



HEALTHY BUILT ENVIRONMENTS PROGRAM

## Healthy Built Environments Program Annual Report 2010

## **What is the Healthy Built Environments Program?**

The Healthy Built Environments Program is an innovative collaboration that brings the built environment and health together. The Program is situated in the City Futures Research Centre, Faculty of the Built Environment at the University of New South Wales. The Healthy Built Environments Program receives its core funding from the NSW Department of Health.

As Australia faces increasing health costs from 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. 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. Increasingly the health sector is focusing on prevention and to be effective, health professionals need to work in collaboration with other professional groups, especially those from the built environment.

The Healthy Built Environments Program is contributing 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.

## **Healthy Built Environments Program Vision Statement**

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 Personnel**

The Healthy Built Environments Program is led by Co-Directors Associate Professor Susan Thompson (0.5 full time equivalent) and Professor Tony Capon (0.15 full time equivalent). The Co-Directors have complementary disciplinary backgrounds and experience in the built environment (Thompson) and public health (Capon). The Co-Directors are supported by a full time Senior Research Officer, Ms Joanna York. Research assistants also contribute to the Program's work, as do postgraduate and undergraduate students enrolled at the University of NSW. A consortium of partners, from built environment and health public and private sector organisations, contribute to the work of the Healthy Built Environments Program. The consortium partners bring a multitude of skills in research, management and education, together with a breadth of knowledge across the built environment and health disciplines. They also provide the Healthy Built Environments Program with an exceptionally wide network of academics, policy makers and practitioners working in the area of healthy built environments. See Appendix One for details of the Program's consortium partners.

## **Healthy Built Environments Program Strategy**

The Healthy Built Environments Program strategy aims to support the development in NSW of current and future communities in which the built environment promotes good health for all. This is done through the Healthy Built Environments Program's three identified core strategies:

**1. Research** – the Healthy Built Environments Program is developing a research strategy to prioritise research questions and foster interdisciplinary and policy relevant research. Research funding from bodies such as the Australian Research Council, National Health and Medical Research Council and the Australian Housing and Urban Research Institute is used to undertake relevant projects. Future research funding will be sought from these and other organisations. Postgraduate students are engaged to undertake research on appropriate projects. See [Page 3](#) for 'Research' initiatives undertaken in 2010.

**2. Leadership and Advocacy** – the Healthy Built Environments Program aims to be a leader in NSW advocating for improved links between health and the built environment. This advocacy involves government and non-government agencies, the private sector and the community. It is achieved through scholarly publications disseminating the latest research findings, popular media articles, conference presentations, talks and events. See [Page 6](#) for 'Leadership and Advocacy' initiatives undertaken in 2010.

**3. Education and Workforce Development** – the Healthy Built Environments Program provides innovative, cross-disciplinary education and capacity building. Specific programs are delivered to health professionals in NSW. Formal courses in healthy built environments are taught at the University of NSW. See [Page 11](#) for ‘Education and Workforce Development’ initiatives undertaken in 2010.

**Governance and Administrative Activities** underpin the three core strategies of the Healthy Built Environments Program. See [Page 14](#) for ‘Governance and Administrative Activities’ undertaken in 2010.

#### **Healthy Built Environments Further Information**

Further information on the Healthy Built Environments Program can be obtained by visiting the Program’s website: <http://www.fbe.unsw.edu.au/cf/hbep/> or contacting the Healthy Built Environments Program by email: [hbep@unsw.edu.au](mailto:hbep@unsw.edu.au).

Further information about projects listed in this Annual Report can be found on the Healthy Built Environments Program website: <http://www.fbe.unsw.edu.au/cf/hbep/>



*Above: The Importance of Infrastructure for Walking*

## ***2010 HEALTHY BUILT ENVIRONMENTS PROGRAM ACHIEVEMENTS***

### **RESEARCH**

The HBEP fosters interdisciplinary research which is policy relevant. The deliverables completed in the HBEP's inaugural year will significantly contribute to the development of the HBEP's Research and Workforce Development Plans in 2011. An overview of these achievements is provided below.

#### **1. Publications**

##### **Literature Review**

A comprehensive and rigorous literature review was undertaken and completed in 2010. The review provides relevant stakeholders with an evidence base to develop, prioritise and implement healthy built environment policies. Three key domains of the built environment were identified to focus the review. These domains relate to the three major risks for chronic disease – physical inactivity, obesity and social isolation. The three domains are:

- The built environment and getting people active
- The built environment and connecting and strengthening communities
- The built environment and providing healthy food options.

