

Key Points on Healthy Spaces and Places

Healthy Spaces and Places is a national guide for planning, designing and creating sustainable communities that encourage healthy living. The primary resource is a website www.healthyspaces.org.au and there is also a written overview document. Through practical tools, case studies and guidelines, Healthy Spaces and Places aims to:

- encourage the development of built environments that provide opportunities for physical activity and other health-related activities
- continue to improve the health outcomes for all Australians through better-designed built environments
- raise awareness of the relationship between physical activity and the built environment, and
- contribute to a national policy setting.



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

Reasons for Healthy Spaces and Places

Australia is one of the most overweight of the developed nations, with overweight and obesity affecting about one in two Australian adults and up to one in four children. In 2008 alone, obesity (excluding overweight) was estimated to cost Australia \$58.2 billion (financial cost \$8.283 billion, lost wellbeing \$49.9 billion). This included costs attributable to diseases such as diabetes, cardiovascular disease, various cancers and osteoarthritis.

Physical inactivity also increases the risk of type 2 diabetes, obesity, breast and bowel cancer, depression and anxiety. For references see Overview Brochure on the HSP Website (<http://www.healthyplaces.org.au/userfiles/file/HS&P%20An%20overview.pdf>)

Research shows that the built environment can have a significant impact on a person's level of physical activity.

Healthy Spaces and Places contains 10 key principles that should be considered when developing benchmarking and best practice for liveable and sustainable built environments in communities:

- Active Transport
- Aesthetics
- Connectivity
- Environments for All People
- Mixed Density
- Mixed Land Use
- parks and open space
- safety and surveillance
- social inclusion

Information, resources and case studies on each principle can be found on the website.