
Health and Planning Links

Evidence-Base

Urban Planning for physical activity and nutrition (Aus) December 2008

Matthew Burke, Emily Hatfield and Joanne Pascoe, Griffith University Urban Research Program – Explores the relationship between health and urban form with a focus on physical activity and nutrition and provides a review of evidence and interventions.

www.griffith.edu.au/data/assets/pdf_file/0006/110769/urp-rp22-burke-et-al-2008.pdf

Physical activity and the environment (UK) January 2008

National Institute for Health and Clinical Excellence - This guidance offers the first national, evidence-based recommendations on how to improve the physical environment to encourage physical activity. It demonstrates the importance of such improvements and the need to evaluate how they impact on the public's health

guidance.nice.org.uk/PH8

Creating healthy environments (Aus) October 2005

Provides a review of links between the physical environment, physical activity and obesity. Sydney: NSW Health Department and NSW Centre for Overweight and Obesity - This document comprises two parts: an Overview Report that provides an integrated summary of how physical environments can influence physical activity, nutrition and obesity; and a Technical Report that provides a review of public health research on this topic.

www.coo.health.usyd.edu.au/publications/creatin.php

Healthy Urban Planning (UK) 2005

School of the Built and Natural Environment, University of the West of England – Provides a discussion of the nexus between town planning and public health and recognises a number of European and Australian sustainable development initiatives.

www.bne.uwe.ac.uk/who/docs/hupintroduction.pdf

Children

The Good Play Space Guide: “I can play too” (Aus) March 2007

Department for Victorian Communities – Examines the reasons why play spaces can limit access to some children and identifies how improvements can be made to increase participation by all children in play.

[www.sport.vic.gov.au/web9/rwpgslib.nsf/GraphicFiles/Good+Play+Space+Guide+2007/\\$file/The+Good+Play+Space+Guide.pdf](http://www.sport.vic.gov.au/web9/rwpgslib.nsf/GraphicFiles/Good+Play+Space+Guide+2007/$file/The+Good+Play+Space+Guide.pdf)

Healthy Children, Healthy Communities: Schools, Parks, Recreation and Sustainable Regional Planning (US) 2004

Garcia, R., Flores, E. and Chang, S.M., Policy Report, Fordham Urban Law Journal, Vol.31 – Advocates for a comprehensive approach to improve human health and community and is particularly targeted at students and the education system.

www.cityprojectca.org/pdf/healthychildrenreport.pdf

The Built Environment and Children's Eating, Physical Activity and Weight Status (Aus) 2004/5

Timperio, A., Ball, K., Roberts, R. and Salmon, J., Deakin University and Department of Human Services, Victoria, -

Examines associations between objective measures of the built environment within children's neighbourhoods and their eating behaviours, physical activity and weight status.

www.health.vic.gov.au/data/assets/pdf_file/0011/318737/a_timperio_fullreport.pdf

The Role of Built Environments in Physical Activity, Eating, and Obesity in Childhood (The Netherlands) 2006

Sallis, J. and Glanz, K., The Future of Children, Vol.16, No.1, Spring – Investigates whether changes to the built environment and subsequent lifestyle changes have had a direct effect on childhood obesity and whether improvements to encourage more physical activity and more healthful diets are likely to lower rates of childhood obesity.

www.eukn.org/eukn/themes/Urban_Policy/Social_inclusion_and_integration/Quality_of_life/Health/Diet_and_nutrition/built-environment-obesity_1003.html

The North West Framework to Achieve Healthy Weight for Children and Families (UK) 2008

North West Regional Public Health Group - Defines and assists contributions regional organisations can make to achieve the Public Service Agreement (PSA) to improve the health and wellbeing of children and young people.

www.qos.gov.uk/497468/images/349392/Healthy_Weight_Framework.pdf

Elderly

Improving health outcomes for elderly people living in a regional and rural environment (Aus) 2006

