

# Healthy Active by Design

## Training Resource 101





# What will **you learn** in this Healthy Active by Design (HAbD) Training Resource?

This Training Resource offers an overview of the HAbD program. Upon completion, you will be able to:

- Describe the evidence-based HAbD program and its offerings
- Discuss the link between health and planning
- Identify ways to apply HAbD in your work and/or role
- Navigate the HAbD online resource





# What is HAbD?

The Heart Foundation's HAbD program is a practical guide to incorporating health and physical activity into the design of our built environment. This useful resource offers the best-available evidence and advice to assist with the development of healthy and active neighbourhoods.

Partnership and collaboration with stakeholders in planning, health, transport and local government sectors have enabled the completion of an evidence-based national HAbD tool.

This tool assists planners, allied professions and the general community to advocate for, and contribute to improving community health and well-being in Australia by considering planning for active living approaches.

HAbD is helping to pioneer the inclusion of physical activity and health into the design of streets, buildings, urban spaces, towns and cities.



# Trevor Shilton on HAbD



Click the play button to watch the video!

Adjunct Professor Trevor Shilton is Director of Active Living at the Heart Foundation.

In this video Trevor explains the HAbD program and how to use it to design communities that enable and promote health and well-being.

# Who is this HAbD resource for?

The health and well-being of all Australians concerns many professional groups – not just the medical and allied health professions. The designers, planners and managers of our natural and built environment can contribute to improving community health status and well-being. Potential users of this HAbD resource include the following:

- **Planners / urban designers / transport engineers** within government agencies and public bodies – when assessing masterplans, development proposals and to inform planning policies and schemes.
- **Developers, designers and consultants** involved in development proposals - by informing design choices in delivering healthy and active communities.
- **Community development professionals** through raising the priority of infrastructure development or guiding strategic decisions.
- **Health professionals and advocates** undertaking advocacy work.
- **Elected officials** when assessing and making determinations on development and policy proposals and funding priorities.
- **Community members** to guide responses to proposals out for public comment and initiate change to current policy.

