

# The Role of Planning in Supporting Health and Wellbeing:

## *An assessment of supportive health provisions in key city plans*

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**Andrew Wheeler and Susan Thompson**



Planning & Urban Development Program  
Faculty Built Environment  
UNSW



## Presentation Outline

- What's health got to do with planning?
- Introduction to the research
- CHES principles for healthy environments
- Analysis of metropolitan plans
- Good practice principles
- Conclusion

## Health & planning go back a long way



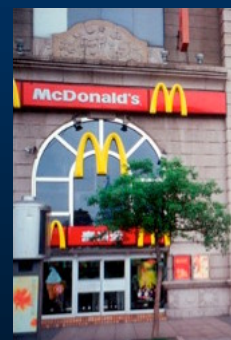
- Town planning originated out of concerns for health
- The polluted and crowded city slums
- Creation of zoning
- *Garden City* movement
- Health improved...

Source: Mumford, 1961, *The City in History*

## So what went wrong?



- Today environments have designed out physical activity
- Excessive high energy food intake
- Insufficient physical activity in daily life
- Diminished social interaction



## What is the outcome?



Increasing incidence of NCDs – diabetes, heart disease, cancers, depression – an overburdened and costly sick-care system – an unsustainable situation



## Introduction to the research

- Metropolitan planning has an important role to play in creating and supporting healthy urban environments
- Do metropolitan strategies incorporate healthy planning provisions and, if so, what are these provisions?
- Do healthy planning provisions in metropolitan plans lay an adequate foundation for local plans to bring about environments for holistic wellbeing?

## The Research

- Plans for analysis:
  - Draft South East Queensland Regional Plan 2009-2031*
  - City of Cities – Sydney Metropolitan Strategy*
- Study methodology:
  - Word Searches
  - Detailed textual analysis using The CHESS Principles

## The CHESS Principles

### *The **CHESS** Principles:*

- ✓ Conconnected environments
- ✓ Healthy Eating environments
- ✓ Safe environments
- ✓ Sustainable environments

([http://www.pcal.nsw.gov.au/resources/evidence\\_papers](http://www.pcal.nsw.gov.au/resources/evidence_papers))

## **Connected environments**

- Environments WITH which we work – connecting physical and socio-cultural environments to healthy outcomes – policies, plans, urban design, transport
- Environments IN which we work – connected ways of working across disciplinary and professional boundaries

## **Healthy Eating environments**

- Fresh, affordable, culturally appropriate healthy food readily available in every local community
- Reducing the travel time of food – less distance means fresher food and fewer greenhouse gases
- Retention of productive agricultural land close to consumers
- Local and regional food policies



## Safe environments

A safe environment is the foundation of a healthy city



## Sustainable environments

- Environment sustainability = health for people
- Characterised by walkable neighbourhoods, local food production, quality open space and mixed local land uses
- Sustainability policy is well entrenched in planning policy and practice





## Word Count – SEQ Regional Plan

- **Health – 100**
  - General / Healthy Planning Principles (51)
  - Sick Care Facilities / Medical Centres / Health Services (30)
  - Other (19)

## Word Count – *SEQ Regional Plan*

- Wellbeing - 15
- Connect - 88
- Food - 10
- Safe - 37
- Sustainability - 107
- Walk - 37
- Cycle - 34

## Application of **CHES**

### **Connected environments**

- Recognises interconnected nature of communities in SEQ
- Recognises the need to connect transportation modes and community building infrastructure
- Identifies key issue of healthy and safe communities

## Application of **CHESS**

### **Connected environments**

- Incorporates smart growth principles
- Few mentions of connected ways of working per se
- Link between healthy planet and healthy people is present but not sufficiently explicit

## Application of **CHESS**

### **Healthy Eating environments**

- Very little attention
- Recognises the importance of maintaining viable agricultural land
- Fails to recognise the role healthy eating plays in human health
- Does not make the link between healthy people – healthy planet
- Needs much more innovative clauses to encourage healthy eating

