



# UP4HEALTH

Urban Planning 4 Health: A Guide for NSCC Population Health

Live Life  well

NSW  HEALTH  
NORTHERN SYDNEY  
CENTRAL COAST  
AREA HEALTH SERVICE



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## UP4HEALTH (URBAN PLANNING 4 HEALTH) GUIDE

The *UP 4 Health Guide* is a tool for Health Promotion and Public Health staff interested in assessing and influencing the health and social outcomes of proposed development at a Local, State and Federal level. The aim is to improve and maintain the quality of Health Promotion and Public Health responses to such documents and initiatives. Factors which carry most potential for improvement are –

- Timeliness – responses often require short turn around periods
- Evidence based – commentary on proposals should reflect the best research currently available
- Relevance – comments will be considered useful to the degree to which they address the constraints that planners face (eg regulatory, political, financial, etc)
- Accuracy – comments should be well informed and cite accurate data
- Persuasive – the information and opinion cited should be presented in a way that is both engaging and compelling.

### How to Use the Guide

The *Up 4 Health Guide*, developed for Health Promotion and Public Health staff, provides a summary of the key areas that can be influenced in development proposals, key recommendations for letters of submission, links to other documents and publications from which further information can be obtained.

The guide focuses on increasing the capacity of staff to comment on development proposals and enhance their

knowledge of the links between health and planning. The *Up 4 Health Guide* is a working document. It will evolve as new evidence and policy become available.

Other services may also find this guide a useful resource.

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Key comprehensive tools that are commonly used by Population Health are:

- NSW Premier's Council for Active Living: *Designing Places for Active Living*  
[www.pcal.nsw.gov.au/planning\\_and\\_design\\_guidelines](http://www.pcal.nsw.gov.au/planning_and_design_guidelines)
- National Heart Foundation of Australia: *Healthy By Design: a planners' guide to environments for active living*.  
[www.heartfoundation.org.au/SiteCollectionDocuments/Healthy%20by%20Design.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/Healthy%20by%20Design.pdf)
- Designing Out Crime: Crime Prevention Through Environmental Design.  
[www.police.nsw.gov.au/community\\_issues/crime\\_prevention/safer\\_by\\_design](http://www.police.nsw.gov.au/community_issues/crime_prevention/safer_by_design)
- Landcom Guidelines. Design principles and advice on the built form for healthy design features.  
[www.landcom.com.au/](http://www.landcom.com.au/)



## Introduction

Most urban and land use planning decisions and policies have an impact on human health. These impacts can be direct and obvious, such as the provision of safe and accessible parks to support physical activity. Others are less obvious, such as the impact of transport planning on social conviviality and social isolation.

A growing body of research indicates that the built environment is one of many variables that affects the health of the individual and the population. The built environment “provides the setting and backdrop by which we live our lives”.<sup>1</sup> It is the design of a community’s physical structures including: housing, businesses, transport systems, and recreational facilities which affect patterns of living (behaviours) that, in turn, influence health.<sup>2</sup>

The built environment has a direct influence on people’s health and well-being by:

- Encouraging or inhibiting physical activity
- Promoting social interaction and participation
- Enhancing sense of community
- Influencing people’s perceptions of safety
- Offering the opportunity to participate in civic life.<sup>1</sup>

The UP 4 Health Guide is divided into three parts. Sections within key areas often overlap as they are inherently connected.

### Part 1. Checklist for Healthy Planning Assessment

Assists to identify positive and negative health aspects related to a proposal and its relevance to key health issues. More detail will be found in the Appendix. A glossary is also provided.

### Part 2. Key Areas

Contains information on key health areas. Each section topic offers definitions, evidence based rationale, recommendations for healthy design features, supportive policy or legislation, references, and useful resources.

### Part 3. Appendix

This part contains:

NSCC Health Promotion and Public Health Protocol for Responding to Environmental Planning/Urban Development proposals.

Examples of submissions on plans and developments

Checklist for Healthy Planning Assessment. This covers key areas and questions to consider in the assessment of the development proposal

1. Butterworth, I (2000), The relationship between the Built Environment and Wellbeing: a literature review. Victorian Health promotion Fund, Melbourne, Australia.
2. Transportation Research Board (2005) Does the built environment influence physical activity? Examining the evidence. United States of America: National Academy of Sciences

## PART 1: CHECKLIST FOR HEALTHY PLANNING ASSESSMENT

Key Area	Do the proposed policies and developments:
<b>Promoting Healthy Lifestyles</b> Sections: physical activity, overweight and obesity, sun protection, smoking	<input type="checkbox"/> Encourage active living? <input type="checkbox"/> Provide accessible space for active and passive recreation? <input type="checkbox"/> Provide easy access to green space and parks? <input type="checkbox"/> Provide shaded outdoor areas? <input type="checkbox"/> Include smoke free outdoor places?
<b>Transport and Mobility</b> Sections: active transport	<input type="checkbox"/> Manage parking supply for cars and bicycles to encourage public transport use and cycling? <input type="checkbox"/> Build active transport infrastructure eg bike paths, bus routes, etc? <input type="checkbox"/> Provide residential, commercial and recreational spaces linked by frequent, reliable, cheap and safe public transport? <input type="checkbox"/> Provide routes and spaces which are pedestrian and/or cycle friendly? <input type="checkbox"/> Offer end-of-trip facilities? eg showers, bike storage, lockers
<b>Community Safety</b> Sections: Crime Prevention Through Environmental Design (CPTED), Alcohol	<input type="checkbox"/> Focus on safe public spaces, day and night? <input type="checkbox"/> Incorporate CPTED principles? <input type="checkbox"/> Consider the NSW Liquor Act 2007?
<b>Food Security</b> Sections: food security	<input type="checkbox"/> Improve access to wholesome locally produced food? <input type="checkbox"/> Address food deserts? <input type="checkbox"/> Encourage community gardens, city farms and allotments to allow food to be grown locally? <input type="checkbox"/> Safeguard or threaten good agricultural land from development? <input type="checkbox"/> Reduce centralised and car dependent shopping? <input type="checkbox"/> Reduce food kilometres? <input type="checkbox"/> Reduce large supermarket expansion? <input type="checkbox"/> Increase diversity of food outlets?
<b>Social Cohesion, Social Inclusion and Social Capital</b> Sections: gathering places, affordable housing	<input type="checkbox"/> Promote social cohesion? <input type="checkbox"/> Provide opportunities for social interaction, gatherings, public events? <input type="checkbox"/> Strengthen the infrastructure for community development, participation and public art? Explicitly or implicitly exclude particular groups (eg elderly or CALD groups) in the community? <input type="checkbox"/> Use street network to connect suburbs with each other and with local centres - employment, schools, shopping facilities? <input type="checkbox"/> Promote housing quality? <input type="checkbox"/> Provide a mix of tenure options? Ensure affordability?
<b>Environment, Climate Change and Sustainability</b> Sections: climate change, contact with nature, contaminated land, water re-use	<input type="checkbox"/> Reduce the emission of greenhouse gases? <input type="checkbox"/> Reduce energy consumption? <input type="checkbox"/> Promote active and green transport options? <input type="checkbox"/> Encourage waste reduction? <input type="checkbox"/> Reduce the use of non-renewable resources? <input type="checkbox"/> Promote resource conservation recycling, reuse and repair? <input type="checkbox"/> Encourage rain water harvesting and the appropriate use of grey water? <input type="checkbox"/> Encourage the use of solar energy? <input type="checkbox"/> Protect nature, wildlife corridors and threatened habitats?

## GLOSSARY OF TERMS

The New South Wales planning and development assessment system is the means by which we manage our environment and use of resources. Planning and development is carried out under the Environmental Planning and Assessment Act 1979 and Environmental Planning and Assessment Regulation 2000.<sup>1</sup>

### Environmental Planning Instruments (EPI):

Environmental planning instruments (State environmental planning policies and local environmental plans) are legal documents that regulate land use and development.<sup>1</sup>

- Deal with matters of state-wide significance
- Includes SEPPs, REPs, LEPs.

### Regional Environmental Plans [deemed SEPPs]:

As of 1 July 2009, regional environmental plans (REPs) are no longer part of the hierarchy of environmental planning instruments in NSW. All existing REPs are now deemed State Environmental Planning Policies.<sup>1</sup>

### State Environmental Planning Policies (SEPPs):

State environmental planning policies (SEPPs) deal with issues significant to the state and people of New South Wales. They are made by the Minister for Planning and may be exhibited in draft form for public comment before being gazetted as a legal document.<sup>1</sup>

### Local Environmental Plan (LEP):

Local environmental plans guide planning decisions for local government areas. Through zoning and development controls, they allow councils to supervise the ways in which land is used.

- a statutory document
- includes key provisions
- Prepared by local government but State Government approved
- Difficult to change
- Possesses legal weight (prohibitions and matters for consideration)

### Development Control Plan (DCP):

Development control plans, prepared in accordance with the Environmental Planning and Assessment Act, are used to help achieve the objectives of the local environmental plan (LEP) by providing specific, comprehensive requirements for certain types of development or locations, e.g. for urban design, and heritage precincts and properties.<sup>1</sup>

- A policy document
- Adds detail to the LEP
- Council approved
- Possesses legal weight but less difficult to change
- Functional
- Non-statutory guidelines (includes graphics unlike statutory guidelines such as LEPs).

### Masterplan

A document consisting of written information maps and diagrams that outline proposals for development of the land to which the Masterplan applies.

### Development Application/Assessment

All development proposals in NSW must be assessed to ensure they comply with relevant planning controls according to nature and scale, and that they are environmentally and socially sustainable.

1. NSW Department of Planning  
[www.planning.nsw.gov.au/PlanningSystem/LegislationandPlanningInstruments/tabid/67/Default.aspx](http://www.planning.nsw.gov.au/PlanningSystem/LegislationandPlanningInstruments/tabid/67/Default.aspx)  
 Accessed July 2009

## PART 2

### KEY AREA: PROMOTING HEALTHY LIFESTYLES

#### SECTION: PHYSICAL ACTIVITY

##### DEFINITIONS

Physical Activity may be defined as “any bodily movement produced by skeletal muscles that result in a substantial increase over the resting energy expenditure”.<sup>1</sup>

Physical activity can be planned or unplanned (incidental). The term “planned,” often interchangeable with “structured,” generally refers to supervised, regular and vigorous activities which are usually carried out in a facility or centre. The term “unplanned” or “unstructured” by contrast, generally refers to a broader notion of lifestyle activities undertaken in different settings including the workplace (physical tasks, manual handling etc.), home (domestic chores, gardening etc.) and walking or cycling for transport or recreation.<sup>1</sup>

##### RATIONALE

In 2008, just over half (55.1 %) of the overall NSW adult population undertook adequate levels of physical activity, defined as 150 minutes a week over 5 separate occasions.

Since 2007, there has been no significant change in the proportion of adults who undertook adequate levels of physical activity.<sup>2</sup>

There are a number of risk factors for chronic disease that are behavioural and therefore modifiable by individuals. In many cases positive health behaviours can contribute to the prevention of or slow the progression of chronic diseases.

Physical inactivity is one such behavioural risk factor that can be modified.

There is much epidemiological evidence to support the fact that participation in regular physical activity offers far reaching health benefits, namely, a protective effect against chronic disease.<sup>1</sup>

NSW Health aims to increase the proportion of the NSW population who participate in regular physical activity, consistent with the National Physical Activity Guidelines.

