

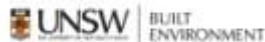


HEALTHY BUILT ENVIRONMENTS PROGRAM

## Healthy Built Environments = Healthy Cities Susan Thompson and Tony Capon

Co-Directors, Healthy Built Environments Program, City Futures Research Centre  
Utzon Lecture 13 October 2010

Supported by













*Image Source: Sydney Morning Herald – Sydney Symphony Orchestra*



# Outline

- Health and the built environment
- Healthy place making
- Environmental sustainability and health
- Supporting the creation of healthy built environments
- Key challenges and opportunities

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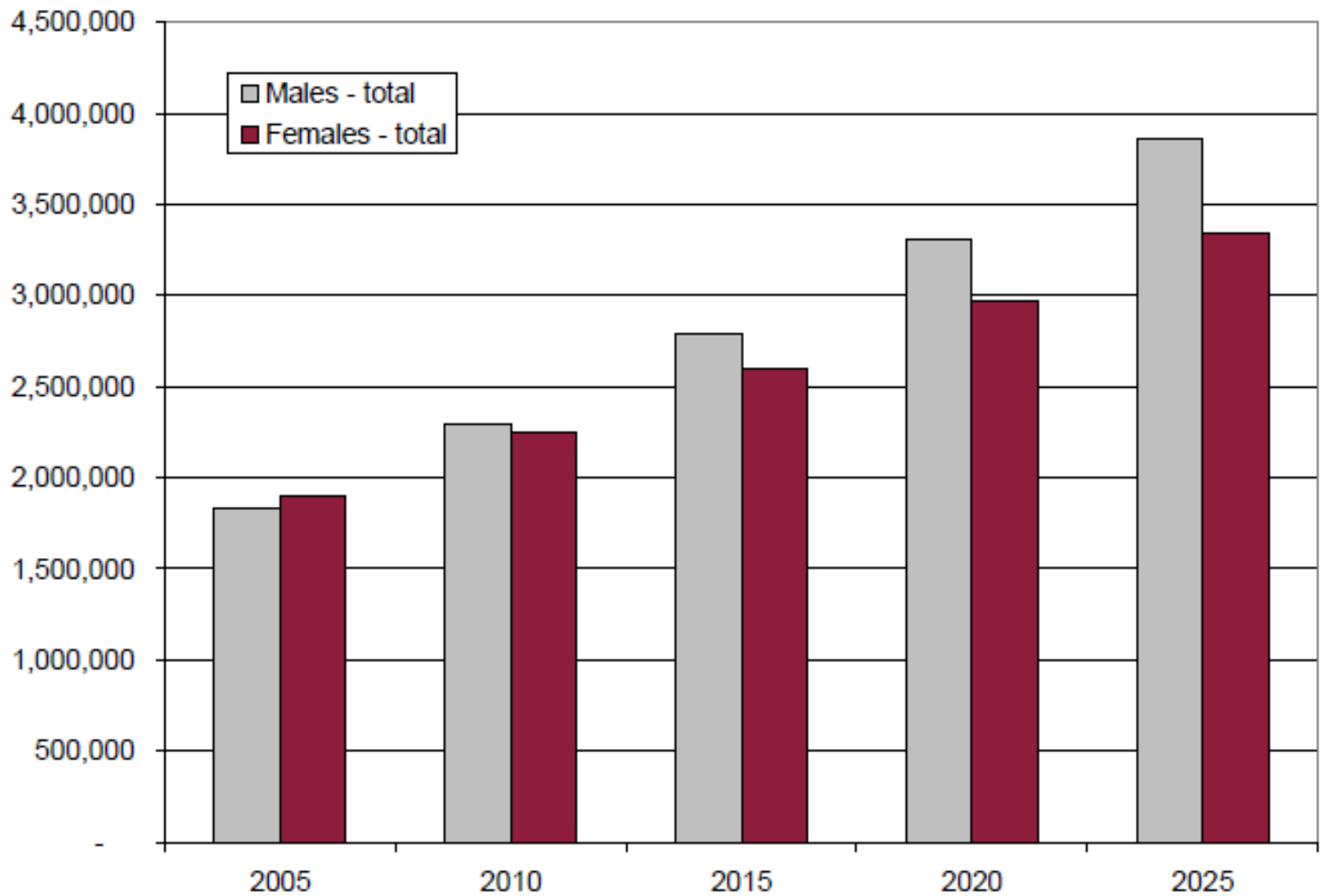


## The key issues

- The burden of chronic disease
- Escalating costs of the sick care system
- Environments that have 'designed out' healthy behaviour in everyday life
- Increasing focus on preventive health
- Increasing recognition of the role of the built environment





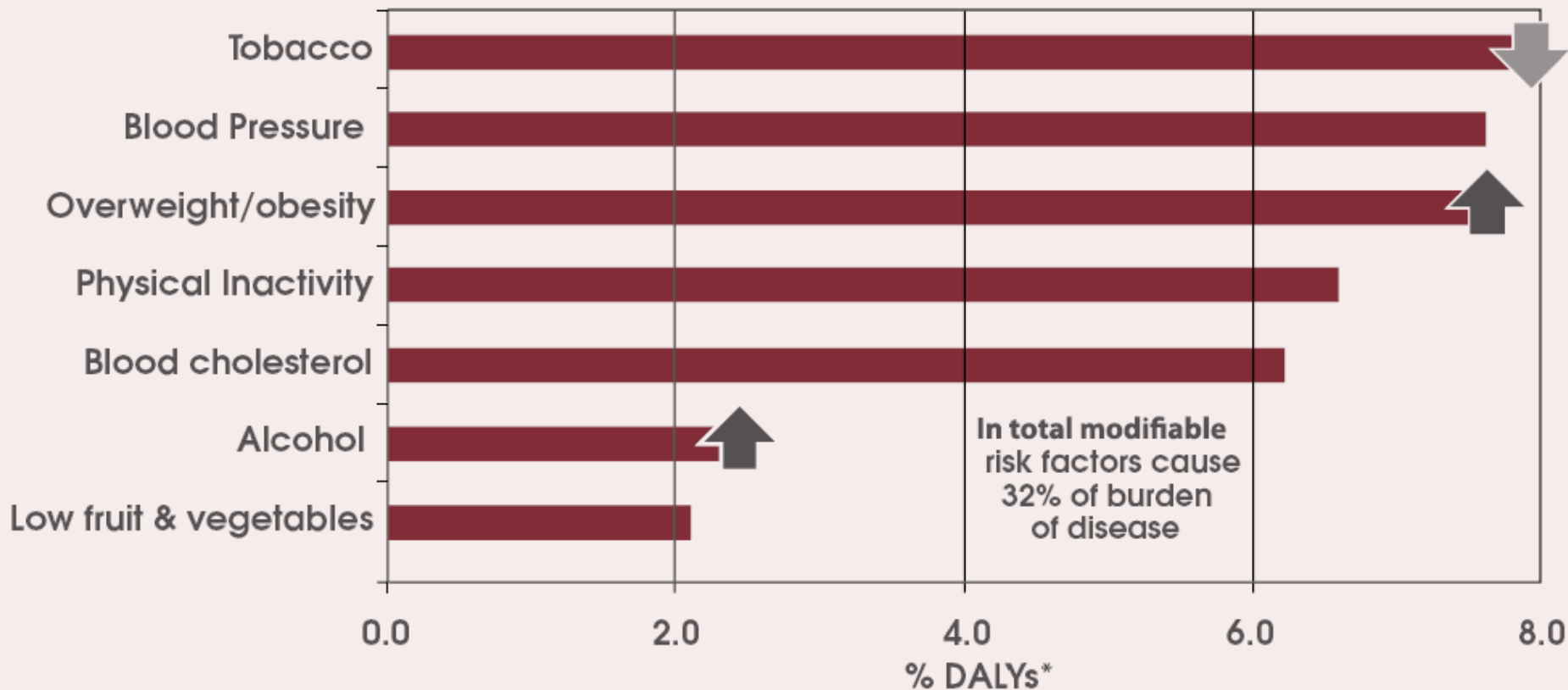


## Obesity in Australia

Access Economics for Diabetes Australia, 2006

Figure 1.1:

Keys to prevention: top seven selected risk factors and the burden of disease



Source: AIHW (adapted from Australia's Health 2008 Table 4.1)

