



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

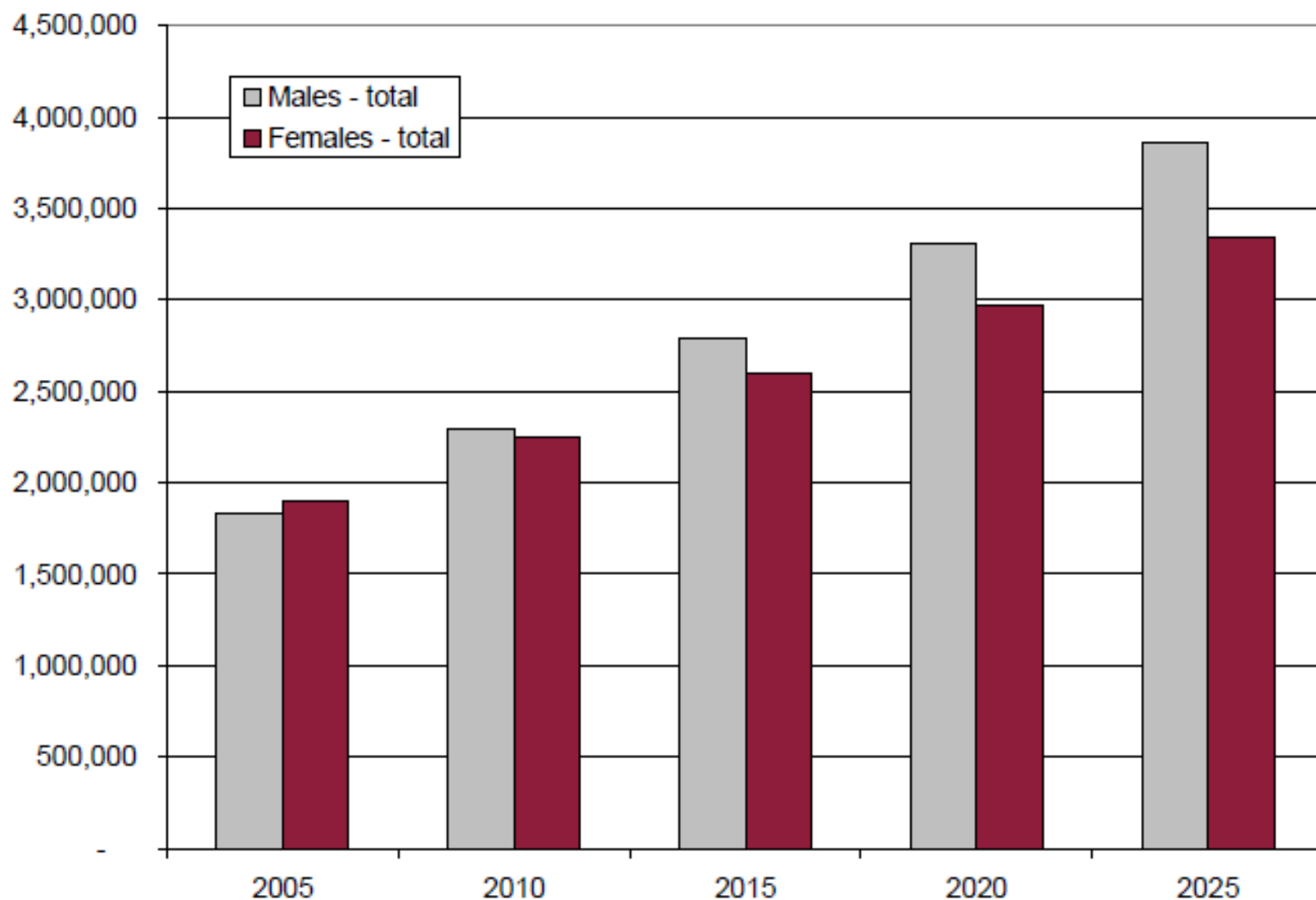
- Health and the built environment
- Healthy place making
- Environmental sustainability and health
- Supporting the creation of healthy built environments
- Key challenges and opportunities



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



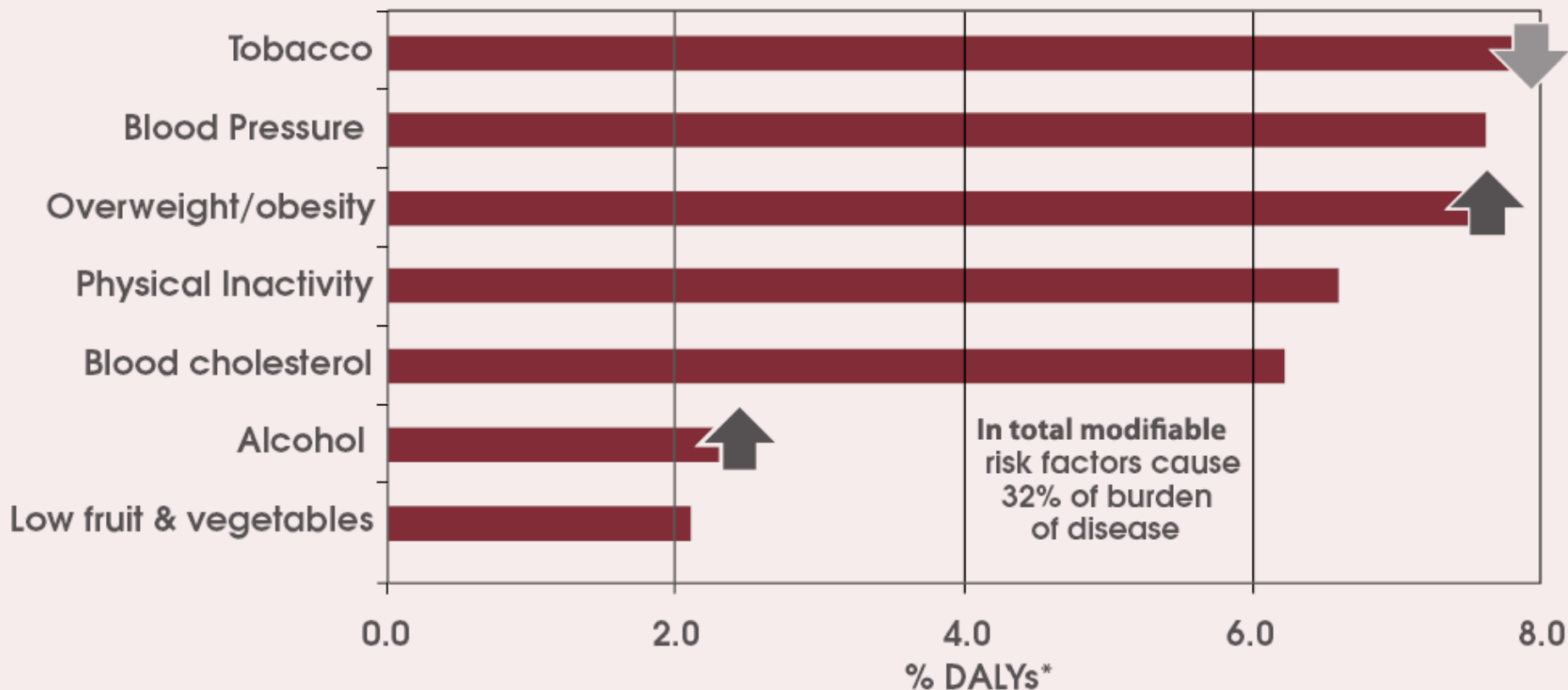


Obesity in Australia

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)