The Healthy Built Environments Program's literature review will be widely disseminated in 2011 using a variety of forums including a major report, scholarly papers and conference presentations. A series of fact sheets will be devised as part of this dissemination.

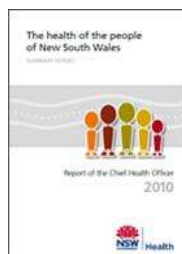
##### **Refereed Journal Articles**

- Capon, AG and Thompson, SM, 2010, 'Planning for the Health of People and Planet: An Australian Perspective', *Planning Theory and Practice*, 11 (1): 109-113.
- Thompson SM, Whitehead A, and Capon AG, 2010, 'The Healthy Built Environments Program: A joint initiative of the NSW Department of Health and the University of NSW', *NSW Public Health Bulletin*, 21 (5-6): 134-8.
- Wheeler AR and Thompson SM, 2010, 'The future health and environmental sustainability of South East Queensland: an evaluation of the Regional Plan', *Australian Planner*, 47 (3): 152-161.

##### **Refereed Conference Papers**

- Thompson SM and Capon AG, 2010, 'Designing a Healthy and Sustainable Future: A Vision for Interdisciplinary Education, Research and Leadership', Proceedings of *ConnectED 2010*, 2nd International Conference on Design Education, 28 June – 1 July 2010, University of New South Wales, Sydney, Australia.

##### **Special Reports**



The HBEP Co-Directors contributed to a chapter entitled 'Urbanism and Health' which was published in the 2010 NSW Chief Health Officer's Report. This Report provides key information and data on the status of the health of the NSW community and can be downloaded from the NSW Department of Health's web site.

*Left: Cover of NSW Chief Health Officer's Report 2010*

##### **Other Publications**

The HBEP Co-Directors write a regular column for *New Planner* – the official quarterly journal of the NSW Division of the Planning Institute of Australia. See [Page 8](#) for additional details.



## 2. Research Grants and Grant Proposals

### **Australian Housing and Urban Research Institute (AHURI) Grant**

This research project entitled 'The Health Impacts of Housing' was led by Co-Director Thompson and Professor Peter Phibbs from the University of Western Sydney. The research involved using an investigative panel methodology. Researchers and policy makers from public health, housing and urban planning from Australia and New Zealand participated. The final report, including a literature review, is awaiting final approval.

### **Australian Research Council (ARC) Linkage Grant**

Co-Director Thompson was awarded funding for a three-year ARC Research Linkage Project entitled 'Planning and Building Healthy Communities: A multidisciplinary longitudinal study of the relationship between the built environment and human health'. The Collaborative Research Agreement was endorsed by project partners Landcom, Heart Foundation and (former) Sydney South West Area Health Service in late 2010. The project formally commences in 2011.

### **Faculty of the Built Environment Action Research Grant: Cross Disciplinary Practice**

Co-Director Thompson was awarded a Learning and Teaching Action Research grant to develop an interdisciplinary postgraduate subject in healthy built environments. This project was completed in 2010 and resulted in a new course being taught in the Faculty of the Built Environment in the second session of 2010.

### **Cooperative Research Centre (CRC) for Low Carbon Cities**

The University of NSW led a bid for a Low Carbon Buildings, Cities and Communities CRC project. The HBEP made a significant contribution to the application. This included the submission of several project ideas related to urban health, people and sustainable cities. The bid was unsuccessful in securing funding in 2010. There is strong support from the project partners to resubmit the proposal in 2011.

## 3. Student Supervision

The Healthy Built Environments Program is building a strong postgraduate research culture. Doctoral students researching in the area of healthy built environments and supervised by Co-Director Thompson in 2010 are listed below.

- **Ms Jennifer Manefield** is investigating 'Commuting using cycling to access public transport: benefit, barriers and the built environment'.
- **Ms Helen Kendall** is investigating 'Integrated landscapes for ageing well in the urban environment: an Australian perspective'.
- **Mr Gary Shiels** is investigating 'Planning for ageing: a healthy lifestyle in an age-friendly built environment'.
- **Ms Louise McKenzie** is investigating 'Climate, public space and public health: the influence of heat on public space use and implications for public health – a Western Sydney Case Study'.

## 4. Conference Organisation

The Co-Directors are actively involved in organising national and international conferences that include discussion of healthy built environments. In 2010 the following conference organisational work was undertaken.

