



HEALTHY SPACES & PLACES

is a national guide for planning, designing and creating sustainable, people friendly places.

What is Healthy Spaces and Places?

Many places in Australia do not encourage active living, with sedentary behaviour and car dependency the norm. *Healthy Spaces and Places* is about planning for people movement, making it easier for us to be more active and healthy.

Healthy Spaces and Places includes practical tools, case studies and national guidelines for planning, designing and creating places for healthy living and has two parts – an ‘Overview’ booklet, and a website resource, www.healthyplaces.org.au

Who is it for?

The Guide is for everyone who can make a difference to the overall health and wellbeing of Australians. It contains planning and design principles that help make our spaces and places healthy by:

- Providing people with opportunities to engage more often in physical activity;
- Giving people a sense of belonging and social inclusion;

- Creating public spaces that are attractive and safe;
- Promoting positive physical and mental health; and
- Fostering more sustainable and healthier communities.

Partnerships

Partnerships in the project

Healthy Spaces and Places was funded by the Australian Government Department of Health and Ageing and is a unique collaboration between the Australian Local Government Association, the National Heart Foundation of Australia and the Planning Institute of Australia.

Partnerships across professions

Healthy Spaces and Places brings together planners, designers and related practitioners and health professionals to address the challenges of the built environment being more conducive to lifelong healthy living. Property developers and decision makers, including elected representatives and senior managers within local councils and other government agencies, as well as members of the broader community, are also key stakeholders.

Why get involved?

There is a role for all of us in fostering Healthy Spaces and Places. It helps us to be:

- better informed about the considerations planners, designers and related professions make when developing or redeveloping public places and built environments, and
- better equipped to advocate for priority to be given to planning for people’s diverse needs and movements so as to encourage less sedentary behaviour and less use of the motor car, especially for local trips.

Where do I get more information, evidence and case studies?

For more information, or feedback, please visit www.healthyplaces.org.au

