

**MAKING  
IT HAPPEN**  
SYMPOSIUM  
**HBEP**



**UNSW**  
AUSTRALIA

Healthy Built Environments Program  
Making It Happen Symposium Program  
07.04.2014 @ Scientia UNSW

Never Stand Still

Built Environment



THE HEALTHY BUILT ENVIRONMENTS PROGRAM



THE VISION OF THE HEALTHY BUILT ENVIRONMENTS PROGRAM IS THAT BUILT ENVIRONMENTS WILL BE PLANNED, DESIGNED, DEVELOPED AND MANAGED TO PROMOTE AND PROTECT HEALTH FOR ALL PEOPLE.

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THE HEALTHY BUILT ENVIRONMENTS PROGRAM



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**9.00am**

Registration and coffee

**9.30am**

WELCOME  
to the Symposium

**Director of the HBEP,  
Associate Professor  
Susan Thompson**



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**9.45am**

**Key Note: Making It  
Happen: Cooperation - the  
Basis for Healthy Urban  
Environments?**

**Jonathan Daly**

**Key Note: Making It Happen:  
Building Partnerships  
to create Healthy Built  
Environments**

**Dr Iain Butterworth**



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**12.30pm**

Lunch

**1.30pm – 5.00pm**

**Making It Happen: Field Trip  
Density and Healthy Cities:  
Exploring the Complexities of  
Redeveloping Sydney for Health  
and Well-being**

**Associate Professor Susan Thompson**



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**11.00am**  
Morning tea

**11.30am**  
Seminar: Making It  
Happen: Visioning  
a Healthy Built  
Environment

**Professor Peter  
Sainsbury**

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## **HBEP SYMPOSIUM ACKNOWLEDGMENTS**

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#### **Former Senior Policy Officer (NSW Ministry of Health):**

**Sean Slavin**

### **HBEP TEAM**

#### **Director:**

**Susan Thompson**

#### **Senior Research Officer:**

**Emily Mitchell**

#### **Research Officer:**

**Greg Paine**

#### **Field Trip Commentator:**

**David Rollinson**

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# IN TRO DUC TION



## Welcome from the Director

Welcome to our **Making It Happen Symposium**. The Healthy Built Environments Program is delighted to be hosting you here initially at UNSW and later, a little further afield, as we critically explore some examples of how Sydney is transitioning to a healthier, less car-based city.

Today (7<sup>th</sup> April) is **World Health Day**. Every year on this day the World Health Organization (WHO) marks its founding and draws attention to an issue of major importance to global health. We thought it fitting to have the HBEP Symposium on this special day.

World Health Day 2014 focuses on vector-borne diseases. Although not currently prevalent in Australia, such diseases are predicted to grow as a health and land use planning issue in the wake of climate change. This is a timely reminder of the close links between health and sustainability and the ever pressing need for built environment and health professionals to work closely together.

As well, the Symposium gives us a chance to reflect on where we are today in NSW in progressing the healthy built environment agenda. We have come a long way since the Healthy Built Environments Program was established in 2010. The ways in which the built environment supports health and well-being as part of everyday living are widely acknowledged, much better understood and increasingly championed and demanded by the public, community and private sectors. We have more educational offerings that bring students from health and the built environment together. And with the inclusion of health and well-being objectives in draft planning legislation, strategic plans and policies, there is much to be optimistic about.

Today we hope to take that optimism a step further by considering how to activate healthy built environments. Our keynote speakers will present ideas to do this and we will work together to envision a future where environments support human and environmental health. The day will conclude with an afternoon field trip. This will give everyone an opportunity to visit several major development sites which are contributing to shaping a healthier city, while still posing challenges for Sydney.

World Health Day is celebrated at different international, regional and local events and the HBEP's **Making It Happen Symposium** will make a contribution. At the heart of World Health Day is the generation of lasting actions for improving health across the globe. A healthy built environment is one of those lasting actions that we must continue to champion for all communities in Australia and beyond.



**SESS  
SIONS**



## Key Note: Making It Happen: Cooperation — the Basis for Healthy Urban Environments



**Jonathan Daly**

Behaviourologist, urbanist, designer, Director mutfung

Jonathan Daly is a co-founder of Mutfung, an interdisciplinary design practice that delivers consultancy and creative projects in behaviour change, behavioural design, environmental design and visual communications. Jonathan has a background in urbanism and environmental psychology and has worked as a consultant for over 15 years in Europe, North America and Australasia. He designs, delivers and evaluates behaviour change interventions for a range of goals including environmental sustainability, health promotion, safety and security and social interaction. He has spent the last 5 years investigating cooperation in urban spaces, working on a range of new streetscape and public place projects across Australasia.