##### KEY RECOMMENDATION(S)

- Plan and design communities that will encourage walking, cycling and public transport, particularly for local trips i.e. make them “walkable” and “bikeable”
- Provide ‘active transport’ infrastructure such as cycle ways, footpaths, shared paths and end of trip facilities such as secure bicycle parking, lockers and public showers which all encourage walking and cycling as a means of transport and recreation.
- Provide accessible parks, public open spaces and ‘green corridors’. Such parks and open spaces encourage active and passive recreation, play and socialisation.
- Provide recreation and sporting facilities appropriate to the needs of the community.



## POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

Healthy People NSW: Improving the health of the population  
[www.health.nsw.gov.au/pubs/2007/pdf/healthy\\_people.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/healthy_people.pdf)

State Plan - a new direction for NSW  
[www.nsw.gov.au/stateplan/](http://www.nsw.gov.au/stateplan/)

## KEY ARTICLES AND WEBSITES

NSW Premier's Council for Active Living (PCAL)  
[www.pcal.nsw.gov.au](http://www.pcal.nsw.gov.au)

Booth M, Okely AD, Denney-Wilson E, Hardy L, Yang B, Dobbins T. (2006) NSW Schools Physical Activity and Nutrition Survey (SPANS) 2004: Summary Report. NSW Department of Health. Sydney, NSW. [www.health.nsw.gov.au/pubs/2006/pdf/spans\\_report.pdf](http://www.health.nsw.gov.au/pubs/2006/pdf/spans_report.pdf)

Heart Foundation. The Built Environment and Walking Position Statement  
[www.heartfoundation.org.au/SiteCollectionDocuments/Built\\_environment\\_position\\_statement\\_FINAL\\_LR%20for%20web.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/Built_environment_position_statement_FINAL_LR%20for%20web.pdf)

NSW Centre for Physical Activity and Health (CPAH), Chau J., Smith, B., Chey T., Merom D., Bauman A., Trends in population levels of sufficient physical activity in NSW, 1998 to 2005: Full report. January 2007. Report No. CPAH06-001c.

NSW Centre for Physical Activity and Health (CPAH), Schöppe S., Bauman A., Bull F., International Review of National Physical Activity Policy, A literature review. June 2004. Report No. CPAH 04-0002.

Medibank Private. The cost of physical inactivity. What is the lack of participation in physical activity costing Australia? Medibank Private, 2007.  
[www.medibank.com.au/Client/Documents/Pdfs/pyhsical\\_inactivity.pdf](http://www.medibank.com.au/Client/Documents/Pdfs/pyhsical_inactivity.pdf)

World Health Organisation (WHO)  
[www.who.int/topics/physical\\_activity/en/](http://www.who.int/topics/physical_activity/en/)

Cluster for Physical Activity and Health – The University of Sydney  
[www.cpah.health.usyd.edu.au/](http://www.cpah.health.usyd.edu.au/)

NSW Physical Activity, Nutrition and Obesity Research Group (PANORG). A PANORG website is currently under construction. For all inquiries, please email [panorg@health.usyd.edu.au](mailto:panorg@health.usyd.edu.au).

Physical Activity Impact Assessment Framework - City of Fremantle, Western Australia  
[www.heartfoundation.org.au/SiteCollectionDocuments/LGA%20UPDATED%20Physical%20Activity%20Impact%20Assessment%20Framework.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/LGA%20UPDATED%20Physical%20Activity%20Impact%20Assessment%20Framework.pdf)

## REFERENCES

1. Gebel, K., King, L., Bauman, A., Vita, P., Gill, T., Rigby, A. and Capon, A. (2005) Creating healthy environments: A review of links between the physical environment, physical activity and obesity. Sydney: NSW Health Department and NSW Centre for Overweight and Obesity.
2. Centre for Epidemiology and Research. New South Wales Population Health Survey 2008 (HOIST). NSW Department of Health.  
[www.health.nsw.gov.au/PublicHealth/surveys/hsa/08summary/toc/t\\_summary\\_06\\_behaviours.asp](http://www.health.nsw.gov.au/PublicHealth/surveys/hsa/08summary/toc/t_summary_06_behaviours.asp) (accessed 27/05/09)



## KEY AREA: PROMOTING HEALTHY LIFESTYLES

### SECTION: OVERWEIGHT and OBESITY

#### DEFINITIONS

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. The World Health Organization (WHO) defines "overweight" as a BMI equal to or more than 25, and "obesity" as a BMI equal to or more than 30.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used in classifying overweight and obesity in adult populations and individuals. It is defined as the weight in kilograms divided by the square of the height in metres (kg/m<sup>2</sup>).

#### RATIONALE

Obesity is one of the greatest public health challenges confronting Australia and many other developed nations.

In 2008, just over half of NSW adults were either overweight or obese (52.9 %), based on self-reported height and weight.<sup>1</sup>

Since 1997, there has been a significant increase in the proportion of NSW adults who were either overweight or obese (41.8 % to 52.9 %). The increase has been significant in males and females, all age groups, all socioeconomic quintiles, and urban and rural health areas.<sup>1</sup>

Since 2007, there has been no significant change in the proportion of NSW adults

who were either overweight or obese; however, there has been a significant increase in adults aged 16-24 years. In 2008, almost 2 in 10 NSW adults (18.6 %) were obese, based on self-reported height and weight. There was no significant difference between males and females.<sup>1</sup>

Evidence suggests reasonable links between the physical environment and physical activity, and to a lesser extent obesity. From a health perspective, even slight increases in physical activity and the prevention of weight gain at a population level are of major significance.<sup>2</sup>

#### KEY RECOMMENDATIONS

Provide opportunities for people to be physically active and eat a healthy diet through the course of their daily lives, specifically:

- Ensure availability, accessibility and affordability of nutritious food supply
- Provide access to drinking water in public places
- Provide access to breastfeeding facilities in public places
- Provide opportunities for people to walk and/or cycle for transport and or recreation
- Provide access to sport and recreation infrastructure, facilities and services

## POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

Population Health Division. Healthy People NSW: Improving the health of the population  
[www.health.nsw.gov.au/pubs/2007/pdf/healthy\\_people.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/healthy_people.pdf)

State Health Plan - A new direction for NSW\_Towards 2010  
[www.health.nsw.gov.au/pubs/2007/state\\_health\\_plan.html](http://www.health.nsw.gov.au/pubs/2007/state_health_plan.html)

## KEY ARTICLES AND WEBSITES

Australian Government - Preventative Health Taskforce

Technical Report No 1: Obesity in Australia: a need for urgent action

[www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/Content/tech-obesity](http://www.preventativehealth.org.au/internet/preventativehealth/publishing.nsf/Content/tech-obesity)

Access Economics. The growing cost of obesity in 2008: three years on. Canberra: Diabetes Australia, 2008.

[www.diabetesaustralia.com.au/PageFiles/7830/FULLREPORTGrowingCostOfObesity2008.pdf](http://www.diabetesaustralia.com.au/PageFiles/7830/FULLREPORTGrowingCostOfObesity2008.pdf)

## REFERENCES

1. Centre for Epidemiology and Research. New South Wales Population Health Survey 2008 (HOIST). NSW Department of Health.  
[www.health.nsw.gov.au/PublicHealth/surveys/hsa/08summary/toc/t\\_summary\\_07\\_status.asp](http://www.health.nsw.gov.au/PublicHealth/surveys/hsa/08summary/toc/t_summary_07_status.asp)  
(accessed 27/5/09)
2. Gebel, K., King, L., Bauman, A., Vita, P., Gill, T., Rigby, A. and Capon, A. (2005) Creating healthy environments: A review of links between the physical environment, physical activity and obesity. Sydney: NSW Health Department and NSW Centre for Overweight and Obesity.

## KEY AREA: PROMOTING HEALTHY LIFESTYLES

### SECTION: OUTDOOR SMOKE FREE AREAS <sup>1</sup>

#### DEFINITION

State legislation covers public places that are defined as enclosed under the NSW Smoke-free Environment Act 2000. Such places include the “enclosed” areas of restaurants, cafes, theatres, schools, cinemas, pubs and registered clubs. <sup>1</sup>

Smoke-free outdoor areas are those areas that are not enclosed. They include places where people and children gather such as playgrounds, sporting fields and alfresco dining areas. Second hand smoke refers to the smoke produced by another person smoking a cigarette.

Second hand smoke is also called environmental tobacco smoke (ETS). <sup>2</sup>

#### RATIONALE

There is substantial evidence linking exposure to second hand smoke with a range of serious and life threatening health impacts, including heart disease and cancer. Children exposed to second hand smoke are at an increased risk of asthma, SIDS, acute respiratory infections and ear problems. There is also emerging evidence that smoking affects air quality in outdoor locations such as alfresco dining areas and sports stadiums.

Cigarette butts are not biodegradable and make up almost 50% of litter found in urban areas. Outdoor smoking bans can help reduce the amount of litter and therefore reduce the clean up costs.

#### KEY RECOMMENDATION(S)

- Outdoor smoke-free areas is a positive step that council can take to protect the community from the health impacts of second hand smoke as well as promoting a cleaner safer environment.
- Objectives in planning should incorporate future objectives to ensure that the intent of the legislative process to establish effective smoke free area within all public precincts is not compromised.
- Smoke free zones should be incorporated into all public sectors of the planning strategy to protect communities from the effects of second hand smoke.
- On the basis of the emerging evidence that second hand smoke can pose a threat to health at outdoor locations where people gather in close proximity, Smoke Free Zones should be considered in all areas where there are alfresco dining venues, sporting grounds, children's playgrounds, outdoor entertainment venues, beach locations, transport waiting areas, and within 7 metres of building entrances.

#### POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

Smoking in enclosed public places is regulated by the *NSW Smoke Free Environment Act 2000*. While there is no provision for controlling outdoor smoking in areas such as alfresco dining areas, sports fields and children's playgrounds, under the *NSW Local Government Act 1993* councils do have the power to protect communities from the effects of second hand smoke.



### Community support for recommendation

Community support to reduce exposure to second hand smoke in outdoor locations is overwhelming. After all, 82% of the population do not smoke. A Cancer Council 2006 survey of NSW residents found 92% supported a ban at children's playgrounds, 69% supported smoke free dining, 85% support bans outside workplaces/entrance doors and 80% support bans in sports stadiums.

### Case Studies and Precedents to support recommendation

Outdoor smoking restrictions are becoming more common nationally and internationally. As at May 2009 58 NSW councils have introduced smoke free outdoor areas. These include alfresco dining areas, Children's playgrounds and sporting venues.

Some examples are: Mosman Council, Manly Council and Shoalhaven City Council. See websites for further information.

