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.

The 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 contribute to the development of a national policy setting.

SUPPORTING STATE AND TERRITORY INITIATIVES

The Healthy Spaces and Places project is looking to support and complement the substantial initiatives currently being undertaken by state, territory and local governments, the development industry and the community sector.

HEALTHY SPACES AND PLACES - DRAFT FOR DISCUSSION

The Healthy Spaces and Places project has produced a draft national planning guide for discussion and consultation purposes from its scoping stage. A copy of the discussion paper is available from the PIA website www.planning.org.au

The discussion paper is in two parts:

- Issues summary – evidence based approach to health, physical activity and the built environment
- Towards a framework for supportive environments for healthy spaces and places – starting to identify the range

For more information about the project, please contact the Project Manager, Anne Moroney at healthyplaces@planning.org.au
For more information about the project, please contact the Project Officer, Anne Moroney at
healthyplaces@planning.org.au

Details of Healthy Spaces and Places Discussion Paper

Aim

Healthy Spaces and Places project 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 – more numbers of more active and healthier people
• Improved understanding of how the built environment influences active living choices
• Sense of belonging – social inclusion – engendering strong and growing community spirit and maximising social capital benefits
• 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 mixed range of land uses and densities
• Designing for surveillance and safety
• Creating environments for all ages.

Consultation

Draft for discussion purposes

Healthy Spaces and Places: Towards a national planning guide is very much a work in progress. It provides a summary of the work from the project’s scoping stage.

Your comments and insights are welcome and will help shape the final guide and its accompanying materials.

Consultation Workshops

A series of workshops are being held around Australia in metropolitan and regional locations. Information about these up-coming workshops will be available from www.planning.org.au.

Comments

Please send your comments and thoughts on the discussion paper to: healthyplaces@planning.org.au

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Closing date for comments is 30 September 2008.