



HEALTHY BUILT ENVIRONMENTS PROGRAM

On My Walk An Exploration of People & Environment Connections through the Act of Walking

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Supported by



Outline

- Positioning my voice
- Healthy planning discourse, policy and walking
- An heuristic reflection of the act of walking
- Final thoughts and perhaps a walk...



Positioning my voice



What's healthy planning?

- Addressing burden of chronic disease – obesity, low PA
- Increasing focus on preventative health
- Reducing costs of the sick care system
- Recognition of the role that our environment plays in supporting healthy behaviour as part of everyday living



Increasing evidence linking built environment to health



Healthy planning and walking



I walk; therefore I am

Fit, happy and healthy

Sandi Gauvin

More than 2000 years ago, Hippocrates told his patients, "Walking is the best medicine." In the 18th century Thomas Jefferson pronounced, "Walking is the best possible exercise."

A century later English historian George Macaulay Trevelyan referred to his own two legs as his doctors. When he was feeling out of sorts either mentally or physically, he called in his "doctors" to take him walking.

STRIDING TOWARD GOOD HEALTH

These great men of history have been validated by 21st-century research that extols, in study after study, the many virtues of walking. The shortlist of health benefits include:

- > reduced risk of coronary heart disease and stroke
- > lower blood pressure
- > reduced high cholesterol and improved blood lipid profile
- > reduced body fat
- > enhanced mental well-being
- > increased bone density
- > reduced risk of colon cancer
- > reduced risk of type 2 diabetes
- > controlled body weight
- > less osteoarthritis pain
- > more flexibility and coordination

EVERYBODY'S DOIN' THE LOCOMOTION

Walking is simple: you place one foot in front of the other in succession. It's called locomotion. What differentiates



us from other walking mammals is that we've found a variety of ways to benefit from this simple act.

NORDIC WALKING

Using specially designed Nordic poles held in each hand to apply force with each stride uses more of the body and burns up to 40 per cent more kilojoules than normal walking. Nordic walking stimulates the chest, triceps, biceps, shoulders, abdominals and other core muscles while applying less stress on the shins, knees, hips and back. (See

nordicwalkingaustralia.com.au for more on Nordic walking.)

HILL WALKING

Head for the hills to burn kilojoules. Even a modest 3 to 8 per cent incline can increase kilojoule burn by 20 per cent. Walking up a 15 per cent slope uses about a third more energy than walking on a flat surface. Walking uphill uses the muscles in the front of your thigh and in your buttocks, while walking downhill works your leg muscles as they maintain your balance.

CANBERRA INTERNATIONAL WALKING WEEKEND 2 TO 3 APRIL, 2011

The 20th Canberra Two Day Walk in April next year will draw walkers from around the world who will participate in one or all of the following activities:

- >> guided walk from control centre to welcome function
- >> 5 km, 10 km, 20 km and 30 km walks
- >> walkers' dinner
- >> closing ceremony and awards presentation

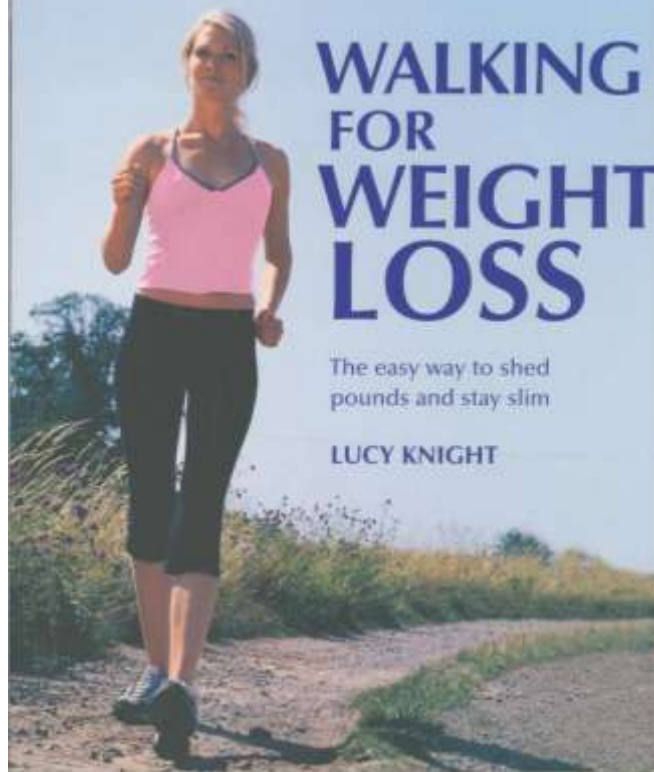
For more information go to aussiewalk.com.au

To increase efficiency while walking up an incline, take shorter steps than normal. To minimise impact on knees when walking downhill, keep them slightly bent at all times with your torso upright or leaning slightly forward for stability.

