



THE AUSTRALIAN NATIONAL UNIVERSITY

# Healthy Places

Legacies of the London Olympic Games?

Professor Tony Capon

- First so-called 'Green Games'
- Sydney Olympic Park – brownfield site
- Planned during the 1990s
- Innovative approaches from a land management perspective



- Health – social marketing perspective
- Integration of Sydney Olympic Park into greater Sydney – 30 mins by train from the Sydney CBD
- Collection of major venues *vs* a sustainable community (residential, economic, social and health perspectives)
- Funding for government services and other infrastructure

- Sydney West Area Health Service, 1991-2006
  
- *NSW Public Health Act 1991*
  - Infectious disease control
  - Environmental health
  - Food safety

# The urban health challenge

- Infectious diseases
- Chronic diseases – heart disease, diabetes, chronic lung disease, cancers
- Depression and anxiety
- Injury and violence
- Asthma and allergies
- Dementia

- Environmental  
transport, urban environment, food supply,  
pollution, climate change
- Economic  
jobs (where, what), incomes, safety-net
- Social  
education, work-life balance, sense of belonging

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# Measuring the Health Effects of **SPRAWL**

A National Analysis of Physical Activity, Obesity and Chronic Disease



Barbara A. McCann  
Reid Ewing

**Smart Growth America**  
**Surface Transportation Policy Project**  
SEPTEMBER 2003

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Air quality  
Water quality  
Injury and safety  
Physical activity  
Food security  
Mental health

# HEALTHY ENVIRONMENTS

11 essays



edited by chris johnson

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Australian Academy of Science  
2006 Fenner Conference  
*Urbanism, Environment and Health*



## Framework for urban sustainability and population health

Urban ecological footprint



Economy and work	Transport and urban form	Housing and buildings	Nature and landscape	Media and communication	Culture and spirituality	
						Air, water, noise, infection, chemical exposures, local climate
						Food access
						Physical activity
						Safety
						Family relationships
						Social capital

Human health and wellbeing

# Checklist for healthy and sustainable communities

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**Abstract:** This paper describes a 10-point checklist for the planning and development of healthy and sustainable communities. The 10 domains in the checklist are essentially physical characteristics of places. Each domain has relevance to the health of people living in the place, and to the sustainability of the environment. The checklist is intended as a tool for those who plan, develop and manage urban environments. Such tools can be valuable for assessing the health and environmental impacts of decisions made by urban and transport planners, and businesses engaged in land development and infrastructure projects.

The urban environment is an important determinant of health.<sup>1</sup> Obesity is a good example of how environmental factors can affect health. Obesity results from an energy

the integration of human health considerations with environmental considerations when developing policy for urban and regional planning and sustainability. We present a 10-point checklist as a guide for the development of healthy human habitat. The goal should be to minimise ecological impact while maximising the human experience, including health and well-being. The checklist focuses on characteristics of places rather than people because planners and developers can influence these.

## Ten-point checklist for healthy and sustainable communities

### 1. Outdoor air quality

Air pollution in Sydney is known to exacerbate asthma.<sup>4</sup> The main source of outdoor air pollutants in Australian urban environments is motor vehicle emissions. Improved motor vehicle emission controls have reduced emissions for each kilometre travelled; however, the total number of kilometres travelled is increasing. Until there is a reduction in the total number of kilometres travelled, air pollution will remain a health issue in Australian cities.

Urban planning and public health interventions to reduce dependence on motor vehicles and improve air quality include:

- locating jobs, services, schools and shops close to where people live;
- promoting active modes of transport (walking and cycling); and

- <http://www.smh.com.au/multimedia/sickcities/start.html>

# Finding a cure for our sick cities

## Fixing Suburbia

Suburban landscapes are often highlighted as negative examples when it comes to creating healthy, green and sustainable urban surroundings. Contrary to the ways in which suburbia was designed and built in the 1980s and 1990s, the early attempts to create well functioning suburbs are positive examples of how prioritising mixed use and wide access to public infrastructure can create cities with high sustainability.

### Good...

*Traditional suburbs*



Grouping of services such as offices, shops, cafes, schools, child-care centres and other facilities provides an active and safe main street for communities.

Good public transport options including trains and buses that encourage walking between home and the station or bus stop.

**Footpaths on all roads.**

**Corner stores and village shopping strips within walking distance of most homes.**

**Good mix of housing types to attract people of all ages and lifestyles.**

### ...vs Bad

*1980s-90s designs*



Shops, schools and other community facilities built on main roads surrounded by car parks.

“Deadworm streets” – while seen as safe and neighbourly – can discourage walking because there is no direct route to destinations.

**Few jobs on offer in the local area; the majority of people use their car to get to work because it is so distant.**

**Circuitous routes make public transport difficult and time-consuming.**

**Can be redeemed with well-lit bike paths and lanes between cul-de-sacs.**

## COPENHAGEN AGENDA FOR SUSTAINABLE CITIES

# 10 PRINCIPLES FOR SUSTAINABLE CITY GOVERNANCE

**1 REDISCOVER THE CITY 2 REDEFINE CITY  
VALUE 3 INVOLVE EVERYDAY EXPERTS  
4 BREAK DOWN SILOS 5 REDISTRIBUTE URBAN  
DECISION MAKING 6 DE-DESIGN URBAN  
PLANNING 7 PROMOTE CORPORATE URBAN  
RESPONSIBILITY 8 GO GLOBAL 9 EMBRACE  
CHAOS, CRISIS AND CHANGE 10 ENCOURAGE  
PASSION IN URBAN LEADERSHIP**

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# Healthy Planet, Places and People



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# 2008 OxHA Summit Sydney

The Oxford  
Health Alliance



[www.oxha.org](http://www.oxha.org)