### ABSTRACT:

For over a century too many of us have passively observed the systematic privatisation of public urban space. We have watched architectural and urban planning practices respond submissively to the rise of car culture in our cities, such that the efficient movement of motorized traffic took priority over the health and well-being of people. People (us), were banished to the margins of the urban realm. Among the many resulting negative impacts has been an emerging health epidemic, including rising obesity and chronic heart disease from physical inactivity. People have largely been disabled and de-motivated from engaging in the many everyday opportunities for incidental physical activity gained from the simple acts of

walking, bicycling and catching public transport. “Invitations” to physically engage with the urban realm, previously extensive, diminished rapidly as our social-ecological environment was reconfigured. Unhealthy choices became intuitive. However, a growing (albeit slow) realisation that this paradigm is broken and an increasing groundswell for healthy urban environments through a re-focus on “people and place” now means there is a renewed sense of the value of shared public urban spaces. Particularly the opportunities to once again make physical activity intuitive.

Delivering healthy urban environments at a time of unprecedented urbanisation presents us with both the greatest



opportunity, and challenge. As the density of our cities grows the demands placed on our limited public urban space will increase significantly. The critical question we must answer is how can public urban space simultaneously serve the many needs of the many disparate groups in our cities to deliver the social, economic and environmental outcomes we desire? Public urban space must be multi-functional, serving these many needs all at the same time. Public urban space must, as it was originally intended, be shared. From the rise of collaborative consumption to the evolution of shared mobility systems, “sharing” will underpin the health and well-being of our cities. The shift from privatised to public space will require a significant cultural adjustment for many, particularly those with a strong ethos of self-interest, self-entitlement and ownership.

This presentation will explore the cultural issues that underpin the success and failure of shared urban public space, taking us

on a journey from the early development of our cities to the slums of Mumbai to pose significant challenges to our current approach to planning and designing for healthy urban environments. The presentation is based on the practice of *Mutfung*, drawing on experience gained and lessons learned through numerous investigations and research projects undertaken in relation to cooperation in urban public spaces, particularly shared spaces and emerging streetscapes. The presentation is a thought-piece, one that intends to provoke and challenge the status quo for the design of public urban spaces with the aim of fostering support for an approach to designing healthy urban environments that goes with the grain of human nature rather than against it – a process we call “designing by and for the human condition”.



## Key Note: Making It Happen: Building Partnerships to Create Healthy Built Environments



### Dr Iain Butterworth

Manager, Public Health and Western Area, North and West Metropolitan Region. Department of Health, Victoria

Dr Iain Butterworth has a background in organisational and community psychology. As part of his role as Manager Public Health at the Department of Health, Iain also leads an integrated catchment planning agenda for part of his region, which is characterised by rapid population growth, population diversity and disadvantage, and a large number of service partners. The Region seeks to build more resilient, prosperous, sustainable and inclusive communities through a population health approach. A major contributor to this approach is a formal Partnership between the University of Melbourne, the Victorian Department of Health and the Victorian Department of Human Services. Iain's major contribution to this Partnership is the Place, Health and Liveability collaborative research program, which Iain helped to initiate. A current Partnership initiative is the integration of 300+ datasets to create an interactive web portal to facilitate rich geospatial understandings of major policy challenges in his Region. In 2003-2004, as a Fulbright Scholar, Iain investigated the WHO Healthy Cities Program evaluation.

### ABSTRACT:

The health sector faces a dilemma: despite the enormous health care budget, people's health and well-being are largely influenced by factors outside the health system. These include transport modes, employment, housing affordability, education and local access to services, fresh food and amenities. As such, the resources that create the conditions for enabling people to live healthy lives are typically held and managed by the urban development, education, transport, logistics and economic development sectors. Typically however, these sectors rarely see promoting health as part of their core business. Further, despite the health sector being one

of the biggest employers and key providers of critical local services (to which local transport access is critical), it has itself only recently begun to consider its role in urban development.

