# FRUITOPIA

BENV7712 HEALTHY BUILT ENVIRONMENT
YVONNE CHAN 3331317 DAVID MORRISEY 3281839 JAN DASHKEVICH 3177746 ELISE LEEDER 3474243 BO PANG 3468012

## OUR POLICY

A policy to be imposed on all new greenfield and brownfield developments. Incentives would be offered to developers to encourage implementation. Further S94 contributions would be required if they cannot be provided. The Policy would also require council to utilise a portion of council land for local produce production (e.g. community gardens).

## COMMUNITY GARDENS

### WHAT DO OTHERS THINK ARE THE BENEFITS OF COMMUNITY GARDENS?

"School kitchen gardens encourage children to be active learners and embrace a healthier more active lifestyle."[14]

"School gardens have a positive impact on healthy eating, particularly willingness to try new foods."[11]

"Preschool children who were almost always served home grown produce were more than twice as likely to eat five servings of fruits and vegetables a day—and to like them more—than kids who rarely or never ate home grown produce"[1]

## OBJECTIVES

- Residents should be able to access fresh fruit and vegetables by foot.
- Access should be within 400m of every residence.
- Various forms of should be encouraged (e.g community gardens, nature strip vegetable gardens, local markets)
- Community gardens and local markets should be added as additional permitted use to all zones to increase frequency.
- Councils to donate a portion of council land for the purposes of community food production.

## ACCESSIBILITY

### HOW FAR DOES YOUR FOOD TRAVEL?

A recent study indicated, "the total distance of the road transportation in the food basket was 21,073 kilometres (km), almost the same distance to travel around Australia's coastline (25,760 km)."[7] This suggests that we are not effectively utilising our available space to provide fresh produce thus requiring it to be transported long distances.

### HOW DO TRANSPORT MODES AFFECT YOUR BMI?

"Those using public transport had a mean BMI of 1.2 points lower than that of those using multiple modes of transportation and a mean BMI of 0.8 point lower than that of those using automobiles as their mode of transportation to their primary food store."[6] This study suggests that those who use public transport are likely to have a lower body mass index than those who rely on cars for transport to their food store.

"I like being able to walk to my food, it's the best kind of fast food!"

## ACTIVE TRANSPORT

"IN NSW, 68.9% OF ADULTS ARE SEDENTARY OR HAVE LOW LEVELS OF EXERCISE."[2]

Another way to reduce obesity is to encourage active transportation (walking, cycling, jogging etc.) and increasing access to public transport.[12] By designing public transport nodes and other destinations (such as shops and work places) to be within 400 m distances from home for walkers and 2.5 km for cyclistS active transportation can be effectively promoted.[10]

Therefore, in our scenario car dependence must be reduced while the necessary increases in density must feature high urban design standards.[10] This requires provision of pedestrian- and cycle-friendly environments such as hard-paved footpaths, bike tracks and racks as well as general amenability of the environment this proposal is trying to achieve.[10,4] These features would further encourage active transportation as well as walking to school due to perceived increases in safety.[10]

## URBAN FARMING

### WHAT'S IT ALL ABOUT?

The simple premise behind Urban Farming (gardening/agriculture) is to bring sustainable food production, processing and distribution back into urban areas. Urban Farming:

- takes advantage of underutilised land and space in villages, towns and cities.
- encourages community education and involvement.
- directly and fundamentally addresses food freshness, transport and availability issues.
- supports and develops the concept of environmental conservation, resourcefulness and manageability.
- generates economical benefits.
- provides food security in times of economic downturns.
- provides a conduit for humans to reconnect with and become a part of world ecology and
- contributes to the health and well-being of people, animals and the environment.

Urban Farming brings the growing and production of food back into yards, commons, cooperatives and communities. Excess produce is distributed via local markets, food banks or through community services. Various systems and organisations exist worldwide, and extensive use of the internet has made access to information and resources readily available.

## OBESITY

"THE RECOMMENDED AMOUNT OF FRUIT IS EATEN BY ONLY 44.8% (AND VEGETABLES ONLY 6.8%) OF NSW PEOPLE."[2]

Obesity occurs when the energy consumed is in excess of energy expended on physical activity during the day.[4] In 2011 alone obesity affected 52.6% of adults and while in 2010 22.8% of children were overweight or obese in NSW. Potential for damage to public health is high with 20,500 deaths and 166,600 hospitalisations in 2007 and 2010-2011 respectively occurring as a result of cardiovascular diseases, type 2 diabetes and certain cancers – maladies directly to obesity.[13] Obesity-related costs amount to approximately $21 billion annually. 8

Healthy eating is one way to prevent obesity and includes consumption of key nutrients from vegetables and fruit.[13]

"Since we moved here, we've lost 20 kilos each thanks to walking a lot more"

"I met my wife at our quarterly harvest BBQ"

## COMMUNITY GARDENS & NATURE STRIP GARDENS

### WHAT DO OTHERS THINK ARE THE BENEFITS OF COMMUNITY GARDENS?

"Community gardens provide various benefits including social benefits such as community building and resilience and health benefits associated with the increased consumption of fresh fruits and vegetables (e.g. elevated levels of antioxidants, lower cholesterol)."[3]

"Some studies in the United States have suggested that community gardens may even reduce local vandalism and crime and may improve social interactions and strengthen community resilience."[15]

"I saved so much on the free outdoor gym that I could afford to buy exotic chilli seeds for our community garden!"

"When I get sick of facebook, I just go out and walk with my neighbours"

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