- **Fenner Conference 'Healthy Climate, Planet and People: Co-Benefits for Health from Action on Climate Change'** was held in Canberra at the Australian Academy of Science (23-24 June). Co-Director Capon was the Conference Chair.

- **World Planning Schools Congress 2011** will be held in Perth, WA in July 2011. Co-Director Thompson is a member of the local organising committee and Co-Track Chair for the Healthy Cities and Planning Track. The Healthy Built Environment Program is proud to be a sponsor for this significant international planning congress.
- **Healthy Cities Conference 2011** will be held in Noosa, QLD in July 2011. Co-Director Thompson is a member of the organising committee. She is responsible for organising paper refereeing.

## 5. Healthy Built Environment Stakeholder Research

In 2010 the Healthy Built Environments Program undertook two significant research projects with healthy built environment stakeholders in NSW.

### Listening Tour of Area Health Services (AHS)

A 'Listening Tour' of all AHSs across NSW was undertaken in 2010. The Tour involved formal focus group interviews with key staff engaged in the delivery of healthy built environments. Questions focussed on current initiatives and challenges for health professionals. We also asked about capacity building needs and ideas for how the Healthy Built Environments Program could assist. The focus group interviews were audio recorded for detailed qualitative research analysis. A report on the 'Listening Tour' is to be presented to NSW Health in 2011 and will form the basis of the Workforce Development Strategy.

### Stakeholder Assessment

A detailed assessment of healthy built environment stakeholder understandings of healthy built environments, and the use of research evidence in practice and policy making, was undertaken in 2010. This project involved in-depth qualitative interviews and analysis of the results. The HBEP was fortunate to have a Public Health Officer (PHO) trainee to do this work – Mr Evan Freeman. The project was supervised by Healthy Built Environments Program Co-Director Thompson and partner, Professor Bin Jalaludin (from the former Sydney South West Area Health Service). The analysis of interview transcripts will be completed in 2011. In addition, a seminar will be held to get feedback from participants, and a detailed report compiled. The findings of this research will inform the Healthy Built Environments Program Research Strategy, Policy and Network Maps.



*Above: A Community Garden in Sydney*

## **LEADERSHIP AND ADVOCACY**

The HBEP is advocating for closer links between health and the built environment. Taking different forms, this advocacy involves government and non-government agencies, the private sector and the community. In 2010 advocacy has included establishing the Healthy Built Environments Program web site, newsletter and other promotional material; delivery of many conference and seminar presentations; various media contributions; submissions on different policies; and participation in strategic committees and taskforces.

### **1. Conference and Professional Presentations**

The following presentations were made by the Healthy Built Environments Program Co-Directors in 2010.

- Keynote Presentation 'Health and Planning - Rejuvenating the Relationship' to the NSW Healthy Weight Network on 16 March 2010 (Thompson)
- Keynote Presentation 'Sustainability: An opportunity for health promotion' to the Australian Health Promotion Association on 21 April 2010 (Capon)
- Keynote Presentation 'Climate Change and Health' to the NSW Climate Change Science Research Network on 20 April 2010 (Capon)
- Keynote Presentation 'Sustainability: An opportunity for health promotion' to the AGM of the NSW Branch of the Australian Health Promotion Association on 21 April 2010 (Capon)
- Conference Presentation 'Designing a Sustainable Future: A vision for interdisciplinary education, research and leadership' to the ConnectEd Conference on 29 June 2010 (Thompson)
- Keynote Presentation 'Healthy Built Environments Program' to the Parks and Leisure Australia Seminar 'Planning for Healthy Living' on 30 June 2010 (Thompson)

#### **Planning for Healthy Living**

On the coldest June morning for many years, over 50 people from a wide range of organisations braved the weather to join us for breakfast at Rouse Hill Town Centre. With the support of Hills Shire Council and CLOUSTON Associates we brought together presenters from PCAL, NSW Department of Planning, Planning Institute of Australia and the Healthy Built Environment Program. Copies of the presentations are available [here](#).