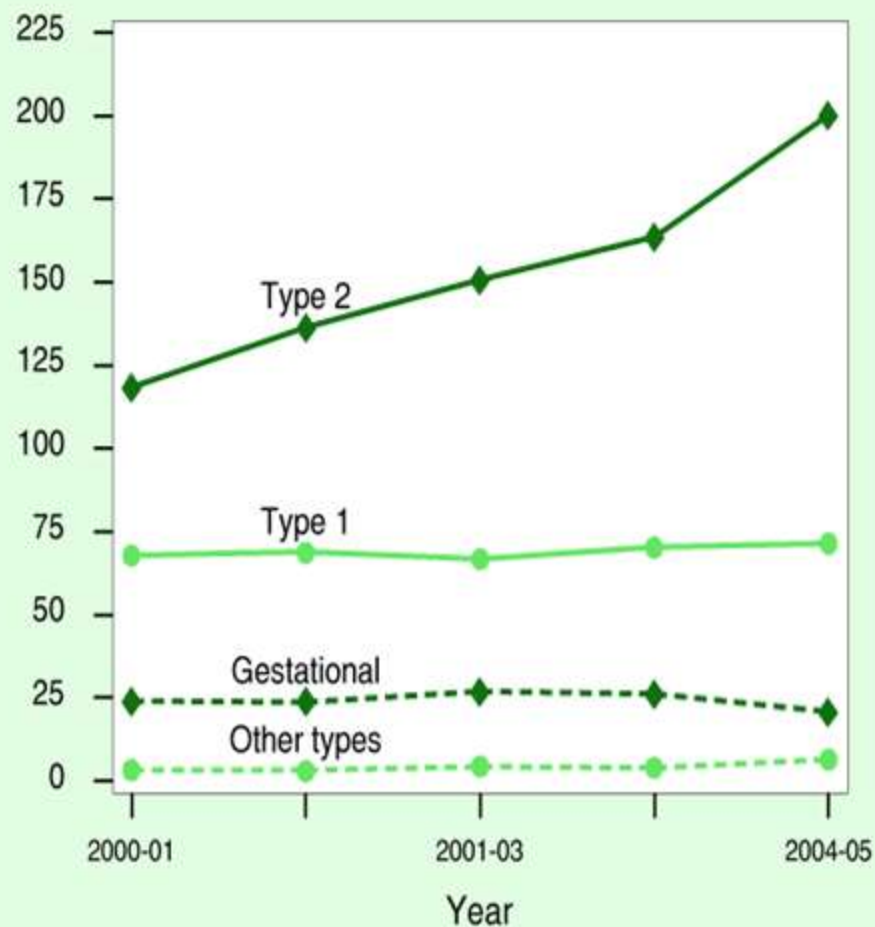
Burden of Disease

Preventative Health Taskforce, 2009

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

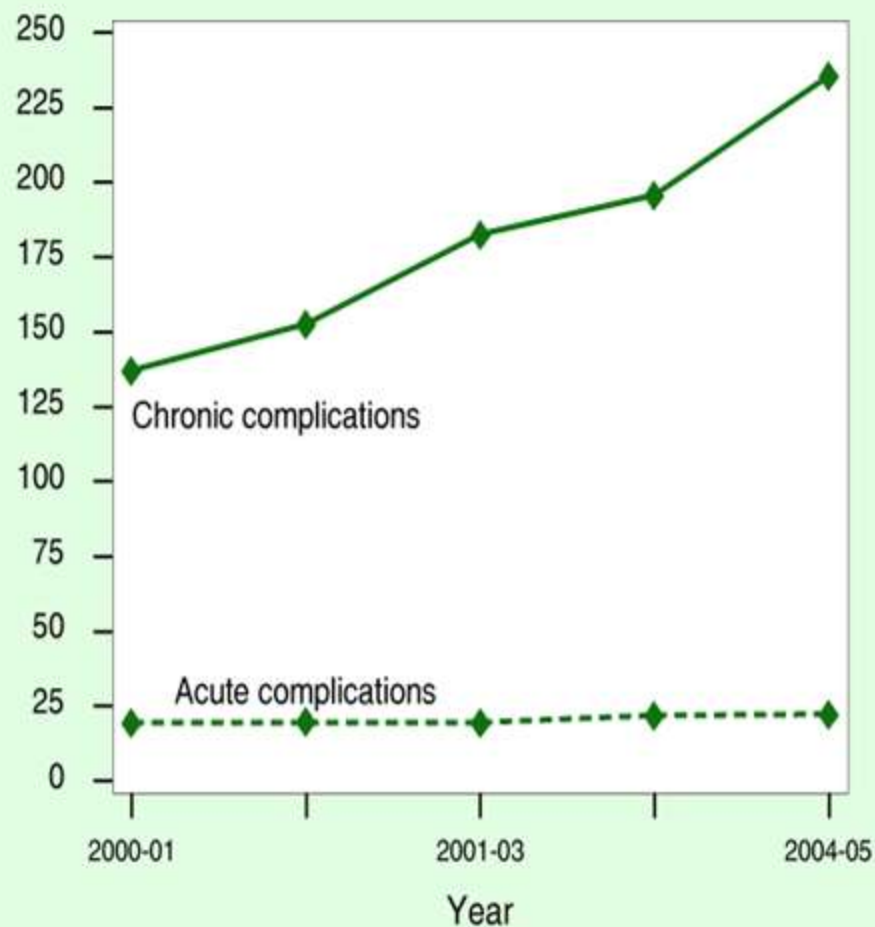
Type of diabetes

Rate
per 100,000 population



Type of complication

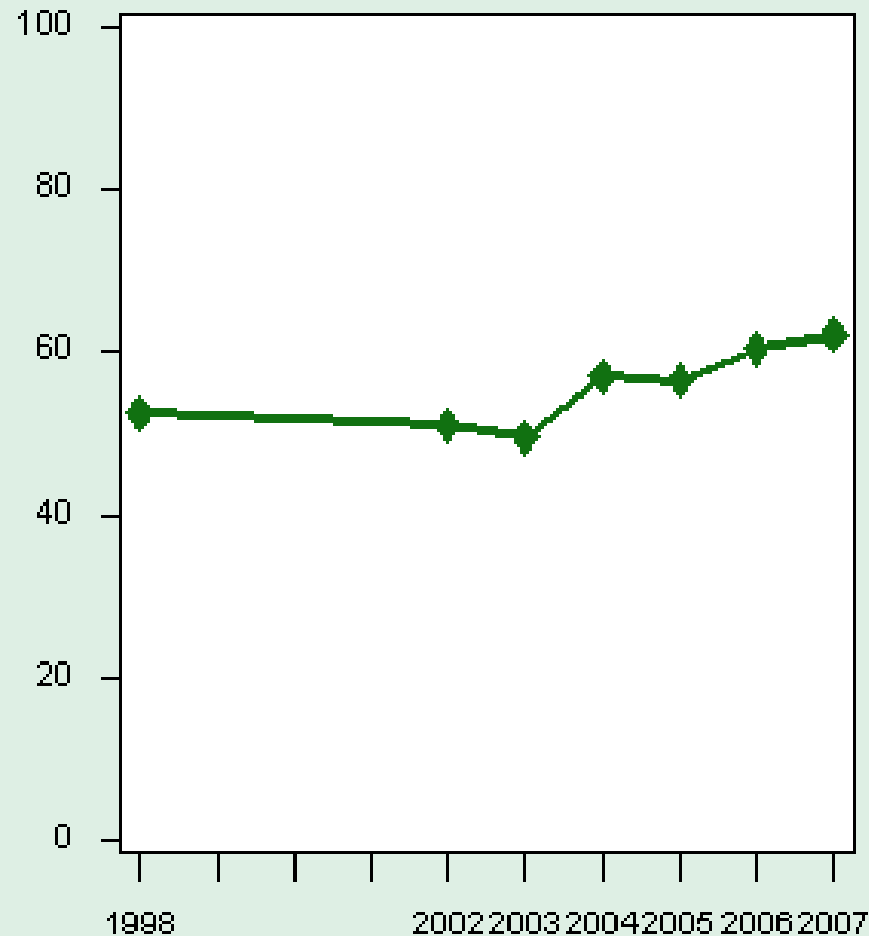
Rate
per 100,000 population