### KEY ARTICLES AND WEBSITES

Smoke Free Outdoor Areas -A Resource Kit for Local Government, Cancer Council NSW and partners [www.cancercouncil.com.au/editorial.asp?pageid=2255](http://www.cancercouncil.com.au/editorial.asp?pageid=2255)

Smoke Free Policy In Outdoor Areas- A 2009 survey of NSW Councils  
[www.heartfoundation.org.au/Healthy Living/Smoking/Prevention Activities/Smoke Free Outdoor Areas/Pages/default.aspx](http://www.heartfoundation.org.au/Healthy_Living/Smoking/Prevention_Activities/Smoke_Free_Outdoor_Areas/Pages/default.aspx)

[www.smokefreecouncils.com.au](http://www.smokefreecouncils.com.au)

[www.ashaust.org.au/default.htm](http://www.ashaust.org.au/default.htm)

[www.heartfoundation.org.au/index.htm](http://www.heartfoundation.org.au/index.htm)

### REFERENCES

1. All the above information is a summary of Smoke Free Outdoor Areas –A Resource Kit for Local Government produced by The Cancer Council NSW, the Australian Medical Association NSW and Action on Smoking and Health Australia and endorsed by NSW Local Government and Shires Association.  
[www.cancercouncil.com.au/editorial.asp?pageid=2255](http://www.cancercouncil.com.au/editorial.asp?pageid=2255) accessed July 2009
2. Quit Victoria Background Brief Secondhand Smoking  
<http://www.quit.org.au/downloads/BB/03Secondhand.pdf>

## KEY AREA: PROMOTING HEALTHY LIFESTYLES

### SECTION: SUN PROTECTION

#### DEFINITION(S)

Sun protection is the limitation of a population's exposure to ultraviolet radiation (UVR) through modifications in personal behaviour, the built environment and policy implementation. UVR is the leading cause of skin cancers, which include squamous cell carcinoma (SCC), basal cell carcinoma (BCC) and melanoma.<sup>1</sup>

#### RATIONALE

The aim of sun protection is a reduction in the incidence of skin cancers and their associated morbidity, mortality and costs to the healthcare system and the community. Australia has the highest rate of skin cancer in the world, with almost 50% of Australians expected to develop some form of skin cancer during their lifetime.<sup>1</sup>

Melanoma is the deadliest form of skin cancer and now the fourth most common cancer in Australia. The incidence of melanoma in Australia continues to increase<sup>2-3</sup> and 1,600 die from melanoma each year. Melanoma is the third most common cancer in males and females<sup>4</sup> in NSW. Incidence rates for melanoma for males and females in the Northern Sydney Central Coast area are higher than the state average.<sup>5</sup>

Exposure during the first 15 years of life can greatly increase the risk of developing skin cancers later in life. Most skin cancers can be prevented by reducing exposure to UV radiation. High exposure to sunlight as a child also predisposes to the development of SCC and BCC, as does regular, occupational sun exposure and total UVR dose. Intermediate sun

exposure is the strongest determinant of melanoma risk.<sup>6</sup>

Primary prevention measures aimed at reducing skin cancer have sought to reduce exposure to UVR, especially in children.<sup>7-8</sup>

Local governments are uniquely placed to influence the quality of life of their residents. Councils can facilitate structural and environmental changes in the community as they have influence or jurisdiction over management of childcare centres, provision of shade in public places, management of sporting and recreational facilities (including children's playgrounds, beaches and swimming pools) and community activities and events all where sun protection should be addressed.

#### RECOMMENDATION(S)

- Ensure key structural and environmental sun protection features are present.
- Ensure UV radiation is considered when assessing development applications eg consider a shade audit.
- Installation of environmental barriers (eg shade structures) especially in areas used by young people and recreational settings.
- Plans to consider the appropriate placement of trees and shrubbery.
- Develop a comprehensive sun protection policy for open spaces to address all outdoor areas such as recreation and sporting facilities, parks and gardens, playgrounds, public seats and bus stops, outdoor shopping malls and markets.

## POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

*Reducing the impact of skin cancer in NSW. Strategic Plan 2007-2009.* NSW Health, The Cancer Council NSW, Cancer Institute NSW

[www.nswcc.org.au/html/prevention/sunsmart/downloads/skincancer\\_strategicplan\\_NSW\\_2007\\_09.pdf](http://www.nswcc.org.au/html/prevention/sunsmart/downloads/skincancer_strategicplan_NSW_2007_09.pdf)

- NSW Department of Community Services' Licensing Regulations - All licensed services are required to have policies and procedures to ensure the health and safety of the children in their care. Centre based services are also required to provide 'adequate shade' for outdoor play spaces.
- National Childcare Accreditation Council- In order to be accredited with the National Childcare Accreditation Council, services must meet minimum standards including sun protection.

## KEY ARTICLES AND WEBSITES

SunSmart Resources for Early Childhood Services, Schools, Sports and Recreations and the Workplace (NSW Cancer Council): [www.cancercouncil.com.au/editorial.asp?pageid=2325](http://www.cancercouncil.com.au/editorial.asp?pageid=2325)

**Local Government** The Shade Handbook Shade planning and design for all settings in the community- Cancer Council NSW: [www.cancercouncil.com.au/editorial.asp?pageid=2318](http://www.cancercouncil.com.au/editorial.asp?pageid=2318)

**Workplace-** Sun Safety at Work: Policy on Protection from Ultraviolet Radiation for Outdoor Workers (The Cancer Council NSW and Union Safe): [www.lgsa.org.au/resources/documents/Sun\\_Safety\\_policy\\_301105.pdf](http://www.lgsa.org.au/resources/documents/Sun_Safety_policy_301105.pdf)

**Outdoor sport and recreation-** Shade for outdoor sport and recreation- NSW Health, The Cancer Council NSW: [www.cancercouncil.com.au/editorial.asp?pageid=2327](http://www.cancercouncil.com.au/editorial.asp?pageid=2327)

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[www.health.nsw.gov.au/pubs/2001/pdf/skincancer\\_1-10.pdf](http://www.health.nsw.gov.au/pubs/2001/pdf/skincancer_1-10.pdf)



## KEY AREA: TRANSPORT AND MOBILITY

### SECTION: ACTIVE TRANSPORT

#### DEFINITION(S)

Active transport relates to physical activity undertaken as a means of transport. It includes travel by foot, bicycle and other non-motorised vehicles. Use of public transport is also included in the definition as it often involves some walking or cycling to pick-up and from drop-off points.<sup>1</sup>

#### RATIONALE

- Nationally, the obesity epidemic occurring in Australia is seeing overweight and obesity affect more than half of the population with resulting costs of over \$1.3 billion per year.
- Increasing levels of physical activity and reducing the number of adults and children who are overweight and obese are national and state health priorities<sup>2</sup>
- More people using active transport more often (especially for shorter trips) could increase health and fitness, and the total level of physical activity which would have flow-on benefits by reducing health services costs.<sup>3</sup>
- There is strong evidence on both the positive and adverse effects of the physical environment on physical activity.<sup>4</sup>
- The increasing burden of chronic disease has partly been linked to increasing urbanisation.
- Creating an environment that supports health is the key to reducing rates of death and disability from chronic disease.
- Urban form characteristics associated with positive impacts on health

include: mixed land use, housing mix and density, footpaths and cycle ways, street connectivity and design and transport infrastructure systems.<sup>2</sup> Improved public spaces where people can interact provide for a more liveable city.

- High levels of pollutants found in greenhouse emissions are directly linked to adverse health effects such as heart disease and asthma.
- The Australian transport sector accounted for around 80 million tonnes of Australia's total net greenhouse gas emissions in 2004, representing 14 per cent of Australia's total emissions. About 89 per cent of these emissions came from road transport, including cars.<sup>5</sup>
- **Environmental benefits to reducing dependence on motor vehicle travel include:**
  - Reduction in CO2 emissions
  - Reduction in air and noise pollution
  - Reduction in traffic congestion
  - Energy conservation
- Each year there are around 60,000 reported road crashes on Australian roads, taking 1,750 peoples' lives and injuring above 20,000.<sup>6</sup> These road crashes cost more than \$15 billion annually including costs such as social welfare and health.<sup>7</sup>
- In the space used for one car park 14 to 20 bikes can be parked.<sup>8</sup> The average cost for building a car parking space in a multileveled car parking station is estimated to be between \$12,500-\$14,000 as opposed to \$150 for a bike rack.<sup>9</sup>



**KEY RECOMMENDATION(S)**

To promote walking, cycling and public transport options and reduce car dependency.

- Establish and promote clear and direct walking and cycling routes to public transport stops and appealing and convenient facilities for users.
- Provide an accessible and integrated network of walking and cycling routes for safe and convenient travel to local destinations and between key land uses within urban places.<sup>10</sup>
- Develop built environments that foster active communities and a sense of community spirit.

**POLICIES/LEGISLATION TO SUPPORT RECOMMENDATIONS****Healthy People NSW 2007- NSW Health**

[www.health.nsw.gov.au/pubs/2007/pdf/healthy\\_people.pdf](http://www.health.nsw.gov.au/pubs/2007/pdf/healthy_people.pdf)

**Action for Bikes: Bike Plan 2010**

[www.rta.nsw.gov.au/roadsafety/downloads/freeresource/bp2010.pdf](http://www.rta.nsw.gov.au/roadsafety/downloads/freeresource/bp2010.pdf)

**KEY ARTICLES AND WEBSITES****NSW Premiers Council for Active Living (PCAL)**

Go to: Planning and Design guidelines, [www.pcal.nsw.gov.au/index.html](http://www.pcal.nsw.gov.au/index.html)

**Heart Foundation**

'Supportive environments for physical activity -Healthy by Design: A planners' guide to environments for active living', [www.heartfoundation.com.au/index.cfm?page=422](http://www.heartfoundation.com.au/index.cfm?page=422)

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10. NSW Premiers Council on Active Living (PCAL) Go to: Planning and Design guidelines  
[www.pcal.nsw.gov.au/index.html](http://www.pcal.nsw.gov.au/index.html)



## KEY AREA: COMMUNITY SAFETY

### SECTION : CRIME PREVENTION THROUGH ENVIRONMENTAL DESIGN (CPTED)

#### DEFINITION(S)

Crime Prevention Through Environmental Design (CPTED) is “a crime prevention strategy that focuses on the planning, design and structure of cities and neighbourhoods. It reduces opportunities for crime by using design and place management principles that reduce the likelihood of essential crime factors (law, offender, victim or target, opportunity) from intersecting in time and space.” CPTED employs four key strategies: <sup>1</sup>

1. Territorial re-enforcement (sense of ownership).
2. Surveillance e.g. natural surveillance – ‘eyes on streets’. Criminals are often deterred from committing crime in places that are well supervised.
3. Access control (attracts channels or restricts people’s movement through physical and symbolic barriers).
4. Space/activity management (formal supervision, control and care of the development).

*Safer by Design* is a co-operative initiative involving the NSW Police, local councils, government departments and key private sector organisations. It aims to ensure that development application proposals are routinely assessed for crime risk, and that preventable risk is reduced before the development is approved. <sup>1</sup>

#### RATIONALE

CPTED has potential benefits for public health in the provision of local crime risk assessments and in delivering safer environments, which can support active living, walkable communities and public health. <sup>2</sup>

Safer communities encourage people to be outdoors and physically active, and the built environment that promotes physical activity creates safer communities - one tends to perpetuate the other. Places owned and cared for by the community are likely to be used, enjoyed and revisited. Frequent pedestrian activity increases natural community policing, in turn, reducing the risk of criminal behaviour due to the threat of detection. <sup>3</sup>

#### KEY RECOMMENDATION(S)

- Ensure that development provides safety and security to users and the community by incorporating CPTED principles for minimising crime risk in the design phase or where appropriate (refer to section 79C of the EP&A Act 1979). <sup>2, 3</sup>
- Encourage local government to work in collaboration with NSW Police to ensure that CPTED principles are given appropriate consideration in development proposals.
- Use CPTED guidelines to justify modification of the development to minimise the risk of crime, or refusal of the development on the grounds that crime risk cannot be appropriately minimised.