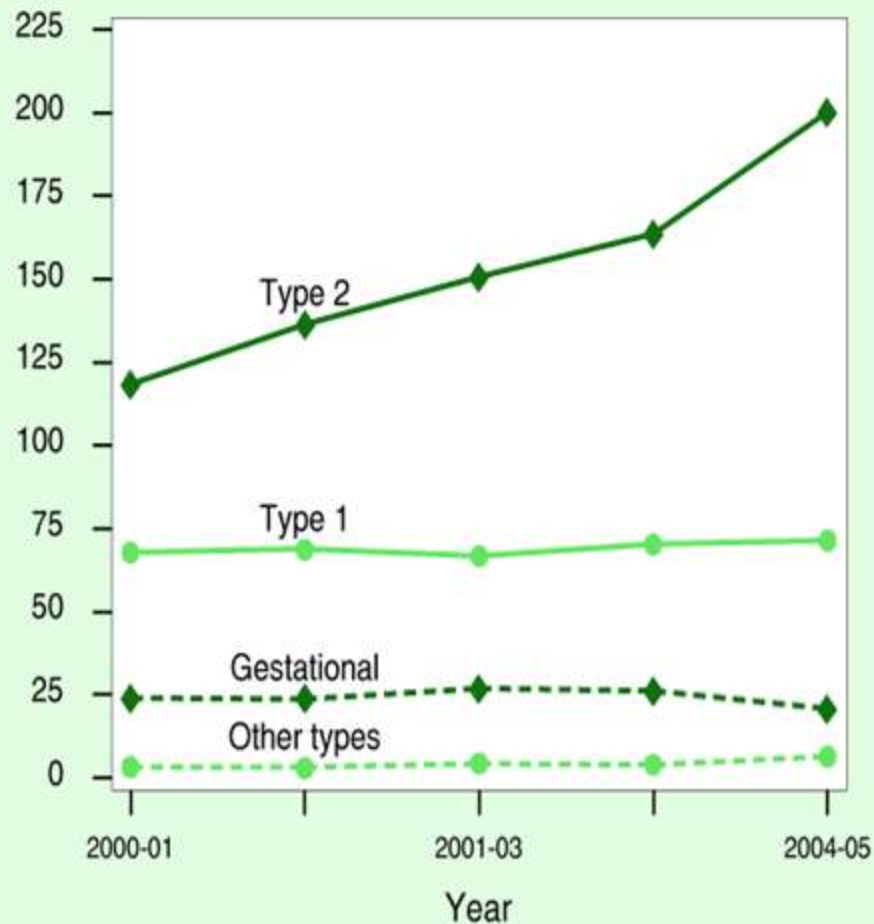
## Burden of Disease

Preventative Health Taskforce, 2009

# Diabetes hospital separations by type of diabetes and by type of complications, NSW 2000-01 to 2004-05

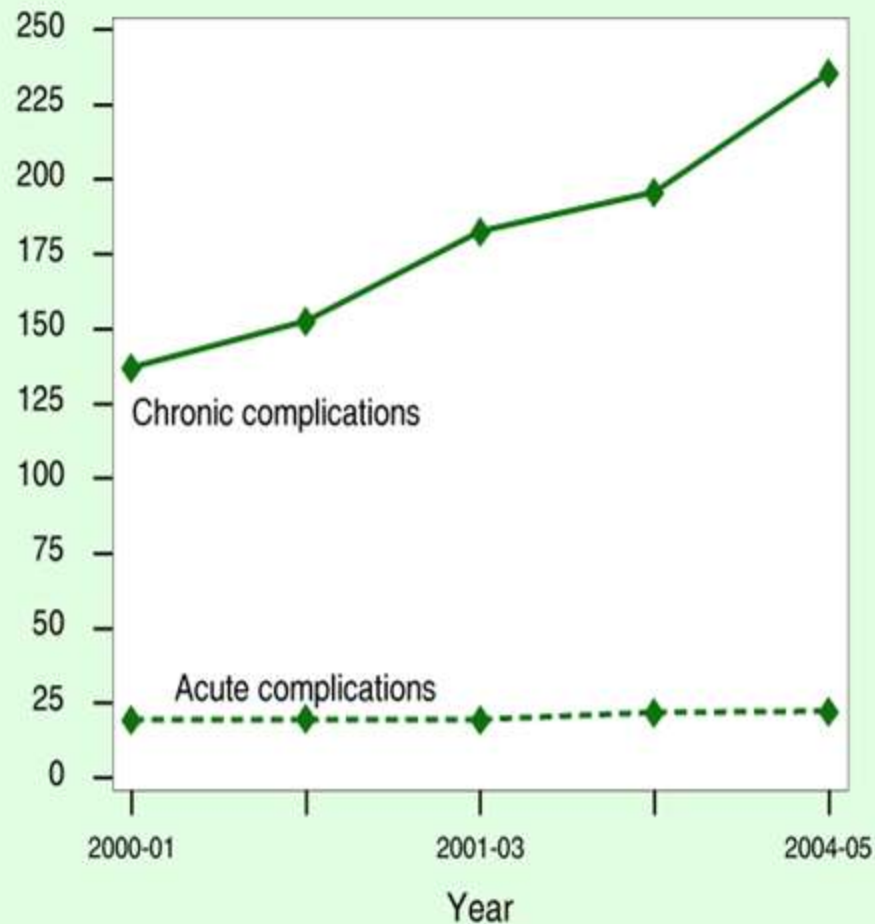
## Type of diabetes

Rate  
per 100,000 population



## Type of complication

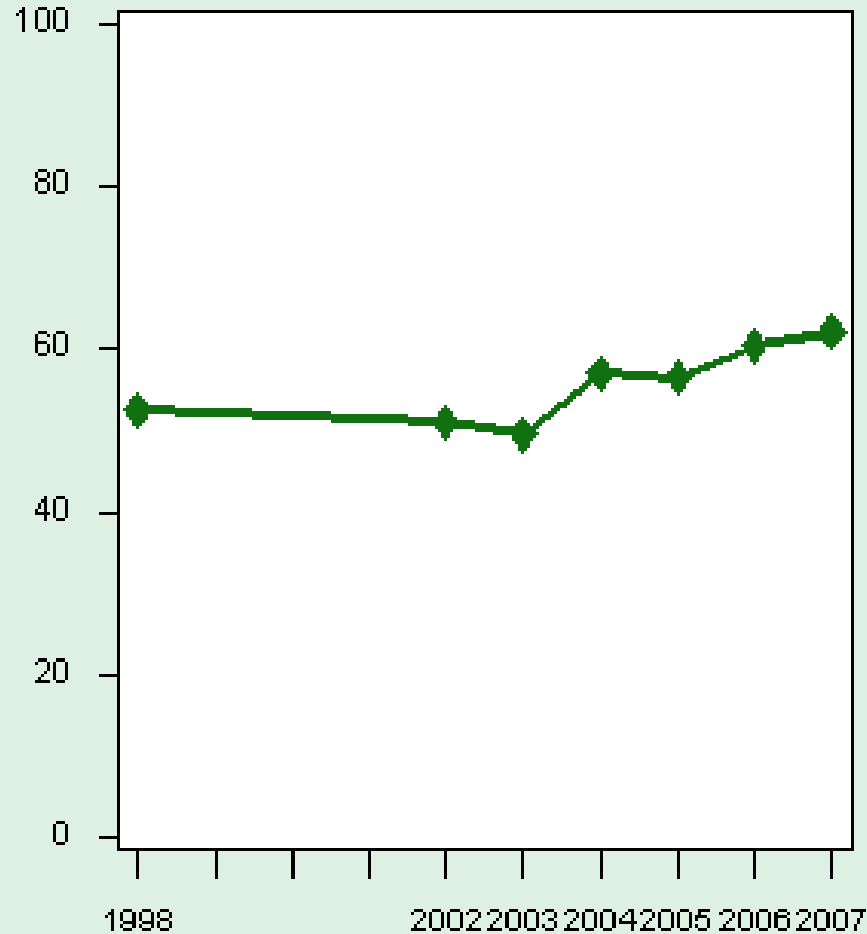
Rate  
per 100,000 population



