



# ***Creating Healthy Built Environments***

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Never Stand Still

Faculty of the Built Environment

Healthy Built Environments Program

**Obesity Australia - 2<sup>nd</sup> Annual Summit**

***Obesity: Understanding and Action***

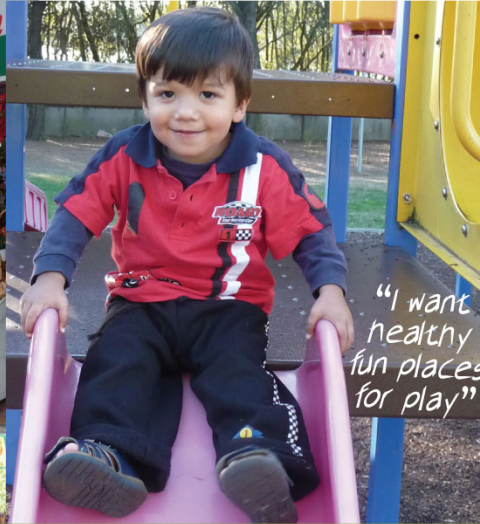
**ANU, Canberra**

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All images taken by Susan Thompson



THE HEALTHY BUILT ENVIRONMENTS PROGRAM



HEALTHY BUILT ENVIRONMENTS PROGRAM

## Outline

1. The built environment and health
2. Creating healthy built environments – the research evidence
3. Healthy Built Environments Program – working across BE and health

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

Environments have 'designed out' physical activity and social interaction

Increasing incidence and cost of chronic disease





## Unsafe cities are not healthy

More cars means less people

Isolated public spaces are perceived as unsafe

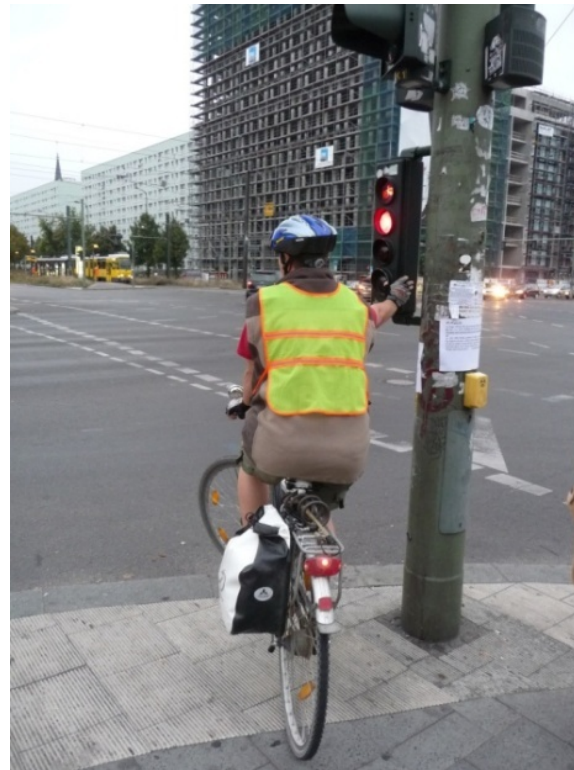
Limits opportunities to be out and about



Can we **create** a built environment that supports all people being healthy in their everyday lives?