WALKING FOR WEIGHT LOSS

The easy way to shed pounds and stay slim

LUCY KNIGHT



THE ART OF WALKING

GREAT OCEAN WALK
VICTORIA AUSTRALIA

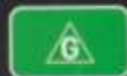


YOUR CHANCE TO FINALLY SEE THE BIG PICTURE

JOHN FRANCIS
THE PLANETWALKER

KATARINA WITT
FIDUCES SHAKING QUEEN

MICHAEL MILTON
AUSTRALIAN PARALYMPIAN



The Sydney Morning Herald



Heart Foundation Walking



Take the first step to heart health today

www.heartfoundation.org.au/walking or 1300 36 27 87



Australian Government
Department of Health and Ageing

Heart Foundation Walking Newsletter

Autumn 2013

Message from the Heart Foundation CEO



With the exception of our friends in the tropics, being active through the cooler months seems to need extra commitment.

This is when being part of your walking group will really start to pay dividends. Knowing your group is waiting for you will help to keep you motivated when you're tempted to curl up inside with a book instead of being active with your group.

On weekends in winter I like to start my walks a bit later in the day and having a *camisole* warming in the oven while I am out is a great motivator too.

How do you plan to stay motivated during winter? Will your groups walk in different suburbs or towns? Will you take turns in making soups to share with your group? Will you meet for a hot cuppa afterwards? Tell us your stories and we'll share them with other groups in the winter newsletter on our facebook page or our website.

Until then, please keep walking.

Dr Lyn Roberts

CEO - National Heart Foundation

Tell us your story!

We always love to hear stories from our walkers about how Heart Foundation Walking has changed their lives, from reaching a weight loss goal to meeting their partner. We'd like to hear them all! Tell us your story and you will go in the draw to win one of eight Heart Foundation Walking merchandise packs valued at \$100. Just send it to Heart Foundation Walking.

Reply Post 9922
IN YOUR CAPITAL CITY

We will announce the overall winner in the Winter edition of the Newsletter.

Message from the Department of Health and Ageing

Message from the Food and Health Dialogue

Many of the foods that we eat contain higher levels of salt and saturated fat than we may realise and that we may prefer to avoid. Food reformulation is one way industry can help consumers to make healthy choices by making a range of everyday foods better for us.

Some parts of the Australian food industry have already begun reformulating their products. The Australian Government, in collaboration with the Heart Foundation is working with industry through the Food and Health Dialogue to further these efforts and make healthier food choices easier and more accessible for all Australians. Activities of the Dialogue include:

- food reformulation, with a focus on reducing risk-associated nutrients such as salt, saturated fat, energy and sugar, and increasing beneficial nutrients such as fibre;
- standardising and establishing appropriate portion sizes for food and drink products; and
- consumer awareness activities that promote healthy eating patterns and food choices.

The Food and Health Dialogue recently secured the agreement of industry to reduce sodium (salt) levels across a range of bread and ready-to-eat breakfast cereal products. This means that, in the future when you buy bread or cereal, it will be a little bit better for you and that's great news for your health.

Next in line for reformulation are processed meats and starchy sauces - stay tuned!

For more information on the Food and Health Dialogue, visit the Department of Health and Ageing website: <http://www.health.gov.au/interact/main/publishing.nsf/Content/food-health-dialogue>



Australian Government
Department of Health and Ageing



Queensland Government

To join or start a walking group in your area call 1300 36 27 87 or visit www.heartfoundation.org.au/walking

Research: Walking for transport

1. Proximity of destinations
2. Shops, services, public transport well linked
3. Mixed use planning
4. Street connectivity
5. Population density
6. Walkability



Research: Walking for recreation

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



Research: Walking and children

1. Proximity to parks
2. Good pedestrian infrastructure
3. Traffic safety
4. Parental influence



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.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.⁴⁻⁷
- A whole-of-government approach is crucial to the creation of 'walkable' communities in new and existing developments.