One might think that building partnerships to create healthy built environments would be relatively straightforward. We all value 'health', and the built environment is where most of us spend our time. Yet the term 'health' means many things to many people, and various communities and sectors have very different relationships with the built environment. The same place can mean many different things to people,

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# SHELLHARBOUR MENS SHED



depending on a wide range of factors including a person's age, ethnicity, gender, wealth, values, affiliations, influence, personal history, sense of community, sense of heritage, personal identification and emotional attachment to that place, and their dependence on that place to fulfil their needs. Added to this are significant institutional challenges in the form of competing world views about sustainability, economic systems and cultural notions of 'growth', the institutional power held by various sectors, and vested interests often reflected in legislation and policy. Reaching agreement about what should be built, how, when and where – and who will benefit the most – is therefore vexed.

Building partnerships to create healthy built environments is all about governance - the institutions and processes through which communities manage themselves. The World Health Organization understood this when it anchored its Healthy Cities program firmly in a discussion of urban governance. Healthy Cities initiatives are characterised by a broad-based, intersectoral political commitment to health and well-being in its broadest ecological sense, a commitment to innovation, an embrace of democratic community participation, and a resultant robust (healthy) public policy.

Building partnerships consistent with 'good' urban governance means embracing meaningful civic participation, fairness, decency, accountability, sustainability and transparency. Partnerships to create healthy built environments involve brokering a shared, holistic view of local communities linking built, natural, economic, social and cultural environments; a shared understanding of key issues and opportunities; and a shared vision of desirable futures. The related activities of differing departments, organisations and spheres of government need to be aligned. There needs to be more efficient and effective use of resources to eliminate duplication. Community involvement essential; local government leadership is critical. Partnerships can achieve integration of effort between: departments or programs within a single organisation; local Councils in a region;

agencies or programs within State or local government; levels of government; and government, community, funded and private sectors and organisations. Health impact assessment is critical as a decision-making process to ensure that urban development – and decision-making – is health promoting.

Developing vibrant and sustainable partnerships to create healthy built environments involves building a coalition of support in which stakeholders can get to: know each other; explore options for partnerships of varying depth; learn about the issues; better understand "health and wellbeing"; learn more about how the development industry works and the legislation and policy that frames decision-making; learn about local politics and local power relationships; identify spheres of influence and control; build a unifying local vision; identify how to attract resources; identify measures of success; and develop an action learning agenda.

As exemplified by the "Health in All Policies" approach, the health sector's role is to support other sectors to achieve their goals in a way which also improves health and wellbeing. To "make it happen" the health sector must learn about how other sectors work and engage with those sectors on their terms. It (and any other sector seeking to provide catalytic leadership in this arena) needs to learn the language and imperatives of other sectors and create a persuasive value proposition that shows how those other sectors can achieve their goals and create healthy built environments simultaneously. Universities are critical to this approach – as researchers and evaluators, and as civic institutions, employers, educators and stakeholders that have a major footprint in the urban fabric.

This presentation will explore several perspectives on partnership development, utilising concepts developed by the WHO, including Healthy Cities and Health in All Policies. It will also draw on resources for partnership development developed by VicHealth, the international literature on university-community engagement; and feature some case studies from Melbourne.



KEEP  
LEFT



# Seminar: Making It Happen: Visioning a Healthy Built Environment



## Professor Peter Sainsbury

Director, Population Health, South Western Sydney & Sydney Health Districts, NSW Health

Peter is Director of Population Health in South Western Sydney and Sydney Local Health Districts, Visiting Professorial Fellow in the Faculty of the Built Environment at the University of NSW and Adjunct Associate Professor in the School of Public Health and the Centre for Values, Ethics and the Law in Medicine at Sydney University. He is a past member of the Australian Health Ethics Committee and a life member and past president of the Public Health Association of Australia.

Peter has long-standing interests in inequalities in health, the social determinants of health, and social relationships and health. With colleagues in Population Health, Peter now works with other state government agencies, local government, the community and developers to create healthier built environments.

## ABSTRACT:

In this session we will work together to create a vision of an ideal healthy built environment. The key question is: Where would we like to be? This session is about taking a moment to reflect on the bigger picture and our deepest hopes for a healthy and sustainable future. We will let go of our current roles and the daily challenges that we face in actioning healthy built environments. We will allow new and exciting ideas to sit on the table, suspending any judgements or cynicism about practicalities or how we might get there. We encourage you to have some fun, to dream and to create a wonderful future! The workshop will be conducted in two stages – initially in small groups and then altogether. Your notes will be a record of your visions which will be collated and distributed as an outcome of this Symposium.