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

Male

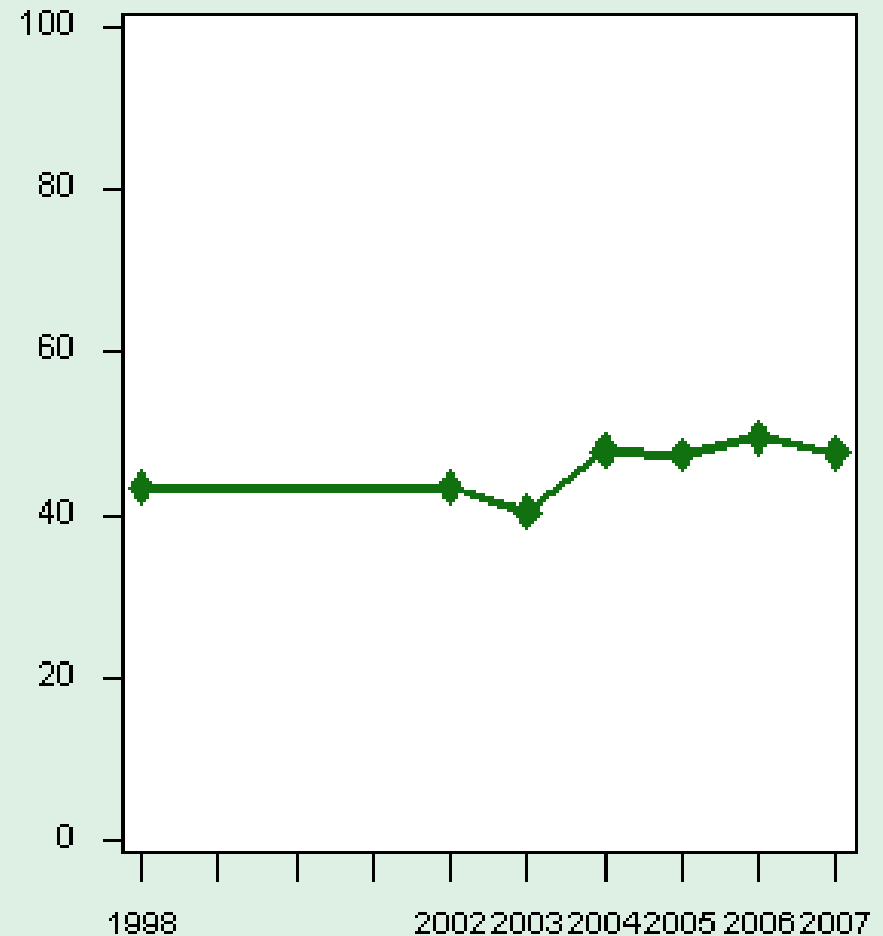
Per cent



Year

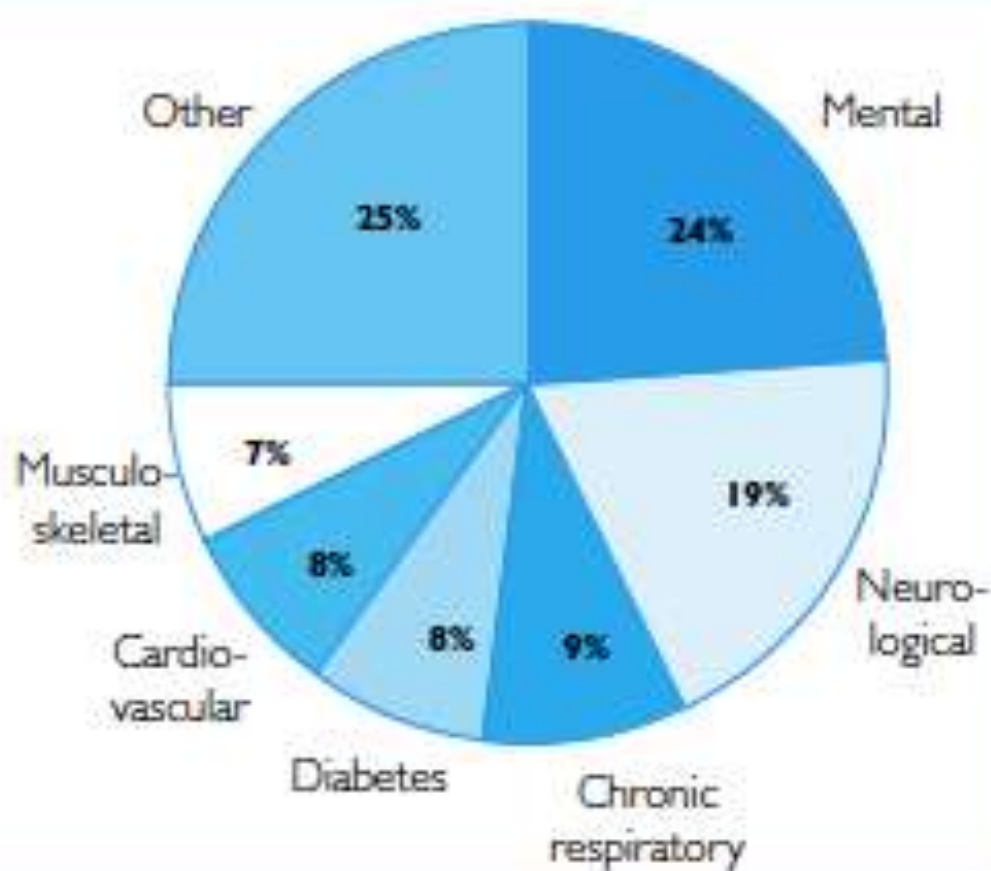
Female

Per cent



Year

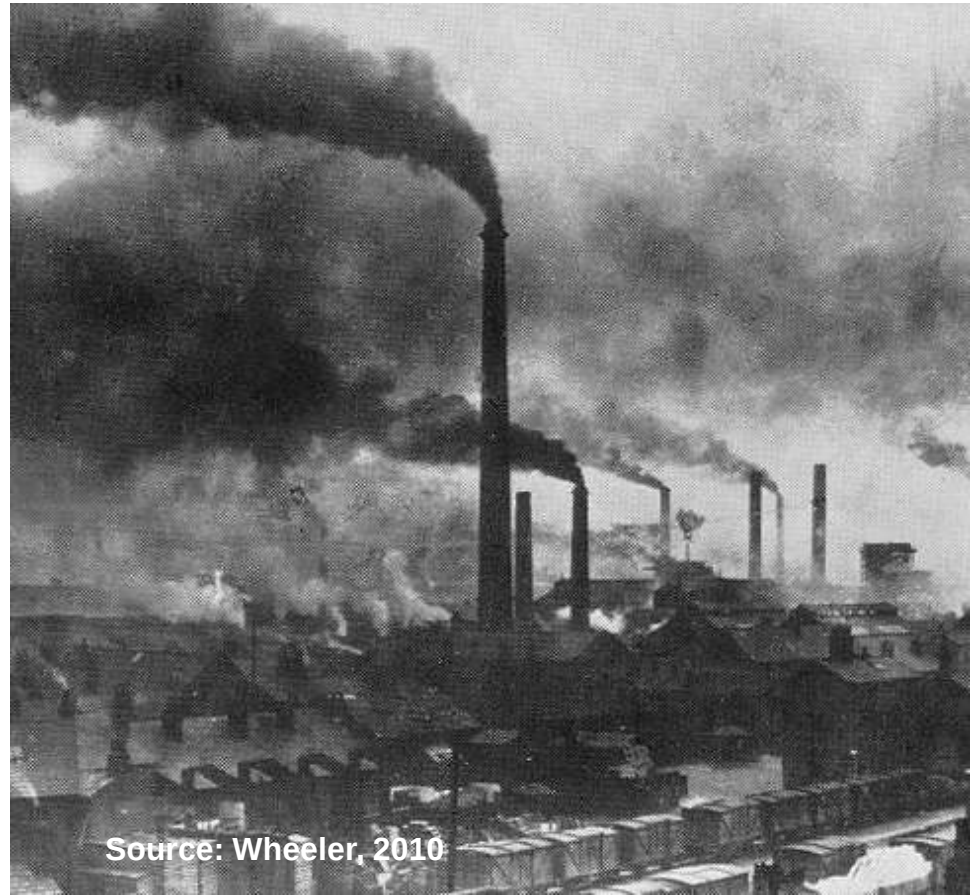
Figure 4: Burden of mental illnesses relative to other disorders, in terms of years lost as a result of disability