## POLICIES /LEGISLATION TO SUPPORT RECOMMENDATIONS

Crime Prevention Legislative Guidelines to Section 79C of the EP&A Act, 1979  
[www.police.nsw.gov.au/\\_data/assets/pdf\\_file/0003/9390/duapguide\\_s79c.pdf](http://www.police.nsw.gov.au/_data/assets/pdf_file/0003/9390/duapguide_s79c.pdf)

NSW Health. State Health Plan towards 2010 - A new direction for NSW  
[www.health.nsw.gov.au/pubs/2007/state\\_health\\_plan.html](http://www.health.nsw.gov.au/pubs/2007/state_health_plan.html)

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## KEY AREA: COMMUNITY SAFETY

### SECTION: ALCOHOL

#### RATIONALE

Alcohol plays a significant role in the lives of Australians and the misuse of alcohol continues to cause enormous economic, health and social costs to the Australian community. One in five (20.4%) Australians drink at 'short-term' risky/high risk levels at least once a month.<sup>1</sup>

The impact of the use of drugs and alcohol within the Australian population has become increasingly evident. The Australian Institute of Health and Welfare has estimated that in 1998 around 18,000 deaths and more than a quarter of a million hospital episodes were drug or alcohol-related.

Although overall levels of alcohol consumption and drinking patterns have not changed dramatically over the past decade, there is an increase in community awareness of the problem concerning harmful consumption of alcohol.

Addressing alcohol issues can be complex. The harmful use of alcohol is both a health and social problem.

#### KEY RECOMMENDATION(S)

- Regulate the physical availability of alcohol to reduce the incidence of intoxication among drinkers.
- Enhance public safety and amenity at times and in places where alcohol is consumed.
- Improve health outcomes among all individuals and communities affected by alcohol consumption.
- Facilitate safer and healthier drinking cultures by developing community understanding about the special properties of alcohol and through regulation of its availability.
- Consider restricting the density of outlets that sell alcohol in particular areas.

#### POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

NSW Government State Plan

[www.nsw.gov.au/stateplan](http://www.nsw.gov.au/stateplan)

National Alcohol Strategy 2006-2009 - Towards Safer Drinking Cultures. Ministerial Council on Drug Strategy, Commonwealth of Australia, May 2006

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/B83AD1F91AA632ADCA25718E0081F1C3/\\$File/nas-06-09.pdf](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/B83AD1F91AA632ADCA25718E0081F1C3/$File/nas-06-09.pdf)

#### KEY ARTICLES AND WEBSITES

1. Australian Drug Foundation: [www.adf.org.au](http://www.adf.org.au)
2. Goodsports: [www.goodsports.com.au](http://www.goodsports.com.au)
3. Druginfo Clearinghouse: [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

#### REFERENCES

1. Australian Government Preventative Health Taskforce. Australia the healthiest country by 2020. Technical Report No 3: Preventing alcohol-related harm in Australia: a window of opportunity. Prepared for the National Preventative Health Taskforce by the Alcohol Working Group. Commonwealth of Australia, 2009.



## KEY AREA: FOOD SECURITY

### SECTION: FOOD SECURITY

#### DEFINITIONS

**Food Security:** means that “all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”.<sup>1</sup>

**Food Supply:** aspects of the supply of food in a community that affect food security including the location of food outlets (retail and prepared foods) within a community. Other aspects of supply are the type of food within the outlets, and the price, quality, and promotion of food.<sup>2</sup>

**Food Insecurity:** not having sufficient food; experiencing hunger as a result of running out of food and being unable to afford more; eating a poor quality diet as a result of limited food options; anxiety about acquiring food; or having to rely on food relief.<sup>2</sup>

**Food Desert:** Areas within urban/suburban space, which may have no local centres within a walkable range that provide quality affordable foods and delivery services. Food deserts may instead contain substantial numbers of fast food outlets, service station ‘road pantries’ and food shopping based on high cost/low quality convenience stores.<sup>3</sup>

**Food Kilometre or Food Mile:** The distance food travels from where it is grown or raised to where it is ultimately purchased by the consumer.

#### RATIONALE

Food insecurity is associated with lower food expenditure and poor quality diets<sup>4</sup> and is also linked to overweight and obesity. In Australia improving food security for individuals, households or communities can reduce the inequities in health and wellbeing.

Food supply and access underpin food security. Key factors that determine food access are:

- financial resources
- distance and transport to shops
- physical ability to walk or travel to the shops and carry purchases home.

There are direct social, environmental and economic costs of increasing the distance food is transported.<sup>5</sup>

#### KEY RECOMMENDATIONS

- Plan at a local level to provide the community with sustainable access to healthy affordable food.
- Improve access to healthy food through transport planning and mixed land use.
- Promote and support food production spaces such as community gardens to:
  - improve access
  - increase opportunities for physical activity
  - strengthen social capital.
- Improve sustainability of the food supply by decreasing food miles.
- Promote local food production and markets eg farmer’s markets.
- Develop breastfeeding friendly policies.<sup>6</sup>

## KEY PAPERS/WEBSITES

Dixon J M and Capon AG. Healthy, just and eco-sensitive cities: moving forward. NSW Public Health Bulletin (2007).Vol18. 11-12. pp 209-212.

Nutrition Australia  
[www.nutritionaustralia.org](http://www.nutritionaustralia.org)

Penrith City Council (2008) Healthy People Program.  
Food Security fact sheets available. Viewed May 2009  
[www.penrithcity.nsw.gov.au/index.asp?id=4287#healthyeating](http://www.penrithcity.nsw.gov.au/index.asp?id=4287#healthyeating)

Public Health Association of Australia. (2009) A Future for Food. Addressing public health, sustainability and equity from paddock to plate.  
[www.phaa.net.au/documents/PHAA%20Report.pdf](http://www.phaa.net.au/documents/PHAA%20Report.pdf)

Sydney Food Fairness – Understanding Food Insecurity [PDF File]. Viewed July 2008.  
[http://sydneyfoodfairness.org.au/wp-content/uploads/2009/07/SFFA\\_insecurity\\_v1\\_aug07www.pdf](http://sydneyfoodfairness.org.au/wp-content/uploads/2009/07/SFFA_insecurity_v1_aug07www.pdf)

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[www.fbe.unsw.edu.au/cityfutures/SOAC/fatcitiesandfooddeserts.pdf](http://www.fbe.unsw.edu.au/cityfutures/SOAC/fatcitiesandfooddeserts.pdf)
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5. Ho Mae-Wan and Gala Rhea. Food Miles and Sustainability 'What's behind the statistics and what should be done?'  
[www.i-sis.org.uk/FMAS.php](http://www.i-sis.org.uk/FMAS.php) Viewed August 8, 2008.
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## KEY AREA: SOCIAL COHESION, SOCIAL INCLUSION AND SOCIAL CAPITAL

### SECTION: GATHERING PLACES

#### DEFINITION(S)

**Social Cohesion** – “Social cohesion is the capacity of a society to ensure the well-being of all its members, minimising disparities and avoiding marginalisation”.<sup>1</sup>

**Third places** – “public places that host the regular, voluntary, informal, and happily anticipated gatherings of individuals beyond the realms of home and work”.<sup>2</sup> Other usual characteristics – locally owned (private or public), independent, small-scale, operated by people who ‘know everybody’, patronised by ‘regulars’ who transform them into second homes, part of the space has a human scale, conviviality or appeal.<sup>3</sup>

**Social support** - “social resources that individuals perceive to be available, or that are actually provided to them, by non-professionals in the context of both formal support groups and informal helping relationships”.<sup>4</sup>

**Social inclusion** – “the degree to which people can fully participate in education, training, social activities and life in general. The lack of access to a socially inclusive lifestyle contributes to social and psychological damage to individuals and is harmful to health. Marginalisation of people such as those who have left institutions like prisons, children’s homes, and mental health facilities makes such individuals particularly vulnerable to the health impact of exclusion.”<sup>5</sup>

**Social exclusion** – “the inability of certain groups to participate fully in [community] life. Social exclusion arises due to poverty, racism, discrimination, stigmatisation, and hostility. More generally, social exclusion can be described as the result of

oppression (due to race, gender, class, sexuality, immigrant status, religion, and/or disability) that results in structural inequalities in the ability to access social, economic, political, or cultural resources”.<sup>4</sup>

**Social Capital** - “social capital is created from the myriad of everyday interactions between people, and is embodied in such structures as civic and religious groups, family membership, informal community networks, and in norms of voluntarism, altruism and trust. The stronger these networks and bonds, the more likely it is that members of a community will co-operate for mutual benefit. In this way social capital creates health, and may enhance the benefits of investments for health.”<sup>6</sup>

#### RATIONALE

- Research indicates that public spaces retain a democratic and civic function, alongside commercially driven uses. They suggest that policy-makers can support this by encouraging diversity and harnessing people’s tendency to ‘self-regulate’ to avoid conflict: over-regulated environments are not conducive to vibrancy and integration.
- Different age groups tend to use public spaces at different times of day and for different reasons. Older people and children in particular appeared to be influenced by the presence of other age groups. Older people are frequently absent from public places, especially after dark.
- In addition to the social function of public spaces, some people use them for privacy or to support a sense of territorial ownership – this particularly

applies to groups of young people and marginalised groups.

- Places acquire reputations (fairly or unfairly) that persist and affect whether and how people use them. But people are drawn to spaces that offer interest, stimulation, comfort and amenity. These aspects can positively change reputation and overcome the physical barriers experienced by some users.
- Local government can enable a broader spectrum of the community to use public spaces by providing and maintaining basic comfort amenities such as seating, lighting, and toilets.

#### KEY RECOMMENDATION(S)

- Increase the possibilities for casual social encounters. This is a key element in people's commitment to their area, while memories of familiar places create a sense of belonging or safety.
- Create 'pleasing places to be' for people (eg, to sit, meet and talk; flora and fauna protection).
- Create neighbourhood clusters through the use of corner stores and/or cafes, which encourage pedestrian activity and contribute to a social and vibrant community life.<sup>6</sup>
- UNICEF's "Building child friendly cities: a framework for action" - outlines structures and activities of government necessary to engage children's active involvement, ensure children's right perspective in decision-making and equal rights of access to basic services.<sup>7</sup>

#### POLICY/LEGISLATION TO SUPPORT RECOMMENDATIONS

- There appears to be no statutory requirements for designing public space so that it is conducive to conviviality and gatherings.
- There is literature from a number of fields – architecture, town planning, and community development – which support the value of creating spaces which encourage social interaction.

#### KEY ARTICLES and WEBSITES

1. Joseph Rowntree Foundation  
[www.jrf.org.uk/work/workarea/public-spaces/](http://www.jrf.org.uk/work/workarea/public-spaces/)
2. The National Collaborating Centre for the Social Determinants of Health, 2006  
[www.nccdh.ca](http://www.nccdh.ca)
3. Bromley by Bow, [www.bbbc.org.uk/](http://www.bbbc.org.uk/)
4. Peckham Experiment, [www.thephf.org/index.html](http://www.thephf.org/index.html)
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[www.oxha.org/alliance-alert/alliance-alert/alerts-about-design](http://www.oxha.org/alliance-alert/alliance-alert/alerts-about-design)

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7. Dines N, Cattell V, Gesler W, Curtis S (2006). Public spaces, social relations and well-being in East London. JRF Policy Press, Bristol UK.
8. UNICEF 2004. Building child friendly cities: a framework for action. 2004. [www.childfriendlycities.org/resources/index\\_conceptual\\_framework.html](http://www.childfriendlycities.org/resources/index_conceptual_framework.html) Accessed 16/6/09.





## KEY AREA: SOCIAL COHESION, SOCIAL INCLUSION AND SOCIAL CAPITAL

### SECTION: AFFORDABLE HOUSING

#### DEFINITION(S)

In general terms affordable housing is housing that is appropriate to the needs of a household and within their means to pay.

