

**Healthy Active by Design™**



# MASTER CHECKLIST

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Version 1.6

# HEALTHY ACTIVE BY DESIGN MASTER CHECKLIST

## Strategies for creating healthy active developments

This master checklist has been prepared as a tool to create developments that encourage and support physical activity and health outcomes, including healthy eating.

It is simple to use: the greater the number of checklist items provided within a project area, or area influenced by the project, the more likely there will be healthy outcomes.

The best outcomes will come from working collaboratively with government agencies, land developers and the community - as each stakeholder group has an important role to play in the delivery of healthy communities.

Checklist items should be considered to fulfil the objectives of the strategies listed under each design feature.

**Note:** All distances and catchments refer to measurements using actual distances (service areas along the street network) rather than linear calculations (as the crow-flies).

## Strength of evidence base:

The HABD design strategies are rated according to the strength of the supporting research evidence. It distinguishes between strategies based on theory and existing practice and those grounded in evidence-based research on the relationship between the built environment and physical activity.

Strategies with strong underlying research/evidence base are known to likely increase physical activity. Recommendations supported by emerging evidence or best practice may be just as effective as measures grounded in strong evidence but have not yet been researched or quantified to the same degree.

An icon system is used to identify the strength of evidence underlying each strategy.

### \*\*\* Strong Evidence

Indicates strategies supported by a pattern of evidence from cross-sectional studies and review-level evidence. The strength of the research allows us to conclude there is a strong relationship between the suggested environmental intervention and the behavioural outcome.

### \*\* Emerging Evidence

Indicates design strategies supported by an emerging pattern of research. Existing studies have given reason to believe that the suggested environmental intervention will likely lead to increased physical activity, but the research is not yet definitive. (Perhaps no longitudinal studies and/or review level data).

### \* Suggested Practices

Indicates design strategies without a formal evidence base. However, theory, common understandings of behaviour and experience from existing practice indicate that these measures will likely increase physical activity.



# DESTINATIONS

**Objective:**

**PLANNING NEIGHBOURHOODS WITH A DIVERSE RANGE OF DESTINATIONS AND FACILITIES PROVIDES A VARIETY OF FOCAL POINTS AND CREATES OPPORTUNITIES FOR ACTIVE LIVING ACROSS THE DAY AND NIGHT.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Diversity</b> An interesting choice of local destinations positively influences neighbourhood walkability and encourages residents to enjoy physical activity and social connections.	Does the destination offer a mix of uses that will encourage consistent attendance and use?	***			
	Are activities offered across both day and night?				
	Would usage be enhanced through the provision of community and cultural facilities, open spaces or sporting activities?				
<b>Access</b> A selection of destinations that are a walkable distance from home makes active transport, such as walking, cycling or use of public transport more viable and makes it easy to reduce car use.	Are the destinations within a safe and easy (400m to 800m) walking distance?	***			
	Are there paths and cycle routes connecting the destination to the surrounding community?	***			
	Has public transport been considered? Where are the stops located and do they connect to other movement networks?	***			
<b>Design</b> The design of the public realm is important in determining how people reach the destination, as well as how they move and interact with it.	Does the design put the pedestrian first, and is it at a comfortable scale?	**			
	Does the destination have a space that encourages activity and interaction across the community?	**			
	Does the design encourage people to linger? Does it offer shade, seating, lighting, planting, artwork and the use of high quality materials?	**			

**Process considerations:**  
 Is there a mechanism and /or incentive to encourage the development of a mixed-use destination early in the development stage been put in place? Consider a range of initiatives such as a place manager, local policy and contractual agreements, density bonuses, plot ratio bonuses cash in lieu contributions.



