

Healthy living

- A Perth study found adults with access to large attractive public open spaces were 50 per cent more likely to undertake high levels of walking than those who did not.²
- A study of European urban adults found that people living in high greenery areas were more than three times as likely to be physically active and 40 per cent less likely to be overweight or obese than those living in less attractive areas.³
- In 2008, obesity was estimated to cost Australia \$58.2 billion (financial cost \$8.28 billion, lost wellbeing \$49.9 billion). This included costs attributable to diseases such as diabetes, cardiovascular disease, various cancers and osteoarthritis.⁴



Walking. Cycling. Running. Catching a bus or a train. Kicking a ball. Playing on swings. Skateboarding. Relaxing in a park. Working in a community garden. Walking to the shops, to the doctor, to school. Exploring your community on foot or cycle.

These are all part of an active lifestyle, showing it's possible to be active no matter what our age, where we live, what we do or who we are.

¹ Bureau of Transport Economics, 2002, *Greenhouse policy options for transport*. Bureau of Transport Economics, Report No. 105.

² Giles-Corti, B., Broomhall, M., Knuiaman, M., Collins, C., Douglas, K., Ng, K., Lange, A. and Donovan, R., 2005, *Increasing Walking: How Important is Distance to Attractiveness and Size of Public Open Space?* American Journal of Preventive Medicine, 28, 169-76.

³ Ellaway, A., Macintyre, S. and Bonnefoy, X., 2005, *Graffiti, greenery, and obesity in adults: secondary analysis of European cross sectional survey*. British Medical Journal, 331: 611-612, www.bmj.com

⁴ Access Economics 2008, *The growing costs of obesity in 2008: three years on*. Diabetes Australia, 2008.



www.healthyplaces.org.au



HEALTHY SPACES & PLACES
A national guide to designing places for healthy living

www.healthyplaces.org.au



Why Healthy Spaces & Places?

Healthy Spaces and Places is a national guide to designing places for healthy living – places that encourage us to be more active. It is a unique collaboration between the Australian Local Government Association, National Heart Foundation and the Planning Institute of Australia. It was funded by the Australian Government Department of Health and Ageing.

It is a national guide to designing places for active living – places that encourage us to be more active.

Research shows that being regularly active benefits our mental and physical health and wellbeing. Active lifestyles can:

- reduce the risk of Australia's high incidence of preventable diseases, like heart disease, stroke, type 2 diabetes, obesity and some cancers
- help manage some mental health issues, improve community life, social wellbeing and community safety, and
- lower blood pressure and help prevent falls in the elderly.

Planning for people

Many places in Australia don't encourage active living, with sedentary behaviour and car dependency the norm.

Healthy Spaces and Places is about planning for people movement, making it easier for us to be more active.

In Australia, 10% of all car trips are less than one kilometre (the equivalent to a ten minute walk), 30% are less than three kilometres.¹

Healthy Spaces & Places online

The *Healthy Spaces and Places* website www.healthyplaces.org.au includes:

- design principles that are the foundation stones of healthier more active communities
- different development types where these principles can be applied
- information about how to make planning for healthier communities happen
- Australian case studies that show what is achievable and which have potentially wider application, and
- links to the health and planning research and resources that support planning for active living.