Confronting the Epidemic of Chronic Disease

## The Sydney Resolution

February 2008

**Healthy People in Healthy Places on a Healthy Planet**

*The way we live is making people sick. It is also making our planet sick. It is not sustainable. We can do better.*

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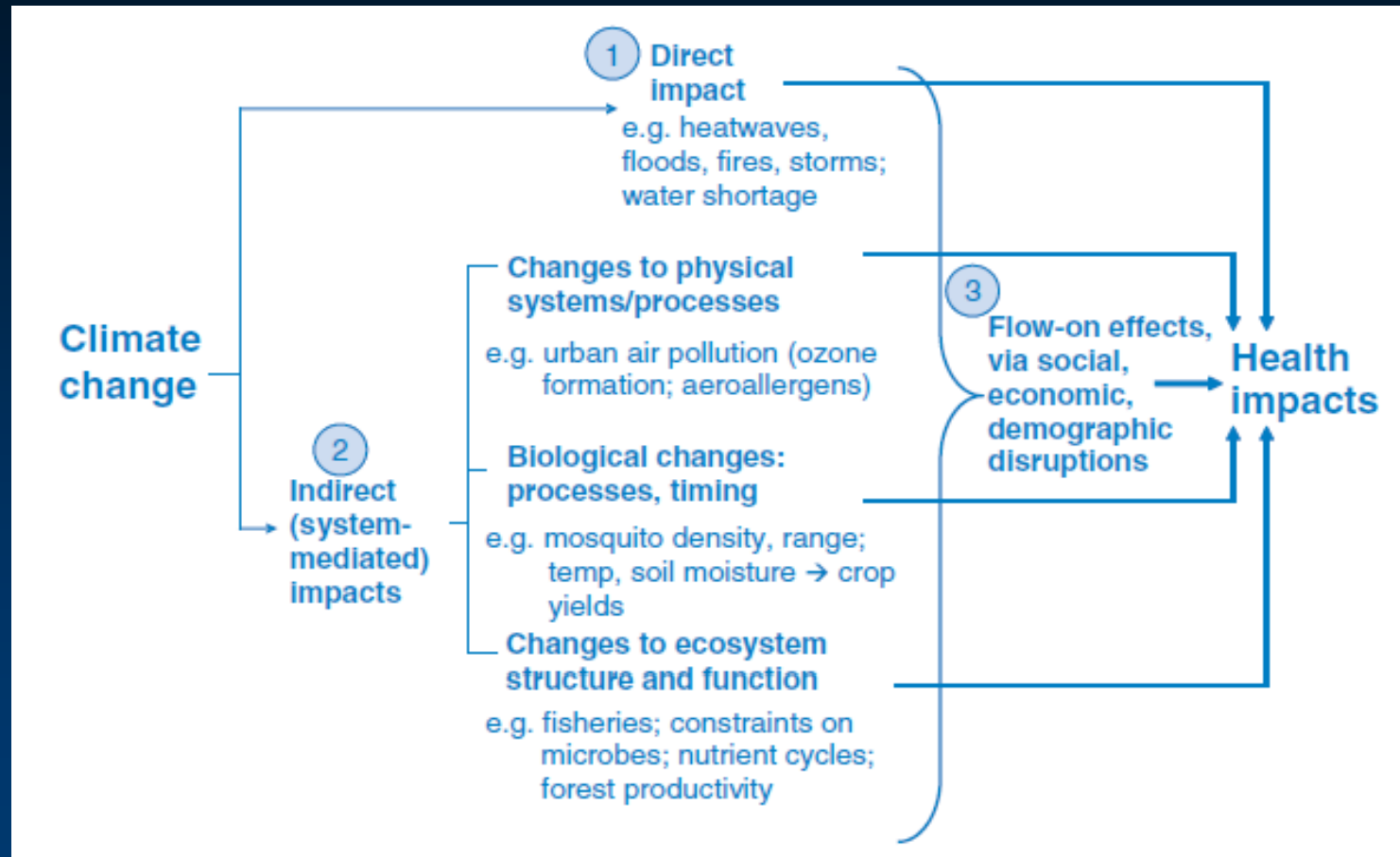
The Lancet

“Climate change is the  
biggest global health threat  
of the 21<sup>st</sup> Century”

May 16, 2009

# Putative pathways between climate change and health

(McMichael, 2009)



# Good news story

Lancet Series on Health and Climate Change, Nov, 2009:

<http://www.thelancet.com/series/health-and-climate-change>

Low-carbon ways of living can be healthy ways of living

- Energy generation
- Mobility
- Food choices
- Housing

AAS Fenner Conference, Canberra, June 23-24, 2010

<http://nceph.anu.edu.au/Fenner2010/index.php>

# Healthy Built Environments Program

- Joint initiative of the University of New South Wales and the NSW Health Department
- Associate Professor Susan Thompson  
City Futures Research Centre
- 3 components
  - Policy-relevant research
  - Workforce capacity
  - Leadership and advocacy
- AUD\$1.5m over 5 years



## WHY URBAN HEALTH MATTERS



1000CITIES  
1000LIVES



URBAN HEALTH MATTERS  
WORLD HEALTH DAY 2010



## Urban Health and Wellbeing



The Planning got underway in January for a potential new interdisciplinary research programme: “A systems analysis approach to health and wellbeing in the changing urban environment”.

- Legacy Action Plan
- Planned during 2000's
- Stronger focus on future integration and sustainability
- Jacque Rogge and obesity



- Health – social marketing perspective
- Escalating costs during a period of general fiscal restraint.
- Legacies for London Olympic Park, and London and the UK more generally?