# Adequate physical activity by sex, persons aged 16 years and over, NSW 1998 to 2007

## Male

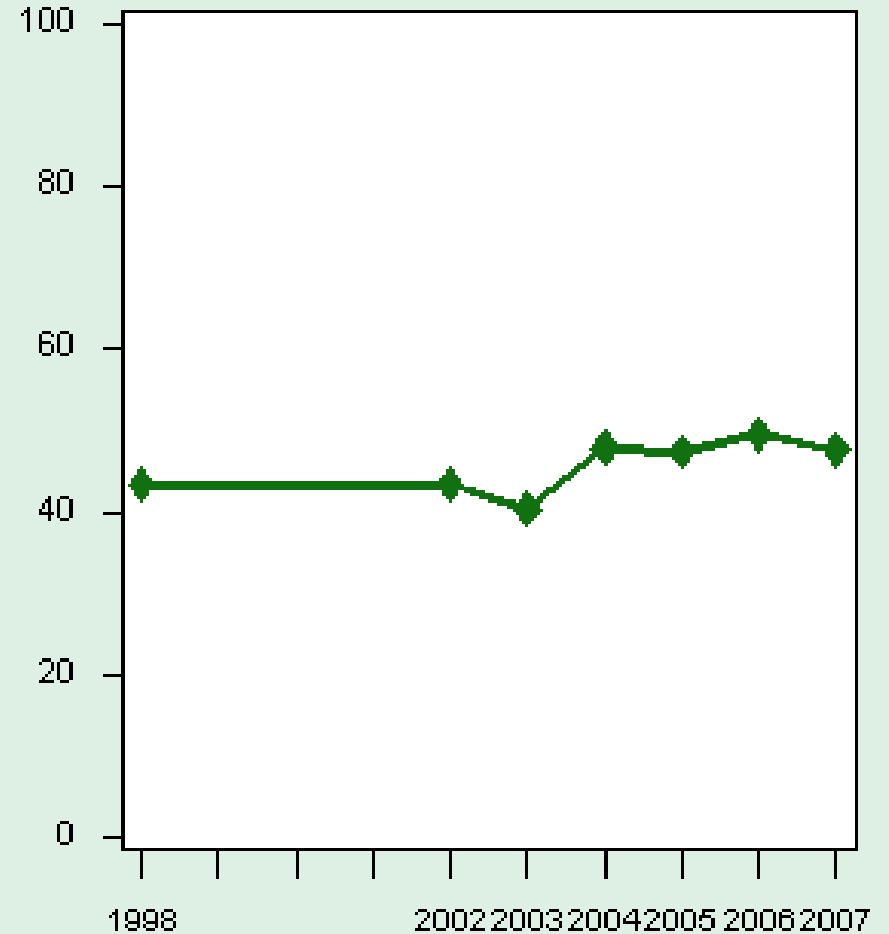
Per cent



Year

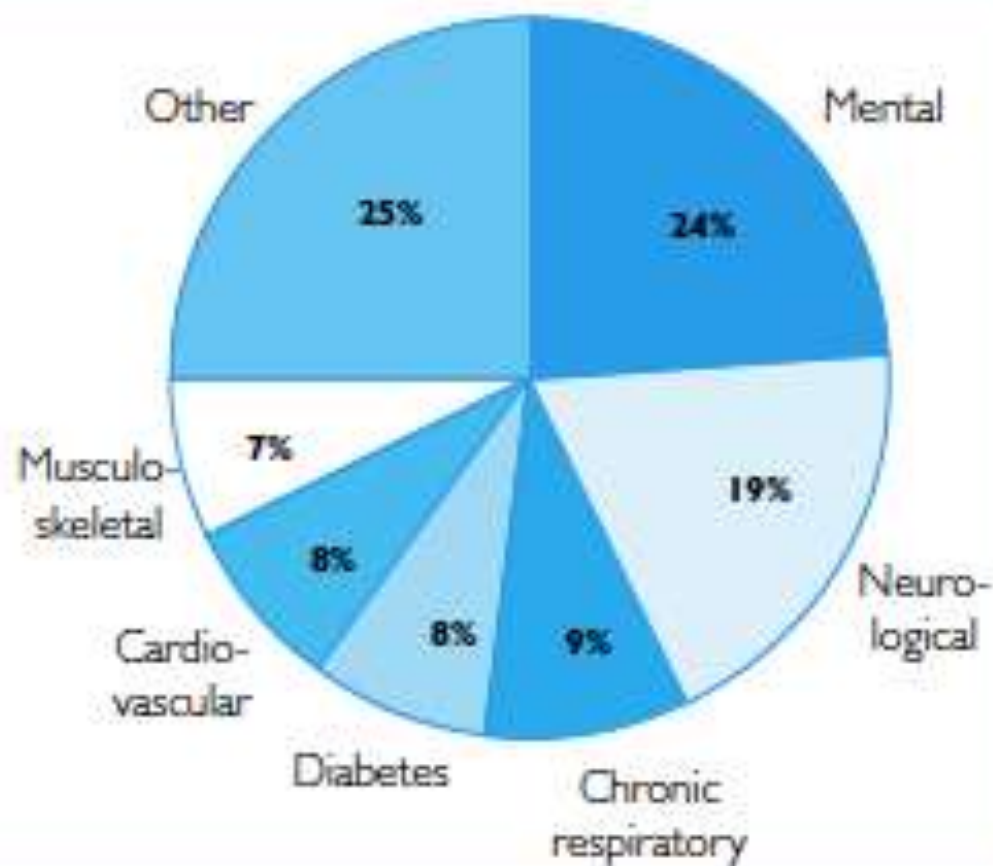
## Female

Per cent



Year

*Figure 4: Burden of mental illnesses relative to other disorders, in terms of years lost as a result of disability*



Source: Begg S et al. (2007). The burden of disease and injury in Australia 2003. PHE 82. Australian Institute of Health and Welfare: Canberra.