## Application of **CHESS**

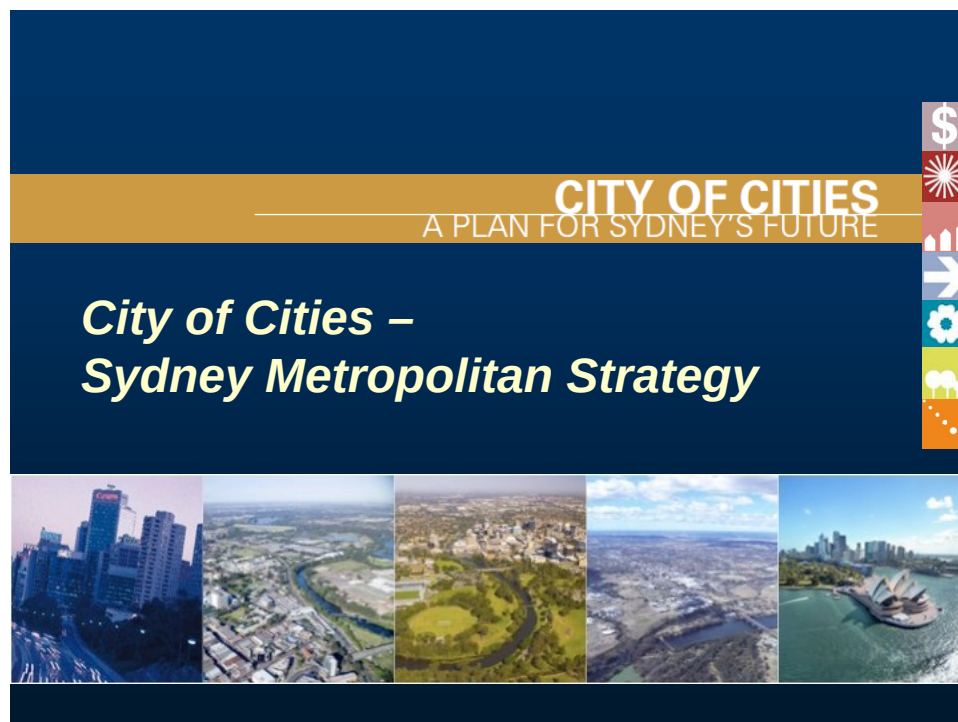
### **Safe environments**

- A major policy direction
- Identifies safety as a major determinant of individual and community health
- Notes the importance of perception of safety
- Strong links to connected environments
- Mentions CPTED and Smart Growth principles

## Application of **CHESS**

### **Sustainable environments**

- Initiatives are primarily linked to the natural environment, rural lands and the economy
- Limited mention of the link between sustainability and health
- Identifies sustainability as a core principle of smart growth and transport
- Highlights the need for ongoing monitoring



## Word Count – *City of Cities*

- **Health – 112 (100)**
  - General / Healthy Planning Principles (40) (51)
  - Sick Care Facilities / Medical Centres / Health Services (55) (30)
  - Other (17) (19)

## Word Count – *City of Cities*

- Wellbeing - 3 (15)
- Connect - 91 (88)
- Food - 10 (10)
- Safe - 44 (37)
- Sustainability - 127 (107)
- Walk - 74 (37)
- Cycle - 58 (34)

## Application of **CHESS**

### **Connected environments**

- Focuses on connections between centres
- Transport connectivity is important in the plan
- Connecting people to open space
- As with the SEQ Plan, very limited mention of connected ways of working

## Application of **CHESS**

### **Healthy Eating environments**

- A weak element of the plan
- Recognises importance of reducing food miles and retaining agricultural lands close to Sydney
- Identifies the link between food and health
- Lacks wide-ranging policy actions and specific recommendations

## Application of **CHESS**

### **Safe environments**

- Links consolidation efforts with safer neighbourhoods
- Recognises the role that travel choices play in overall community safety and health
- Links safety to the promotion of social capital
- No mention of CPTED principles

## Application of **CHESS**

### ***Sustainable environments***

- Comprehensive sustainability is a core vision of the plan
- Strong links to sustainable growth and existing interventions
- Aims to encourage more sustainable travel choices
- Acknowledges the connection between human health and planet health

## Good practice principles

- Human health - key objective of plan and part of overall vision
- Requires interdisciplinary ways of working and thinking
- Recognition of all the 'environments' that must be addressed
- Set frame for lower levels of plans
- Targets and monitoring

## Conclusion

- Starting point to consider how metro frameworks enhance health
- Importance of embedding healthy planning criteria in metro plans
- Trickle down effect
- Words alone are not enough – do the plans deliver healthy cities?