More specifically affordable housing is defined in section 4(1) of the Environmental Planning and Assessment Act (*EP&A Act*) to mean housing for very low income households, low income households or moderate income households, being such households as are prescribed by the Regulations or as are provided for in an environmental planning instrument.

A lack of affordable housing puts more households at risk of homelessness or overcrowding. This in turn can lead to increased demand for other government services. Alternatively, lower income households may be forced to relocate, thus exacerbating their social disadvantage and disrupting social cohesion and community links.

#### RATIONALE

Stable, affordable and accessible housing linked to health, justice and community support services is critical to helping people live independently and improve life opportunities related to family, work, education, recreation or other pursuits.

#### KEY RECOMMENDATION(S)

- Encourage housing of different types, size and tenure in suitable locations, at a range of prices within the reach of households of varying financial capacity.
- The EP&A Act can be used by councils to require provision of affordable housing in a residential development (see NSW Statutory Planning Framework for Housing Provision).
- Affordable housing considerations should be taken into account at every stage of the planning process, from the identification of residential land through to setting development controls, and assessing particular developments against these controls.
- Include affordable housing in plans, strategies, and in specific residential development schemes. The standard LEP allows for affordable housing provisions.

### POLICY/LEGISLATION TO SUPPORT RECOMMENDATION

#### Environmental Planning and Assessment Act 1979 No. 203

[www.legislation.nsw.gov.au/viewtop/inforce/act+203+1979+FIRST+0+N/](http://www.legislation.nsw.gov.au/viewtop/inforce/act+203+1979+FIRST+0+N/)

#### Sydney Metropolitan Strategy

[www.metrostrategy.nsw.gov.au](http://www.metrostrategy.nsw.gov.au)

## State Environmental Planning Policies (SEPPs)

- **SEPP 10 – Retention of Low-Cost Rental Accommodation** aims to retain the stock of low cost rental accommodation available in the Greater Metropolitan Region of Sydney, Newcastle and Wollongong.  
[www.planning.nsw.gov.au/settingthedirection/pdf/sepp10/infosheet.pdf](http://www.planning.nsw.gov.au/settingthedirection/pdf/sepp10/infosheet.pdf)
- **SEPP 70 - Affordable Housing (Revised Schemes)** identifies a need for affordable housing in a limited number of local government areas (Willoughby, and parts of the City of Sydney) and amends relevant local and regional environmental planning instruments to enable levying of development contributions to provide for affordable housing. If these provisions were to be extended to other areas of NSW, an amendment to the SEPP would be required.

### KEY ARTICLES AND WEBSITES

'Improving housing affordability in NSW: A plan for industry and government' 2006, Property Council Australia.  
[www.propertyoz.com.au/library/Improving%20Housing%20Affordability.pdf](http://www.propertyoz.com.au/library/Improving%20Housing%20Affordability.pdf)

NSW Statutory Planning Framework for Housing Provision  
[www.housing.nsw.gov.au/Centre+For+Affordable+Housing/NSW+Local+Government+Housing+Kit/NSW+Statutory+Planning+Framework+for+Housing+Provision.htm](http://www.housing.nsw.gov.au/Centre+For+Affordable+Housing/NSW+Local+Government+Housing+Kit/NSW+Statutory+Planning+Framework+for+Housing+Provision.htm)

Housing NSW: Centre for Affordable Housing  
[www.housing.nsw.gov.au/Centre%2BFor%2BAffordable%2BHousing/NSW%2BLocal%2BGovernment%2BHousing%2BKit/Addressing%2BAffordable%2BHousing.htm](http://www.housing.nsw.gov.au/Centre%2BFor%2BAffordable%2BHousing/NSW%2BLocal%2BGovernment%2BHousing%2BKit/Addressing%2BAffordable%2BHousing.htm)

## KEY AREA: ENVIRONMENT, CLIMATE CHANGE AND SUSTAINABILITY

### SECTION: CLIMATE CHANGE

#### DEFINITION(S)

Climate change is the term used to describe changes in average weather over time periods ranging from decades to millions of years. These changes may be driven by external forces (i.e. predictable orbital variations or solar variations), result from processes internal to the Earth (i.e. plate tectonics or volcanic activity) or be caused by human activities, such as global warming (an increase in greenhouse gas levels).<sup>1</sup>

Ecologically sustainable development is defined as 'using, conserving and enhancing the community's resources so that ecological processes, on which life depends, are maintained, and the total quality of life, now and in the future, can be increased.'<sup>2</sup>

#### RATIONALE

The earth's climate is changing as a result of the accumulation of greenhouse gases in the atmosphere. Climate change is causing environmental and ecological changes which will increasingly influence

human health.<sup>3</sup> The impact that climate change is likely to have in NSW primarily relates to more frequent, intense and longer periods of high temperature. We can expect increased illness and mortality from heat exhaustion and cardiovascular and respiratory disease. More frequent and intense storm activity will also increase the risk of injury.<sup>3</sup>

#### KEY RECOMMENDATION(S)

- Energy efficient design should be integral to all building design
- Incorporate housing design features (orientation, natural ventilation, thermal mass controls) to help ensure that residents live comfortably in energy efficient housing.
- Consider using housing design features to ensure that residents can tolerate periods of blackouts and extreme weather events.
- Give due consideration to easy access for emergency services during such emergencies or natural disasters.

### POLICY/LEGISLATION TO SUPPORT RECOMMENDATIONS

SEPP - Building Sustainability Index.

BASIX ensures houses are designed to use less potable water and be responsible for fewer greenhouse gas emissions by setting energy and water reduction targets for house and units. [www.basix.nsw.gov.au/information/common/pdf/pn\\_basix\\_sepp.pdf](http://www.basix.nsw.gov.au/information/common/pdf/pn_basix_sepp.pdf)

*The State Environmental Planning Policy (Building Sustainability Index: BASIX) 2004* (the BASIX SEPP) operates in conjunction with provisions in the *Environmental Planning and Assessment Regulation 2000* to implement BASIX as a mandatory component of the development approval process for residential development in NSW. The Regulation is the primary mechanism for incorporating BASIX into the development approval process, under the *Environmental Planning and Assessment Act 1979*.  
[www.austlii.edu.au/au/legis/nsw/consol\\_reg/seppsib2004700/](http://www.austlii.edu.au/au/legis/nsw/consol_reg/seppsib2004700/)

NSW Climate Change Action Plan  
Department of Environment and Climate Change.  
[www.environment.nsw.gov.au/climateChange/actionplan.htm](http://www.environment.nsw.gov.au/climateChange/actionplan.htm)

Local Agenda 21 Program (LA21)  
Department of the Environment, Water, Heritage and the Arts. Ecologically Sustainable Development.

[www.environment.gov.au/esd/la21/index.html](http://www.environment.gov.au/esd/la21/index.html)

Provides a framework for implementing sustainable development at the local level. LA21 aims to build upon existing local government strategies and resources (e.g. corporate plans, vegetation management plans, and transport strategies) to better integrate environmental, economic and social goals. LA21 calls upon all local authorities to consult with their communities and develop and implement a local plan for sustainability.

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[www.ozcoasts.org.au/indicators/climate\\_change.jsp](http://www.ozcoasts.org.au/indicators/climate_change.jsp)
2. Dept. of the Environment, Water, Heritage and the Arts. Ecologically Sustainable Development.  
[www.environment.gov.au/esd/](http://www.environment.gov.au/esd/)
3. Craig A, Hall G, Russell R. Climate change and infectious diseases. NSW Public Health Bulletin. Vol 18(11-12) P243-44



## KEY AREA: ENVIRONMENT, CLIMATE CHANGE AND SUSTAINABILITY

### SECTION: CONTACT WITH NATURE

#### RATIONALE

Parks were first designed in the 19<sup>th</sup> century as it was believed that exposure to nature fostered psychological wellbeing, reduced the stresses associated with urban living and promoted physical health.<sup>1</sup> Increasing urbanisation has facilitated our disengagement from the natural environment. We no longer experience the range of natural environmental stimulation in our built environments of concrete, cars, noise, high rise housing, and pollution.<sup>2</sup>

Our relationship with nature is fundamental to building and sustaining good health.<sup>2</sup> Natural areas should be regarded as one of our most vital health resources.<sup>3</sup> Anecdotal, theoretical and empirical evidence demonstrates the benefits of viewing and/or 'being in' nature:<sup>1-3</sup>

- reduces stress and enhances the ability to cope with, and recover from, stressful episodes.
- enhances psychological health.
- office workers with a natural view reported better health and greater life satisfaction than those who had no view. Also shown to reduce number of sick days and employee absences.
- patients recovering from surgery whose hospital rooms overlook trees required less pain medication and recovered more quickly than those whose rooms overlooked brick walls.
- playing in natural environments has a positive impact on children's development.
- community gardening builds social networks and enhances social capital.

- contact with animals helps lower blood pressure, cope with stress and health problems.<sup>2</sup>
- providing natural homes and food for native animals in backyards brings personal satisfaction.
- nature offers tranquillity, spiritual inspiration and can help people to gain a fresh perspective on life.

#### KEY RECOMMENDATION(S)

- Preserve open space, farmland, natural beauty, and tranquil areas.<sup>4</sup>
- Each community or cluster of communities should have a well defined edge, such as agricultural greenbelts or wildlife corridors, permanently protected from development.<sup>4</sup>
- Where possible, the natural terrain, drainage, and vegetation of the community should be preserved with superior examples contained within parks or greenbelts.<sup>4</sup>
- Have an ample supply of open space (squares, greens and parks) whose frequent use is encouraged through placement and design.<sup>4</sup>
- Create and maintain pleasant places for people to walk, cycle, sit, meet and talk.<sup>5</sup>
- Provide large local parks (1 hectare min) within 500 metres and/or small local parks within 150 to 300 metres safe walking distance of all dwellings.<sup>5</sup>
- Feature park attractions such as community gardens.<sup>5</sup>
- Retain and enrich as much of the existing vegetation as possible.



## POLICY/LEGISLATION TO SUPPORT RECOMMENDATIONS

World Health Organization. *Ottawa Charter for Health Promotion*, WHO 1986.

[www.who.int/hpr/NPH/docs/ottawa\\_charter\\_hp.pdf](http://www.who.int/hpr/NPH/docs/ottawa_charter_hp.pdf)

Advocates for the “protection of the natural and built environments and the conservation of natural resources in any health promotion strategy.

*Future Directions for Health in NSW – Towards 2025*

[www.health.nsw.gov.au/pubs/2007/future\\_directions.html](http://www.health.nsw.gov.au/pubs/2007/future_directions.html)

Focus on developing “healthy” public policies across all government services to address underlying determinants of health, including policies aimed at creating supportive living environments which foster social connectedness and individual resilience

*State Environmental Planning Policies*

No. 19 - Bushland in Urban Areas, No.14 – Wetlands, No. 44 - Koala Habitat

*Environmental Planning and Assessment Act 1979 No 203 5A*. This Act has significant effect on threatened species, populations or ecological communities, or their habitats. It does not cover vulnerable ecological communities. Vulnerable ecological communities are dealt with under environmental planning instruments, section 26, Native Vegetation Conservation Act 1997.