Source: Mumford, 1961, *The City in History*



Source: Wheeler, 2010

**Historical links between the built environment and health**



HABERFIELD

The Garden Suburb

# The determinants of health

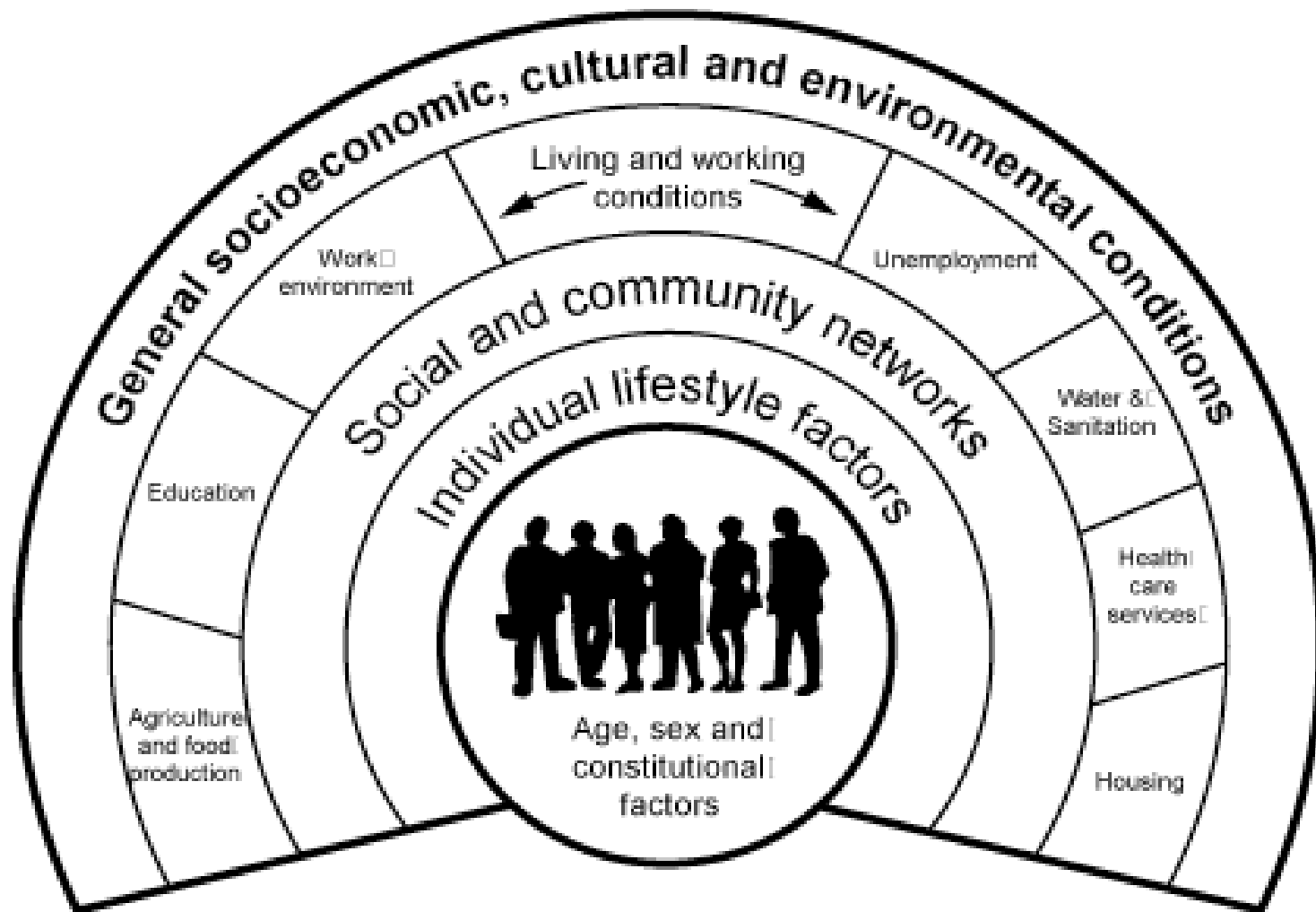










Image: Jennifer Manefield

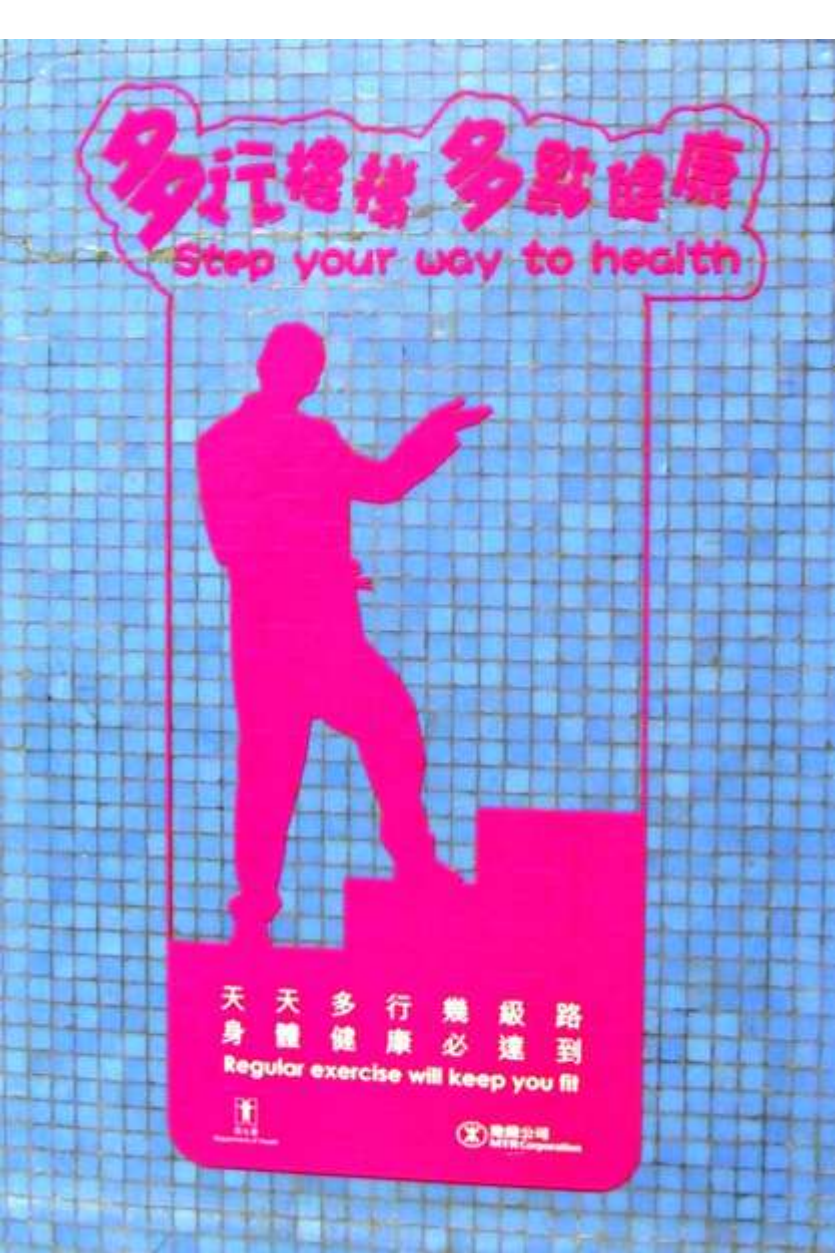


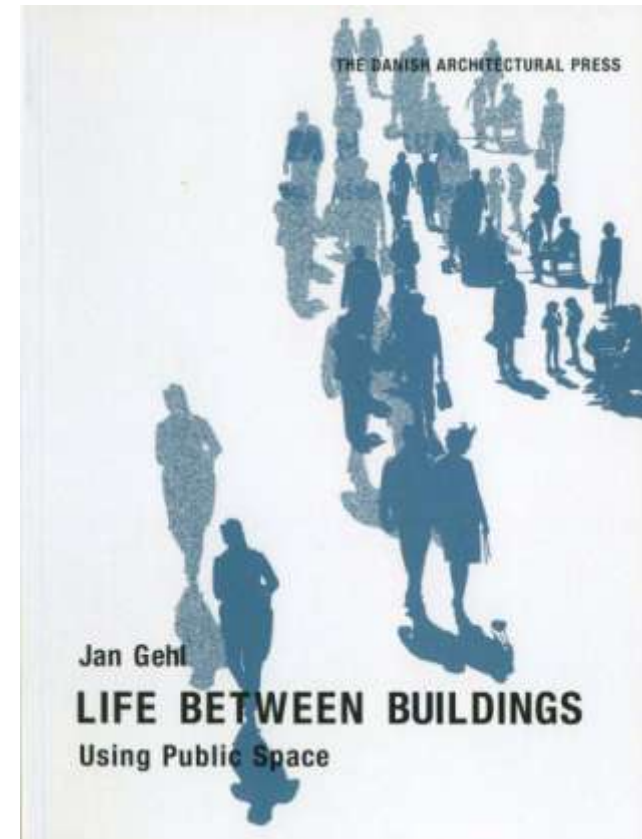
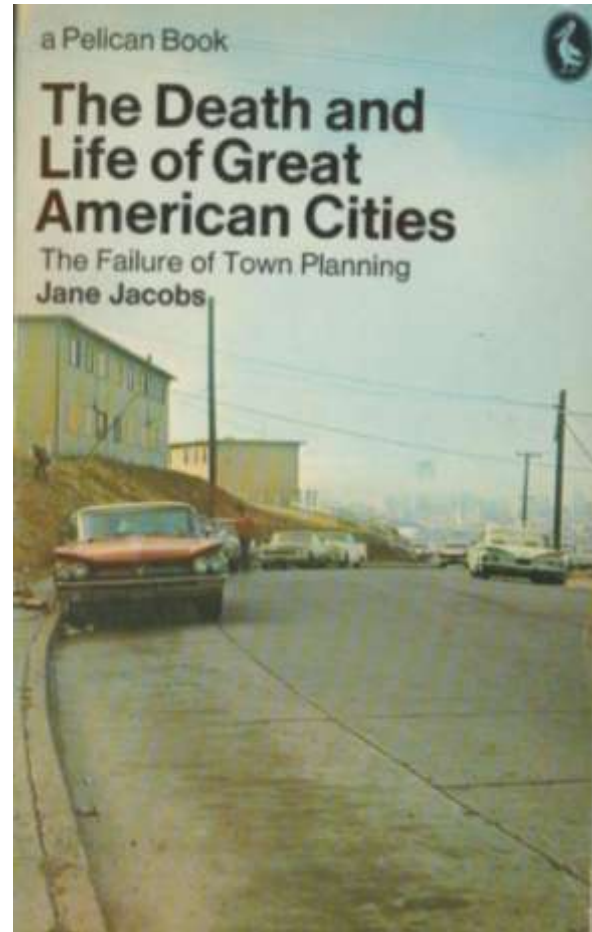
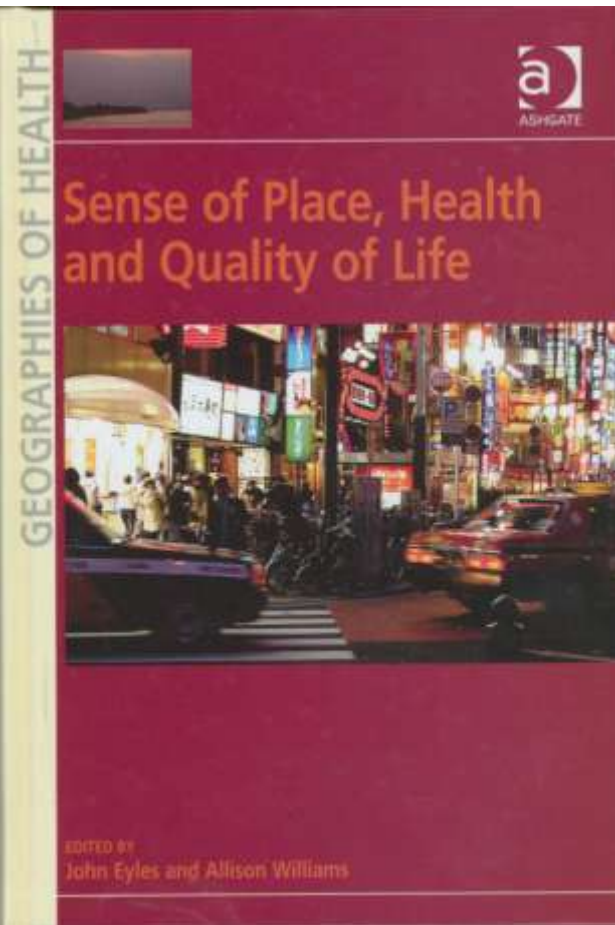