*Above: Article on PLA Seminar*

- Keynote Presentation 'Transport and Health: Sustainability, equity and wellbeing' to the Adelaide Healthy Cities Onkaparinga Community Forum on 7 July 2010 (Capon)
- Keynote Presentation 'New Ways of Working: The NSW Healthy Built Environments Program' to the 2010 Healthy Cities Conference, Brisbane on 12 – 13 July 2010 (Thompson)
- Keynote Presentation 'Mobility from a Health and Sustainability Perspective' to the ACT 'Active Living Forum' on 6 August 2010 (Capon)
- Invited presentation entitled 'Bringing Health into the Built Environment: An overview of the Healthy Built Environments Program' for the University of NSW Faculty of the Built Environment Research Seminar Series on 25 August 2010 (Thompson)
- Keynote Presentation 'Healthy Communities' to the Australasian Place Leaders Association, Sydney on 8 – 10 September 2010 (Thompson)

- Invited Presentation on the delivery of healthy built environments to Sydney South West Area Health Service's Healthy Urban Development Strategic Planning and Action Group on 8 September 2010 (Thompson)
- Invited Presentation entitled 'Healthy Built Environments: Linking contemporary policy, research and action in a cross-disciplinary course for postgraduate students in the built environment and health' to the Built Environment Faculty Learning and Teaching Seminar on 16 September 2010 (Thompson)
- Keynote Presentation to the 'Creating Futures 2010: Harnessing creativity and social enterprise' Conference 20 - 23 September 2010 (Capon)
- Conference Presentation 'On My Walk: An exploration of people and environment connections through the act of walking' to the Australian Biennial Conference in Philosophy, Religion And Culture on 3 October 2010 (Thompson)
- Invited Public Lecture for the University of NSW Faculty of the Built Environment Utzon Lecture Series 'Healthy Built Environments = Healthy Cities' on 13 October 2010 (Thompson and Capon)

## **2. Participation in UNSW Strategic Faculty Committees**

Co-Director Thompson sits on various strategic University of NSW Faculty of the Built Environment committees as part of her leadership role in healthy built environments in the Faculty.

### **City Futures Research Centre Management Committee**

Co-Director Thompson is a member of the Management Committee of the City Futures Research Centre. This membership recognises the key role that the Healthy Built Environments Program plays in all aspects of the City Futures Research Centre.

### **Faculty of the Built Environment Positioning Taskforce**

This high level taskforce was convened by the Faculty of the Built Environment Dean, Professor Alec Tzannes, and comprised senior academic staff. The taskforce focussed on how best to position the Faculty in the future. Co-Director Thompson's participation provided an opportunity to bring interdisciplinary work generally, and healthy built environments issues specifically, to these strategic discussions.

### **Faculty of the Built Environment Graduate School Taskforce**

Co-Director Thompson was invited to participate in this ongoing high level taskforce examining ideas for the future direction of the teaching curriculum in the Faculty. Involvement has provided the opportunity for the Healthy Built Environments Program to input interdisciplinary educational ideas for healthy built environments into the committee's deliberations. A proposal for a Masters of Healthy Built Environments has been put forward for consideration.

### **Interview Panel for Faculty of the Built Environment Management Position**

This was a newly created senior position to oversee all teaching and research activities in the Planning, Landscape Architecture, Urban Design and Construction Management Programs. Co-Director Thompson's input into the selection process enabled consideration of each candidate's interdisciplinary sensibilities and abilities in relation to the work of the Healthy Built Environments Program.



### 3. Participation in External Committees and Think Tanks

#### National Heart Foundation (NHF) Steering Committee

The NHF invited the HBEP to be a member of its Steering Committee examining healthy design advice for developers. The HBEP has participated by making suggestions for how this NHF tool can work best with existing resources, as well as being inclusive of appropriate healthy built environment advice. It is anticipated that the tool will be released by the NHF later this year.



#### Healthy Urban Development Checklist Steering Committee

The former Sydney South West Area Health Service invited Co-Director Thompson to participate in the Healthy Urban Development Checklist Steering Committee. Her involvement has enabled the provision of an urban planning perspective. The Healthy Urban Development Checklist has now been adopted by NSW Health as official policy.

*Above: The Healthy Urban Development Checklist*

#### 'State of Australian Cities' Report 2010

Following from the Co-Directors' invited participation in Infrastructure Australia's Major Cities Research Roundtable (June 2009) the first State of Australian Cities Report was published in 2010. This national report on Australian urban issues importantly brings the Australian Commonwealth Government back into urban planning matters after an absence for over a decade. The Report includes important details about healthy built environments as a result of the advocacy of the Healthy Built Environments Program.

#### Prescription for a Healthy Planet Think Tank Participation

The Healthy Built Environments Program Co-Directors were invited to participate in an all day think tank entitled 'Prescription for a Healthy Planet: Acting on sustainability and human health'. The meeting was hosted by the Institute for Sustainable Futures (University of Sydney) and the Oxford Alliance for Health (16 April 2010). Discussions centred on four themes: 'Supportable Populations'; 'Reducing Poverty and Social Disadvantage'; 'Healthy Urbanisation'; and 'Responsible Business'.

