

How can planning for healthy communities be supported to become a reality?

The Heart Foundation experience

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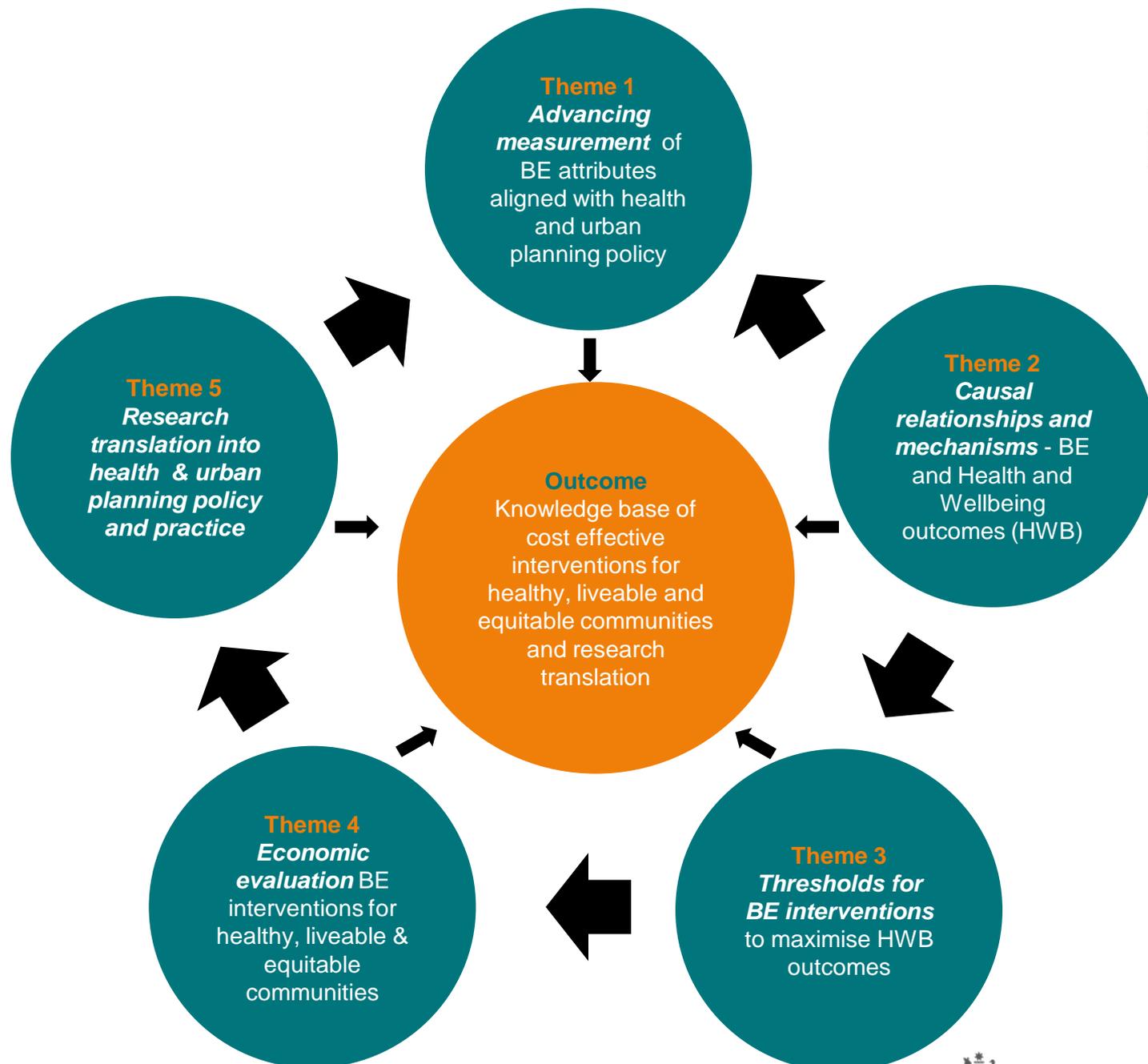
Outline of presentation

- Heart Foundation's 'journey'
- What's changed
- Key challenges
- Overcoming the challenges



The Journey.....

- 2001 – Supportive Environments for Physical Activity (SEPA)
- 2004 – Healthy by Design (HbD)
- 2009 - Healthy Places and Spaces (national)
- 2011 - ‘How to’ tools for planners; employed a planner
- 2012 – Building the case for change (density, speed)
- 2013 – HbD review
- 2014 – Community values and perceptions
 - CRE in *Healthy Liveable Communities*



Throughout the Journey we have.....