Image: Jennifer Manefield



# Healthy place making

A strong legacy from the built environment disciplines



# NEW CITY LIFE

GEHL, GEMZØE, KIRKNÆS & SØNDERGAARD





# Healthy places support access to healthy food



**Food** for everyone

- Mandarins
- Oranges
- Limes
- Chillis
- Mint
- Native Mint
- Coriander
- Rocket
- Strawberries
- Raspberries
- Kaffir Lime leaves
- Campouts
- Parsley
- Passion fruit
- Bay leaves
- Lemon Myrtle leaves
- and more ...

Pick any fruit, berry or leaf that you want to eat. These plants provided by local residents for anyone - we need to grow food where we live and work.

[www.foodforthefuturefair.org](http://www.foodforthefuturefair.org)

A graphic of a tree with various fruits and leaves hanging from its branches. The tree is drawn in a simple, stylized manner. The fruits include a red chili pepper, an orange, a strawberry, and a passion fruit. The leaves are green and have different shapes. The tree is set against a white background with a dark grey base representing the ground.



Community  
Gardens  
Network

# Cook Community Garden

All welcome - Contact 9319 4561

This project was assisted by the New South Wales Government through its Waste Planning and Management Fund's

**ACTIVITIES & EVENTS**







# Incredible Edible

Todmorden

Please help yourself!

Take as many leaves as you need  
but not the whole plant.

Please don't use a knife, scissors are OK.

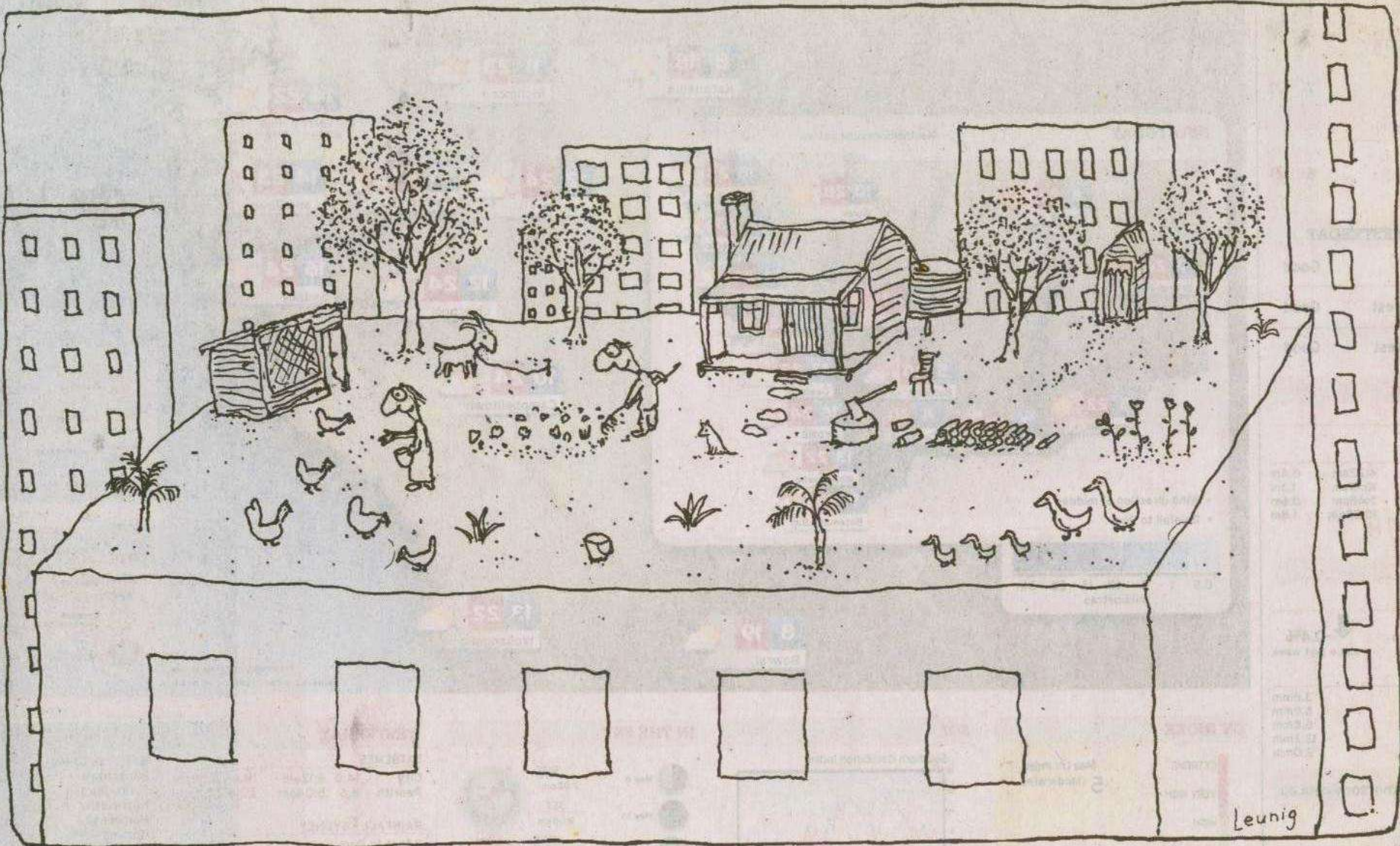
Enjoy!

















Berliner Kneipe

RESTAURATION

Berliner





Images: Adelaide City Council

# Retention of prime agricultural land







# Healthy places encourage physical activity









Image: Elizabeth Corbett









Image: Juliette Kavanagh



# Healthy places encourage cycling







MELBOURNE

Short trip?  
Why not  
take a bike?

\$2.50 Daily access available at most  
\$50 Annual subscription available at  
melbournesharing.com.au  
or call 1300 777 996

MELBOURNE  
MELBOURNE

MELBOURNE

RACY

RACY



## Sydney: the city that hates bikes

### HOW TO BOOST CYCLING

- ▶ Reduce car speeds to 30km/h on residential streets
- ▶ Teach primary school children safe cycling
- ▶ Build separate bike tracks
- ▶ Build traffic-calming measures
- ▶ Allow bikes to be taken free on trains
- ▶ Put bike racks on buses
- ▶ Require bike parking in offices
- ▶ Install showers and lockers in offices
- ▶ Put bike parking on streets
- ▶ Provide secure bike parking at train stations
- ▶ Put bike storage on trains



Born to ride ... tough times in Sydney, top, but in Copenhagen the going is easy. Top photo: Kate Geraghty