### 4. 'New Planner' Column

In 2010 the Co-Directors secured a regular 'Healthy Built Environments' column in the quarterly 'New Planner' magazine published by the Planning Institute of Australia (NSW Division). This column provides an important opportunity to advocate for healthy built environments to urban planners. It also enables the dissemination of policy relevant research to support urban planners in the implementation of healthy built environments. The 2010 columns are listed below:

#### *Article One (March 2010 Edition): Healthy Built Environments: A New Column and a New Program*

This article introduces the Healthy Built Environments Program and links urban planning to specific built environment/health initiatives.

#### *Article Two (June 2010 Edition): Healthy Built Environments: Food and the City*

This article provides an overview of issues related to food security in the contexts of climate change and wise land use planning.

#### *Article Three (September 2010 Edition): Housing and Health*

This article investigates the multi-dimensional relationship between housing and health. By special request, this article was reprinted in 'Strata Voice' (3rd issue for 2010).

#### *Article Four (December 2010 Edition): A Healthy Built Environments Year*

This article summarised progress in healthy built environments during 2010.

## 5. Media Launch of the Healthy Built Environments Program

### Media Launch

The HBEP was officially launched on 6 February by the then Deputy Premier and Minister for Health, the Honourable Carmel Tebbutt. This launch was for the media and representatives from ABC Radio and 2GB were in attendance. The launch was also announced on the UNSW home page.

*Right: Co-Director Capon, The Hon Carmel Tebbutt, Deputy Premier and Minister for Health, Co-Director Thompson and Professor Bill Randolph at the media launch of the Healthy Built Environments Program*



## 6. Healthy Built Environments Program Website, Newsletter and Promotional Material

### Website

The Healthy Built Environments Program website was established as part of the City Futures Research Centre website (see: <http://www.fbe.unsw.edu.au/cf/hbep/>). The site provides an important resource for health and built environment professionals, researchers and students. It includes useful publications and links to websites from NSW, other Australian states and abroad.

### Newsletter

The Healthy Built Environments Program Newsletter was launched in September 2010. The newsletter is distributed to a wide range of healthy built environment stakeholders.

### Branding/Promotional Material

The Healthy Built Environments Program logo was designed by Lawton Design to embody the key messages of the Program. Other branding and promotional work included a brochure, and presentation and report templates.



*The HBEP Newsletter*

## 7. Healthy Built Environments Program Media Contributions

The Healthy Built Environments Program participated in a number of media events and publications.

### Newspapers

- Co-Director Thompson was interviewed by Vikki Campion for an article entitled 'Building Healthier Suburbs'. It appeared in the Daily Telegraph on 13 March (page 7) with information about the Healthy Built Environments Program.
- Co-Director Thompson was interviewed by Ms Amy Yang from News Limited for an article for the Southern Courier Newspaper on 5 October entitled 'A Healthier City Equals a Healthier Life'.

### Interview on ABC Radio

Co-Director Capon was interviewed on the ABC's 702 'Mornings with Deborah Cameron' radio show on 18 August. He used this opportunity to speak about urban futures, food security and health. He also invited listeners to the opening of the Art Exhibition titled 'The Contested Landscapes of Western Sydney'.

## 8. Recognition of the Healthy Built Environments Program

### International Recognition of the Healthy Built Environments Program

The Healthy Built Environments Program received international recognition with a link to the Program's website on:

- University of the West of England's WHO Collaborating Centre for Healthy Cities and Urban Policy website: <http://www.bne.uwe.ac.uk/who/enhs/casestudies.asp>.
- Centre for Disease Control and Prevention's Healthy Community Design News (September 2010 Issue): <http://www.cdc.gov/healthyplaces/>
- Planet Health Cymru's website (Planning for the Environment, Transport and Health in Wales): <http://www.planethealthcymru.org/>

### Articles on the Healthy Built Environments Program in Newsletters

Articles about the Healthy Built Environments Program have been requested and written for key stakeholder newsletters as follows:

- Item in Centre for Health Assets Australasia (CHAA) March/April Newsletter: <http://www.fbe.unsw.edu.au/chaa/newsletters/CHAAnewsletterMARCH-APRIL2010.pdf>
- Item in City Futures Research Centre (CFRC) March Newsletter: <http://www.fbe.unsw.edu.au/cf/aboutus/newsletters/March10.htm>
- Article in November and December issues of UNSW Built Environment News (BEN): <http://www.fbe.unsw.edu.au/news/>

## 9. Policy Submissions

The Healthy Built Environments Program has made the following submissions on key policy documents/announcements in NSW.

