



A framework for action

PLANNING AND HEALTH IN NSW

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Planning and health

- **Genesis of modern town planning – public health**

- **Framework for action**

Through strategic planning at state and local levels and in partnership with local government, agencies and others to create well designed places and buildings well served by infrastructure and transport.

All this backed up with practical guidance and support.

At National level

- **Major Cities Unit** (Dept of Infrastructure and Transport)
Creating Places for People and the *National Urban Policy* — importance of well designed cities with good transport connections to improve health, productivity and prosperity

Walking, Riding and Access to Public Transport –
draft report for discussion Oct 2012 to encourage and support walking and riding as part of the transport system in Australia's cities and towns.

- **National Cycling Strategy** —(Aust Bicycle Council) to double the rate of cycling by 2016 (from 2011)

Planning context in NSW

- NSW 2021 – Goals related to health
- 2013 Metropolitan Strategy - underway
- Regional Strategies – under review
- Premiers Council for Active Living (PCAL)
- Guidelines and partnerships



Health report – the challenge

- Only about half NSW population gets the recommended 30 mins exercise daily
- 52.5% adults overweight
- 19% obese
- Schoolchildren – 25% overweight – doubled in 20 years



Travel patterns

- >50% children driven to school (double what it was in 1981)
- <20% walk or cycle (half what it was)
- 55% of all car trips in Sydney are <5 kms
- 33% < 3 kms
- So people are driving when they could be walking and children are being driven when they could be more active in their journey to and from school.



Emerging Trends

- More people using public transport to access employment (24% of all Sydney residents and 77% when travelling to the CBD)
- Higher fuel and transport costs + lifestyle choices leading to more walking and cycling for many different trips
- Strong centres focus in strategic planning + integration with infrastructure and transport will start to reap rewards.



Planning responses

- Emphasis on strategic planning - housing close to employment, services and amenities.
- Good urban design in our centres and neighbourhoods
- Integrated transport networks that include active transport within and between centres.
- Passive and active open space close to work and home.
 - Well signed connections
 - Good design of roads and infrastructure e.g. lighting, end of trip facilities.
 - Safe, overlooked environments without dark or obscured areas.
 - Grants programs to assist delivery.



NSW 2021

5 strategies:

- Rebuild the economy
 - Return quality services
 - Renovate infrastructure
 - Strengthen local environment and communities
 - Restore accountability to Government
- + Goals 8, 11, 20, 27.



GOAL 8: Increase commuter trips made by public transport

Increase the proportion of total journeys to work by public transport in the Sydney Metropolitan Region to 28% by 2016

- To and from Sydney CBD during peak hours to 80% by 2016
- To and from Parramatta CBD during peak hours to 50% by 2016
- To and from Newcastle CBD during peak hours to 20% by 2016
- To and from Wollongong CBD during peak hours to 15% by 2016
- To and from Liverpool CBD during peak hours to 20% by 2016
- To and from Penrith CBD during peak hours to 25% by 2016



GOAL 8: Increase walking and cycling

- More than **double the mode share of bicycle trips made** in the Greater Sydney region, at a local and district level, by 2016.
- **Increase the mode share of walking trips made** in the Greater Sydney region, at a local and district level, **to 25% by 2016.**
- Develop and implement a NSW Walking Strategy to encourage and promote walking for travel and recreation, and to enhance walking environments in NSW.



GOAL 11: Keep people healthy

- Reduce overweight and obesity rates of children and young people (5–16 years) to 21% by 2015
- Stabilise overweight and obesity rates in adults by 2015, and then reduce by 5% by 2020



Goal 20: Liveable Centres

- The NSW Government is committed to planning for centres that are accessible, viable, and great places to live and work.
- Encourage job growth in centres close to where people live and to provide access by public transport and thereby :

Increase the percentage of the population living within 30 minutes by public transport of a city or major centre in Metro Sydney



Goal 27: Enhance cultural, creative, sporting and recreation opportunities

- Increase participation in sport, recreational, arts and cultural activities in rural and regional NSW from 2010 to 2016 by 10%.
- Increase participation in sport, recreational, arts and cultural activities in Sydney from 2010 to 2016 by 10%



Planning and health

- Delivery of NSW2021 goals through strategic plans like the Metropolitan Strategy and regional strategies.
- Work in partnership with local government, agency and industry partners
- Support PCAL in its advocacy role and strategic advice



Planning - partnering with Health

- Partnership with Health through the Healthy Built Environments Program (HBEP) at UNSW
- **VISION** “that built environments will be planned, designed, developed and managed to promote and protect health for all people”.
- Research, education, leadership and advocacy.



Planning, health and the role of centres

Strengthening the important role of centres

- Encourage strong growth in centres with good transport connectivity between jobs, services, education and home.
- Plan for high standard of design in centres as they grow and change
- Reap the benefits of urban renewal (UrbanGrowth NSW – Urban Activation Precincts)



Planning, health and infrastructure

Funding of facilities that promote health through active living

- Long history – SRDF ->35,000ha acquired
 - Includes 5,200ha of Western Sydney Parklands and
 - WSP Track \$4.5m project linking the 27km parklands corridor and the M7 cycleway



Metropolitan Greenspace Program

- The Sydney Regional Recreational Trails Framework includes 1,150 km of walking and cycle paths.
- Since 1990, the Program has provided over \$32 million in matched funding for 539 open space projects.
- 70% of funding goes to support the Regional Trails Framework.
- In 2012-13 there were 53 applications for funding.



Types of Projects – Planning

03*



Recreational trails planning

07



Master plans

*number of applications of each type in 2012-13

Types of Projects – Capital Works

22



Walking tracks, bicycle trails

8



Playgrounds

02



Bushcare/environmental management or restoration

01



Interpretative signage & educational programs

Types of Projects – Capital Works

01



Conservation works

10



Parks and open space

03



Recreational facilities

01



Soft & Hard landscape works

Sharing Sydney Harbour Access Program

- Matched funding is committed to local councils and community groups for access to and enjoyment of the Harbour and its tributaries.
- Capital works are funded to deliver walking tracks, cycle paths, public waterfront parks and recreational boating facilities.



Sharing Sydney Harbour Access Program

- Since 2003, the Access Program has committed over \$11.6 million to 191 projects across 20 Sydney councils to deliver:
- 48 kilometres of new or improved walking/cycling paths
- public domain improvements at 57 locations
- new or improved small boat access facilities at 45 locations
- dinghy storage facilities at 34 locations
- 27 new or improved pick-up and set-down wharves and jetties.



Planning and Health

Our framework for action involves good strategic planning in partnership with local government, agencies and others to create well designed and well connected places to help us all lead more healthy lives.