# Healthy places encourage walking



# Walking for transport



# Walking for recreation

1. Access to beaches, facilities, parks
2. Pedestrian infrastructure
3. Owning a dog
4. Aesthetics





















PLUNGE

AND RESEARCH CENTRE

PICTA PHOTO

99

TO

99

Traditional Indian Home Style Cooking















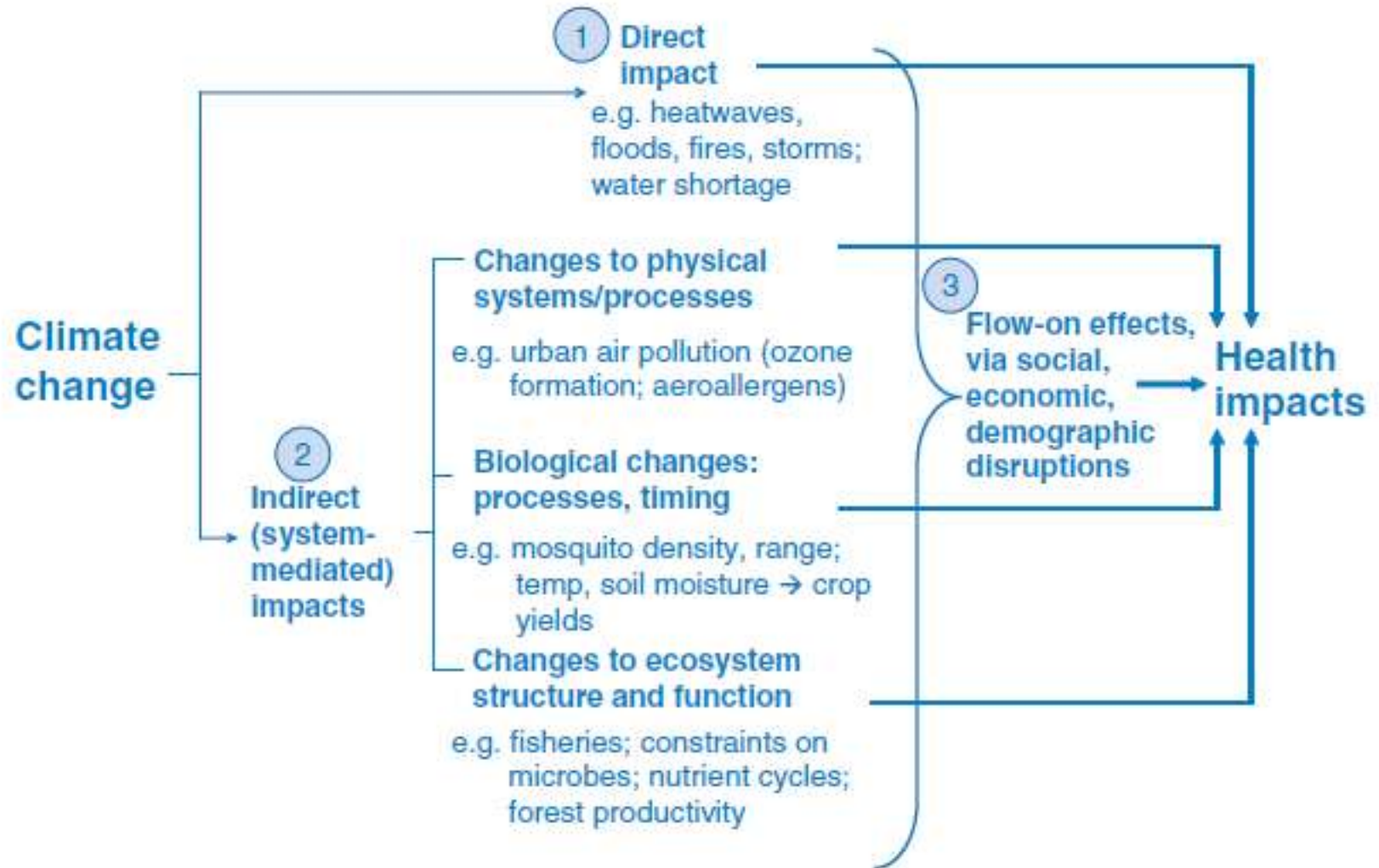
# The Lancet

*Climate change is the  
biggest global health  
threat of the 21<sup>st</sup> Century*

*May 16, 2009*

# Putative pathways between climate change and health

(McMichael, 2009)



# 2009 Summer Heatwave

(Victorian CHO)

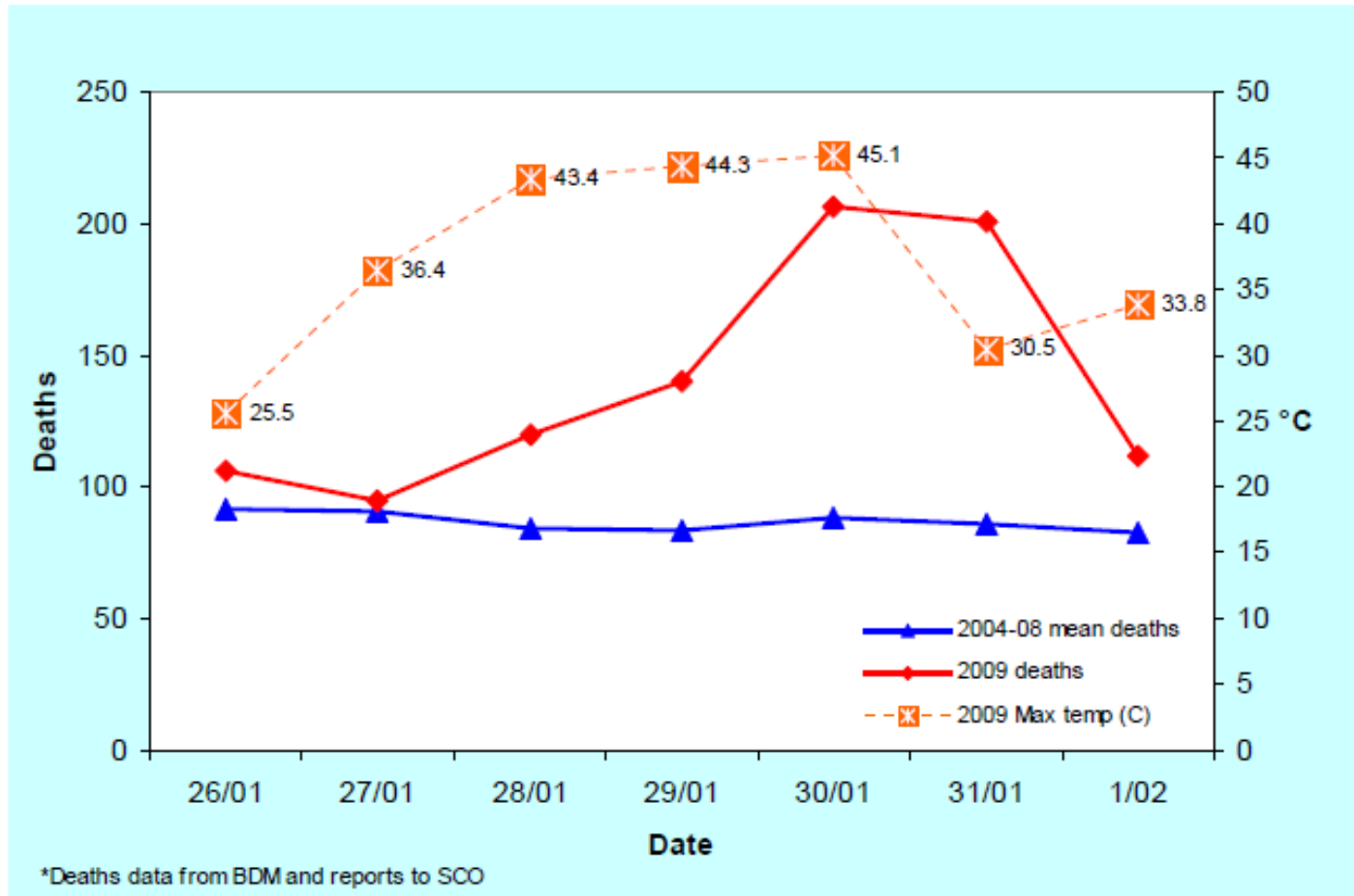


Figure 10. Deaths between 26 Jan and 1 Feb: Mean deaths in 2004-08 vs 2009

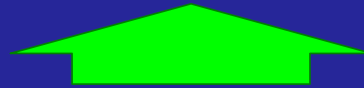


Australian Academy of Science  
2006 Fenner Conference  
*Urbanism, Environment and Health*



# Framework for urban sustainability and population health

## Ecological footprint



Economy and work	Transport and urban form	Housing and buildings	Nature and landscape	Media and communication	Culture and spirituality	
						Air, water, noise, infection, chemical exposures, local climate
						Food access
						Physical activity
						Safety
						Family relationships
						Social capital



Human health and wellbeing

# Good news story

Lancet Series on Health and Climate Change:

<http://www.thelancet.com/series/health-and-climate-change>

Low-carbon ways of living are healthy ways of living

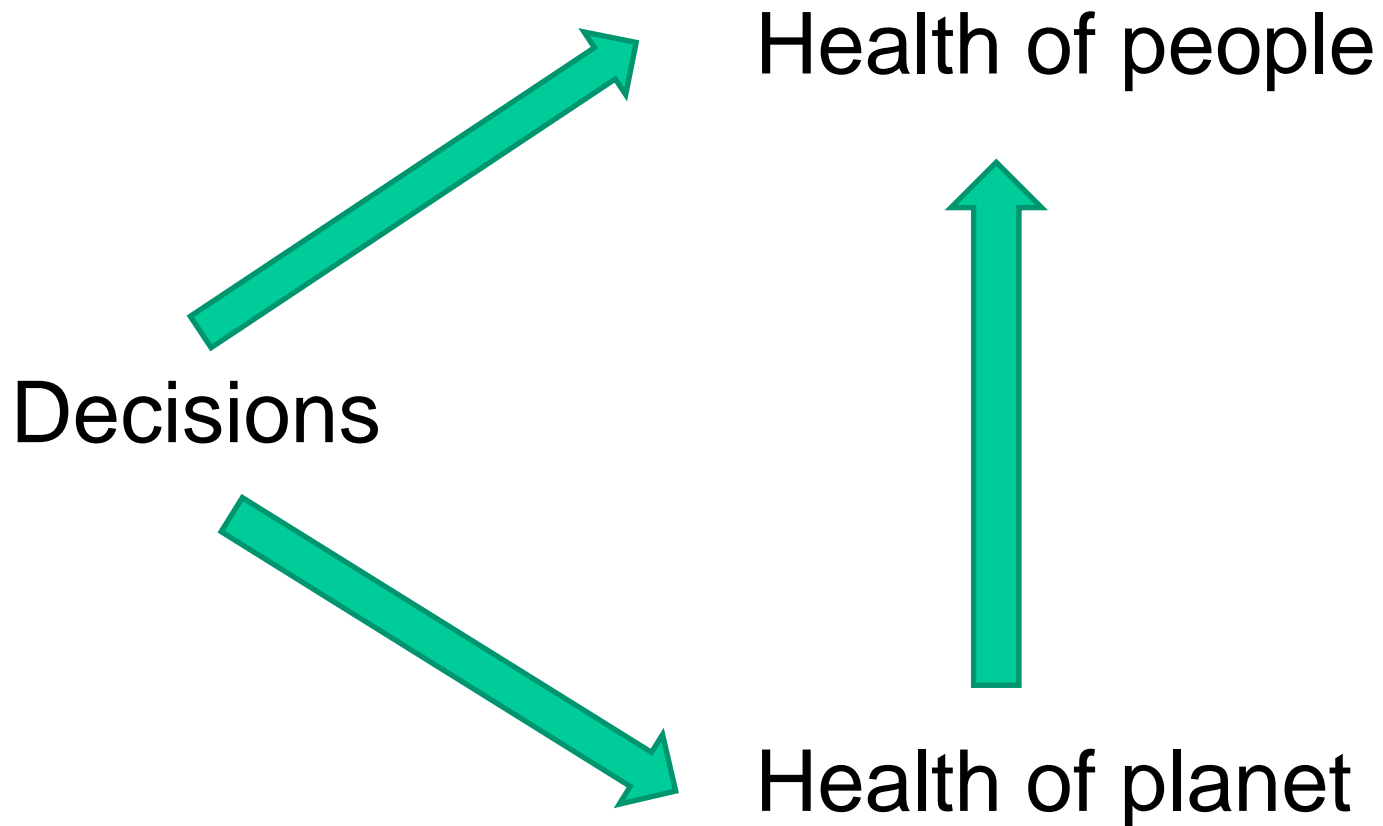
- Energy generation
- Mobility
- Food choices
- Housing

AAS Fenner Conference, Canberra, June 23-24,  
2010

<http://nceph.anu.edu.au/Fenner2010/index.php>

# Biosensitivity Triangle

Boyden







Australian Government  
Preventative Health Taskforce

AUSTRALIA:  
THE HEALTHIEST  
COUNTRY BY 2020



National Preventative Health Strategy – Overview  
30 June 2009

*prepared by the National Preventative Health Taskforce*

# National Government

## *Preventative Health Strategy*

**Final report 2009**

Significant  
recommendations for  
supportive environments for  
health



Australian Government  
Infrastructure Australia  
Major Cities Unit

State of  
**Australian  
Cities 2010**

# Federal Policy

## Major Cities Unit

Identifies health  
as an important  
component of the  
liveability of  
Australian cities

# Significant Partnerships

PIA, NHF, ALGA

National guidelines connecting planning and health



HEALTHY SPACES & PLACES

A national guide to designing places for healthy living

An overview

[www.healthyplaces.org.au](http://www.healthyplaces.org.au)



## 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.<sup>1-3</sup>
- Physical activity is important in reducing risk factors for cardiovascular and other chronic diseases.<sup>4,5</sup>
- 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.<sup>6,7</sup>
- 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.<sup>4-9</sup>
- 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

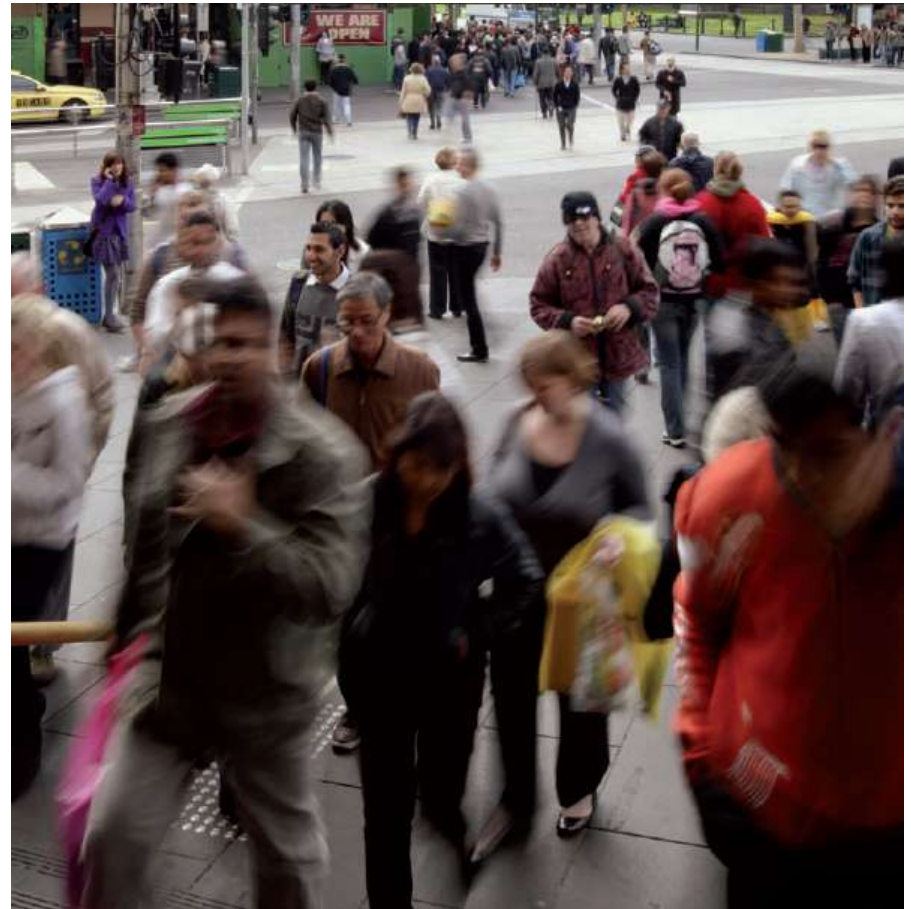
## Health NGOs can support healthy place making

# Pedestrian Access Strategy

A strategy to increase walking for transport in Victoria  
2010



[www.transport.vic.gov.au/sustainable](http://www.transport.vic.gov.au/sustainable)



## Victorian Government *Pedestrian Access Strategy* 2010

South East Queensland  
Regional Plan 2009–2031



@plan

Queensland Government

# Strategic policy and local planning initiatives



SUSTAINABLE  
SYDNEY 2030  
GREEN, GLOBAL, CONNECTED

City of Sydney Strategic Plan  
Final Consultation Draft



A Strategic Plan  
for the Coffs Harbour Community

[DRAFT]