### Submission to the NSW Department of Planning on the Sydney Metropolitan Strategy Review

The HBEP made a submission to the Department of Planning's review of the Sydney Metropolitan Strategy. This submission can be found on the HBEP website ([www.fbe.unsw.edu.au/cf/hbep/](http://www.fbe.unsw.edu.au/cf/hbep/)). Late in 2010 the NSW Government released the Metropolitan Plan for Sydney 2036. It incorporates healthy planning issues in its Strategic Direction H – 'Achieving Equity, Liveability and Social Inclusion'. This Plan will shape the future growth of Sydney as Australia's major global city.

### State Environmental Planning Policy (Competition) Submission

Co-Director Thompson made a submission to the NSW Department of Planning on the State Environmental Planning Policy (Competition). The submission related to the ability of local councils to restrict the location of fast food outlets. A copy of the submission is available on the Healthy Built Environments Program website ([www.fbe.unsw.edu.au/cf/hbep/](http://www.fbe.unsw.edu.au/cf/hbep/)).

## 10. Strategic Partnership Development

### Strategic Partnership Development

As part of its work in Leadership and Advocacy, the Healthy Built Environments Program has met with a broad range of healthy built environment stakeholders from NSW, Australia and abroad. Key stakeholder engagements are listed below.

#### New South Wales

- Premiers Council for Active Living (NSW)
- Healthy Cities Project, Illawarra (NSW)
- University of NSW Faculty of Medicine, regarding educational opportunities for health and the built environment

- Department of Environment, Climate Change and Water
- Cancer Institute NSW
- Randwick City Council

#### Australia

- Dr Iain Butterworth, Manager of Public Health for the North and West Metropolitan Region, Department of Health, Victoria

#### International

- Dr Howard Frumkin, Director, National Center for Environmental Health, United States Center for Disease Control and Prevention
- UK National Heart Forum
- Professor Mark Tewdwr-Jones, UK London Bartlett School of Economics



*Above: Access to Healthy Food is Essential for a Healthy Built Environment*

## **EDUCATION AND WORKFORCE DEVELOPMENT**

The Healthy Built Environments Program delivers innovative, cross-disciplinary education and capacity building. Major achievements in 2010 included the following.

### **1. Formal Tertiary Courses**

#### **Healthy Planning (BENV2949)**

'Healthy Planning' is an interdisciplinary undergraduate University of NSW elective for senior students studying to be built environment and health professionals. The course focuses on the ways that built, natural and socio-cultural environments enhance and sustain the physical and psychological health of contemporary communities. Teaching encompasses interdisciplinary theory, research and practical applications and tools. Places on the course were offered to NSW Health staff as a component of the Healthy Built Environments Program's capacity building activities. Six people satisfactorily completed the course in 2010.

#### **Healthy Built Environments (BENV7712)**

'Healthy Built Environments' is a postgraduate elective that was developed by Co-Director Thompson and offered for the first time in Semester 2, 2010. This followed Co-Director Thompson's work to develop the course curriculum and its formal approval by the University of NSW's Built Environment Faculty's Education Committee. 'Healthy Built Environments' focuses on the role of the built environment in supporting healthy behaviour for diverse communities. The course examines the ways in which health and built environment professionals are collaboratively addressing the epidemic of chronic disease associated with sedentary and socially isolated urban living. Current research, legislative and policy frameworks, together with best practice from Australia and abroad, are critically evaluated. The Healthy Built Environments Program partners are involved in course delivery and resource contributions.

### **2. Other University Based Educational Activities**

#### **Guest Lecture for Physical Activity and Health (HESC3504)**

Co-Director Thompson was invited to present a lecture on 30 March in the University of NSW Faculty of Medicine course 'Physical Activity and Health' (HESC3504). The lecture was entitled 'Healthy Built Environments: Supporting People's Health in Everyday Living'.

### **3. Public Health Trainee and Student Placements**

#### **Public Health Officer (PHO) Trainee**

Mr Evan Freeman commenced in September as the first PHO Trainee with the Healthy Built Environments Program. His main task was the Stakeholder Assessment research project supervised by Co-Director Thompson and Professor Bin Jalaludin. See [Page 5](#) for more details.