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

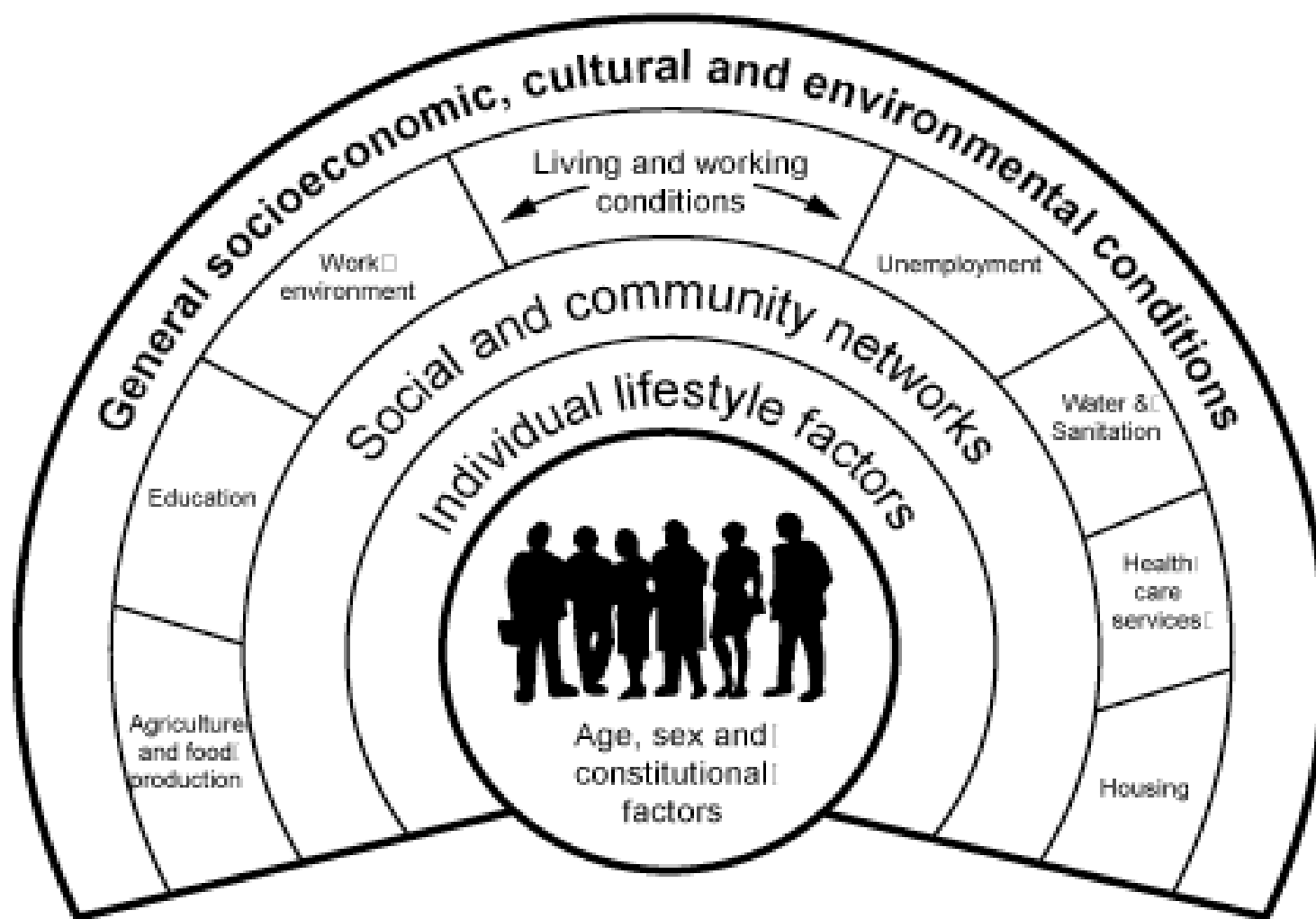








Image: Jennifer Manefield

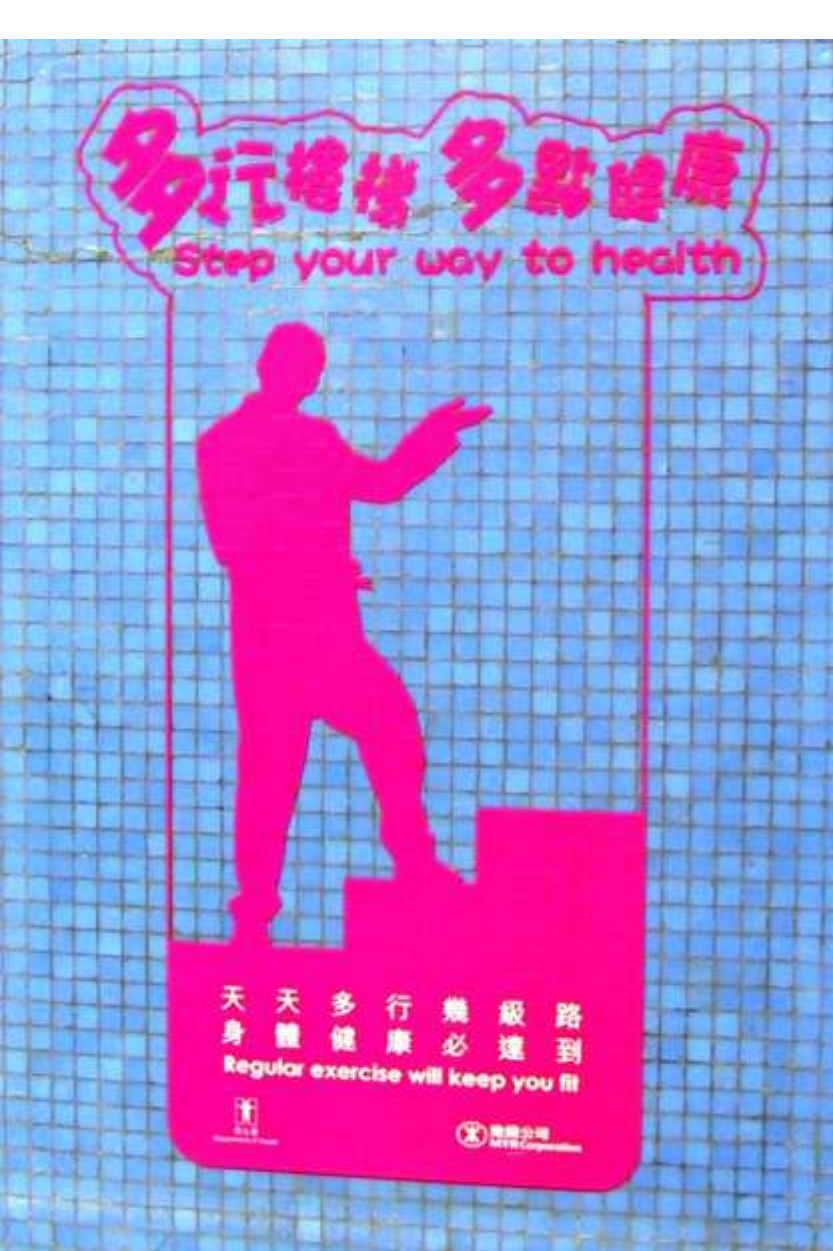


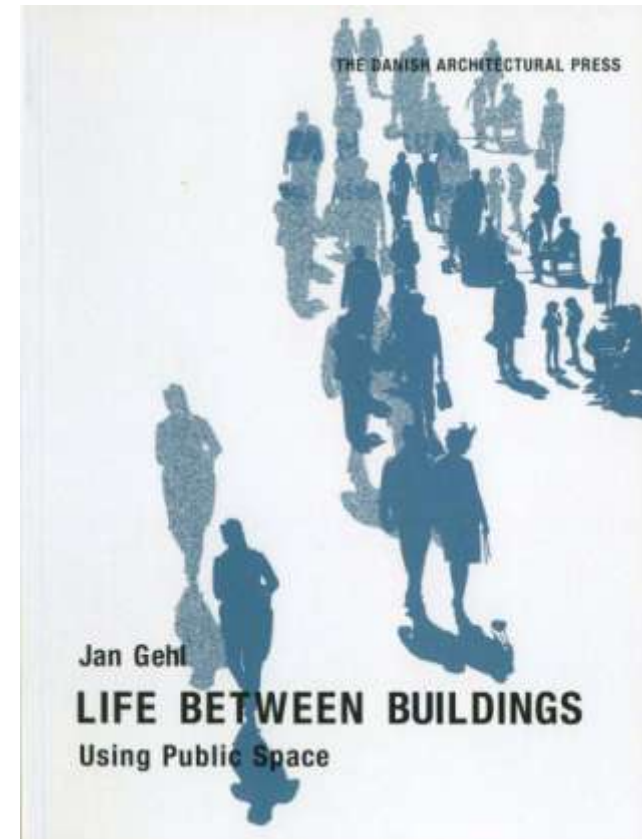
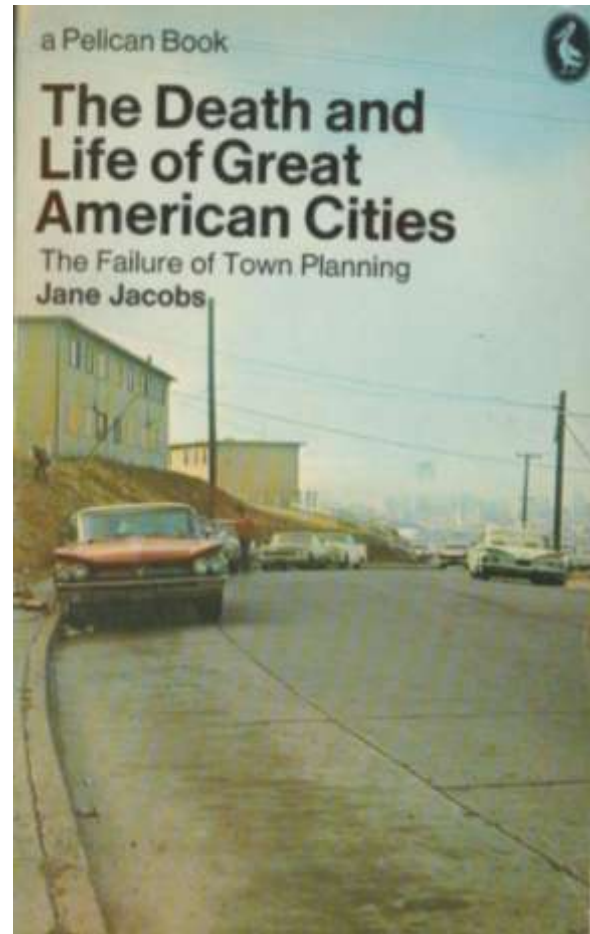
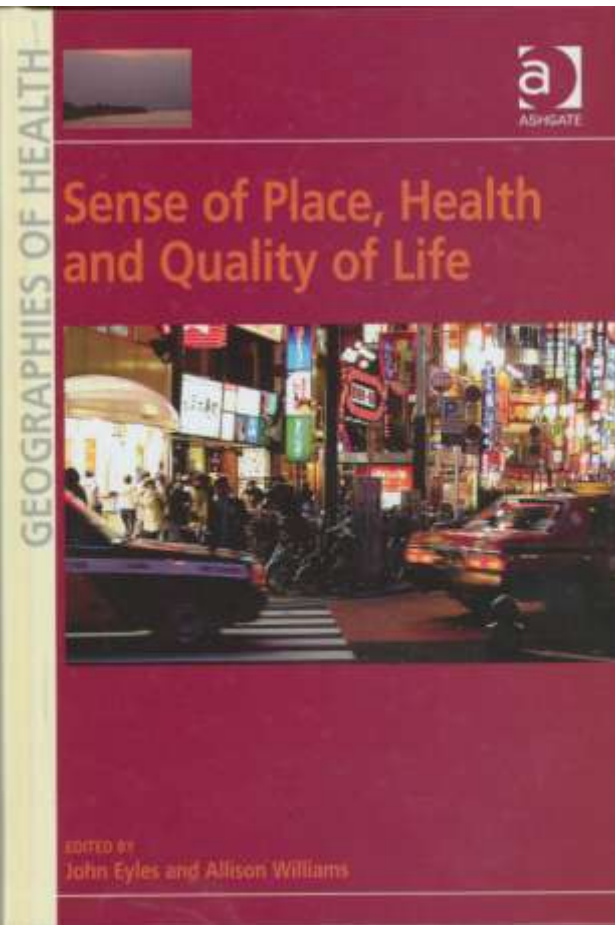


Image: Jennifer Manefield



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





Cook Community Garden

