



Creating Healthy Built Environments

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Never Stand Still

Faculty of the Built Environment

Healthy Built Environments Program

Obesity Australia - 2nd 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?

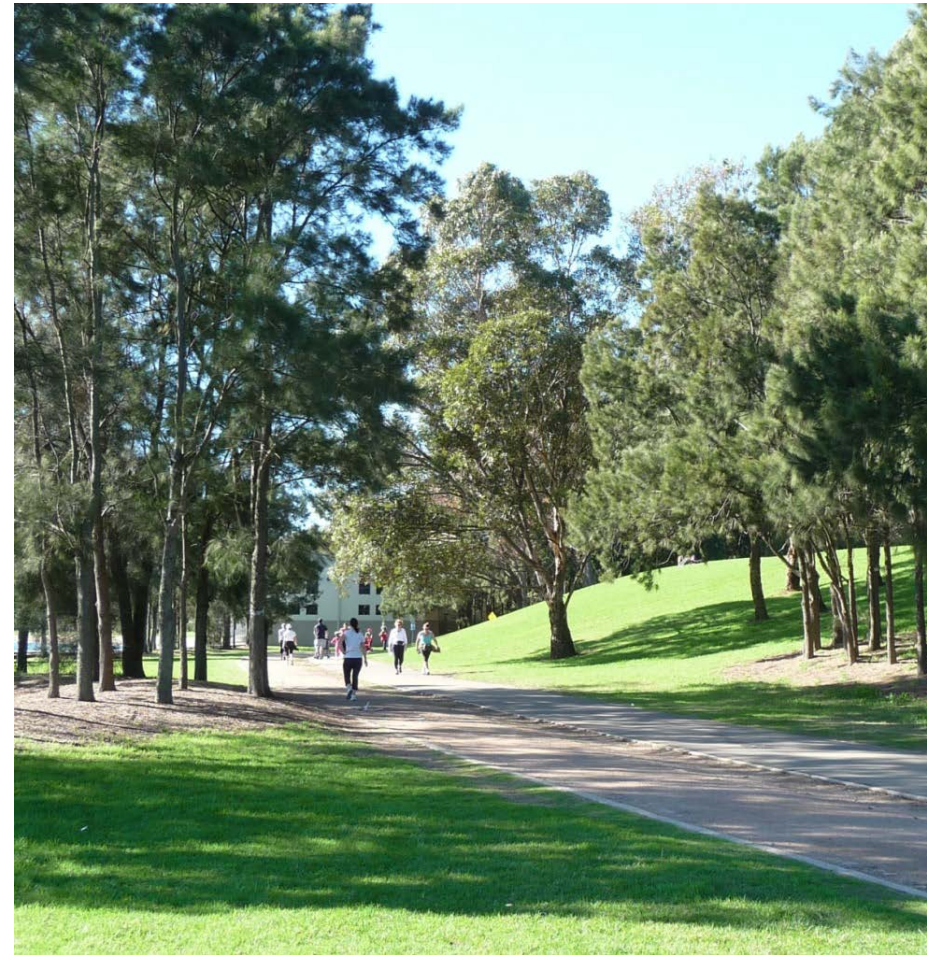


Healthy built environments encourage & support physical activity





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





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









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 General Market

200g
\$3.50

Retention of prime agricultural land





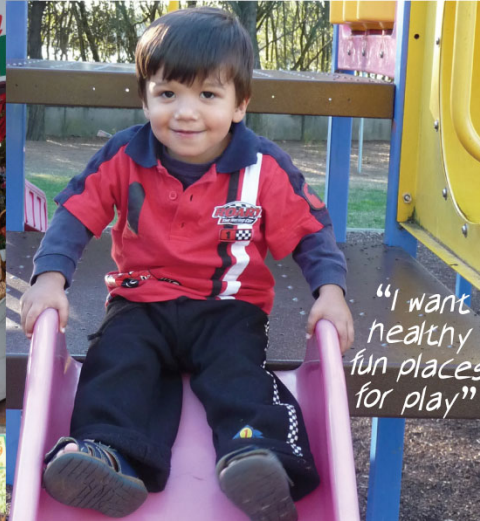
The **Healthy Built Environments Program** is a consortium linking planning and health

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



HEALTHY BUILT ENVIRONMENTS PROGRAM

Visit the HBEP website

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