#### **Public Health Intern**

Canadian Dr Lisa Mu commenced a six month student placement with the Healthy Built Environments Program in late November. She is a medical graduate from the University of Western Ontario undertaking a postgraduate internship in public health at the University of British Columbia. Dr Mu is set to make a contribution to capacity building activities of the Healthy Built Environments Program. The Co-Directors are jointly supervising her work.

#### **University of NSW Planning Student**

Mr Andrew Wheeler completed a full time six months work experience placement with the Healthy Built Environments Program as a requirement of his Bachelor of Planning Degree at the University of NSW. Mr Wheeler was supervised by Co-Director Thompson and worked on the Healthy Built Environments Program literature review, submissions to government and compilation of rural case studies.



#### 4. Supervision of Masters and Bachelor of Planning Thesis Students

##### Master-level

Co-Director Thompson supervised three course work Master of Planning students undertaking healthy planning related research projects. Ms Anna Russell's exemplary thesis on the relationship between children's independence and participation in physical activity is now featured on the research page of the Healthy Built Environments Program website.

##### Bachelor-level

Co-Director Thompson supervised three Bachelor of Planning students undertaking healthy planning related undergraduate research theses. Ms Ellie Caldwell's excellent thesis researching outdoor gyms in Sydney is available on the the research page of the Healthy Built Environments Program website.

#### 5. Healthy Built Environments Program's Participation in Events and Exhibitions



*Above: University of NSW Open Day 2010*

##### University of NSW Open Day

The Healthy Built Environments Program held a stall at the annual University of NSW Open Day on 4 September. This provided an opportunity to showcase the work of the Healthy Built Environments Program as part of the University's Faculty of the Built Environment.

##### University of NSW Post Grad Expo

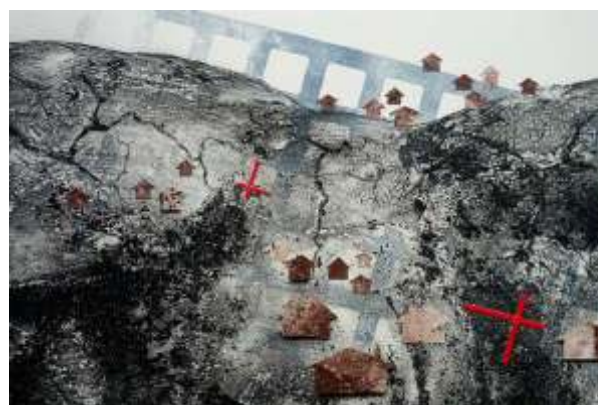
The Healthy Built Environments Program participated in the University's Post Grad Expo on 28 September. This event was held in partnership with the City Futures Research Centre. A poster was prepared for this event.

##### University of NSW Final Year Planning Exhibition

The Healthy Built Environments Program featured in the 'Places and Spaces' exhibition of the University of NSW's final year Planning and Urban Development students. This was held on 16 November in the University's Faculty of the Built Environment's Red Centre gallery. The Healthy Built Environments Program was also proud to be a sponsor of this event.

##### Contested Landscapes Exhibition

Co-Director Capon, together with curator and artist John Reid, led an innovative art exhibition entitled 'The Contested Landscapes of Western Sydney'. This was a collaboration between the Australian National University's School of Art, the CSIRO Climate Adaptation Flagship and the Sydney Gallery School, Meadowbank College. The exhibition examined issues such as community access to healthy food and the retention of viable agricultural lands through use of creative and thought provoking images, paintings and sculpture. It was on public exhibition in Sydney throughout Summer 2010/11.



*Above: Contested Landscapes Exhibition Catalogue Cover*

## World Car Free Day Debate

Co-Director Thompson was invited to participate in the World Car Free Day Debate at the University of NSW on 22 September. The topic of the debate was 'Sustainable transport means seriously fewer cars!'. This was a student driven event and provided a great opportunity for key transport and health stakeholders to discuss critical environment and health issues surrounding transport use. The debate engaged students, community members and policy makers enabling them to highlight their position and collectively reflect on current challenges.

*Right: Advertisement for the World Car Free Debate*



## 6. Capacity Building

### NSW Health Staff

The Healthy Built Environments Program delivered capacity building in healthy built environments to NSW health personnel across the state. Six of the eight (former) Area Health Services accepted the Healthy Built Environments Program's offer of a workshop. The capacity building included introductory training on the 'Healthy Urban Development Checklist' as well as general healthy built environment principles. The following table summarises these sessions.

