



HEALTHY SPACES & PLACES



ABOUT HEALTHY SPACES AND PLACES PROJECT

INTRODUCTION

The *Healthy Spaces and Places* project is a landmark project demonstrating the importance of taking a national perspective to:

- managing our environments, particularly how the physical characteristics of where Australians live, work and play can influence their physical and mental health and wellbeing
- investing in Australia's future health and wellbeing
- reducing health costs by preventive measures
- fostering collaborative partnerships
- supporting social connectiveness.

PROJECT COLLABORATORS

In a unique collaboration, the Australian Local Government Association, the National Heart Foundation of Australia and the Planning Institute of Australia are working together to develop *Healthy Spaces and Places*.

This project has received funding assistance from the Australian Government Department of Health and Ageing

A NATIONAL PERSPECTIVE

The *Healthy Spaces and Places* project has a national approach to raising awareness of the relationship between health and the built environment, and to contributing to the development of a national policy setting.

SUPPORTING STATE AND TERRITORY INITIATIVES

The *Healthy Spaces and Places* project is supporting and complementing the substantial initiatives currently being undertaken by state, territory and local governments, the development industry and the community sector.

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Aim

Healthy Spaces and Places aims to promote the on-going development and improvement of built environments where Australian people live, work and play, which will facilitate lifelong active living and promote good health outcomes for all.



Benefits of considering people's health in planning:

- Increased involvement in regular physical activity – greater numbers of more active and healthier people
- Improved understanding of how the built environment influences active living choices
- Enhanced sense of belonging – social inclusion – engendering strong and growing community spirit and maximising social capital benefits
- Stronger sense of place – designing spaces for community inclusion and engagement
- Positive health impacts on future health burden
- Sustained benefits for long term economic wellbeing.

Possible design elements which promote active lifestyles include:

- Creating walkable neighbourhoods
- Planning for walking and cycling
- Encouraging public transport use
- Promoting a mixed range of land uses and densities
- Designing for surveillance and safety
- Creating environments for all ages
- Enhancing and increasing opportunities for passive and active recreation.

CONSULTATION

Discussion Paper

The discussion paper *Healthy Spaces and Places: Towards a national planning guide* provides a summary of the project's scoping stage and is available from the Planning Institute of Australia's website at <http://www.planning.org.au/>.

A series of consultation workshops for government, planning and health professionals focused on the draft discussion paper was undertaken from May to November 2008.

This revealed broad support for a practical, credible, current, educational and inspirational guide providing key principles for health and planning.

Focus Groups

Focus groups will be held around Australia in metropolitan and regional locations between February and April 2009. These focus groups will be to receive directed input and review of the draft planning guide and website.

For further information about the Healthy Spaces and Places project or to be involved in future consultation please contact healthyplaces@planning.org.au



For more information
about the project,
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