

Lightsview Subdivision, Adelaide



In Brief

Town/Region	Adelaide
State	SA
Context	Suburban
Target Group	All, particularly new home owners
Organisation(s):	Canberra Investment Corporation Ltd (CIC), South Australia Land Management Corporation (LMC), South Australian Active Living Coalition
Timing of Project	Current
Weblink	http://www.lightsview.com.au/ http://www.elton.com.au/talknorthgatest3p1/
Key Outcomes	People engaging in regular physical activity Sense of belonging and security Positive health impacts

Overview

Lightsview (formerly known as Northgate Stage 3) in Adelaide is an example of a new (greenfields) development that is incorporating health considerations into the design and planning phases at the outset. Lightsview is being developed by the Canberra Investment Corporation Ltd (CIC) and the South Australian Land Management Corporation (LMC) with assistance from the South Australian Active Living Coalition (a partnership between the Heart Foundation, the Planning Institute of Australia, the Cancer Council and key South Australian government departments) to ensure design principles from the Heart Foundation's *Healthy by Design* are incorporated into the development.

The *Healthy by Design* guidelines were developed by the National Heart Foundation of Australia (Victorian Division) in 2004 to assist planners to deliver plans for residential developments that support active living. *Healthy by Design* presents design considerations that facilitate healthy planning that results in healthy places for people to live, work and visit.

OUTCOMES

Successes

- Designing quality parks with community facilities within walking distance of all residents.
- Careful integration with adjacent road networks, including improving pedestrian access and cycle routes.
- Construction of an off-road shared path within Lightsview linking key destinations.
- Considering crime prevention and community health and safety in the design of public spaces and streets.
- Creating opportunities for elderly residents to live in independent housing or in high care facilities.
- Connecting Lightsview's civic heart with the area's major shopping village through 'City View' Boulevard.



Learnings

- Barriers and other considerations to implementing *Healthy by Design* principles included:
 - traffic engineering requirements such as for roundabouts which *Healthy by Design* recommends are minimized; there had to be compromises between the ideal locations for bus stops and potential road hazards
 - interaction between open space to support physical activity and water sensitive urban design (open space needed for detention and retention of stormwater)
 - addressing resident concerns, e.g. about the location of play equipment and public toilets near people's homes. These concerns conflict with *Healthy by Design* recommendations that play equipment should be under passive surveillance and toilets are necessary at longer stay parks, and
 - council concerns about maintenance costs of 'fancy' landscaping, play equipment and extra width footpaths/shared use paths.
- There is considerable divergence between urban design theory and traffic engineering/health and safety experts on how to create an environment that safely supports cyclists, pedestrians and traffic.

Costs

- Working with a coalition of different organisations can add extra time and another layer of review for the developers. However once there is a streamlined process where comments on detailed design to support physical activity are incorporated as early as possible in the process, additional time and monetary costs can be negated and ultimately value can be added to the final outcome.
- Additional monetary costs are involved in providing health related infrastructure such as extra seats, shelters, lighting and extra width footpaths above the requirements for a 'standard' development.

Benefits

- The benefits to residents' lifestyles and/or health outcomes are yet to be measured in a formal research project, although this is anticipated once new residents begin to move in from mid-2009.

REFERENCES

National Heart Foundation of Australia (Victorian Division), 2004, *Healthy by Design: a planner's guide to environments for active living*, National Heart Foundation of Australia (Victorian Division).