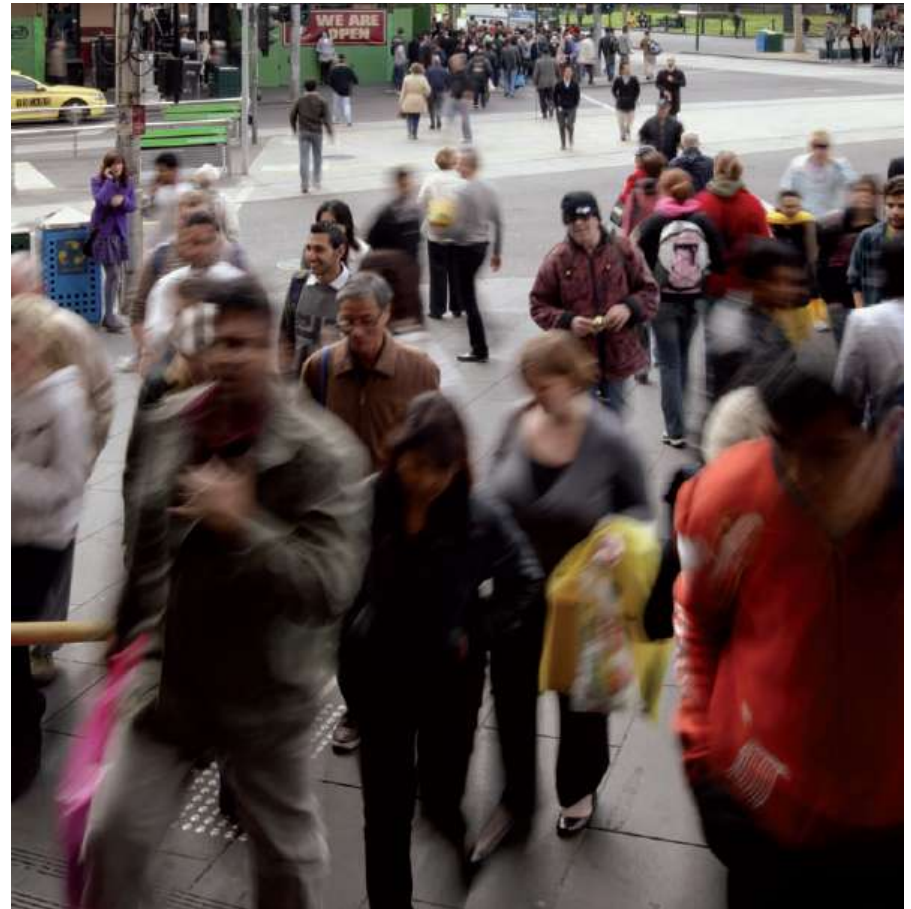


Healthy by Design: a planners'
guide to environments for active living

NHF guidelines for healthy built environments

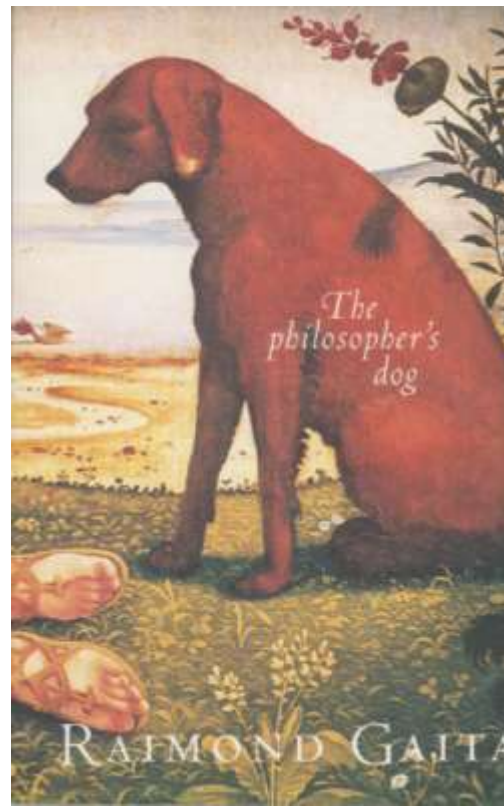
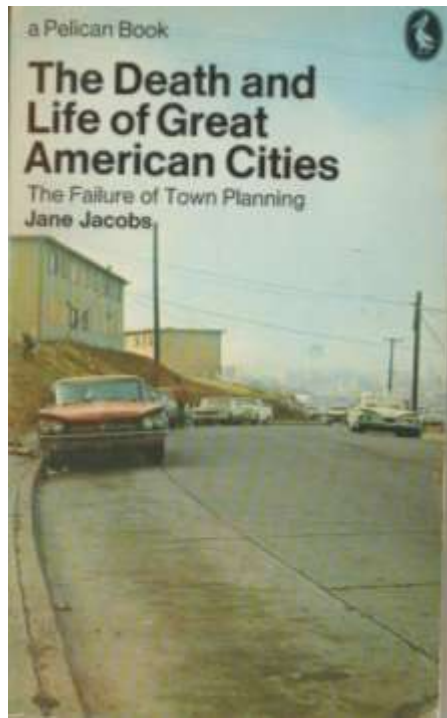
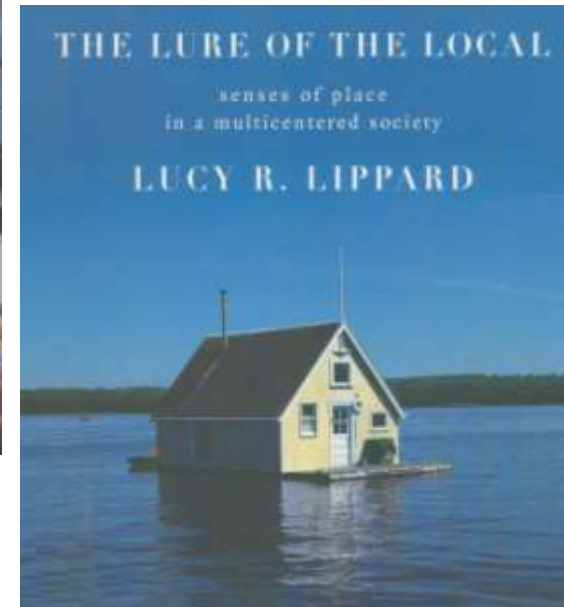
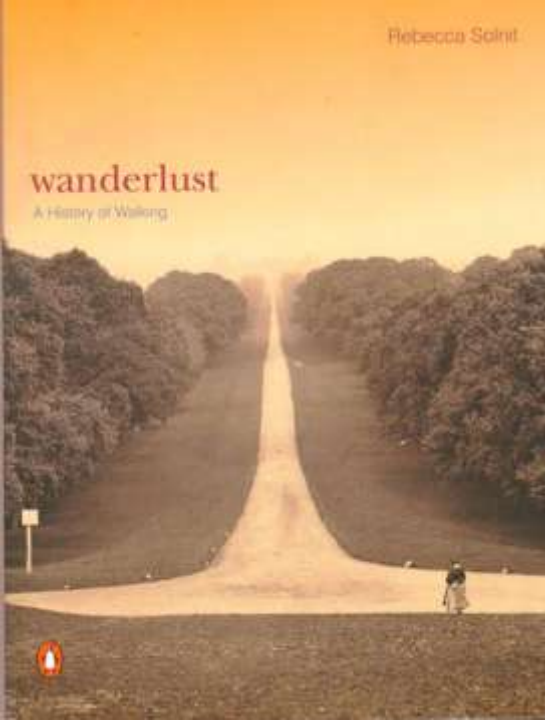
Pedestrian Access Strategy

A strategy to increase walking for transport in Victoria
2010



Victorian Government *Pedestrian Access Strategy* 2010





Rebecca Solnit
Raymond Gaita
Lucy Lippard
Jane Jacobs and Jan Gehl
Jennie Middleton
Catherine Bean et al



Connections















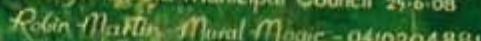
Surprises

















Seasonality











Textures











Services



LADIES



WOMEN







Transport



上海天同小厨
TASTE OF SHANGHAI

KET 場

HFIELD
DI'WORLD
OPEN T DA

TEMPERATE WILD

A10-60C





Unpleasant









Change









DO NOT FALL ANYWAY
HOLD ON TO IT
MS-A-100
10612-1477