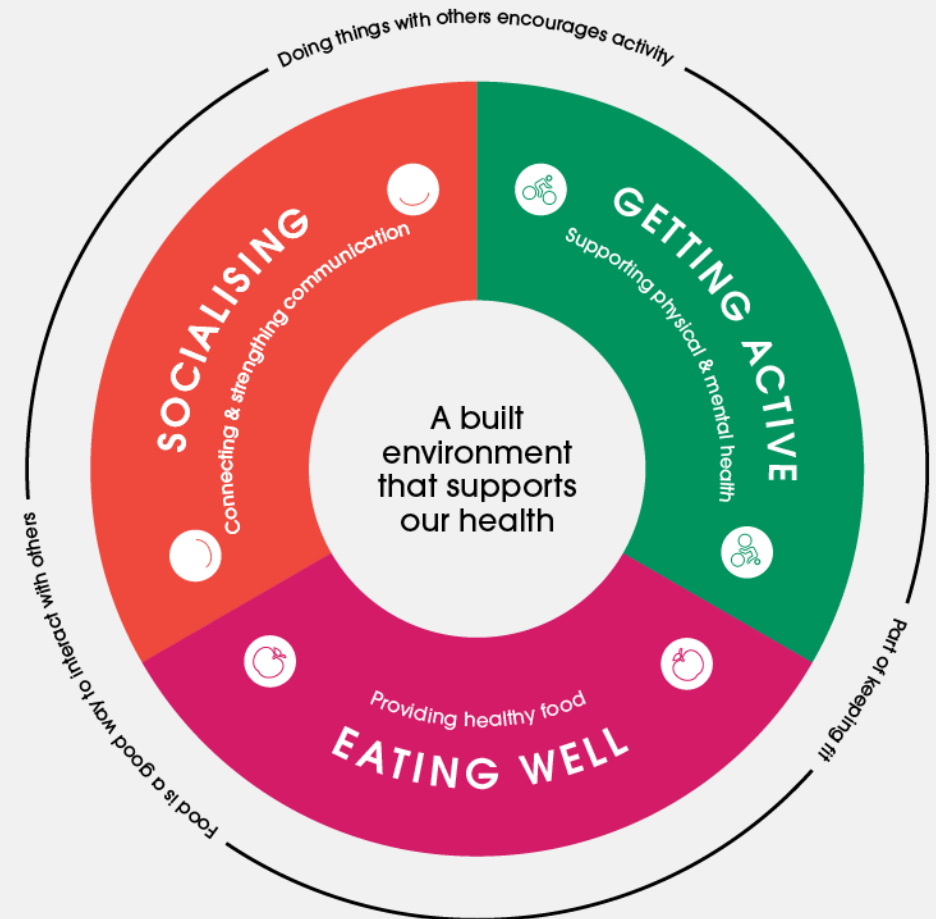


*Case study image Yagan Square  
courtesy of Development WA*

# Why health and planning?

The built environment in which we live, work and play, has a critical role in shaping our health. The HAbD resource focuses on how the built environment supports physical activity and the availability of healthy food (to reduce obesity and the risk of heart disease) and social interaction (to reduce the risk of mental illness, particularly depression).

Healthy built environments are about putting the needs of people and communities at the heart of the urban planning process and encouraging decision-making based on human health and well-being.





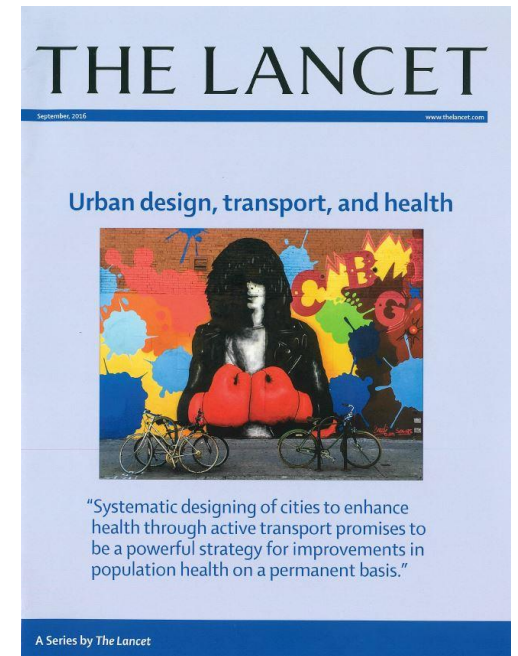
# Physical activity and planning

The role that regular physical activity has in managing and reducing the risk factors of many preventable diseases is well established.

Research indicates that regular physical activity improves people's physical and mental health and well-being.

Neighbourhoods and cities that are designed to encourage active lifestyles can improve health by providing more opportunities for walking, cycling and using public transport.

The HAbD tool can be used for advocacy and resource sharing to address physical inactivity.



# Recognising health and planning

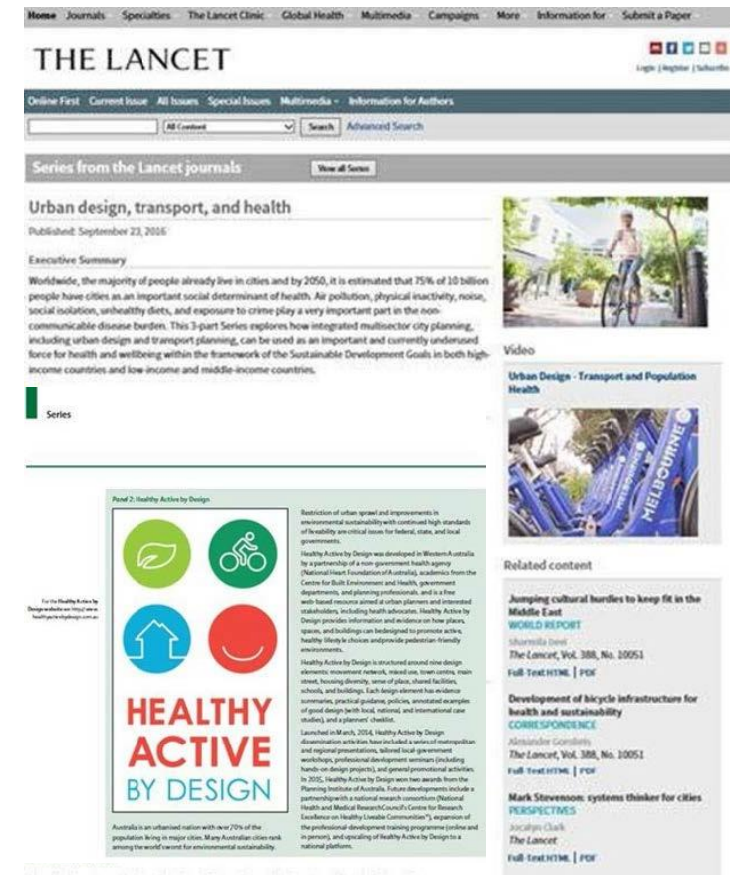
The linkages between health, urban design and transport are gaining greater prominence and recognition. In September 2016, the Heart Foundation's award-winning HAbD program was showcased in a Special Issue of The Lancet, as part of a Series on Active Transportation and Health.