Advocated for changes to policy and regulatory frameworks:

- Submissions, parliamentary inquiries, committees, meetings with political leaders/ bureaucracy, media stories



Source: Health fear on estates, The Age March 15 2012

So what's changed?

- More **awareness** and **understanding** of the links between planning and health amongst 1) planners and 2) public health professionals
- Some changes in planning **policy** and **practice** that demonstrates a more **integrated** approach is being adopted
 - Baw Baw Shire Residential design guidelines
 - LaTrobe Healthy by Design Guidelines to developers
 - Cardinia – internal Healthy by Design planning checklist
 - Plan Melbourne – 20 min city / promotion of walking and cycling etc...

Baw Baw Shire Residential design guidelines



LaTrobe City Council Healthy Urban Design Guideline for developers

Urban Design Guideline

This Urban Design Guideline is designed to provide practical information to the development industry, planners and the community about Healthy by Design®.

This Urban Design Guideline specifically addresses current issues across Latrobe City relating to connectivity, walkability and livability throughout residential development, open spaces, path networks and community centres.

Local government is an essential service provider to the Latrobe community. The development industry also plays an important role in the direction of Latrobe's growth and community development. Latrobe City and developers must therefore work in partnership to implement Healthy By Design® principles in an integrated manner across all aspects of Council's business.

Outline Development Plans and/or Structure Plans should be consistent with this Urban Design Guideline.

Further Information

LaTrobe City
Planning Department
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E Latrobe@latrobe.vic.gov.au
W <http://www.latrobe.vic.gov.au>

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Healthy Urban Design Good Practice Guideline

Meeting Healthy by Design® Objectives

What is Healthy by Design®?

This Urban Design Guideline is largely derived from the Heart Foundation's Healthy By Design® Guide (2004) which aims to accommodate the community, pedestrians and cyclists as a high priority in street, building and open space design. It encourages active and healthy lifestyles by providing Supportive Environments for Physical Activity (SEPA). The Guide provides direction for designing and developing healthy lifestyles for the community. Healthy by Design® builds on State Government initiatives such as Melbourne 2030 and the Victorian Planning Provisions. Healthy by Design® encourages:

- Walkable neighbourhoods, including safe and attractive pedestrian and cycle routes to all key local destinations;
- Design of legible street networks that are clear and easy to navigate;
- Open space that incorporates a range of shade, shelter, seating and signage opportunities;
- Building design that maximises natural surveillance and active street frontages;
- Maintained public transport options and connections to all key destinations;
- Community spaces or buildings that incorporate a variety of uses;
- Avoiding opportunities for concealment and entrapment along paths and in community spaces; and
- Minimal fencing and walls, with maximum lighting, windows, doors, articulation to facades and use of low walls and transparent fencing.

The Healthy by Design® Guide includes the Matrix of Land Use Considerations (titled in Heart Foundation 2004) which has been produced incorporating Crime Prevention Through Environmental Design (CPTED) principles, VicRoads road safety and Cancer Council shade policy as key resources to progress Healthy by Design® outcomes.

This Urban Design Guideline applies to all development covered by the Development Plan Overlay including Residential Zones 1, 2 and 3, Township Zone and Low Density Residential Zone, within the Latrobe Planning Scheme as well as infill and retrofitted sites.

All Healthy by Design® principles are relevant to large-scale subdivisions of more than 75 lots. It is anticipated that housing development and subdivisions of a smaller scale, especially those of less than 10 lots will only need to comply with the principles that do not note "where relevant".

Incorporating Healthy By Design® into a Planning Permit application?

A pre-application meeting with Council addresses the design principles, including Healthy by Design® principles and design considerations.

The application submitted to Council should include a design response that considers how the proposal addresses Healthy by Design® principles and design considerations.

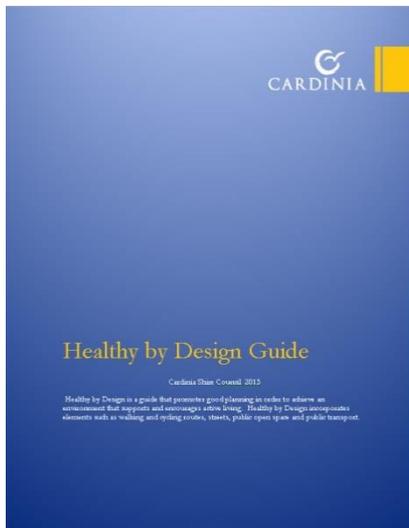
Active Living

- Physical Activity
- Shade
- Access Design
- Safer Design
- Road User Safety

Addressing the seven design considerations in Healthy by Design®, such as walking/cycling routes, streets, local destinations and open space, is an integral aspect of this process to encourage active living.