All welcome - Contact 0319 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.

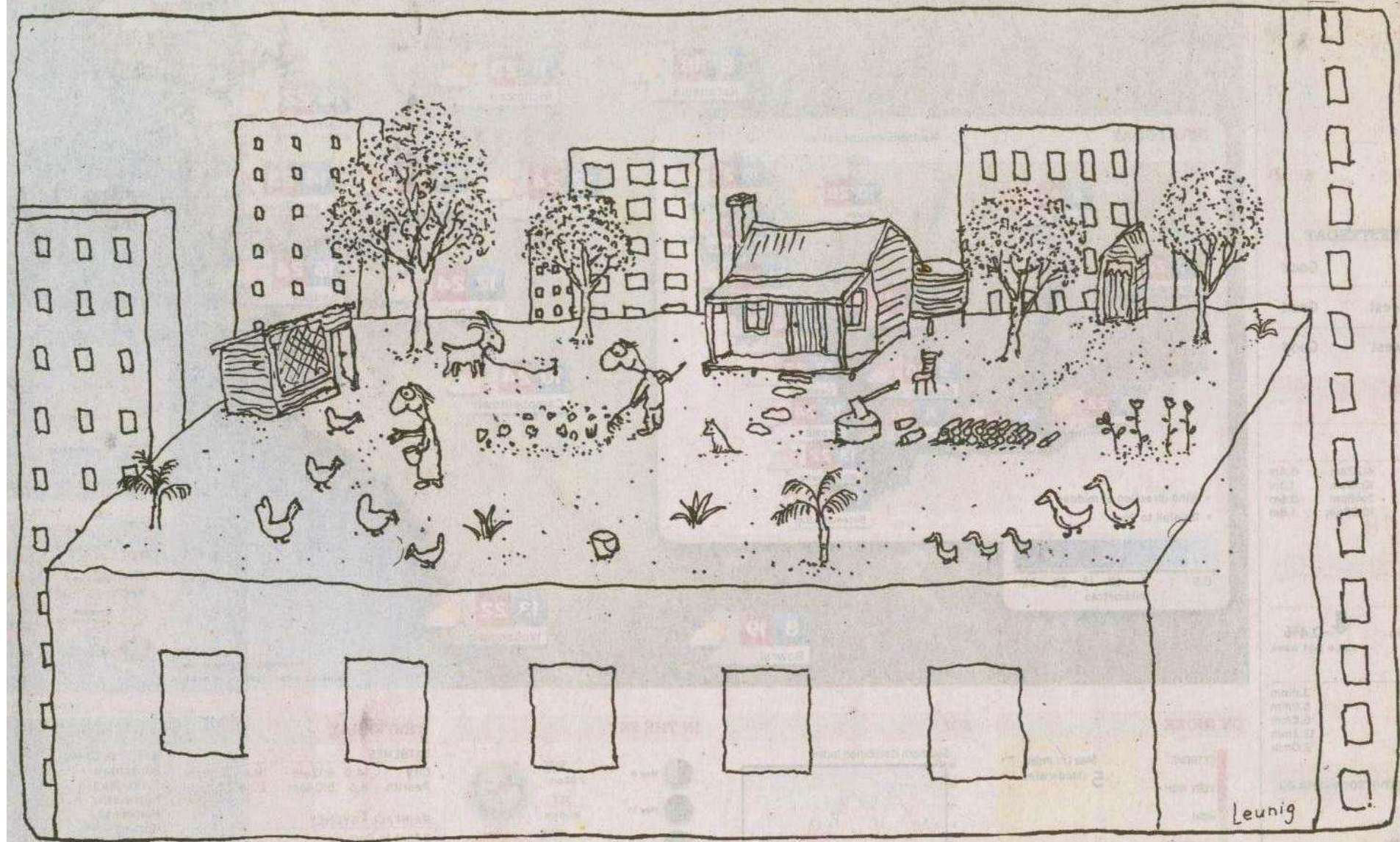
Please don't use a knife, scissors are OK.

Enjoy!



















Images: Adelaide City Council

Retention of prime agricultural land



Images: Ian Sinclair, Edge Land Planning



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
500 Annual subscription available
at melbournebikes.com.au
or call 1300 717 500.

