Healthy
Active by Design
Today

- The Evidence
- Policy Context
- Physical Activity Taskforce Response
- Healthy Active by Design Project
The Evidence - Globally

Deaths attributed to 19 leading factors, by country income level

High blood pressure
Tobacco use
High blood glucose
Physical Inactivity
Overweight and obesity
High cholesterol
Unsafe sex
Alcohol use
Childhood underweight
Indoor smoke from solid fuels
Unsafe water, sanitation, hygiene
Low fruit and vegetable intake
Suboptimal breastfeeding
Urban outdoor air pollution
Occupational risks
Vitamin A deficiency
Zinc deficiency
Unsafe health-care injections
Iron deficiency

Physical Inactivity

Physically inactive Australian Adults cost the health care system $1.5 Billion annually.

Estimated that almost 9 million Australians do not do enough physical activity on a daily basis.
The Evidence - Locally

- 40% of WA adults insufficiently active
- Fewer than half of WA children meet PA guidelines
- By 2031 Perth’s population is expected to reach 2.2 million, adding more than half a million new residents to the city.
- 50% increase in current average residential density
The Evidence - What are people doing?

Source: WA Adult Physical Activity Survey (2009)
The Evidence - Where are people doing it?

Source: WA Adult Physical Activity Survey (2009)

FIGURE 3.7.2c: Most Reported Facilities used for Physical Activity by Survey Year
The National Policy Context

- **State of Australian Cities Report**
  
  *Draws together existing data and information across a range of economic, social and environmental parameters to provide a national snapshot of the 17 Australian cities with populations over 100,000.*

  *Highlights emerging trends and issues to promote discussion and debate on managing growth and change in major urban centres.*

- **National Urban Policy**

  *“Our Cities, Our Future – A National Urban Policy for a productive, sustainable and liveable future”.*

  *Sets out Australian Government’s objective and directions for Australian Cities.*
The WA Policy Context

- **Planning Makes it Happen – Blueprint for Planning Reform**
  Sets out the strategic priorities and a forward work program covering a wide range of planning initiatives designed to improve the Western Australian planning system.

- **Directions 2031 and Beyond**
  High level spatial framework and strategic plan that establishes a vision for future growth of the metropolitan Perth and Peel region and provides a framework to guide the detailed planning and delivery of housing, infrastructure and services to accommodate a range of growth scenarios.

- **State Planning Strategy**
  The State Planning Strategy provides the basis for long-term State and regional land use planning and coordinates a whole-of-government approach to planning. The State Planning Strategy is currently being reviewed and to be released for consultation later this year.

- **Liveable Neighbourhoods**
  Liveable Neighbourhoods has been prepared to implement the objectives of the State Planning Strategy which aims to guide the sustainable development of Western Australia to 2029. Liveable Neighbourhoods operates as a development control policy, or code, to facilitate the development of sustainable communities. It is anticipated a review of Liveable Neighbourhoods will be undertaken in the next year.
Other...

- State Planning Policy 4.2  
  (Activity Centres for Perth and Peel)

- State Planning Policy 3.6  
  (Developer Contributions for infrastructure)

- Outer Metropolitan Perth and Peel Sub Regional Strategy

- Central Metropolitan Perth Sub Regional Strategy

- Metropolitan Moving People Network Plan
Changing Behaviour

Awareness and Activation

Programs and Services

Environment

Urban Design can facilitate and encourage active lifestyles
Physical Activity Taskforce (The Taskforce)

Minister for Sport and Recreation
Chair of the Taskforce

Taskforce Membership:
Department of Sport and Recreation, Department of Education, Department of Health, Department of Planning, Department of Transport, Healthway, WA Local Government Association, Academic and Non-Government representatives.

Evaluation and Monitoring Advisory Committee
Communications Advisory Committee
Built Environment Advisory Committee
Walk WA Strategic Implementation Group

The Taskforce is underpinned by a united goal of policy coordination, research and evaluation, communication and resourcing to ensure sufficient physical activity opportunities for all Western Australians into the future.
Planning and Design for Active Living

**PLACES**
Liveable, Prosperous, Accessible, Sustainable and Responsible

**POLICY**
State Planning Strategy Directions 2031 Liveable Neighbourhoods

**POLICY INTO PRACTICE**
Regional Planning Strategies Local Planning Strategies Industry Interpretation

**HEALTHY, ACTIVE BY DESIGN**

**PEOPLE**
Active, Healthy, Happy Engaged and Productive

**PRINCIPLES**
Compact Connected Conducive

**POLICY INTERPRETATION**
Guidelines Evidence and Research Case Studies Professional Development

Local Government Sector

Industry

Health, Transport, Sport & Recreation Sector
## Built Environment Governance Structure

### Physical Activity Taskforce

**Purpose:** to influence the development of environments that are accessible and conducive to physical activity and healthy lifestyles.