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2. St Leger L. Health and nature – new challenges for health promotion. *Health Promot. Int*, 2003; 18(3): 173-175.
3. Maller C, Townsend M, Pryor A et al. Healthy nature healthy people: ‘contact with nature’ as an upstream health promotion intervention for populations. *Health Promot. Int.*, 2005;21(1):45-54.
4. Frumkin H, Frank L, Jackson R. *Urban sprawl and public health. Designing, planning and building for healthy communities*. Island Press, Washington, USA. 2004. ISBN 1-55963-912-1.
5. National Heart Foundation of Australia (Victorian Division), June 2004. *Healthy by Design: a planner’s guide to environments for active living*. [www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Healthy\\_by\\_Design.pdf/\\$File/Healthy\\_by\\_Design.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Healthy_by_Design.pdf/$File/Healthy_by_Design.pdf)



## KEY AREA: ENVIRONMENT, CLIMATE CHANGE AND SUSTAINABILITY

### SECTION: CONTAMINATED LAND

#### DEFINITION(S):

Although contaminated land sites may occur anywhere, they are typically clustered in areas which have been used for industry or intensive agriculture. They may also include residential properties, for example, from flaking of lead-based paints or excessive pesticide use.<sup>1</sup>

Contaminated land is managed under legislation including the Contaminated Land Management (CLM) Act 1997,<sup>2</sup> the EP&A Act<sup>3</sup> and the Protection of the Environment Operations Act 1997.<sup>4</sup> In NSW, contaminated land is broadly managed by the Dept. Environment and Climate Change (DECC), which uses its powers under the CLM Act 1997, where there is 'significant risk of harm'. Local councils generally deal with less serious contamination.<sup>1</sup> NSW Health and Public Health Units do not have a regulatory

role, however are often asked to provide expert opinion on health impacts associated with contaminated land.

#### RATIONALE

Contaminated land can have major economic, legal, health, social and planning implications. Site investigation and clean-up is important to protect human health and the environment.<sup>1</sup> It is imperative that proper risk assessments are conducted to identify whether any contaminated land issues are relevant to a given project.

#### KEY RECOMMENDATION(S)

- The Public Health Unit recommends a comprehensive site assessment and appropriate follow-up to ensure that there is no environmental or health risk.

### POLICIES/LEGISLATION TO SUPPORT RECOMMENDATIONS

SEPP 55 –Remediation of Land

[www.adisite.org/Documents%20pdf/SEPP%2055%20-%20Remediation%20of%20Land.pdf](http://www.adisite.org/Documents%20pdf/SEPP%2055%20-%20Remediation%20of%20Land.pdf)

Department of Environment and Climate Change, Guidelines.

[www.environment.nsw.gov.au/clm/guidelines.htm](http://www.environment.nsw.gov.au/clm/guidelines.htm)

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1. Dept. Environment and Climate Change, [www.environment.nsw.gov.au/clm/index.htm](http://www.environment.nsw.gov.au/clm/index.htm)
2. Contaminated Land Management Act 1997  
[www.austlii.edu.au/au/legis/nsw/consol\\_act/clma1997238/](http://www.austlii.edu.au/au/legis/nsw/consol_act/clma1997238/)
3. Environmental Planning & Assessment Act  
[www.austlii.edu.au/au/legis/nsw/consol\\_act/epaaa1979389/](http://www.austlii.edu.au/au/legis/nsw/consol_act/epaaa1979389/)
4. Protection of the Environment Operations Act 1997  
[www.austlii.edu.au/au/legis/nsw/consol\\_act/poteoa1997455](http://www.austlii.edu.au/au/legis/nsw/consol_act/poteoa1997455)

## KEY AREA: ENVIRONMENT, CLIMATE CHANGE AND SUSTAINABILITY

### SECTION: WATER RE-USE

#### DEFINITION(S)

Waste water comes from various sources such as urban stormwater, grey water and sewage.

Urban stormwater is runoff water that is usually collected from drains or creeks. It does not include rainwater which is sourced from a roof catchment only. Stormwater can be collected, stored and treated for various purposes. Most systems require approval to install and operate from the Department of Water and Energy and/or Local Government.

Grey water<sup>1</sup> includes wastewater from a hand basin, shower, laundry and kitchen, but does not include toilet waste. Grey water is often contaminated with human faeces, dirt and other materials, but (usually) to a lesser extent than if toilet waste (black water) is included. Grey water can be collected and treated in various systems so that it can be reused.

Simpler collection systems can be appropriate at the single household level, but must be used according to the appropriate guidelines and policies. Larger grey water collection systems which include treatment processes are appropriate in multiple residential situations such as home units, but these systems must be accredited by NSW Health. Approvals are required to install and operate such systems, from the Department of Water and Energy and/or Local Government, depending on the nature of the system.

Sewage<sup>1</sup> (black water) is heavily contaminated with human waste, possibly chemical waste and other potentially

hazardous materials. Its quality depends on the nature of the catchment and treatment processes.

Sewage may be disposed of in three ways:

- Centralised through sewers into a sewerage system and treated in a single large sewage treatment plant where it can be converted into a resource for selective reuse for car washing, outdoor household garden watering, toilet flushing, golf course watering and irrigation of crops. The treated effluent may also be discharged to rivers and oceans.
- De-centralised through pipes into a local community small sewage treatment plant for local community reuse. A number of these local systems make up de-centralised sewage management.
- On-site single domestic wastewater management where the wastewater is partially or more fully treated for reuse within the property boundaries.

Again, approvals are required to install and operate such systems, from the Department of Water and Energy and/or Local Government, depending on the nature of the system. Guidelines and policies exist.

#### RATIONALE

NSW Health supports the reuse of wastewater which has been the subject of a risk assessment and is appropriately managed. The benefit of water reuse is that the demand for potable (drinking) quality water can be reduced as a consequence of using lesser quality water

for other uses. Water reuse may also help protect the environment.

The reuse of wastewater is an issue which requires careful consideration. It can be an effective means of conserving water, but it can also pose health and environmental risks which require assessment and management. The risks associated with reuse of water depend on the source and the intended end use. Increasingly, proposals from local council and developers include water sensitive urban design initiatives, for example, urban streams coursing through parks or leisure areas proposing the use of both stormwater and grey water. While the NSCCH Public Health Unit is very supportive of water conservation, the success of these initiatives is dependent on managing the potential risks to human health and the environment. The use of grey water and sewage effluent must be

managed to minimise runoff, surface ponding and water logging.

#### KEY RECOMMENDATION(S)

- The practice of recycling of wastewater may pose risks to human health and the environment unless strict controls are applied. Various guidelines and policies exist relating to the use of recycled water, including but not limited to the NSW Department of Environment and Climate Change “Managing urban stormwater, harvesting and reuse”<sup>2</sup> and the “Australian Guidelines for Water Recycling: Managing Health and Environmental Risks”.<sup>2</sup>
- Consideration should be given to ensuring that all recycled water is managed to a standard fit for purpose, dependant on its source and end use.

#### POLICY/LEGISLATION TO SUPPORT RECOMMENDATIONS

Environment Protection and Heritage Council. Australian Guidelines for Water Recycling: Managing Health and Environmental Risks  
[www.ephc.gov.au/taxonomy/term/39?](http://www.ephc.gov.au/taxonomy/term/39?)

NSW Dept of Water and Energy. 2007. Management of Private Recycled Water Schemes.  
[www.waterforlife.nsw.gov.au/data/assets/pdf\\_file/0005/9923/Management of Private Recycled Water Schemes.pdf](http://www.waterforlife.nsw.gov.au/data/assets/pdf_file/0005/9923/Management_of_Private_Recycled_Water_Schemes.pdf)

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[www.health.nsw.gov.au/PublicHealth/environment/water/wastewater.asp](http://www.health.nsw.gov.au/PublicHealth/environment/water/wastewater.asp)
2. Dept. of Environment and Conservation (now NSW Dept Environment and Climate Change). 2006. Managing urban stormwater: harvesting and reuse. ISBN 1 74137 875 3  
[www.environment.nsw.gov.au/resources/stormwater/managestormwatera06137.pdf](http://www.environment.nsw.gov.au/resources/stormwater/managestormwatera06137.pdf)

## PART 3 APPENDIX

### EXAMPLES OF SUBMISSIONS

#### 1. Suburb Town Centre

General Manager  
Area Council  
Planning and Development Services  
123 Suburb Road  
Area NSW 2XXX

5 March 2008

Dear General Manager,

**RE: Suburb Town Centre: - WLEP2000, DA 2007/XXXX, DA 2007/YYYY**

Thank you for the opportunity to comment on the Suburb Town Centre - WLEP2000, DA 2007/XXXX and DA 2007/YYYY.

The main recommendations from the Northern Sydney Central Coast Area Health Service (NSCCAHS) are detailed below:

#### **Suburb Town Centre - WLEP2000 Design Principles**

##### **Revitalise the centre of Suburb**

Children, young people and seniors alike make important contributions to a vibrant community. Consideration of these groups in the design of the Suburb Town Centre will increase its utility, enhance natural surveillance and provide an inclusive environment for everyday interaction.

##### **Recommendation:**

- **Suburb Town Centre's community services should consider affordable child-care facilities, a senior citizens' centre and youth-friendly facilities (eg youth drop-in centre or youth-friendly open space). This is particularly relevant to site A (DA2007/XXXX).**

##### **Masterplan Concept**

A well planned public environment can reinforce positive social behaviour and discourage antisocial behaviour and crime (Cozens, 2005)<sup>1</sup>. The NSW Police Force provides *Safer By Design* guidelines, which follow Crime Prevention through Environmental Design (CPTED) principles. This is a place-based crime prevention approach, which emphasises strategies that utilise opportunities in the environment to facilitate access, control and surveillance. CPTED principles are particularly relevant to the Masterplan Concept which states that it will include activities for day and night ("...entertainment facilities into the late hours of the night").

##### **Recommendations**

- **CPTED Principles should be considered in the planning of entertainment facilities for the Suburb Town Centre.**
- **Lighting – all pedestrian routes should be well lit.**
- **Design features should consider and allow for natural surveillance wherever possible, as this increases safety and security for legitimate users of the space.**

<sup>1</sup> Cozens P (2005), *Designing Out Crime: From Evidence to Action*. Office of Crime Prevention, Department of Premier and Cabinet, Western Australia



## Pedestrian Circulation

The Suburb Town Centre Masterplan states that safe and attractive pedestrian routes will be provided.

### Recommendations

- **Separate bicycle paths should accompany pedestrian paths.**
- **Cycling paths should be linked with the existing LGA2 cycle path network. This could be achieved by adding a bicycle lane from the Suburb Town Centre through Suburb Reserve with an extra link to the Suburb lagoon bicycle path.**

## Vehicular Circulation and Car Parking

Walkway and cycleway infrastructure results in linkages within neighbourhoods and to local destinations. Use of cycle paths and walkways results in increased physical activity levels and a decreased dependence on car usage, which offers both health benefits (eg decreased risk of cardiovascular disease, diabetes etc) and environmental benefits. By accommodating cyclists, LGA2 Council will be demonstrating its commitment to active transport, which is any journey that relies more on walking, cycling and public transport and less on private motor vehicle use.

### Recommendations

- **Secure bike racks or bicycle parking station (example: Bicycle Parking Station in Anyname Street, Suburb2) should be provided at the end of a cycling journey and in the new basement car park.**
- **Consider end of trip facilities as a condition for WLEP2000 eg. Public bathrooms with shower(s)/change rooms and lockers**
- **Include traffic calming and low speed zones around the Suburb Town Square.**

## Active Uses

The Suburb Town Centre provides an invaluable opportunity to focus on a walkable and bicycle-friendly environment. The current evidence related to the increasing prevalence of overweight and obesity in Australia suggests that encouraging incidental physical activity is a key factor in combating this issue. Urban design emphasis on a walkable and bicycle-friendly environment increases opportunities for incidental physical activity, which can both decrease the long term burden of obesity and increase community connectedness.