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RACV

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







NO VEHICLES
PAST THIS
POINT
—
PERMIT
HOLDERS
EXCEPTED

todd mall

Post Mail

1	2	3	4	5	6	7	8	9	10	11	12

PAPRICORNIA CENTRE

ORE























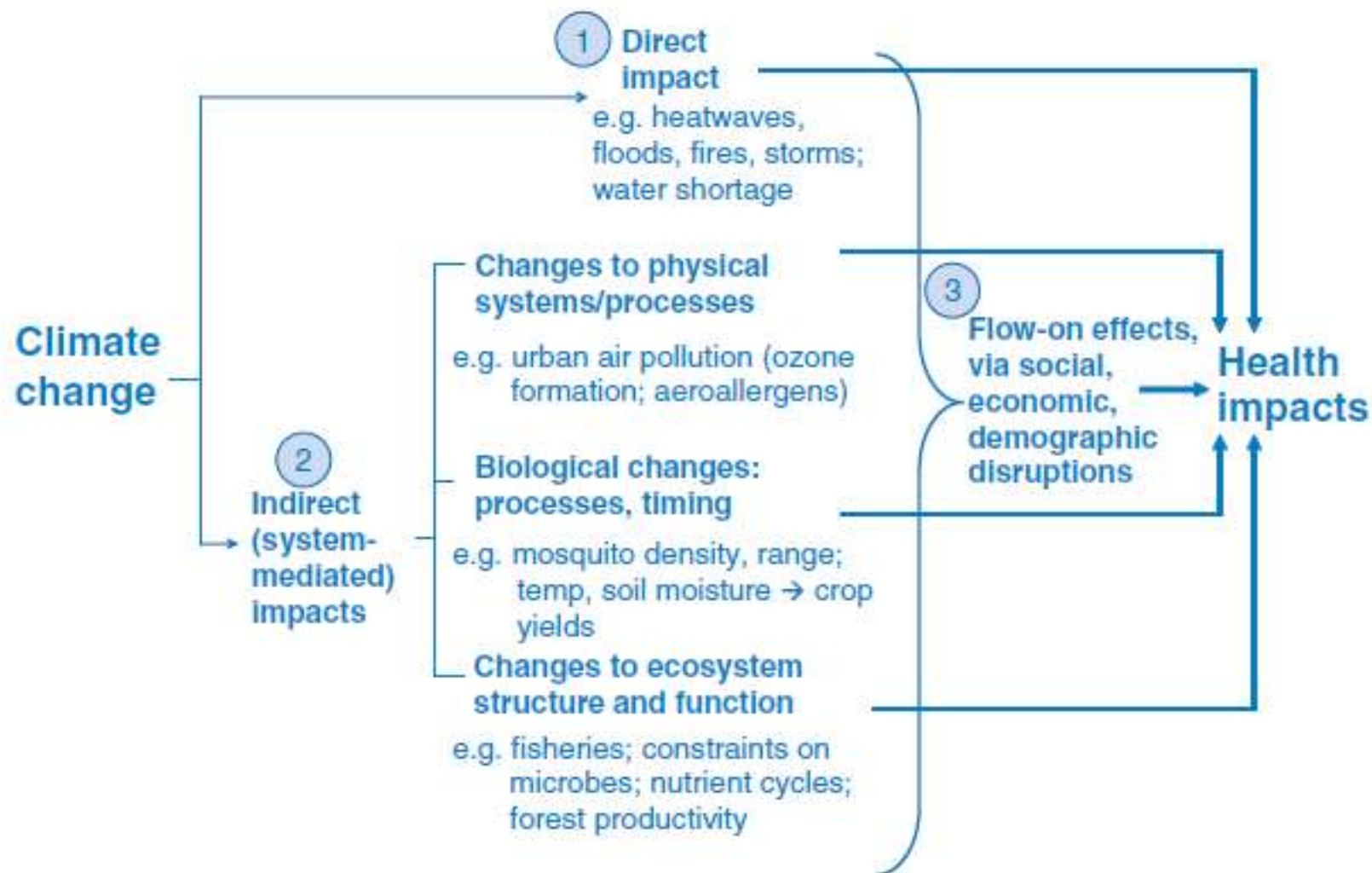
The Lancet

*Climate change is the
biggest global health
threat of the 21st Century*

May 16, 2009

Putative pathways between climate change and health

(McMichael, 2009)



2009 Summer Heatwave

(Victorian CHO)

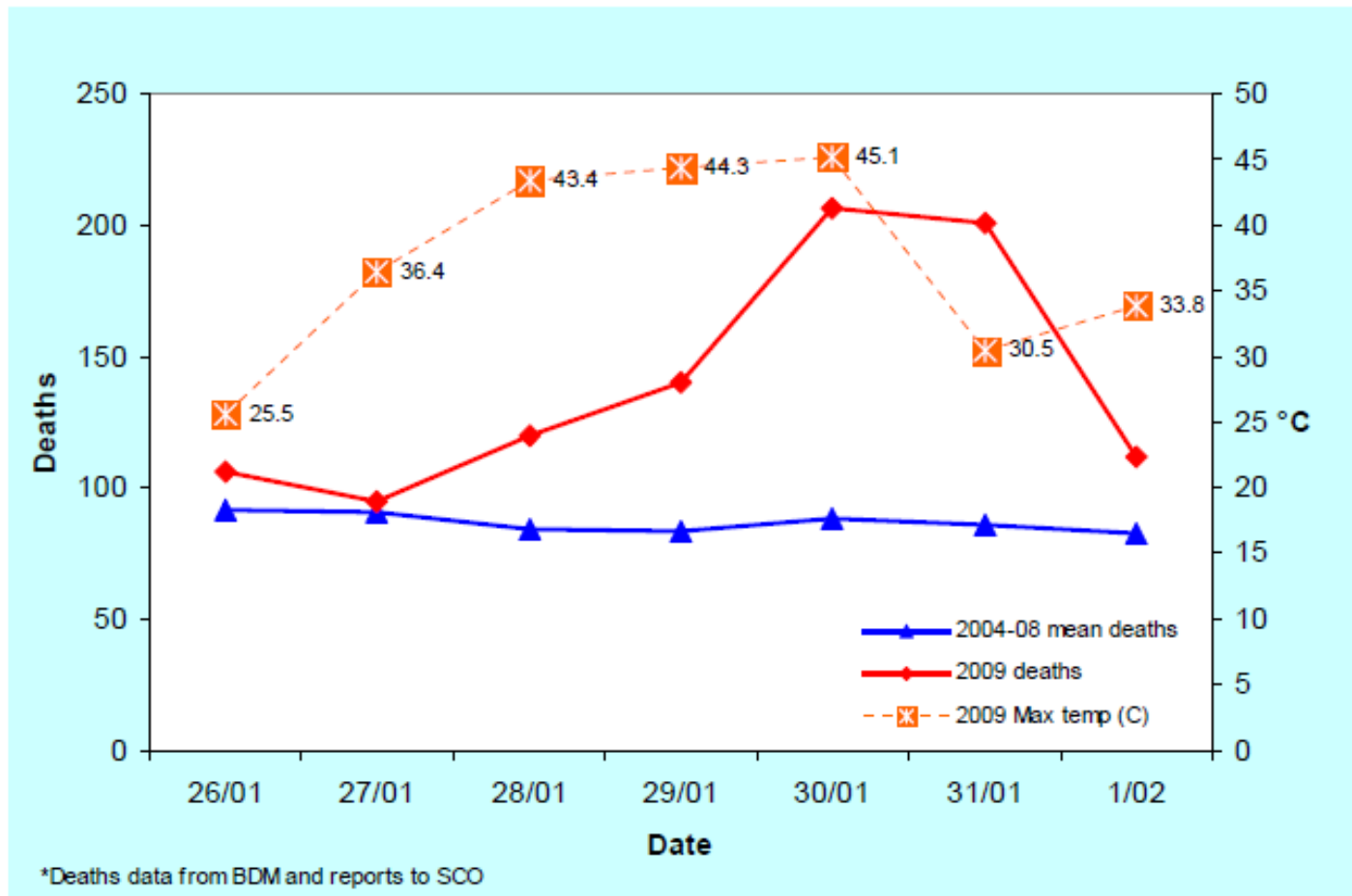


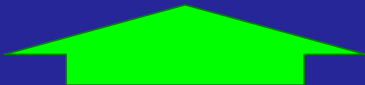
Figure 10. Deaths between 26 Jan and 1 Feb: Mean deaths in 2004-08 vs 2009

