



# news



HEALTHY BUILT ENVIRONMENTS PROGRAM

| Edition No.4 | June 2011 |

## A Word from the Co-Directors

Given that a majority of the population of NSW live in urban centres, it may not surprise you to hear that city folk are often criticised for being ignorant of the problems facing those living in rural and regional areas. During our 2010 Listening Tour across NSW, we heard first-hand about many of the challenges and special needs facing colleagues in regional and rural localities. These include servicing a large geographical region, less than ideal access to resources, environmental conflicts and the special needs of Indigenous populations. You can read the full Listening Tour report on our web site - see 'What's New on the HBEP Website?' later in the Newsletter. Inspired to increase awareness of rural and regional issues and to help advance healthy built environments work in these localities, we believe that the HBEP has an important role to play. As well as amalgamating case studies for regional and rural areas, we are developing capacity building in healthy built environments that will be easy to access for everyone – no matter where they live and work. We are keen to explore other ways that the HBEP can assist regional and rural colleagues to support the health of their communities. We welcome your ideas and feedback.

## Regional and Rural Case Studies

[http://www.fbe.unsw.edu.au/cf/hbep/education/Rural\\_Regional\\_Healthy\\_Planning\\_Case\\_Studies.pdf](http://www.fbe.unsw.edu.au/cf/hbep/education/Rural_Regional_Healthy_Planning_Case_Studies.pdf)

This is a new section on the HBEP website to help regional and rural colleagues. Case studies have been compiled from different Australian and International sources. They focus on the challenges of implementing healthy built environments outside cities. We have organised the case studies under topics such as physical activity; healthy eating; and social interaction. Please let us know of other relevant case studies and your experiences in regional and rural NSW of implementing healthy built environments – your successes and ongoing challenges.

## The Literature Review

The Healthy Built Environments Program has recently completed a major scholarly literature review examining the role of the built environment in supporting human health as part of everyday living. Titled, *Healthy Built Environments: A review of the literature*, its principal aim is to establish an evidence base that supports the development, prioritisation and implementation of healthy built environment policies and practices. The Review also identifies current gaps in the evidence to inform future research directions.

The focus of the Review is on the three key built environment domains that support human health:

1. The Built Environment and Getting People Active.
2. The Built Environment and Connecting and Strengthening Communities.
3. The Built Environment and Providing Healthy Food Options.

These built environment domains address three of the major risk factors for contemporary chronic disease - physical inactivity, social isolation and obesity.

The Literature Review can be downloaded from the Healthy Built Environments web site (publications page) at: <http://www.fbe.unsw.edu.au/cf/hbep/publications/>.

## HBEP Annual Forum: *Be Informed and Inspired*

The 2011 Annual Forum was held on 18th May at UNSW. The event included presentations from Mr Andrew Gow, Mr Paul Klarenaar, Ms Michelle Maxwell and A/Professor Jane Carthey on different aspects of healthy built environments. Mr Gow, who is based in Queanbeyan, specifically focussed on regional challenges. Attendees also participated in a practical healthy built environments audit activity led by Co-Director Thompson.

All the presentations were recorded and will be available on the HBEP website soon ('Education' page: <http://www.fbe.unsw.edu.au/cf/hbep/education/>). Feedback on the Forum was very positive. Invitations are usually circulated through our mailing list so if you would like to keep abreast of other similar events please send an email to [hbep@unsw.edu.au](mailto:hbep@unsw.edu.au).

## Professor Hugh Barton Visit

Professor Hugh Barton will be in Australia soon for the World Planning Schools Congress in Perth from 4-8 July (<http://www.wpsc2011.com.au/>). The HBEP, in partnership with PCAL and the UNSW Built Environment Sustainability Research Cluster, is organising his travel to Sydney the following week so he can be involved in the following events:

**Integrated Strategic Planning for Health** (July 13th, 2-5pm @ UNSW): This seminar will focus on how built environment and health professionals can work in effective partnerships developing strategic alliances.

**Guided Bus Tour – Sydney's Healthy Built Environments** (July 14th, 9am-5pm): A guided bus tour of selected Sydney metro healthy built environment sites with tour leader Co-Director Thompson. Professor Barton will provide international perspectives throughout the tour. Attendees will receive a copy of the HBEP Literature Review and visit sites demonstrating application of key healthy planning principles.

If you are interested in either of these events please register with PCAL on email: [Rebekah.Costelloe@heartfoundation.org.au](mailto:Rebekah.Costelloe@heartfoundation.org.au)

**PLEASE NOTE THAT THE SEMINAR IS ALREADY FULL BUT YOU CAN GO ON A WAITING LIST.**

## Release of National Urban Policy

The Federal Government's Department of Infrastructure and Transport released its National Urban Policy titled *Our Cities, Our Future: A national urban policy for a productive, sustainable and liveable future*. The Policy and HBEP submission can be viewed at: <http://www.fbe.unsw.edu.au/cf/hbep/hbepnews/>.

## What's New on the HBEP Website?

**New Planner March Column:** <http://www.fbe.unsw.edu.au/cf/hbep/publications/> (under 'New Planner')

The Co-Directors latest column is titled Healthy Built Environments: Supporting planning policy and practice. It examines how planning policy and practice can best create environmentally sustainable environments that support human health as part of everyday living. The remaining 2011 columns will feature the three domains of the Literature Review – the built environment and getting people active; connecting and strengthening communities; and providing healthy food options.

### Heart Foundation's Planning for Healthy Urban Environments Award

Nominations are now open for the NSW Planning Institute of Australia's Planning Excellence Awards. There is a specific award category for **Planning for Healthy Urban Environments**, sponsored by the Heart Foundation. Submissions close 12 noon on 2<sup>nd</sup> September 2011. For details click here: <http://www.fbe.unsw.edu.au/cf/hbep/hbepnews/>

### HBEP Listening Tour Report

The HBEP completed its Listening Tour of all (former) Area Health Services across NSW in late 2010. Our report on the Tour and suggestions for the way forward is now available on the HBEP website: [http://www.fbe.unsw.edu.au/cf/hbep/hbepnews/Attachments/Listening\\_Tour\\_Report\\_Final\\_May2011.pdf](http://www.fbe.unsw.edu.au/cf/hbep/hbepnews/Attachments/Listening_Tour_Report_Final_May2011.pdf)

The HBEP website (<http://www.fbe.unsw.edu.au/cf/hbep/>) provides information on a range of local and international Healthy Built Environment initiatives. We welcome suggestions for inclusions on the web site.

Supported by



HEALTHY BUILT ENVIRONMENTS PROGRAM

City Futures Research Centre  
Faculty of Built Environment  
The University of New South Wales  
Sydney NSW 2052 Australia

e: [hbep@unsw.edu.au](mailto:hbep@unsw.edu.au)  
w: <http://www.fbe.unsw.edu.au/cf/hbep/>

CRICOS Provider Code: 000986