**Membership:** Departments of Education, Health, Planning, Transport, Sport and Recreation as well as LandCorp, Main Roads, UDIA, PIA, WALGA, City of Wanneroo and Heart Foundation

### Built Environment Advisory Committee

#### SUB GROUPS

- **Built Environment Schools Working Group**
  - Members: Departments of Education, Planning, Sport and Recreation as well as UDIA, PIA, WALGA and the Independent and Catholic Education Sectors
  - Priorities: - School site planning and design  
    - Shared use agreements

- **Walk WA Strategic Implementation Group**
  - Members: Departments of Education, Environment and Conservation, Health, Transport, Sport and Recreation as well as Public Transport Authority, WALGA and the Heart Foundation
  - Priorities: - Walk WA: a walking strategy for WA – advocacy; promotion; services and programs

- **Healthy Active by Design PMG**
  - Members: Heart Foundation and the Departments of Planning, Transport, and Sport and Recreation
  - Priorities: - Policy scoping and desktop review  
    - Design and development of resource  
    - Implementation, promotion and evaluation

### State Parkland Strategy Group

**Purpose:** a collaborative approach with key stakeholders to resolve POS issues

- Members: Departments of Water, Health, Planning, Sport and Recreation as well as WALGA and UDIA
  - Priorities: - Research  
    - Education  
    - Leadership
## Physical Activity Taskforce Built Environment Strategy

<table>
<thead>
<tr>
<th>KEY FOCUS AREAS</th>
<th>Policy and Strategy</th>
<th>Coordination</th>
<th>Resources</th>
<th>Professional Development</th>
<th>Recognition</th>
<th>Advocacy</th>
<th>Research</th>
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</thead>
<tbody>
<tr>
<td>KEY FOCUS STRATEGIES</td>
<td>Influencing the integration and development of relevant policies and programs</td>
<td>An integrated approach by agencies to influence the built environment to support physical activity</td>
<td>Identifying and developing appropriate resources that support physical activity in the built environment</td>
<td>Providing opportunities and guidance on the integration of physical activity and the built environment into planning and design</td>
<td>Influencing quality accreditation schemes and awards to encourage developments that impact positively on health and physical activity</td>
<td>Promoting the importance of the built environment and recognising the role it can play on physical activity</td>
<td>Building the evidence base between the built environment and physical activity</td>
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<td>KEY FOCUS ACTIONS - EXAMPLES</td>
<td>Contribute to review of Liveable Neighbourhoods</td>
<td>Work in partnership with WALGA to support the development of local health plans and asset management strategies</td>
<td>Develop the Healthy Active by Design resource</td>
<td>Organise a range of events e.g. Community Infrastructure Planning Workshop</td>
<td>Review and influence existing schemes in partnership with UDIA, PIA, RAIA, AILA, PLA WA etc</td>
<td>Stage a parliamentary briefing on the role of the built environment and physical activity – June 2011</td>
<td>Liaise with academic institutions and identify gaps and opportunities – CBEH, CSRR</td>
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Healthy Active by Design

Project Aim

To develop a specific Western Australian program that builds on Healthy Spaces and Places and Healthy by Design. This is underpinned by the following principles:

- Physical Activity can be encouraged through urban design
- Communities can be designed to facilitate a range of activities
- The needs of all user groups must be met
- Equity of access and participation should be provided
- Design guidelines should be evidence based
- Design guidelines should link with existing policies
- Pedestrians, cyclists and public transport users should be prioritised
- There is a need for context-specific design guidance
- Community safety and crime prevention must be considered through environmental design
Heart Foundation and the Built Environment

- Healthy Spaces and Places
- Healthy by Design (Victoria and Tasmania)
- Position Statement – The Built Environment and Walking
- Walkability Checklist
PHASE 1: Policy scoping, desktop review and consultation
   1.1. Desk top review and summary of existing design guidance
   1.2. Consultation with key stakeholders including regional consultation (to develop guidelines)
   1.3. Survey of stakeholders (to test potential resource)
       Commissioned SKM and Centre for the Built Environment and Health (UWA)