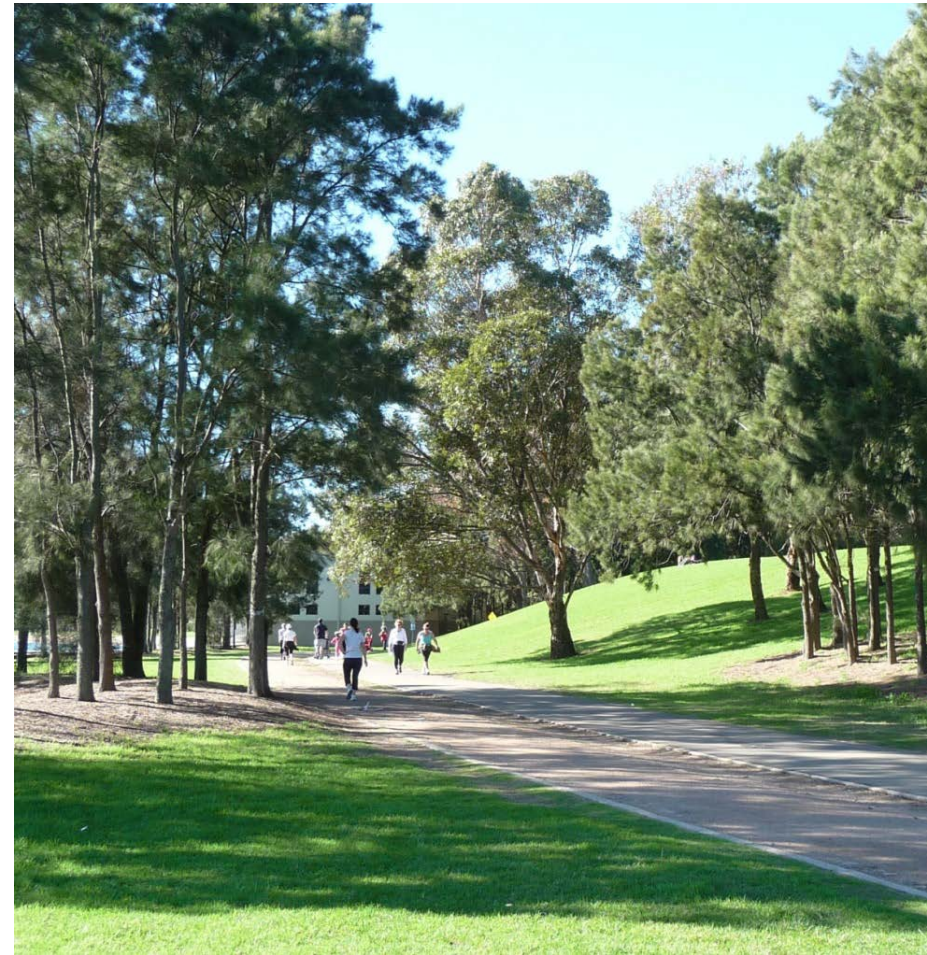
# Healthy built environments encourage & support physical activity







## Well maintained, connected footpaths, bike paths and open spaces encourage physical activity



## Supporting everyday activity

Education on how to use facilities, as well as health and well-being benefits of being active





WATCH FOR  


  
LANE

SOLIS

YHZ

## Denser cities

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





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



# Public transport increases physical activity and social connection



## Policies to make environments safe (and perceived to be safe) from crime and traffic encourage use of public spaces and physical activity





## Visible and well signposted stairways encourage physical activity – inside and outside



# Healthy built environments support community interaction and belonging









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# Community gardens have important community building benefits





## Healthy built environments support access to healthy food





Reduce fast-food exposure in the vicinity of school environments: both advertising of fast food and use of land for fast food outlets





The Sydney Morning Herald  
VEGIE KING Produce  
Good Living  
Gameri Market



# Retention of prime agricultural land





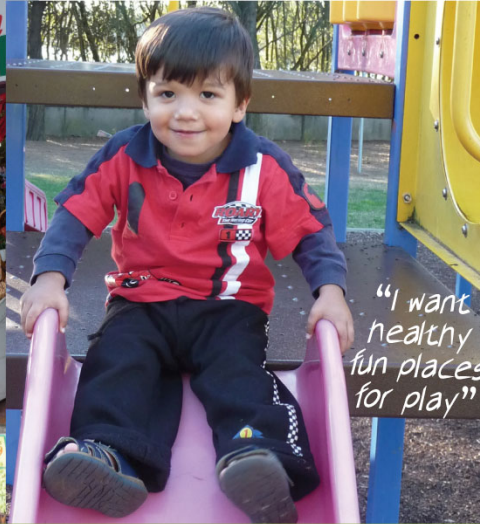
The **Healthy Built Environments Program** is a consortium linking planning and health

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



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## Visit the HBEP website

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