**FIELD  
TRIP**



# Field Trip: Making It Happen: Density and Healthy Cities: Exploring the Complexities of Redeveloping Sydney for Health and Well-being



**Associate Professor Susan Thompson**  
Director, HBEP

Susan Thompson has qualifications in urban planning, geography and education. She is the Director of the Healthy Built Environments Program, City Futures Research Centre, and Associate Professor in the Planning Program at the University of NSW. Susan's contributions to urban planning are in the areas of social and cultural planning policy and practice, tertiary education, qualitative research in the built environment, and the advancement of closer links between the disciplines of urban planning and health. In 2012 Susan was elected Fellow of the Planning Institute of Australia.

## OBJECTIVES:

There is a growing body of research suggesting that denser cities are healthier cities, provided communities have nearby and easy-to-access local services and amenities, together with good public transport (see for example, the HBEP Literature Review<sup>1</sup>). However, inserting denser-scaled development within existing urban areas is not without complexities. Today's field trip will explore some of these issues in the context of increasing residential densities in Sydney. We will visit two sites – both examples of redevelopment of former industrial areas – in the inner ring of Sydney:

- Victoria Park<sup>2</sup>, part of the larger Green Square redevelopment area, and now substantially developed (though not complete).
- Lewisham<sup>3</sup>/ Summer Hill Flour Mills<sup>4</sup>, comprising land adjacent to the new extension (opened March 2014) of the existing light rail line<sup>5</sup>, and where redevelopment is at an embryonic stage. The nearby Greenway<sup>6</sup> (recreation/transport corridor) comprising open space, dog park, café, and cycling and pedestrian paths, runs parallel to the new light rail.

A key question is how do we balance the need for denser, walkable suburbs with existing neighbourhood amenity and ensure sufficient amenity to the new dwellings?

In considering these issues, the field trip will involve inspecting the broader neighbourhood context of the Lewisham / Summer Hill redevelopment sites. The approval processes will also be discussed (involving state, local government and the community), as will local tensions regarding the redevelopment (see for example, Lewisham Towers Development<sup>7</sup>).

<sup>1</sup><http://www.be.unsw.edu.au/programs/healthy-built-environments-program/literature-review>

<sup>2</sup><https://www.facebook.com/FriendsOfVictoriaPark>

<sup>3</sup><https://www.marrickville.nsw.gov.au/en/development/planning-controls/marrickville-dcp-2011/>

<sup>4</sup><http://www.summerhillflourmill.com.au/>

<sup>5</sup><http://www.transport.nsw.gov.au/lightrail-program/inner-west-light-rail-extension>

<sup>6</sup><http://www.greenway.org.au/>

<sup>7</sup><http://www.nolewishamtowers.org/>



**LOGISTICS:**

The field trip will be by coach starting from UNSW, travelling to Summer Hill/ Lewisham, via Victoria Park at Green Square, with options for return to UNSW or other destinations. We will not have time to walk around Victoria Park but will note its features from the coach. We will alight from the coach at Lewisham and walk for approximately 45 minutes on public footpaths around the various redevelopment sites.

**IMPORTANT NOTE: roads here are narrow and/or have heavy traffic. Some footpaths are blocked by construction activity. TAKE CARE!**

We will board the coach again for a short trip to view a section of the Greenway and adjacent Light Rail to the north of these redevelopment sites. The field trip will conclude at this point. Participants can then choose to either travel:

- on the light rail back towards the City
- on the light rail to Dulwich Hill (interchange with the Bankstown heavy rail line)
- on the light rail to Dulwich Hill, alighting at the Lewisham/Summer Hill stop for a short walk to interchange with the Inner West heavy rail line at either Summer Hill or Lewisham Stations
- on the coach back to UNSW.

**YOU WILL ALSO BE ASKED TO PROVIDE SOME FEED-BACK ON THE FIELD TRIP – INCLUDING YOUR THOUGHTS ABOUT HOW THE DENSER DEVELOPMENT SITES VISITED WILL CONTRIBUTE TO CREATING A HEALTHY CITY.**



### BACKGROUND: VICTORIA PARK, ZETLAND (GREEN SQUARE)

Victoria Park is an award-winning master planned development located in Zetland, a small suburb approximately 4km south of the Sydney CBD and part of the larger Green Square development which will include a new Town Centre on the existing Sydney airport rail line. The site is 24.5 hectares, with a mix of housing types including one, two and three bedroom low, mid and high-rise apartments and terraces; 3.7 hectares of green space; commercial and retail uses; and a planned shopping centre which is currently under construction. The development of the site has spanned 15 years.

