modifiable risk factor for cardiovascular disease and a range of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases and depression.¹⁻³
- Physical activity is important in reducing risk factors for cardiovascular and other chronic diseases.^{4,5}
- Promoting walking is recognised as a promising means of increasing population levels of physical activity.
- The built environment is directly associated with physical activity, particularly walking.
- The built environment can either facilitate or discourage walking.
- Walking for transport is associated with living in neighbourhoods that have good access to destinations (including public transport), connected street networks, and higher residential densities.^{6,7}
- Neighbourhood aesthetics (including access to public open space) tend to be associated with increased walking for recreation.
- There is widespread agreement that there is sufficient evidence to warrant public health action on the role of the built environment in increasing physical activity.⁴⁻⁹
- A whole-of-government approach is crucial to the creation of 'walkable' communities in new and existing developments.



Healthy by Design: a planners'
guide to environments for active living

**Health NGOs are supporting
healthy place making – Heart
Foundation leadership**





Landcom Masterplan for health, Renwick, Sthn Highlands, NSW

Source: Landcom



Find your space.



renwickliving.com.au ph: 4872 1686

Renwick
LUXURY HOMES AUSTRALIA

REZ

Supported by



THE HEALTHY BUILT ENVIRONMENTS PROGRAM

Renwick under construction



Education and workforce development

Forums, seminars and workshops

Focus on building partnerships in training



Education and workforce development

Courses at UNSW

UG Healthy Planning

PG Healthy Built Environments

Support from Heart Foundation with lectures and resources

Mix of theory, research, policy and practice based learning



Leadership and advocacy

Advisory Board of key HBE stakeholders

Newsletter

Regular HBEs column in *New Planner*

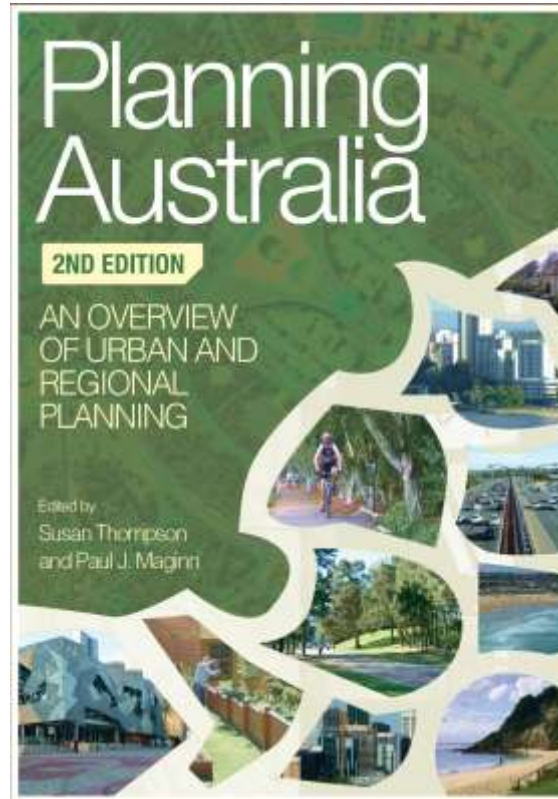
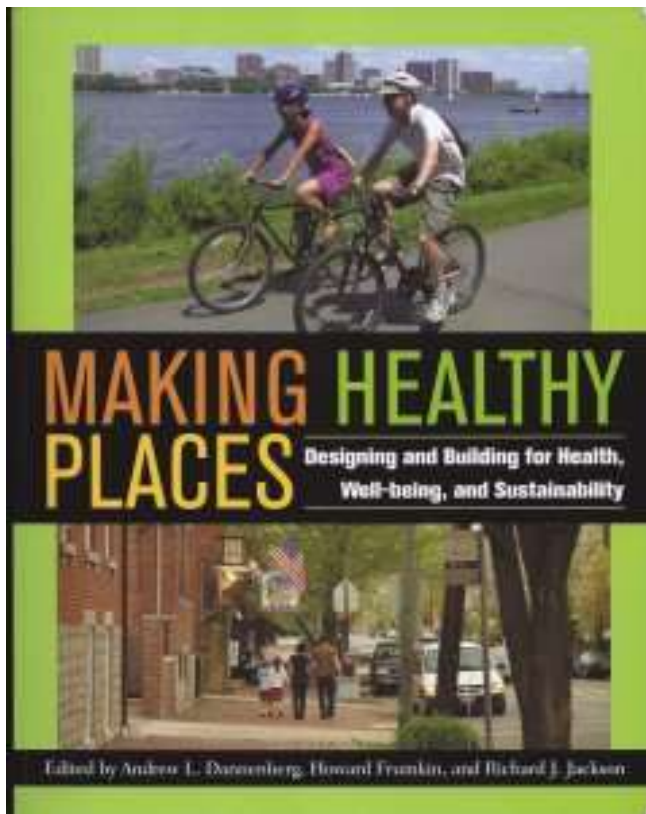
Other practice journals

Media engagement

Submission writing



Learn more...





HEALTHY BUILT ENVIRONMENTS PROGRAM

Visit the HBEP website

<http://www.be.unsw.edu.au/programmes/healthy-built-environments-program/about>