



news



HEALTHY BUILT ENVIRONMENTS PROGRAM

In this Edition 13 Spring 2013

- Free Public Lecture – US Professor Andy Dannenberg, 4 December 2013
- HBEP on the Road!
- Planning and Building Healthy Communities Project
- Seminar on Transport Practices
- Professor Tony Capon joins the United Nations University
- What's New on the HBEP Website

A Word from the Director

A very warm welcome to our Spring Newsletter! Indeed, warm is the word as we swelter through record breaking heat following an exceptionally dry winter of above average temperatures. As we increasingly consider how to inspire individuals and communities to be healthy, the co-benefits framework has much to offer. This is about making the link between the benefits of low carbon living for the planet (such as less car use and increased consumption of seasonal produce) to the associated benefits for personal health (for example, more physical activity and a diet rich in fruit and vegetables). Come and hear Professor Andy Dannenberg talk about these issues at our free public lecture in December. We are delighted to be joined by the [Halloran Trust](#) at the [University of Sydney](#) and the [Heart Foundation](#) in sponsoring this event.

Read about this and other events in the HBEP's Spring Newsletter.

Free Public Lecture – US Professor Andy Dannenberg, 4 December 2013

How can the design of our cities support human health and sustainability? Join Professor [Andrew L. Dannenberg](#) for a free public lecture on the different approaches to planning and development used to improve human health and sustainability.

When: Wednesday 4 December 2013, 6.15pm (for a 6.30pm start) until 7.30pm

Where: The Barnet Long Room, Customs House, Level One, 31 Alfred Street, Circular Quay

RSVP essential to: Danielle: d.delpizzo@unsw.edu.au by Friday 29 November

Click [here](#) for more information.

HBEP on the Road!

HBEP has been on the road again!! In July, [HBEP Director Susan Thompson](#) was in Ireland to attend the [Joint European \(AESOP\) and American \(ACSP\) Planning Schools Congress](#) 'Planning for Resilient Cities and Regions'. Held at [University College Dublin](#), the Congress had over 1,000 participants from more than 50 countries. A mammoth [program of papers](#) across 16 Tracks encompassed the breadth and depth of contemporary planning research and practice. It was exciting to hear many papers on healthy planning. Susan presented a paper showcasing the work of the HBEP. Jointly authored with HBEP's Research Associate [Jennifer Kent](#) and Ministry of Health's Claudine Lyons, the paper is entitled: [Planning and Health: Forging New Alliances in Building Healthy and Resilient Cities](#)

Continued pg 2

HBEP on the Road! *Continued from pg 1*



Lots of cycling and great public transport in Dublin.



Seaside visits in the July heat!

As well as our international travels, the [HBEP 'Planning for Health' workshops](#) continue across NSW! In July we presented in Albury and Griffith and more recently, in Queanbeyan. Our September Sydney CBD workshop was over-subscribed! The last workshop will be delivered in Dubbo on Wednesday 6th November. Register your interest in attending with Danielle: d.delpizzo@unsw.edu.au

Planning and Building Healthy Communities Project

Since 2011, the HBEP has worked on an ARC Linkage Grant 'Planning and Building Healthy Communities' with partners [UrbanGrowth NSW](#) (formerly Landcom), the [National Heart Foundation](#), and the [South Western Sydney Local Health District](#). The aim of the research is to understand how our four case study sites – Airds Bradbury, Rouse Hill, Victoria Park and Renwick – can make healthy everyday living a reality. The project has involved developing a Healthy Neighbourhood Audit Instrument to map each site in detail, and record observations about how people use different spaces. You can read more about the Audit Instrument [here](#). We also used a Market Basket Survey Instrument to record healthy food availability, quality and costs in each locality, as well as assessing produce at farmers' markets. We are now interviewing residents about how their neighbourhoods support or make a healthy lifestyle difficult. The focus is on being physically active, interacting with others and accessing healthy food. We are currently recruiting interviewees, so if you are over 18 years and live in one of the four neighbourhoods, register your interest [here](#) or contact HBEP Research Officer Emily Mitchell: e.m.mitchell@unsw.edu.au

Interview participants receive a \$20 gift voucher for their time.

If you would like to read more about the project, please click [here](#).

Continued pg 3

Planning and Building Healthy Communities Project Continued from pg 2



The audit team at work



A community garden in Airds Bradbury



Shared walking and cycling path in Rouse Hill.

Seminar on Transport Practices

On 11 September HBEP Research Associate [Jennifer Kent](#) presented a seminar on her PhD research entitled *Secured by Automobility, why does the private car continue to dominate transport practices?* The seminar attracted over 30 attendees – researchers, students, policy makers and practitioners from across UNSW, Transport for NSW, local government and cycling advocacy groups. A number of interesting issues were raised in discussion, including questions from Transport for NSW as to how the research findings can be incorporated into its data collection processes. A video recording of the presentation is available [here](#) and you can also download and read [Jennifer's thesis](#).

Professor Tony Capon joins the United Nations University

Professor Tony Capon has recently taken up a very exciting and prestigious post at the [United Nations University](#) in Malaysia. The HBEP will continue to work with Tony in his off-shore role, extending our international links and reach.

What's New on the HBEP Website?

As well as the work mentioned above, we have posted new material on our website.

There are a number of additions to our [publications page](#)! A new book chapter by Jennifer Kent, Tony Capon and Susan Thompson; a number of refereed journal articles by Jennifer Kent; and the Dublin conference paper.

We have also posted a [presentation](#) which HBEP Director Thompson gave to the Water Services Association of Australia's (WSAA) Adaptive Planning and Integrated Water Management Network, about working across disciplines in the healthy built environments space.

New Planner column: The most recent Healthy Built Environments column in *New Planner* focuses on how planners can find and use health and wellbeing data to inform policy, assess the health impacts of development proposals and measure the effectiveness of developments over time. Click [here](#) to read the column.

And don't forget to have a look at our [fortnightly literature review updates](#)!

Supported by



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

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