The Suburb Town Centre Masterplan articulates the Northeast Subregional Strategy's vision for Suburb as a 'desirable place to visit, live and interact with other members of the community'. At present, the Suburb beachfront is the only public space in the area that meets this vision. The WLEP2000 offers a rare opportunity to link the beachfront with the new Suburb Town Centre through a world class 'Champs-Élysées'-style boulevard.

### Recommendation

- **We propose a pedestrian boulevard along Anyname Avenue, linking Suburb Town Centre and Suburb beachfront. This boulevard could incorporate a central corridor with pedestrian and bicycle paths and a light tram/shuttle-bus service, with one-way vehicle access lanes for residents on either side of the boulevard. This proposed "Anyname Boulevard" is in direct alignment with the North-East Subregional Strategy which states that Suburb should consider the '...provision of boulevards, widened footpaths and pedestrianised areas suitable for activities such as markets and festivals'<sup>2</sup>.**

<sup>2</sup> Suburb Town Centre – Urban Design Review (December 2007), GM Urban Design & Architects Pty Ltd, page 9.

## Open Space and Landscape Character

In regards to open space, the Suburb Masterplan adopts the following principles:

- ‘create a new sequence of public parks and squares’
- ‘create new public spaces’ and
- ‘lead in environmental sustainability’.

## Recommendations

- A community garden should be considered in the planning of the enhanced Suburb Reserve. Community gardens offer many benefits to the community including health, social and urban improvement <sup>3</sup>
- CPTED principles should be considered in parks, squares and public spaces with regard to the planting of flora. Sightlines should remain clear so that activities can be observed and crime discouraged/minimised <sup>4</sup>

## Sustainable Development

The Northeast Subregional Strategy identifies the need to carefully consider the future impact of climate change in the planning process.

## Recommendations

- That the Suburb Town Centre WLEP2000 considers the use of environmentally sustainable design features and materials in the planning of Suburb Town Centre. Measures such as passive solar design, water harvesting and use of renewable materials will assist in achieving high standards of environmental sustainability.
- The provision of active transport infrastructure (eg bicycle paths) and reducing car dependency offers opportunities to create a healthier community environment.

We appreciate this opportunity to provide comment and would welcome other opportunities to collaborate and/or be involved in working groups to promote healthy environments.

Many thanks,

Health Promotion Officer  
Health Promotion  
(02) Phone

Manager  
Health Promotion  
(02) Phone

Contact for correspondence:  
Name and Address

<sup>3</sup> Australian City Farms & Community Gardens Network , Community Gardens – The Benefits (2008)  
<http://communitygarden.org.au/about/benefits.html>

<sup>4</sup> NSW Police Force, Safer By Design (2008)  
[www.police.nsw.gov.au/community\\_issues/crime\\_prevention/safer\\_by\\_design](http://www.police.nsw.gov.au/community_issues/crime_prevention/safer_by_design) 05/03/2008

22<sup>nd</sup> June 2009

Strategic Planning  
Anothename Council  
P.O. Box 00  
Town NSW 0000

Re: Town Active River Foreshore and Town Park Draft Master Plan Report

Thank you for the opportunity to respond to the Draft Master Plan Report, which has been reviewed by both the Public Health and Health Promotion Units of Northern Sydney Central Coast Health.

We commend Council's commitment to providing safe, vibrant and sustainable precincts, with strong connectivity to the Town City Centre and the wider region. The Draft Report identifies opportunities to enhance key healthy design features such as promoting: cycling and walking for both transport and recreation, mixed land use (with residential component), higher residential densities around transport hubs, accessible public open space, sporting and recreational opportunities, protection of the natural environment, and cultural heritage. These features encourage active lifestyles and foster community spirit which, in turn, helps to prevent the modern epidemics of obesity, cardiovascular disease and Type II diabetes.

We are pleased to note that public spaces in both the Active River Foreshore and Town Park precincts will feature key CPTED principles (Crime Prevention Through Environmental Design). CPTED has potential public health benefits by reducing opportunities for crime and thereby encouraging walking and social activities. We customarily recommend that all developments, across public and private domains, comply with NSW Police *Safer by Design* CPTED principles, where appropriate.[1]

Our main objective is to ensure that, where development is to proceed, there is widespread and consistent implementation of existing 'healthy' planning guidelines. We note with interest, that recommendations will be made for the revision of relevant planning controls in order to allow the development of the preferred concept. Inclusion of 'healthy' aims and/or objectives will ensure that the River Foreshore and Town Park offer a safe, healthy and sustainable community.

As a **Matter for Consideration**, we request that the Master Plan Report, and other appropriate controls and plans, adopt a framework which will help ensure that development:

1. provides for a healthy and socially vibrant community through compliance with existing 'healthy planning' guidelines: the Premier's Council for Active Living (PCAL) *Designing Places for Active Living* [2], and/or the National Heart Foundation's *Healthy by Design* guidelines [3], and
2. provides safety and security to users and the community by incorporating NSW Police's *Safer by Design* Crime Prevention Through Environmental Design (CPTED) principles [1] for minimising crime risk in the design phase - refer to section 79C of the EP&A Act 1979.

PCAL's *Designing Places for Active Living* is a web-based resource which provides key healthy design considerations for urban places in metropolitan, regional and rural areas. This resource was developed with the current NSW planning context in mind. It aims to link into the policies and processes associated with the Sydney Metropolitan Strategy and the Subregional Strategies, while also being relevant for other parts of NSW. *Healthy by Design* provides practical urban design strategies to positively influence physical activity.

Public Health and Health Promotion support the following overall design objectives, p 32:

- concentrating activity zones and gathering spaces within easy walking distance of the Town Centre and existing car parking facilities. Sustainable public transport is a priority issue, and we advocate for innovative and creative use of buses of varying sizes (and with bike carrying capacity) to deliver an effective and efficient public transport system.
- clearly defined pedestrian and cycle routes that meander through the existing landscape and link to gathering places. It is also important to ensure that cycle paths are designed to encourage cycling as a means of transport rather than simply for recreation.
- care of the natural environment. Natural areas should be regarded as one of our most vital health resources. [4] Recent research shows that ‘contact with nature’ helps lower blood pressure, cope with stress and other health problems. Nature offers tranquillity, spiritual inspiration and a greater sense of life satisfaction. [4,5]

We take this opportunity to support the key strategy (p 6) to provide “a variety of transit oriented and community based housing, accommodation and lifestyle choices”. Provision of some **affordable housing** located near to the rail station to reduce the need for car travel and lessen living expenses for disadvantaged families should be a priority.

Other recommendations and further considerations:

- Integrate within the Master Plan, both the Town Bicycle and Shared Path Strategy (referred to on p 18) and the Town Recreation and Sporting Facilities Strategy, particularly when considering the recreational needs of the local community and wider region (p 25). Both of these documents are currently being re-developed by Council to which we have provided feedback.
- Provide for contemporary **secure** bicycle parking within any public car parking facilities particularly the ground floor of the proposed new multi-storey car park to be constructed adjacent to Town Station (p 16 and 20). Further, provide end of trip facilities such as lockers and showers at either the public car park or within nearby public amenities.
- Consider imposing a restriction of one (1) car parking space per residential apartment in any proposed basement car parking as a means of reducing the obvious impact of a high number of cars within and between both precincts (approx. 400 - 800m radius)
- In an attempt to create a truly active public domain along Town Road, consider the following:
  - Pursue suggested option to “realign Town Road and the foreshore reserve area to provide the potential for more depth to the riverfront” (p 25)
  - Revise proposed retainment of “two way access” on Town Road (p 38) in favour of a one-way, low speed road using contemporary traffic calming methods.
  - Limiting vehicular access to residents, lease holders / retailers, service vehicles etc.
  - Closing Town Road to through traffic except for eastern and western ends where ideally, parking for vehicles, watercraft trailers etc. would be provided.
- Whilst the foreshore may be deemed “not suitable for active open space” (p 53) the river itself should be considered as valuable active open space, requiring little capital investment or recurrent funding. A drop-off and/or trailer parking zone together with a pontoon for kayakers, canoeists to access and egress the river may be a popular attraction for local residents and tourists alike.
- Pursue “possible installation of public exercise facilities” (p 54) along the river foreshore. Apart from their obvious purpose of increasing physical activity, such equipment can act as functional sculpture pieces, ameliorating the urban landscape. These pieces of equipment could be installed as an obvious trail along the foreshore or clustered as an obvious ‘fitness zone’ in a suitable location.

Finally, we agree with the need to consider the impact of climate change in any planning and investment decision (p 27). Extreme weather events such as heatwaves and floods are expected to become more common in NSW. Not only do these events cause major disruption, they can also have severe consequences for people’s health. [6] To minimise our contribution to climate change, we believe that new developments should encourage low carbon usage through, for example, energy

efficient building design and provision of active transport options. Experience has shown us that, in this area, heatwaves are often accompanied by blackouts. Consequently, air-conditioning cannot be relied upon to protect people from heat stress. By remaining cooler in hot weather, energy efficient buildings have the additional benefit of mitigating the health effects of heatwaves.

The Town Centre, comprising the Active River Foreshore and Town Park precincts, offers both a significant challenge and opportunity to create a vibrant, safe, healthy and sustainable community and broader region. We appreciate this opportunity to provide comment and would welcome other opportunities to add value to Council's plans, collaborate with staff and/or be involved in working groups associated with this project or to promote physical activity, active transport and public health in general.

Yours sincerely

Name

Name

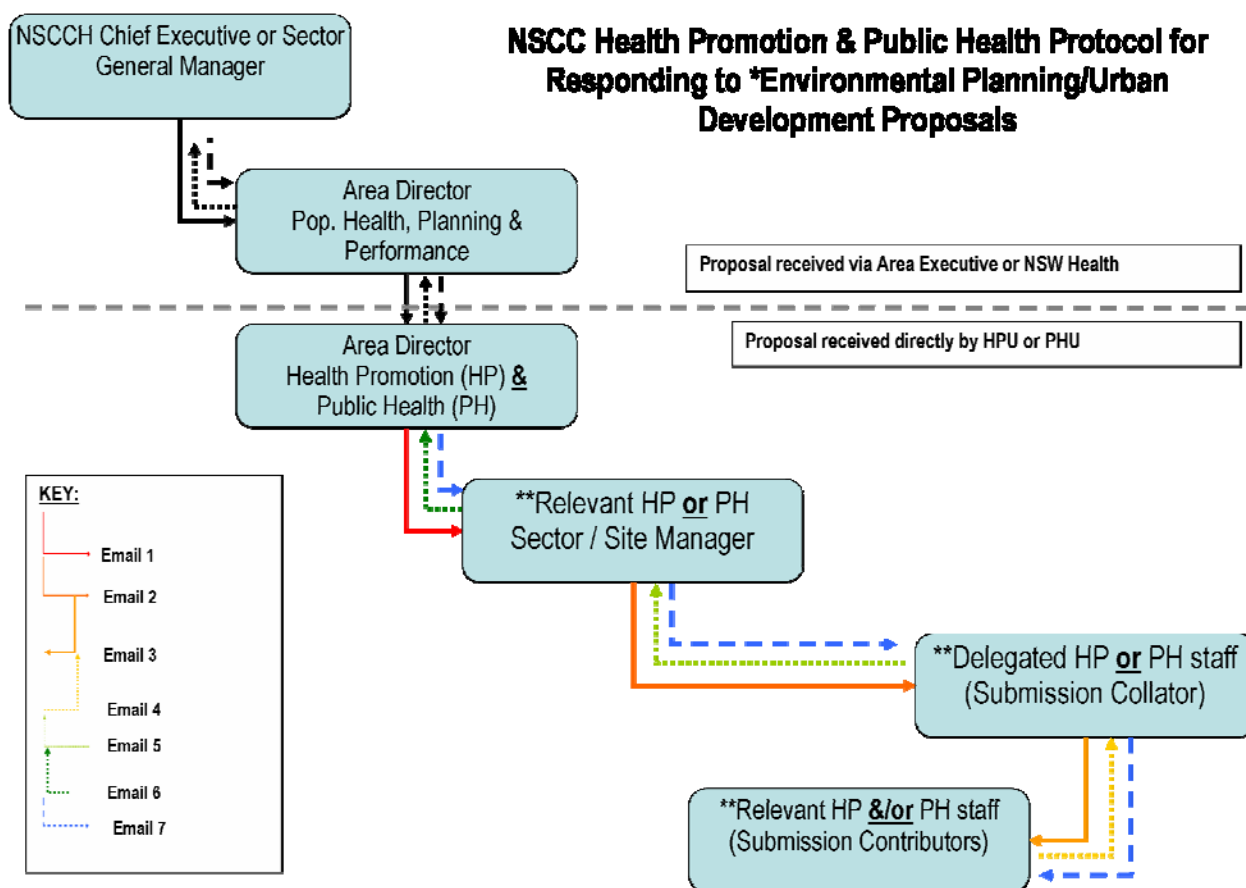
**Area Director, Health Promotion Service**