This Series quantifies the health gains that could be achieved if cities incentivised the shift to active-friendly environments including more focus on walking, cycling and public transport.

Sign up to The Lancet for free to view the Special Issue: *Use of science to guide city planning policy and practice: how to achieve healthy and sustainable future cities.*



<http://www.thelancet.com/series/urban-design>





# What makes a **healthy active place**?

The way the environment is designed, planned and built can affect how physically active people will choose to be.

Towns and cities, neighbourhoods, public spaces and places, shopping areas, and town and neighbourhood centres designed for all stages of life will result in greater use and physical activity, and provide for increased social interaction and inclusion.

This can result in improved health outcomes, especially greater levels of general well-being and fitness.



# What makes a **healthy active place**?

HAbD outlines the design features to consider when designing and planning for health and well-being benefits.

Making places more supportive of walking and cycling or using public transport requires street connectivity, mixed density and mixed land use.

People walk more if they perceive streets are safe and aesthetically pleasing.

The built environment can also influence food access and availability, which can shape people's healthy choices.





# Billie Giles-Corti on the benefits of density



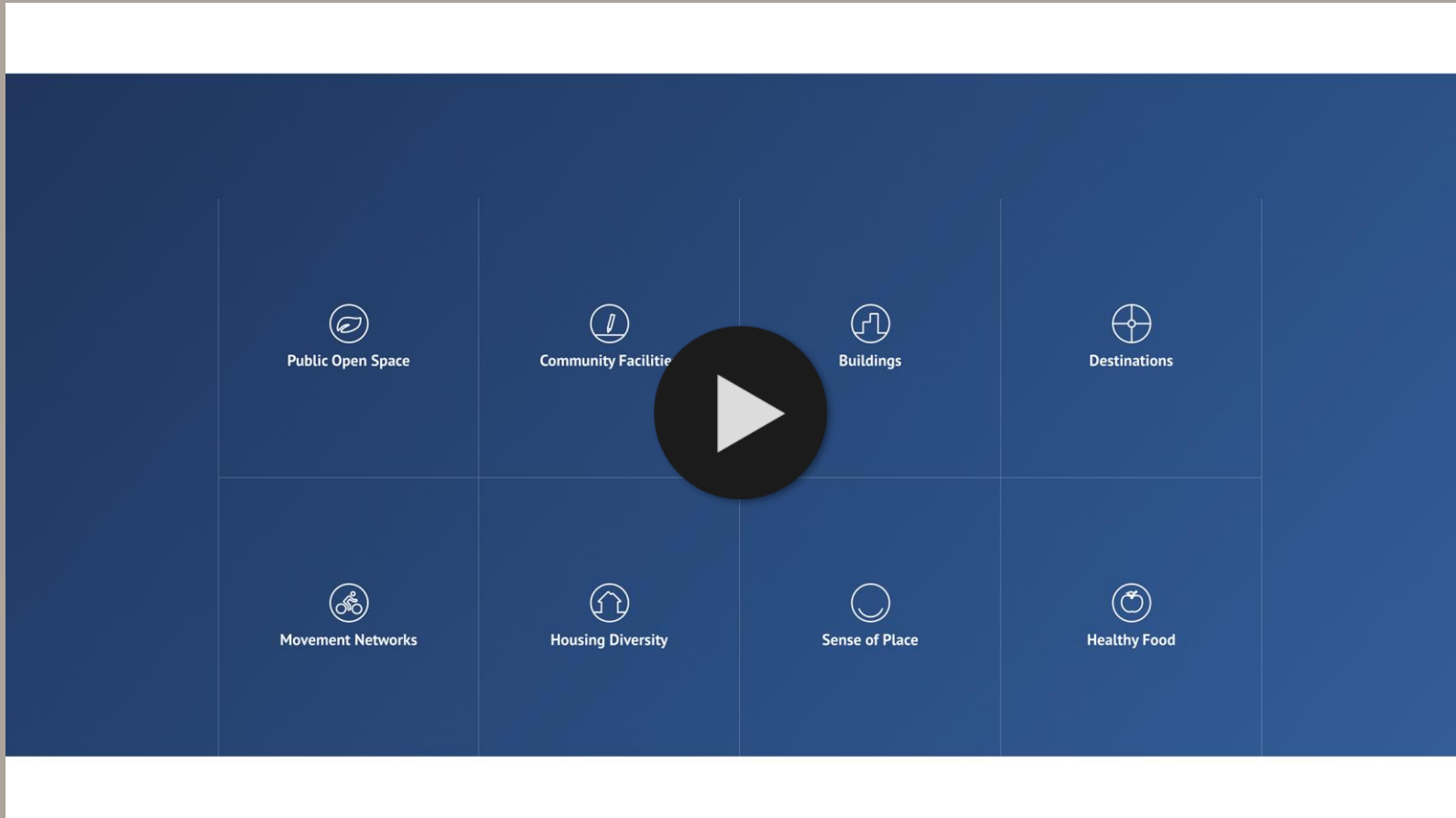
Click the play button to watch the video!