Currently hosting over 4,000 residents, it is expected that the population will increase to more than 10,000 people in 2014. UrbanGrowth NSW (formerly Landcom) was the master planner and master developer for the site. A range of developers and architects have taken carriage of the development of individual lots, following detailed design guidelines. The planning principle behind the site was: 'To create a memorable and sustainable urban community incorporating medium to high density living with abundant public open space in an inner city urban development' (Landcom, 2008).

A key feature of the development is the bio-retention swale system for stormwater treatment and management. The first of its kind in Sydney, the system allows for the collection and filtering of stormwater via swales located in the roadways and green spaces. The cleansed water is then used for landscape irrigation, a water fountain, and to replenish the underground aquifer. Other sustainable measures include recycling of demolition materials and use of renewable building materials; adaptive reuse of a heritage building; passive solar access; adoption of energy efficiency strategies (e.g. cross-flow ventilation); a permeable street network and open spaces to facilitate easy movement throughout the site and access to public transport services; and provision of car-share spaces to promote alternative transport modes.



**BACKGROUND: VICTORIA PARK, ZETLAND (GREEN SQUARE) (continued)**

A levy is made on each new residential and commercial development to fund the construction of new affordable housing units within Green Square, some of which have already been constructed in Victoria Park.

**Sources:**

<http://smh.domain.com.au/real-estate-news/transport-the-key-issue-as-newest-suburb-nears-completion-20121102-28phy.html>

Victoria Park Fact Sheet, Landcom, October 2008:

[http://www.landcom.com.au/downloads/uploaded/Developing%20sustainable%20places%20Fact%20Sheet\\_5dbc.pdf](http://www.landcom.com.au/downloads/uploaded/Developing%20sustainable%20places%20Fact%20Sheet_5dbc.pdf)

Also see the local residents' action group website: <http://www.redwatch.org.au/media/071008ssh/>

**BACKGROUND: LEWISHAM / SUMMER HILL**

This area is well-served by public transport – heavy rail, buses, and the recently completed light rail, and has high street connectivity and walkability. Facilities such as local shops, cafés, medical services, schools and a community centre are nearby. Open space parkland is available, including a community garden, and there is ready access to the existing Greenway which connects to Sydney Harbour (and eventually, via a planned extension, to the Cooks River), providing recreational walking and cycling. This is also an existing relatively dense and heavily-trafficked area of Sydney where the addition of possibly some 1,000 apartments could put stress on the existing road and pedestrian network, and local facilities. There are also issues for the heritage of the 19th Century residential landscape, privacy, overshadowing and provision of adequate green open space within the development itself.



**Area 1 (East of the light rail line, to Old Canterbury Road. Marrickville Council).**

- Comprises a large cleared, amalgamated site (subject to a “Major Development” approval under the Environmental Planning and Assessment Act, held by Meriton Developments), small-scale factories still in use, various parcels of land either vacant and with development approvals, or construction commenced for mixed use developments, and small groups of cottages.
- Subject to a strategic master plan (Precinct 45 in Council’s Development Control Plan) adopted by Marrickville Council and specifying extensive residential flat buildings, and open space.
- The approved Meriton development comprises 360 residential units plus retail in 7 buildings from 4 to 10 storeys with 3,000 m<sup>2</sup> of public open space fronting Hudson Street and linking Old Canterbury Road with the light rail station.
- The approval from Council at 120 Old Canterbury Road comprises 60 residential units plus office space in a 5-6 storey building (under construction).
- The approval from Council at corner Old Canterbury Road/McGill Street comprises 60 residential units plus office space in a 4-5 storey building.
- The remaining small-scale factories and dwellings are subject to the Council strategic plan which provides for residential redevelopment.

**Area 2 (West of the light rail line, between the rail line and Edward Street. Ashfield Council).**

- Comprises a “Major Development” approval of a master plan on the former flour mills site for reuse of certain buildings including the silos, together with construction of new buildings.
- The master plan comprises 300 residential units/terrace houses, retail and office areas in buildings up to 11 storeys, with public open space and through-site links to the light rail station.
- The remaining small-scale factories and dwellings are subject to a new (2013) business zoning.



**THE HEALTHY BUILT ENVIRONMENTS PROGRAM**

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