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Cardinia – internal Healthy by Design planning checklist



Plan Melbourne – 20 min city /
promotion of walking and
cycling

There are still challenges.....



- Legitimising health and well being considerations in the planning system and a more health conscious decision making process
 - Eg Hunt Club vs Casey CC decision
- Recent red dot decision (Hunt Club Commercial Ply Ltd v Casey CC) :

Town planning is not a panacea for all perceived social ills, nor is planning decision-making a forum for addressing all issues of social or community concern. At its heart, planning is about the use, development and protection of land. It has a spatial context that is primarily concerned with the fair, orderly, economic and sustainable use and development of land. Town planning does not involve itself in moral judgements nor, subject to this locational or spatial perspective, in the operation of a competitive market economy in which certain goods and services are lawfully made, sold or consumed. Whilst town planning seeks to secure a pleasant, efficient and safe working, living and recreational environment, it is not the role of town planning to address all issues of public health, nor to regulate the pricing or general availability of a product to manage the health and well being of a society.

There are still challenges.....

- Aligning municipal planning schemes with Council and Public Health and Well Being Plans to provide an integrated framework for local policy action
- Elements that support health are weighted against economic growth
- Improving the use of evidence in policies and decision making

How do these stack up against the evidence?



There are still challenges...

- Tensions between urban sprawl and higher densities
 - Conflicting policy imperatives
 - What is good for the developer isn't always good for the community!
- Bringing our community with us – lack of understanding and recognition of how our built environment affects our health
- Measuring the direct impact that changes to the built environment have on physical activity levels

Overcoming the challenges

State

- Amend the Planning Act to include health as a consideration

Local

- Introduce Health Impact Assessments that include a projected economic health cost as well as immediate health impact. They should be mandated for larger developments or certain types of land use.
- Encouraging local government to use evidence more to inform decision making.
- Re-position planning to be more persuasive

What does it take to move 1000 people?

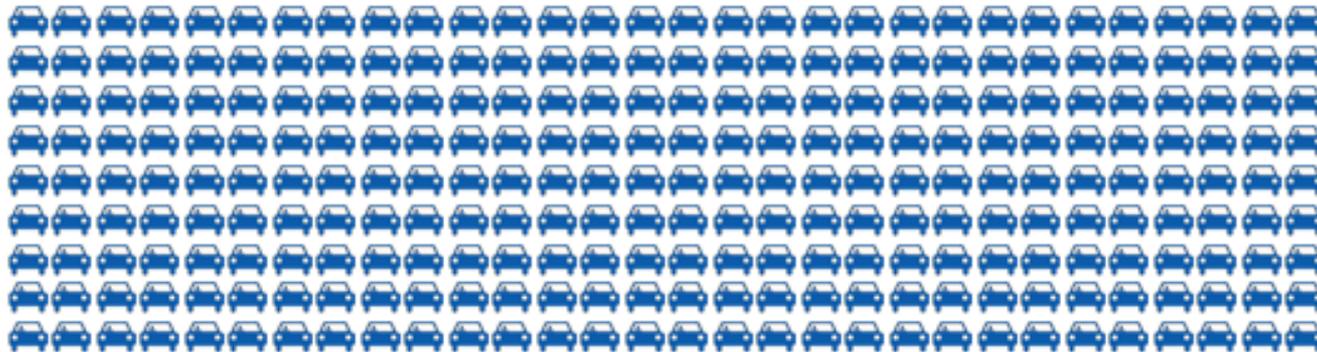
1 train (eight carriages)



15 buses



Anywhere from 250 to 1000 cars



This would then require 1.37 hectares of parking space in the Sydney Central Business District.

Overcoming the challenges

- Find the champions in council who can drive change and are willing to challenge the status quo
- Planning and working across disciplines is critical to building environments which support health eg.planners and engineers
- Create a conversation with the community – need to learn what good land use and design is and to expect nothing less eg.Vancouver experience
- Shift the language: streets for people, liveability, placemaking
- Implement trials, demo projects which are low risk and community driven – more likely to succeed and become entrenched!