Distinguished Professor Billie Giles-Corti is the Urban Futures Enabling Capability Platforms Director at RMIT University.

Billie discusses how we should be planning and providing the right mix of infrastructure to cater for a population that will double in the next three decades.

The planning and design decisions we make now will have an impact on the future liveability of our cities and towns.

# What is the HAbD Resource?



Click the play button to watch the video!

HAbD is an online resource that informs the design of healthy and active communities. The resource is structured around eight design features, and comprises the following:

- Linked evidence summaries
- Checklists of considerations
- Interactive related policy
- National and international resources
- Infographics and videos
- Continually updated case studies; and
- Design Guides

Check out the website:  
[www.healthyactivebydesign.com.au](http://www.healthyactivebydesign.com.au)



# HAbD Checklists and Advocacy Prompter

For each design feature, HAbD offers a Checklist or Advocacy Prompter (for Healthy Food) which include the following:

- Objectives: The rationale of and purpose of the design feature for supporting active living and health, based on the extensive review of existing health, active living and planning literature
- Principles: Key areas of action / Design Principles supported by evidence summaries
- Considerations: Questions to ask when creating, preparing, assessing or commenting on proposals and/or policies. These considerations have strong supporting evidence and reflect best practice



## HEALTHY FOOD

**Purpose:**  
This advocacy prompter is designed to highlight research-based considerations and opportunities for the delivery of Healthy Built Food Environments (HBFE) for a range of community and built environment professionals and decision makers. It can be used where:

- formulating policy to guide development decisions relating to Healthy Built Food Environments
- designing new or adapting existing neighbourhoods, park systems, street networks, centres and places
- prioritising community awareness as to the benefits of Healthy Built Food Environments
- assisting community based organisations to establish Healthy Built Food Environments
- considering governance arrangements for public spaces used for Healthy Built Food Environment outcomes

**Objective:**  
NEIGHBOURHOODS THAT ENCOURAGE HEALTHY FOOD CHOICE AND ACCESSIBILITY TO HEALTHY FOOD, MAKING FOR HEALTHY BUILT FOOD ENVIRONMENTS

The Healthy Food design feature complements the existing Healthy Built Food Environment. Implementation is required. Design elements as its primary audience and capacity for it prepared, as opposed to a checklist, which is found in the current town planning regulatory framework does not exist. Stakeholders in the development industry and local community.



## PUBLIC OPEN SPACE

**Objectives:**  
PROVIDE A RANGE OF PUBLIC OPEN SPACES THAT CONTRIBUTE TO THE RECREATIONAL, PHYSICAL AND SOCIAL NEEDS OF ALL MEMBERS OF THE COMMUNITY.

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Access</b> Public use of open spaces can be improved by ensuring that they are easily accessible to, and by, all members of the community	Do all community members have at least one open space within a 400m - 800m walk? Are there clear pedestrian and cycle routes, designated crossings, and suitable ramps to, and within, the open space?	Yes			
<b>Function</b> Open spaces assist in meeting the physical, recreational and social needs of a community	Are the public open spaces accessible to people of all ages, genders and cultures, including those with disabilities and limited mobility? Have the open spaces been designed to meet the diverse needs of the community? How were those needs identified? Are there a range of uses that promote physical activity and community interactions? How do these uses generate activity throughout the week and day and night? How are the open spaces and supporting infrastructure managed and maintained?	Yes Yes Yes Yes			
<b>Design</b> Open space designs that respond to their surrounds can enable a strong connection to the community and the environment	Does the open space reflect the cultural heritage and identity of the site, and the character of the surrounding community? How well do the surrounds contribute to safety? Do nearby buildings and streets overlook the space? Is there adequate lighting within the space? How does the open space respond to existing environmental conditions such as drainage, slopes and retaining trees?	Yes Yes Yes			

**Process considerations:**  
Establish these connections and access along the coast, public footpaths, wetlands and waterbodies to enhance opportunities for physical activity. Undertake a community needs assessment to identify open space needs. Consider roles and functions within public open spaces holistically to resolve needs across the open space network.