PHASE 2: Development and production of guidelines and resource

PHASE 3: Implementation and evaluation
Project Management Group

Physical Activity Taskforce
National Heart Foundation
Department of Sport and Recreation
Department of Transport
Department of Planning
Key Findings - Thresholds

- People have about 60 mins per day to spend travelling for utilitarian purposes
- 35 persons and jobs per hectare is required to make a high quality transit service viable
- Ped shed around destinations is 400-800m for transit and about 1.5kms for other utilitarian destinations
- Children 5-10 times more likely to walk or cycle to school if they live within 800m
- Five destinations form a credible measure of daily travel
- Speeds of 30km/h are safe for roads with potential conflicts between cars and unprotected road users.
Key Findings - Enablers

- Children living within 800m of parks or sports centres are more likely to use these facilities.

- Access, proximity and functionality are all essential to support leisure-time PA.

- People appear to be prepared to travel further to access recreational and sports facilities than public open space.

- Compact mixed-use developments can contribute to PA through promotion of cycling, walking and less use of the car.
Other Considerations

- National Partnership Agreement on Preventative Health
- New Public Health Act (Health impact assessment)
- Shared Use Agreements
- Age Friendly Communities Grants
- Healthy Parks, Healthy People
- Department of Sport and Recreation Initiatives
- Disability Access and Inclusion Plans
Key Design Features

1. Local Access
   - Ensuring local access to shops, services, schools, recreational opportunities, employment opportunities and public transport
   - To increase residential density, intensity of use and active transport networks to support local businesses, employment opportunities and frequent accessible public transit.

2. Co-location
   - Co-location and sharing of facilities across communities
   - To encourage groupings of key destination point within close proximity of each other to improve accessibility, integrated facilities and multiple uses of space and travel networks.

3. Traffic Management
   - Managing traffic volume, speed and safety
   - To manage vehicle traffic to provide safe environments for walking, cycling and other physical activities
4. **Welcoming Paths**
   - Creating welcoming footpaths and shared paths
   - To provide an accessible, attractive and welcoming street environment, with well maintained footpaths for all users.

5. **Connected Streets and Linked Communities**
   - Creating connected street networks and building links between communities
   - To create connected street networks that allow pedestrians and cyclists to take more direct routes to and from destinations.
   - To make travel between neighbourhoods easier by ensuring pedestrian and cycle networks are inter-connected and providing access to frequent accessible public transport services.
6. Healthy Active School Design and Location
   - Designing and locating schools
   - To design and locate schools to facilitate young people’s active transport to school, and physical activity while at school.

7. Functional Public Open Space
   - Designing inclusive public open spaces
   - To design multi-purpose public open spaces that are functional and accessible and cater for the needs of children, adolescents, adults and seniors of all abilities.

8. Community Safety
   - Community safety: designing secure neighbourhood streets
   - To create communities where people feel safe in their homes, in the local streets and neighbourhood public spaces.
Consultation Objectives

1. Testing the Key Design Features
   - Local access
   - Co-location
   - Traffic management
   - Welcoming paths
   - Connected streets and linked communities
   - Healthy active school design and location
   - Functional public open space
   - Community safety

2. Collection of best practice case studies
3. Feedback on links to WA policy
4. Type of Resource
Insights from Consultation

- A clear vision is needed that articulates what kind of towns, cities and regions we want to live in.
- Agreement on the principles underlying each feature is necessary.
- Equity is a critical consideration.
- Community input is important in the early planning stages of a development.
- Communication must be built in across all design features.
- The impact of design on lifestyle and physical activity is a key implication for developer and local government.
- Further work is needed to improve the interface between government and the private sector.
Conclusions to Date

- A website is the preferred style of resource, with a strong interface with existing resources
- Critical that there is a WA policy context and WA considerations (eg: regional and climatic)
- HABD should address the need for a guideline for retrofitting existing towns and suburbs
- Policy alignment across all stakeholder groups needs to be a priority
- Communication within and between agencies is critical
- Dialogue with the community is essential
- HABD can play a proactive role in communicating with a wide range of stakeholders across a range of sectors.
Next Steps

- Analysis of the stakeholder needs and issues survey
- Final recommendations from Phase 1 (taken from Consultants report and consultation)
- Phase 2 about to go out to tender
- Development and Design of the final product
- Implementation

Ongoing policy influence and strategy implementation
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- Sarah Foster  Centre for the Built Environment and Health, UWA
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