Savage, S., Butterworth, I., Bailey, S., Eade, A. and Leslie, E., Deakin University and Department of Human Services (Barwon-South Western Region) Partnership - Improving health outcomes for elderly people living in a regional and rural environment

www.health.vic.gov.au/data/assets/pdf_file/0007/318796/butterworth_report.pdf

Mental Health

Mental Health and Wellbeing Plan for Action - Victorian Health Promotion Foundation (VicHealth) provides a comprehensive [framework](#) for VicHealth's approach to [mental health promotion](#). It focuses on three key themes for action based on social and economic factors that influence mental health and wellbeing: [social inclusion](#); freedom from [discrimination](#) and [violence](#); and [access to economic resources](#).
www.vichealth.vic.gov.au/Programs-and-Projects/Mental-Health-and-Wellbeing.aspx

Health Impact Assessment (HIA)

The Positioning of Health Impact Assessment in Local Government in Victoria

Grace Blau and Mary Mahoney, Deakin University Health Impact Assessment Unit, October 2005 - Examines the application of HIAs in the context of the Victorian local government level which, via assessment of potential health impacts of proposed policies, strategies and plans, would contribute to the creation of better public policies and ultimately to an improvement in public health.
www.deakin.edu.au/hmnbs/hia/publications/HIA%20in%20LG%20Report.pdf

NSW Public Health Bulletin – Health Impact Assessment in Urban Settings

Patrick J. Harris, Ben F. Harris-Roxas and Lynn Kemp eds. Vol.18 (9-10), September-October 2007 – Builds on the growing interest in the impact of urbanisation in NSW and focuses on the contribution of HIA to sustainable urbanisation.
www.hiaconnect.edu.au/files/NSWPHB_HIA_Issue_2007.pdf

Health Impact Assessment in WA – Discussion Paper

Department of Health WA, 2007 - Provides an overview of HIA and the means by which HIA can be integrated into current State and Local Government decision-making processes.
www.public.health.wa.gov.au/cproot/1495/2/Health_Impact_Assessment_in_WA_Discussion_Paper.pdf

Health Impact Assessment of greenspace: A Guide

Health Scotland, greenspace Scotland, Scottish Natural Heritage and Institute of Occupational Medicine, June 2008 – Assists people in undertaking a HIA of greenspace by providing a review of international research evidence on greenspace and health, suggestions on how to apply this evidence to greenspace-related proposals and provides short case studies in this regard.
www.greenspacescotland.org.uk/upload/File/Greenspace%20HIA.pdf

Other useful websites

Australian National Preventative Task Force

The Taskforce will provide evidence-based advice to Australian State and Territories and to develop a *National Preventative Health Strategy*.

www.preventativehealth.org

Commission for Architecture and the Built Environment (CABE)

Promotes design and architecture to raise the standard of the built environment. UK based.

www.cabe.org.uk

Living Streets

UK based campaigning organization for pedestrians and public spaces

www.livingstreets.org.uk

National Health Service (NHS) London Urban Development Unit (HUDU)

The central objective of *HUDU* is to ensure the development of healthy and sustainable communities.

www.healthyurbandevelopment.nhs.uk

NSW Premiers Council for Active Living

The Premier's Council for Active Living (PCAL) aims to build and strengthen the physical and social environments in which communities engage in active living. It comprises senior representatives from across government, industry and the community sector in NSW.

www.pcal.nsw.gov.au

Oxford Health Alliance

The Oxford Health Alliance is about preventing and reducing the global impact of chronic disease. It stands for innovative action with diverse stakeholders around three risk factors – tobacco use, physical inactivity and poor diet.

<http://www.oxha.org>

Urban Design Compendium

Provides guidance on good *urban design* – summarising the principles of *urban design*, how they can be applied and the processes that lead to successful places.

www.urbandesigncompendium.co.uk/

Victorian Health Promotion Foundation (VicHealth)

VicHealth, works in partnership with organisations, communities and individuals to make health a central part of our daily lives. Its work focuses on promoting good health and preventing ill-health.

<http://www.vichealth.vic.gov.au>

World Health Organisation (WHO)

WHO is the directing and coordinating authority for health within the United Nations system. It is responsible for providing leadership on global health matters, shaping the health research agenda, setting norms and standards, articulating evidence-based policy options, providing technical support to countries and monitoring and assessing health trends.

<http://www.dk/healthy-cities>