October 2009

NSW GOVERNMENT  
metropolitan STRATEGY

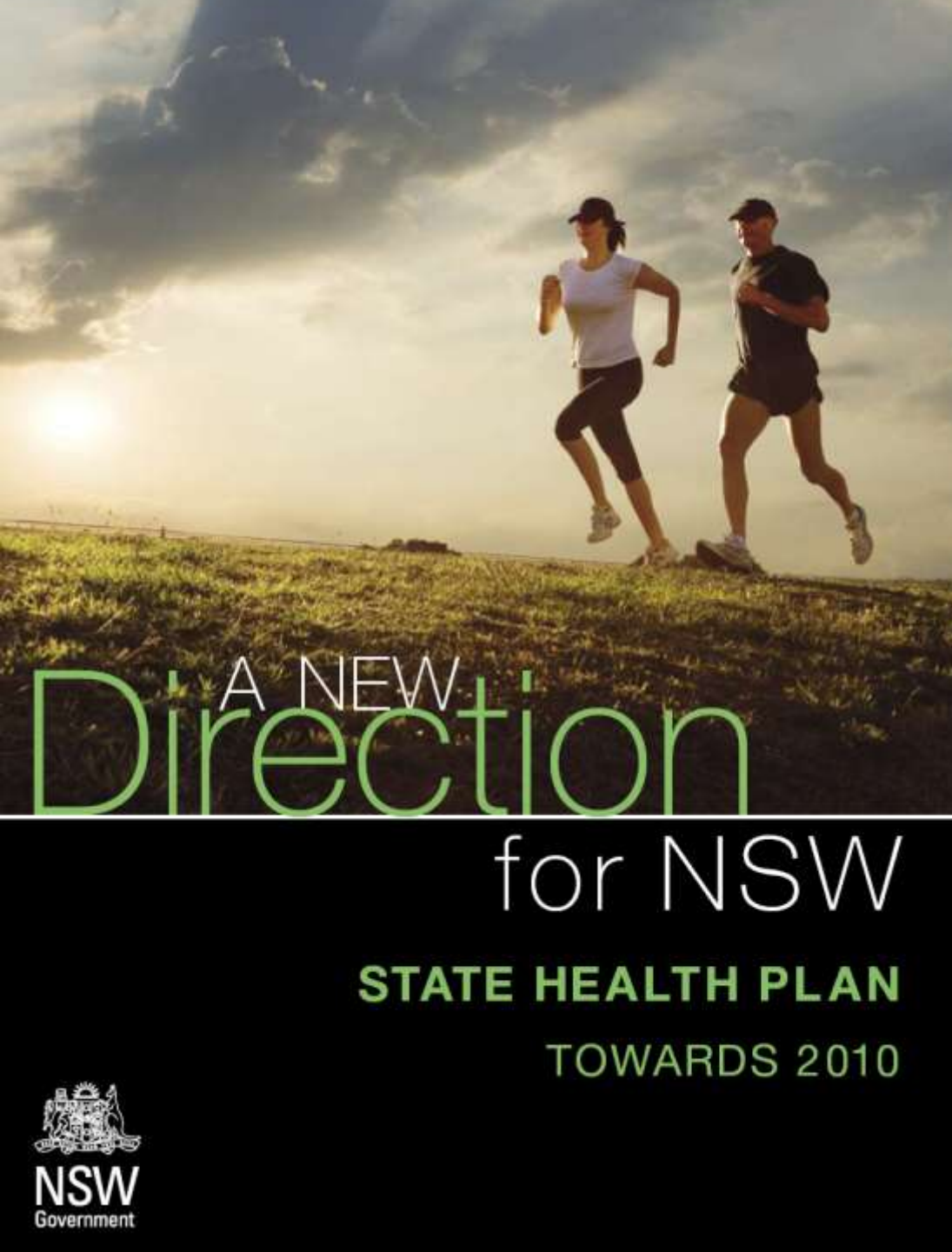
CITY OF CITIES  
A PLAN FOR SYDNEY'S FUTURE



# State Government

## *NSW Health Plan*

Identifies built environment and urban planning as significant areas for health



A NEW  
**Direction**  
for NSW

**STATE HEALTH PLAN**

TOWARDS 2010



**NSW**  
Government

# PCAL

<http://www.pcal.nsw.gov.au/>



## Why active living?

A HEALTH, ECONOMIC, ENVIRONMENTAL  
AND SOCIAL SOLUTION



## Development & Active Living:

Designing Projects For Active Living

A Development Assessment Resource & Navigational Tool



# Healthy Urban Development Checklist

A guide for health services when commenting on development policies, plans and proposals



**Capacity  
building  
tool  
developed  
by NSW  
Health**



NSW HEALTH

[http://www.health.nsw.gov.au/pubs/2010/hud\\_checklist.html](http://www.health.nsw.gov.au/pubs/2010/hud_checklist.html)

# Healthy Built Environments Program

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

**UNSW** THE UNIVERSITY OF NEW SOUTH WALES • SYDNEY • AUSTRALIA

**cityFUTURES**

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UNSWUWS AHURI

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- › Key Contacts
- › News and Events
- › Research
- › Education
- › Publications
- › Resources

HIGH DENSITY HOUSING CONFERENCE  
ARCN  
PUBLICATIONS  
STAFF

**BUILT ENVIRONMENT**

Back to the Built Environment website

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Newsletter Registration

## HEALTHY BUILT ENVIRONMENTS PROGRAM

Home to HBEP

The Healthy Built Environments Program is an initiative of the Faculty of the Built Environment at UNSW, with funding from the NSW Department of Health.

**What is the HBEP?**

The Healthy Built Environments Program (HBEP) is an exciting initiative that brings the built environment and health together. As Australia faces increasing health costs from an ageing population and rising rates of obesity, diabetes and other lifestyle diseases, health workers are seeking to influence the design of cities to make them more supportive of healthy ways of living.

Recent research has demonstrated links between modern epidemics and the way of life in cities. Car-dominated transport, reduced opportunities for exercise, increased fast food availability and lack of social connection are all implicated.

The NSW Department of Health is providing funding of \$1.5m over five years to establish this new Program. Increasingly the health sector is focusing on prevention and to be effective, health professionals need to work in collaboration with other professional groups, such as those from the built environment.

The HBEP will contribute to revitalising the relationship between the built environment and health professions so that together we can create built environments that support people being healthy in their everyday lives.

**HBEP Vision**

The Healthy Built Environments Program vision is that built environments will be planned, designed, developed and managed to promote and protect health for all people.

› Healthy Built Environments Program

› Key Contacts

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› Research

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More City Futures News →  
See what has been happening

# HBEP strategic areas

- Research
- Leadership and advocacy
- Education and capacity building



**A word from the Co-Chair**

Welcome and thank you for reading the Healthy Built Environments Program's (HBEP) inaugural newsletter. We will use our newsletter to give you an overview of the HBEP's activities, as well as an overview of upcoming events and links to relevant research, healthy built environment practice and resources. We hope you find the newsletter both interesting and informative. Let us know your comments and ideas for future editions.

**Introduction to HBEP**

The HBEP is an innovative collaboration that brings the high-impact research and health-advocacy together. The Program is located in the City of Sydney Research Centre, Faculty of the Built Environment at the University of New South Wales. The HBEP focuses its efforts on creating a new building code for the city of Sydney. The Program formally commenced on the 1st of 2011.

The HBEP's vision of high-quality environments will be created, designed, developed and managed by private and public health and built environment professionals. The HBEP will also work to improve the health, safety, accessibility and amenability of our built environment. The HBEP is supported by a team of partners and an advisory panel of strong stakeholders from the built environment and health professions. More details at [www.built-environment.com.au/hbep](http://www.built-environment.com.au/hbep).

**HBEP Website - What's New?**

Our website [www.built-environment.com.au/hbep](http://www.built-environment.com.au/hbep) provides information on the HBEP's activities and a range of local and international partnerships. The web site has links to help you up to date with different healthy built environment initiatives. We would appreciate the feedback on the web site.







## Challenges and opportunities for healthy place making

- Working together across disciplines
- Working with different knowledge bases and research traditions
- Increasing interdisciplinary education
- Recognising diversity and local context
- Linking with environmental sustainability / climate change





HEALTHY BUILT ENVIRONMENTS PROGRAM

## Contact the HBEP

<http://www.fbe.unsw.edu.au/cf/HBEP/>

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