# HAbD Case Studies

Case studies have been collated from around Australia, which showcase how HAbD design features can be applied and structured in terms of health, economic, environmental, social and use values. These case studies reflect best-practice design initiatives in urban, regional and rural contexts.

A search function allows the selection of a case study based on typology and location.



Health value



Economic value



Environmental value



Social value



Use value



# HAbD Case Studies



HOUSING DIVERSITY, INFRASTRUCTURE

The Commons

Victoria | Urban



COMMUNITY FACILITIES, MASTERPLAN

Playford Alive

South Australia | Urban



HOUSING DIVERSITY, MASTERPLAN

The Hermitage

New South Wales | Urban



DESTINATIONS, LOCAL GOVERNMENT INITIATIVE

Barcaldine's Main Street

Queensland | Rural



MOVEMENT NETWORKS, INFRASTRUCTURE

Clarence Foreshore Trail

Tasmania | Urban



HOUSING DIVERSITY

WGV at White Gum Valley









Western Australia | Urban



[View a case study in  
an area of interest  
and/or location](#)

# HAbD Infographics

Infographics for each design feature provide a pictorial graphic to communicate key evidence that supports the HAbD design principles. Download an infographic of interest:

-  [Public Open Space](#)
-  [Community Facilities](#)
-  [Buildings](#)
-  [Destinations](#)
-  [Movement Networks](#)
-  [Housing Diversity](#)
-  [Sense of Place](#)
-  [Healthy Food](#)



# Other HAbD **Web Based Resources**

The HAbD website contains other multimedia materials, a glossary and publication links which are continually being updated with a capacity to include new resources.

[Interview Videos](#)

[Case Study Videos](#)

[Glossary](#)

[Publications](#)



