



HEALTHY SPACES & PLACES

A national guide to designing places for healthy living

CONNECTIVITY

Are you interested in finding about why connecting places is important to our health and well being?

Then go to www.healthyplaces.org.au. There are numerous places on this website with information about connectivity.

Connectivity is the degree to which networks, such as streets, railways, walking and cycling routes, services and infrastructure, interconnect. A highly connected place will have many public spaces or routes linked to it. Good connectivity provides easy access to key destinations for pedestrians. Excellent connectivity actively seeks to discourage car use by making local trips easier and more pleasant by foot than by car.

Increased connectivity (combined with increased density, mixed use planning and good urban design) = increased walkability = better health

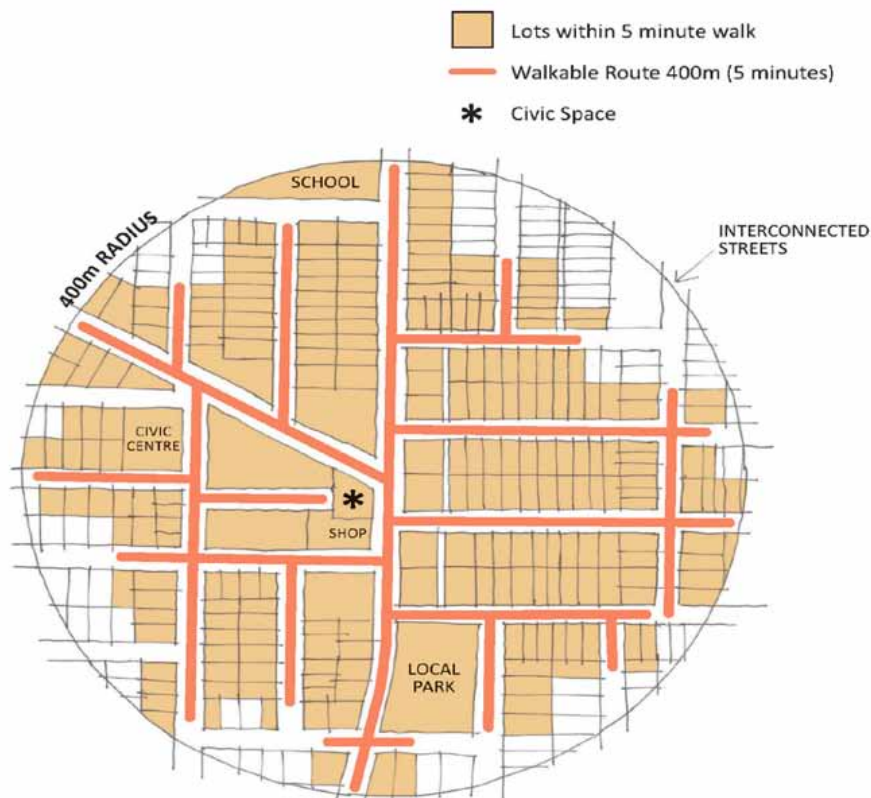
Connectivity and Permeability is one of ten design elements outlined on the website. The Fact Sheet on Connectivity and Permeability (<http://www.healthyplaces.org.au/userfiles/file/Connectivity%20June09.pdf>) contains key information such as:

- Many people refer to 400 metres being a “reasonable” distance for people to walk. This stems from United States research in the 1960s. The purpose was to consider walking distances to public transport facilities. A “reasonable” walking distance is likely to be affected

by location, topography, weather, pedestrian facilities, trip purpose and cultural factors. While a five minute walk (the time taken for the average person to walk 400 metres) may seem like a reasonable benchmark, it will not provide for a person’s daily exercise needs alone. More recent studies have shown that people are willing to walk much greater distances if the walking environment is favourable (an average of 1.2 kilometres in good conditions).

The Image Gallery contains downloadable photographs and drawings such as





PED-SHED (WALKABLE CATCHMENT)

Diagram for a well connected neighbourhood.

'Walkable catchments, sometimes referred to as 'pedsheds', are maps showing the actual area within a five minute walking distance from any centre, or ten minutes from any major transport stop such as a railway station. The centre could be a neighbourhood or town centre.'

Walkable catchment calculations are expressed as the actual area within a five-minute walking distance as a percentage of the theoretical area within a five-minute walking distance. The theoretical five-minute walking distance is shown as a circle with a radius of about 400 m drawn around any particular centre. This is an area of 50 ha. When calculating a ten-minute walking distance, the radius used is about 800 m, resulting in a circle area with an area of 200 ha.'

Liveable Neighbourhoods (WAPC 2009)



Other sections of the website with information about Connectivity are:

- **Development types** – Connectivity principles can be applied to a range of development types. Advice on key considerations and practice implications are outlined for several development types including infill development, schools, shopping precincts, neighbourhood planning and design and rural and regional development. See <http://www.healthyplaces.org.au/site/devtype.php>
- **Case studies** – There are over 40 case studies that provide a small snapshot of policies, programs and projects being undertaken around Australia that encourage physical activity through changes to the built environment and have resulted in, or aim to improve mental and physical health.

See for example, Geelong Walkability Toolkit, Lightsview Subdivision, Adelaide. <http://www.healthyplaces.org.au/site/casestudies.php>.

- **Resources** – There is a list of resources and links to Australian and international organisations working in the areas of health and planning as well as links to further health and planning research.

For more information go to www.healthyplaces.org.au or email healthyplaces@planning.org.au