Area Health Service and Location	Date	Description of Capacity Building Activity
Sydney South West Area Health Service, Liverpool	31 August 2010	Workshop on Healthy Urban Development Checklist
North Sydney Central Coast Area Health Service, St Leonards	16 September 2010	Lecture on 'Healthy Built Environments'
Greater South Area Health Service, Queanbeyan	2 November 2010	Site Tour and Inspection
North Coast Area Health Service, Coffs Harbour	11 November 2010	Workshop on Healthy Urban Development Checklist
Hunter and New England Population Health, Wallsend	19 November 2010	Workshop on Healthy Urban Development Checklist
Greater West Area Health Service, Orange	3 December 2010	Workshop on Healthy Urban Development Checklist



*Above: Workshop at Coffs Harbour*

Of the 43 Area Health Services staff who took part in these capacity building workshops:

- 80% said that the workshop was completely or mostly relevant
- 61% said that they would be able to incorporate skills and knowledge learnt into their work in healthy built environments.

### Healthy Built Environments Program Staff Education

Staff members of the Program have participated in various capacity building events. These include 'Reducing Obesity in our Communities' seminar (July), Premier's Council for Active Living 'Development and Active Living' seminar (October) and attendance at the Australian National University's Fenner Conference (June).

## **GOVERNANCE AND ADMINISTRATIVE ACTIVITIES**

Formal establishment of the Healthy Built Environments Program occurred in January 2010. In relation to the set up phase of the Program, key achievements include:

- Receipt of signed Healthy Built Environments Program contract
- Establishment of legal protocols for subcontractors on the Healthy Built Environments Program
- Establishment of the Healthy Built Environments Program office space in the Faculty of the Built Environment
- Completion of Faculty of the Built Environment Visiting Professor application for Co-Director Capon
- Establishment of Advisory Board – a complete list of members can be found on the Program's website ([www.fbe.unsw.edu.au/cf/hbep/](http://www.fbe.unsw.edu.au/cf/hbep/)). The Board meets quarterly, with face-to-face meetings interspersed with tele-conferences. Five meetings took place in 2010.
- Advisory Board Terms of Reference



*Above: Inaugural Advisory Board meeting on 22 March*

- Employment of full time Healthy Built Environments Program Senior Research Officer Ms Joanna York
- Website established <http://www.fbe.unsw.edu.au/cf/HBEP/>

A considerable amount of time has been spent on administrative activities to support the operation of the Healthy Built Environments Program. The following key tasks have been undertaken in 2010:

- Organisation of electronic and paper files for the Healthy Built Environments Program business
- Administration of five Healthy Built Environments Program Advisory Board meetings (including agendas and minutes)
- Update of Terms of Reference
- Four quarterly reports of achievements and associated meetings with NSW Health personnel
- Business Plan 2010-2011
- End of Financial Year Report 2009-2010
- Communications strategy devised and enacted (logo, powerpoint template, publications template, newsletter and brochure)
- Employment of research assistants and interns
- General financial reporting and planning as required

## Appendix One – Healthy Built Environment Consortium Partners

Sector	Key Attributes	Organisation	Consortium Partner
<b>Academic</b>	Specific disciplinary research knowledge and capabilities  Interdisciplinary research understandings and skills  Learning and teaching expertise  Academic networks	Faculty of the Built Environment, UNSW	City Futures Research Centre
			Centre for Health Assets Australasia
			Planning and Urban Development Program
			Landscape Architecture Program
			Interior Architecture Program
			Visiting Associate Sue Holliday
		Faculty of Medicine, UNSW	Public Health and Community Medicine
<b>State Government</b>	Policy knowledge in health  Research projects in health and built environment  Practice expertise  Health network	Sydney South West Area Health Service Population Health	Population Health Directorate
			Centre for Research, Evidence Management and Surveillance
			Centre for Health Equity Training, Research and Evaluation
			Health Promotion Service
			Public Health Unit
			Multicultural, HIV/AIDS and Hepatitis C Services
			HIV and Related Programs
<b>Local Government</b>	Legislative, policy and practice knowledge; key networks	Western Sydney Region of Councils	Western Sydney Region of Councils
<b>Non-government organisation</b>	Broad knowledge and expertise in health and the built environment Key networks	Heart Foundation NSW	Heart Foundation NSW
<b>Industry</b>	Practice knowledge in health, built environment and sustainability Management skills	Arup	Arup
		Danny Wiggins, Planning, Facilitation and Education Services	Danny Wiggins
		Willana Associates, Urban Planning and Facilities Management	Willana Associates



#### HEALTHY BUILT ENVIRONMENTS PROGRAM

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