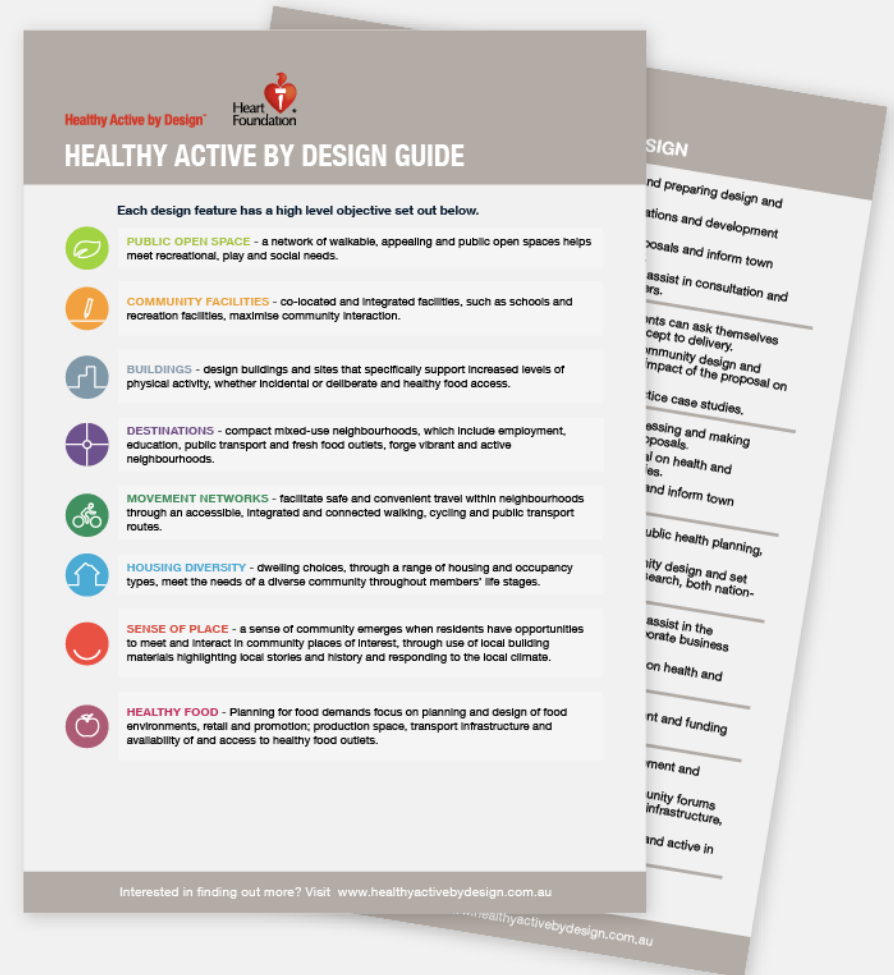


# HAbD Guide – A Printed Resource

To support the HAbD online resource, the HAbD Guide has been prepared to support practical application and consultation with stakeholders. It offers:

- A tool to aid practice, with a focus on planning frameworks.
- Summary lists of the most important and effective design feature considerations/strategies when creating, preparing and assessing a new development or policy.
- Guidance to assess the impact of the proposal on health and well-being.

Download the Guide [here](#)



# David Doy on using HAbD



Click the play button to watch the video!

David Doy manages the Place Planning team at the Town of Victoria Park and has broad experience across a range of Strategic Planning, Urban Design, Economic Development, Events and Place Governance projects in the Perth Inner City.

In this video David shares his passion for delivering great places for people to create healthy communities.



# Making it happen: When to use HAbD?

Everyday decisions have implications for designing healthy places. Planning for active living calls for a commitment to applying healthy planning principles to all levels of the planning system, at every stage of the planning process and in every planning project and policy initiative. These principles can be applied no matter what the scale, in metropolitan or regional contexts, from local neighbourhoods in regional, rural and remote communities to large scale centres.

Partnership and collaboration have enabled HAbD to bring together this evidence-based national guide to show that planners and allied professions and the general community have a major opportunity to contribute to improved community health and well-being in Australia by adopting planning for active living approaches. This is best demonstrated by over 175 HAbD case studies.



# Learning Outcomes

Having completed this Training Resource, you should understand:

- The evidence-based HAbD program and its offerings
- The link between health and planning
- Ways to apply HAbD in your work and/or role
- How to navigate the HAbD online resource

*Case study image Montario Quarter courtesy of Development WA*



# Further Resources

All Heart Foundation built environment resources are available on the [Heart Foundation website](#).

- 📄 [Blueprint for an active Australia: National Heart Foundation of Australia \(2019\) \(PDF\)](#)
- 📄 [The built environment and walking position statement \(2009\) \(PDF\)](#)
- 📄 [Does density matter? The role of density in creating walkable neighbourhoods \(2014\) \(PDF\)](#)
- 📄 [Increasing density in Australia: Maximising the health benefits and minimising harm \(2012\) \(PDF\)](#)
- 📄 [Low density development: Impacts on physical activity and associated health outcomes \(2014\) \(PDF\)](#)
- 📄 [Streets for people: Compendium for South Australian Practice \(2012\) \(PDF\)](#)
- 📄 [Good for Busine\\$\\$: The benefits of making streets more walking and cycling friendly \(SA\) \(2011\) \(PDF\)](#)





# Key terms and concepts

## - Planning

**Accessibility** - The degree to which the numbers of people have access to a location, facility, program, open space, and cycle and walk networks.

**Active transport** - Walking, cycling or using public transport. Active transport is an alternative to car travel and can provide benefits, such as increasing daily physical activity and reducing greenhouse gas emissions. Ancillary benefits can also include an increase in the sense of community and improved mental health.

**Built environment** - The structures and places in which we live, work and play, including land uses, transportation systems and design features.

**Urban design** - A design-based approach to shaping urban environments and optimising the performance and efficiency of neighbourhoods, towns and cities, paying particular attention to the way urban spaces work, interface between public and private realms and natural environment, cultural values, integrated movement systems and built form.





# Key terms and concepts

## - Health

**Cardiovascular disease (CVD)** - Diseases that affect the heart and blood vessels. The most common and serious CVDs in Australia are coronary heart disease, stroke and heart failure.

**Health** - A state of complete physical, mental and social well-being, not merely the absence of disease or infirmity (World Health Organisation, 1946).

**Non-communicable diseases** - A non-infectious chronic health condition, usually developing over a significant period of time, that can cause death, dysfunction or impaired quality of life.

**Physical activity** - Bodily movement produced by the contraction of skeletal muscles that increases energy expenditure above the basal level and can include walking, running, organised sport, household chores, gardening etc.