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

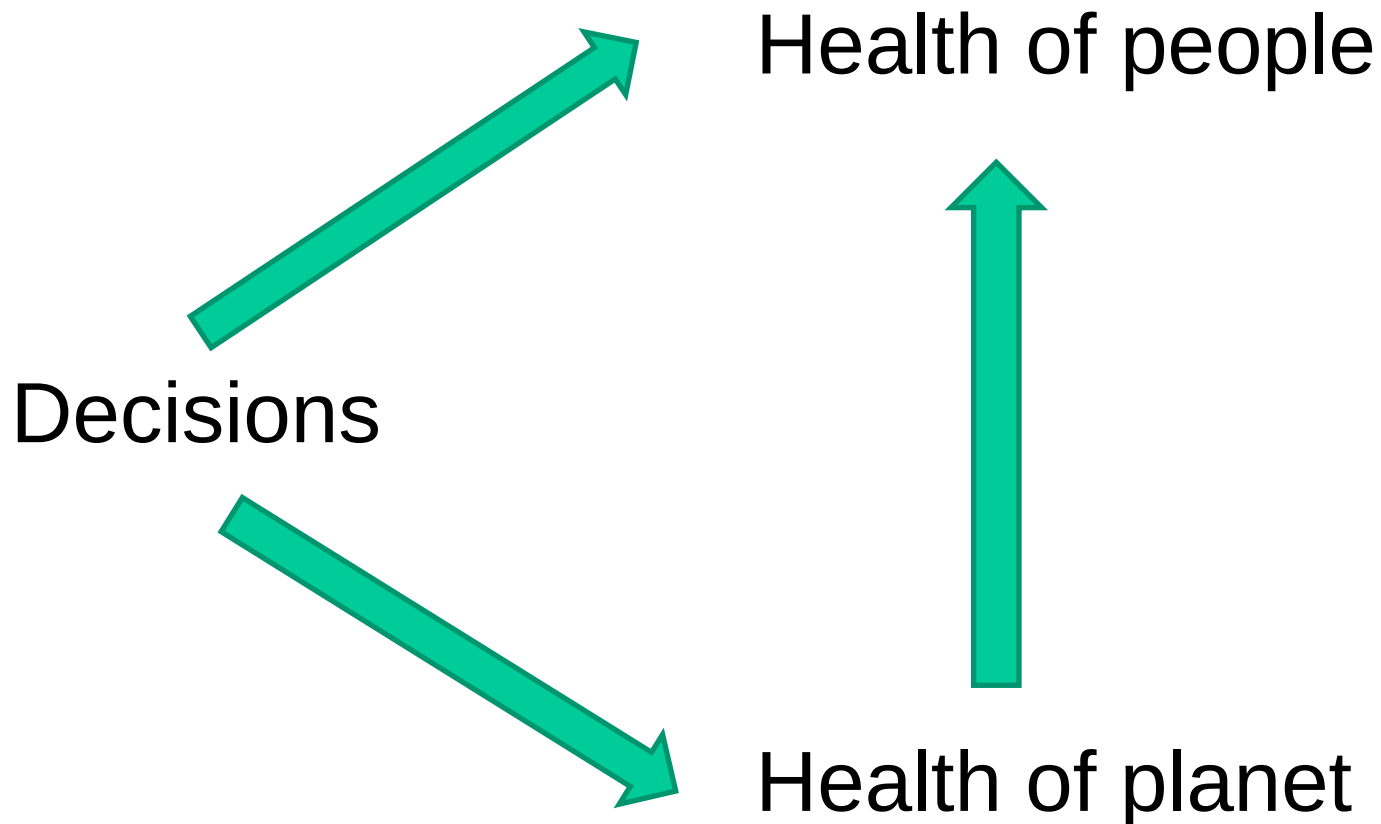
- Energy generation
- Mobility
- Food choices
- Housing

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

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

Biosensitivity Triangle

Boyden

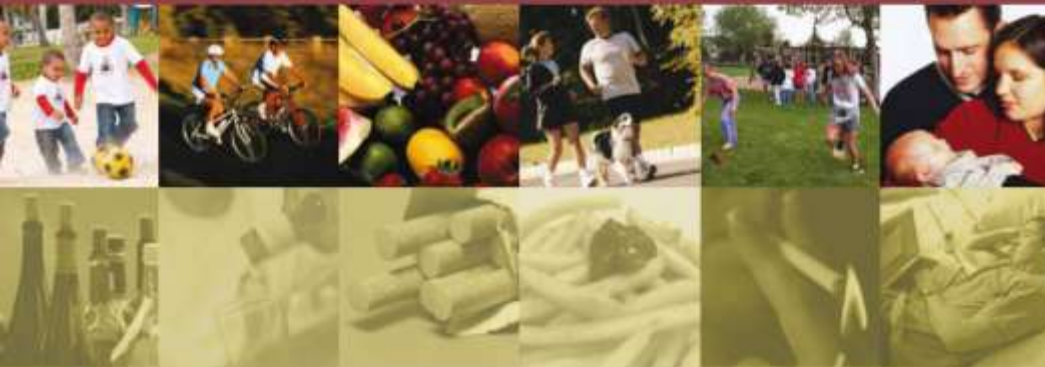






Australian Government
Preventative Health Taskforce

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



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



Healthy by Design: a planners'
guide to environments for active living

Facts

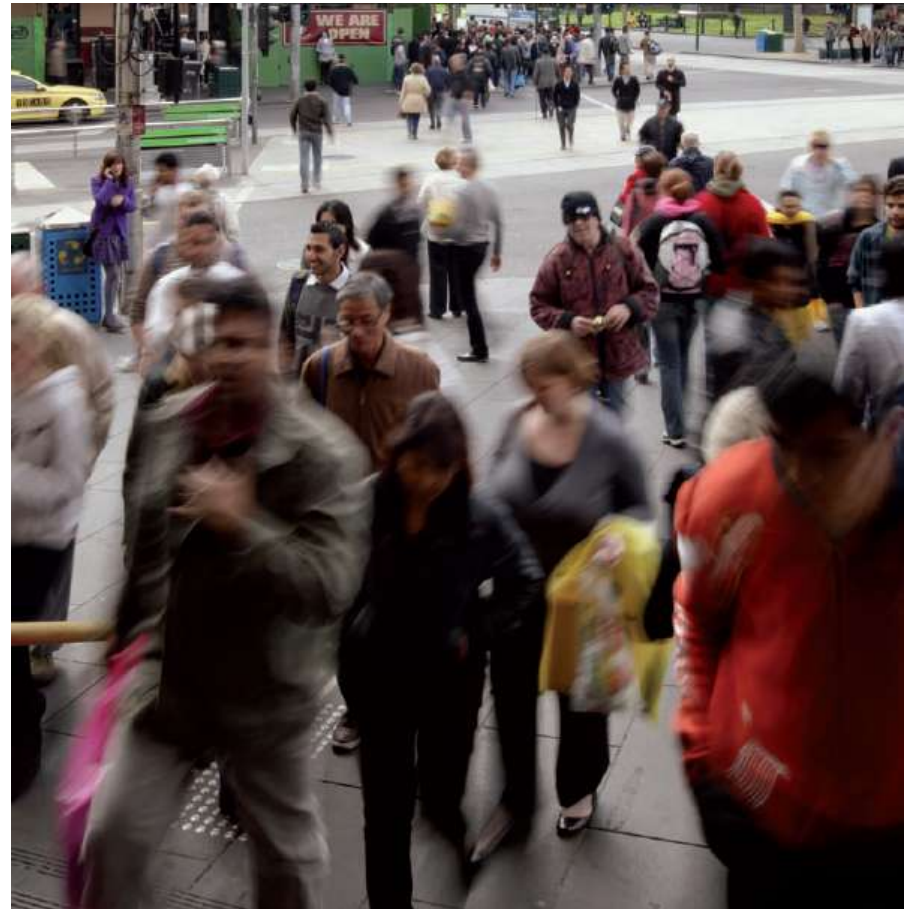
- Physical inactivity is a modifiable risk factor for cardiovascular disease and a range of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases and depression.¹⁻³
- Physical activity is important in reducing risk factors for cardiovascular and other chronic diseases.^{4,5}
- 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.^{6,7}
- 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.⁴⁻⁹
- A whole-of-government approach is crucial to the creation of 'walkable' communities in new and existing developments.