**Manager, Public Health Unit**

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5. Campaign to Protect Rural England (CPRE). Oct 2006. *Saving tranquil places: how to protect and promote a vital asset*. Online at: [www.cpre.org.uk/library/results/tranquillity](http://www.cpre.org.uk/library/results/tranquillity) Accessed 22/04/09
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#### NOTES:

\* Environmental Planning/Urban Development proposals refers mainly to more formal planning / development documents such as: Development Applications (DAs); Development Control Plans (DCPs); and Environmental Planning Instruments (EPIs) [Local Environment Plans (LEPs), Regional Environment Plans (REPs) / Regional Strategies and State Environmental Planning Policies (SEPPs)].

\*\*Relevant and \*\*Delegated staff are determined based primarily on sector/site location in relation to the proposal, expertise, workload/availability and interest but does not preclude other considerations.

## Description of Emails:

### Email 1

<b>Rationale:</b> To inform the most relevant sector/site manager of proposal and empower them to determine appropriate staff to collate submission	
<b>From:</b>	Area Director (in receipt of proposal)
<b>To:</b>	Relevant Sector / Site Manager
<b>Cc:</b>	Other Area Director and Site Manager(s)
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Covering statement of proposal and required action to be taken</li> <li>Attachment of all relevant documents and/or web links</li> <li>Submission due date (external) and any internal communication deadlines</li> </ul> <p><b><u>NOTE:</u> This communication may also be in person or by phone, whichever is most convenient and/or appropriate</b></p>

### Email 2

<b>Rationale:</b> To delegate responsibility to the most relevant staff member to collate submission and identify other relevant staff to contribute	
<b>From:</b>	Relevant Sector / Site Manager
<b>To:</b>	Delegated HPU, PHU and/or PHN staff member (Submission Collator)
<b>Cc:</b>	Area Director
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Delegates responsibility to a staff member (HPO, PHO, EHO or PHN) to collate submission</li> <li>Identifies relevant staff to possibly contribute to submission</li> <li>Covering statement of proposal and required action to be taken</li> <li>Attachment of all relevant documents or web links</li> <li>Submission due date (external) and any internal communication deadlines</li> </ul> <p><b><u>NOTE:</u> This communication may also be in person or by phone, whichever is most convenient and/or appropriate</b></p>

### Email 3

<b>Rationale:</b> To invite other expert / interested staff to make contributions which may add value to the submission	
<b>From:</b>	Submission Collator
<b>To:</b>	Relevant staff identified to contribute to submission
<b>Cc:</b>	Sector / Site Manager
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Covering statement of proposal and required action to be taken</li> <li>Attachment of all relevant documents or web links</li> <li>Submission due date(external) and any internal communication deadlines</li> </ul>

## Email 4

<b>Rationale:</b>	To add value to the submission
<b>From:</b>	Staff identified to contribute to submission
<b>To:</b>	Submission Collator
<b>Cc:</b>	Other relevant staff (submission contributors)
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Contributions towards submission</li> </ul>

## Email 5

<b>Rationale:</b>	Sector / Site Manager to receive final submission in timely manner for forwarding to Area Director
<b>From:</b>	Submission Collator
<b>To:</b>	Sector / Site Manager
<b>Cc:</b>	Other relevant staff (submission contributors)
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Attachment of collated submission, acknowledging contributions from other staff, for forwarding to Area Director</li> </ul> <p><b>NOTE:</b> If required, Area Director to reply to Collator advising of any changes to be made prior to signing</p>

## Email 6

<b>Rationale:</b>	Area Director to receive final submission in timely manner for approval, signature and submission
<b>From:</b>	Sector / Site Manager
<b>To:</b>	Area Director
<b>Cc:</b>	Submission Collator and other relevant staff (submission contributors)
<b>Subject:</b>	<b>(Title of proposal and external due date e.g. <i>Draft Town Centre DCP – Due 24/12/10</i>)</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Attachment of collated submission, acknowledging collator, for approval, signature and submission (and in some cases, sending to Area Director Pop Health, Planning and Performance).</li> </ul> <p><b>NOTE:</b> If required, Area Director to reply directly to Collator (cc: Manager) advising of any changes to be made prior to sign-off</p>

## Email 7

(fwd: from Area Dir)	
<b>Rationale:</b> Contributing and relevant staff members kept informed and provided with a copy of final submission for future reference and capacity building purposes	
<b>From:</b>	Area Director
<b>To:</b>	Sector / Site Manager, Submission Collator and Contributors
<b>Cc:</b>	
<b>Subject:</b>	<b>Title of proposal/submission e.g. Town City Centre DCP Submission FINAL</b>
<b>Message: (Content)</b>	<ul style="list-style-type: none"> <li>Attachment of final submission.</li> </ul> <p><b><u>NOTE:</u> If required, Area Director to reply directly to Collator (cc: Manager) advising of any changes to be made prior to sign-off</b></p>

**NOTE:** All emails are to be given the 'Send Option' of 'High Priority' if timeframes are less than or equal to ten (10) working days

**Acknowledgement:** *This protocol has been developed following consultation with a reference to the 'Proposal for HNEH response to urban planning documents (Draft 2) - Date: 1st May, 2008' developed by staff of the Population Health, Planning and Performance division of Hunter New England Area Health Service.*

# A CHECKLIST FOR HEALTHY PLANNING ASSESSMENT

Key Area	+ve Comments	-ve Comments	Other Comments
<b>Promoting Healthy Lifestyles</b>			
Do the proposed policies and developments:			
<ul style="list-style-type: none"> <li>• Encourage active living?</li> <li>• Provide accessible space for active and passive recreation?</li> <li>• Provide easy access to green space and parks?</li> <li>• Ensure equitable access to such resources for everyone?</li> <li>• Include smoke free outdoor areas?</li> <li>• Include shade structures?</li> </ul>			
Sections – <ul style="list-style-type: none"> <li>• Physical activity</li> <li>• Overweight and obesity</li> <li>• Sun Protection</li> <li>• Smoking</li> </ul>			



Key Area	+ve Comments	-ve Comments	Other Comments
Transport and Mobility			
Do the proposed policies and developments:			
<ul style="list-style-type: none"> <li>• Manage parking supply for cars and bicycles to encourage public transport use and cycling?</li> <li>• Build active transport infrastructure eg bike paths, bus routes, etc?</li> <li>• Concentrate highest density development within walking distance (400-800m) of public transport stops and town centres</li> <li>• Provide residential, commercial and recreational spaces linked by frequent, reliable, cheap and safe public transport</li> <li>• Provide routes and spaces which are pedestrian and/or cycle friendly?</li> <li>• Offer end-of-trip facilities (eg showers, bike storage, lockers)</li> </ul>			
Sections – Active transport			

Key Area	+ve Comments	-ve Comments	Other Comments
Community Safety			
Do the proposed policies and developments:			
<ul style="list-style-type: none"> <li>Focus on safe public spaces, day and night?</li> <li>Incorporate Safer by Design and/or Crime Prevention Through Environmental Design (CPTED) principles?</li> <li>Consider the NSW Liquor Act 2007?</li> </ul>			
Sections			
<ul style="list-style-type: none"> <li>Crime Prevention Through Environmental Design and Safer by Design (CPTED)</li> <li>Alcohol</li> </ul>			

Key Area	+ve Comments	-ve Comments	Other Comments
<b>Food Security</b>			
Do the proposed policies and developments :			
<ul style="list-style-type: none"> <li>• Improve access to wholesome locally produced food?</li> <li>• Address food deserts?</li> <li>• Encourage community gardens, city farms and allotments to allow food to be grown locally?</li> <li>• Safeguard or threaten good agricultural land from development?</li> </ul>			

Key Area	+ve Comments	-ve Comments	Other Comments
<b>Social Cohesion, Social Inclusion and Social Capital</b>			
Do the proposed policies and developments:			
<ul style="list-style-type: none"> <li>Promote social cohesion and the formation of positive social capital?</li> <li>Provide opportunities for social interaction, gatherings and public events?</li> <li>Strengthen the infrastructure for community development, participation and public art?</li> <li>Explicitly or implicitly exclude particular groups (eg elderly or CALD groups) in the community?</li> <li>Avoid community disruption by transport developments and large scale commercial schemes?</li> <li>Avoid the creation of social monocultures by limiting the mix of land use?</li> <li>Explicitly address existing health inequities and seek to reduce them?</li> </ul>			

Key Area	+ve Comments	-ve Comments	Other Comments
<ul style="list-style-type: none"> <li>Have the potential to exacerbate existing health inequities?</li> <li>Use street network to connect suburbs with each other and with local centres - employment, schools, shopping facilities?</li> <li>Promote housing quality?</li> <li>Provide a mix of tenure options?</li> <li>Ensure affordability?</li> </ul> <p>Sections – Gathering places Affordable housing</p>			

Environment, climate change and sustainability		
Do the proposed policies and developments:		
<ul style="list-style-type: none"> <li>• Reduce the emission of greenhouse gases?</li> <li>• Reduce energy consumption?</li> <li>• Reduce the use of non-renewable resources?</li> <li>• Promote resource conservation recycling, reuse and repair?</li> <li>• Encourage rain water harvesting and the appropriate use of grey water?</li> <li>• Encourage the use of solar energy?</li> <li>• Require high standards of sustainable design?</li> <li>• Protect nature, wildlife corridors and threatened habitats?</li> <li>• Sections – Climate Change Contact with Nature Contaminated Land Water Re-use</li> </ul>		

Acknowledgements - this framework was developed using existing formats, in particular:

- *Watch Out For Health* – NHS London Healthy Urban Development Unit. [www.healthurbandevelopment.nhs.uk/](http://www.healthurbandevelopment.nhs.uk/)
- *Guidelines for Residential Subdivision in Macedon Ranges Shire, Designing in Health and Wellbeing*. [www.macedon-ranges.viv.gov.au](http://www.macedon-ranges.viv.gov.au)
- *PCAL Planning and Design Guidelines*. [www.pcal.nsw.gov.au/planning\\_and\\_design\\_guidelines](http://www.pcal.nsw.gov.au/planning_and_design_guidelines)