Health NGOs can support healthy place making

Pedestrian Access Strategy

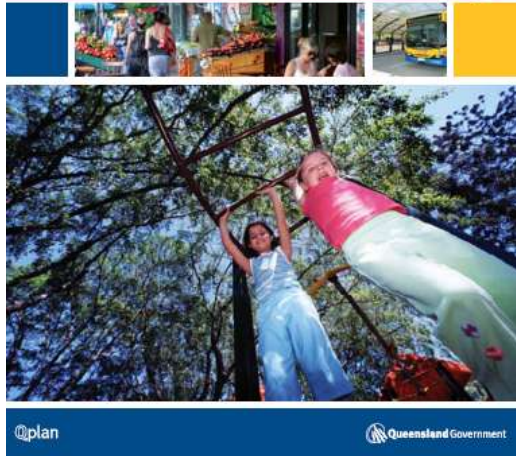
A strategy to increase walking for transport in Victoria
2010



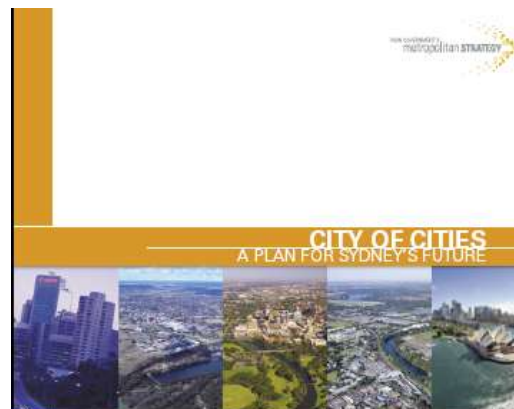
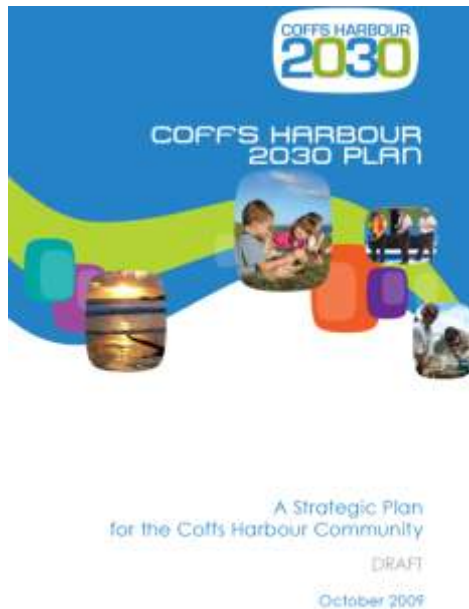
Victorian Government *Pedestrian Access Strategy* 2010



South East Queensland
Regional Plan 2009–2031



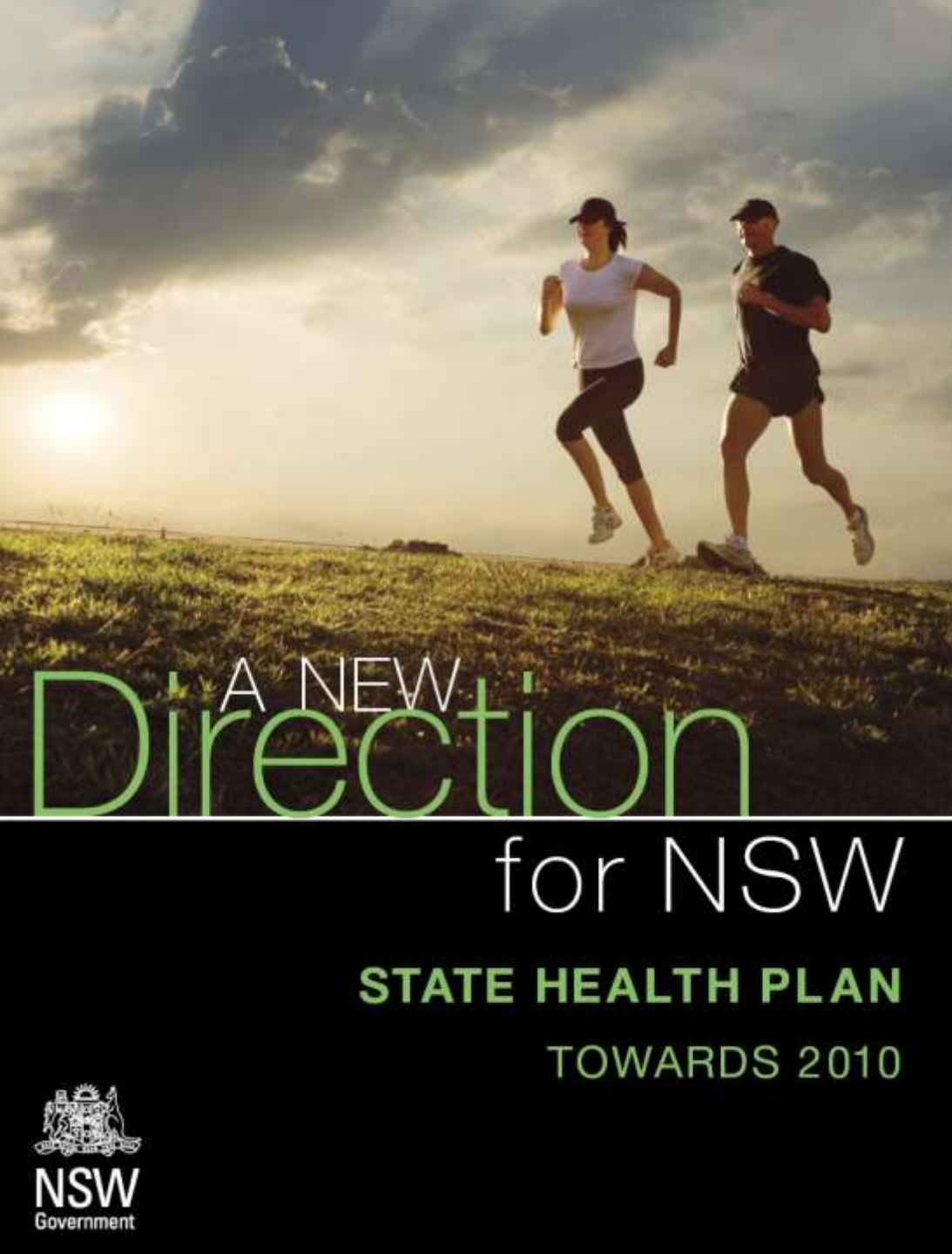
Strategic policy and local planning initiatives



State Government

NSW Health Plan

Identifies built
environment and
urban planning
as significant
areas for health



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



A HEALTH, ECONOMIC, ENVIRONMENTAL
AND SOCIAL SOLUTION



A Development Assessment Resource & Navigational Tool



Healthy Urban Development Checklist

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



NSW HEALTH

**Capacity
building
tool
developed
by NSW
Health**

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

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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.



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See what has been happening



HEALTHY BUILT ENVIRONMENTS PROGRAM

HBEP strategic areas

- Research
- Leadership and advocacy
- Education and capacity building



A word from the Co-Directors

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 information about healthy built environment practice and research. 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 together high-level government and academic expertise. The Program is located within the City Futures Research Centre, Faculty of the Built Environment at the University of New South Wales. The HBEP focuses its efforts on creating a healthy built environment for the city of Sydney. The Program formally commenced on the 1st of July 2015.

The HBEP's vision is that high-quality built environments will be planned, designed and managed to promote and protect health and well-being. The HBEP will focus on research, leadership, and advocacy. The HBEP is a partnership between the University of New South Wales and the City Futures Research Centre. The HBEP is a partnership between the University of New South Wales and the City Futures Research Centre.

HBEP Website - What's New?

Our website www.hbep.unsw.edu.au provides information on the HBEP's activities and a range of local and international partnerships. The site also has links to help you up-to-date with different healthy built environment initiatives. We encourage you to explore the information on the site.

To subscribe to the newsletter please click on the link: www.hbep.unsw.edu.au



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NSW HEALTH

UNSW BUILT ENVIRONMENT





HEALTHY BUILT ENVIRONMENTS PROGRAM

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

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Contact the HBEP

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

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