# HOUSING DIVERSITY

**Objective:**

**PROVIDING DWELLING CHOICES THROUGH VARYING PRODUCTS AND OCCUPANCY TYPES TO MEET THE DWELLING NEEDS OF A DIVERSE COMMUNITY CONTRIBUTES TO ACTIVE AND VIBRANT PLACES.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Diversity</b> A mix of dwelling types can increase density and attract a broad demographic, creating a resilient neighbourhood that caters for a diverse range of household structures, ages and tenures.	Does the neighbourhood offer a range of dwelling choices that are suited to the needs and character of the area?	***			
	Does the neighbourhood offer dwelling choices that provide for a diverse community and enable residents to remain within their community across each stage of life?	***			
<b>Design</b> The design of a dwelling can have a positive influence on its surroundings and inhabitants, and can lead to safer and more engaged communities and healthier lifestyles.	Are the dwellings designed to engage with the street and/or adjacent open space?	***			
	Do they provide passive surveillance by locating active spaces such as living areas and balconies overlooking streets and open spaces?	*			
	Are the dwellings designed or oriented to maximise natural light, ventilation, heating and cooling and to address noise management?	***			
	Are the dwellings sited on the lot so as to allow for future intensification?	**			

**Process considerations:**  
 Are appropriate incentives in place to encourage innovative land development that promotes higher residential densities within existing mixed-use centres?



# MOVEMENT NETWORKS

**Objective:**

**AN ACCESSIBLE, CONNECTED MOVEMENT NETWORK INTEGRATES WALKING, CYCLING AND PUBLIC TRANSPORT ROUTES, FACILITATES SAFE AND CONVENIENT TRAVEL WITHIN NEIGHBOURHOODS, AND ENCOURAGES USE OF DESTINATIONS.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Connections</b>  Movement can be enhanced through the provision of safe, connected, convenient, continuous, easily navigated and attractive links.	Do the streets, footpaths and cycle ways connect to each other and to destinations?	***			
	Are these connections well lit, with shade and shelter, as well as directions or signposts, to encourage their use?	***			
	Is there more than one route between destinations to provide variety in active transport options and experiences?	***			
<b>Infrastructure</b>  The inclusion of safe, functional and highly visible infrastructure encourages a range of travel options.	Are facilities such as bike racks, drinking fountains, change rooms and lockers provided at destinations?	***			
	Are public transport stops provided within suitable proximity to dwellings and destinations?	***			
	Have stops along routes been provided offering shade/ shelter, seating and lighting?	***			
	Have facilities been designed for all users including the young, the elderly and those with disabilities?	***			
<b>Streetscape Design</b>  Streets that have been designed to accommodate all transport users encourage more movement.	Does the street design work for all users, including pedestrians, cyclists, public transport and cars?	***			
	Have the streets been designed in response to their surrounds?	***			
	Do roads narrow near schools with footpaths becoming wider? Are there crosswalks and pedestrian crossing points to connect movement networks?	***			

**Process considerations:**

Consider prioritising walking as the preferred means of travel. Think about wait times at traffic lights, the size of footpaths compared to roadway widths and prioritising pedestrian crossing points. Modes of transport have evolved over time. Have future transport needs been accommodated in the street design?



# PUBLIC OPEN SPACE

**Objective:**

**PROVIDE A RANGE OF PUBLIC OPEN SPACES THAT CONTRIBUTE TO THE RECREATIONAL, PHYSICAL AND SOCIAL NEEDS OF ALL MEMBERS OF THE COMMUNITY.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Access:</b> Public use of open spaces can be improved by ensuring that they are easily accessible to, and by, all members of the community	Do all community members have at least one open space within a 400m - 800m walk?	***			
	Are there clear pedestrian and cycle routes, designated crossings, and suitable ramps to, and within, the open space?	***			
	Are the public open spaces accessible to people of all ages, genders and cultures, including those with disabilities and limited mobility?	***			
<b>Function:</b> Open spaces assist in meeting the physical, recreational and social needs of a community.	Have the open spaces been designed to meet the diverse needs of the community? How were those needs identified?	***			
	Are there a range of uses that promote physical activity and community interactions? How do these uses generate activity throughout the week and day and night?	***			
	How are the open spaces and supporting infrastructure managed and maintained?	***			
<b>Design:</b> Open space designs that respond to their surrounds can enable a strong connection to the community and the environment.	Does the open space reflect the cultural heritage and identity of the site, and the character of the surrounding community?	***			
	How well do the surrounds contribute to safety? Do nearby buildings and streets overlook the space? Is there adequate lighting within the space?	***			
	How does the open space respond to existing environmental conditions such as drainage, slopes and retaining trees?	***			

**Process considerations:**  
 Establish linear connections and access along the coast, public foreshores, wetlands and waterbodies to enhance opportunities for physical activity.  
 Undertake a community needs assessment to identify open space needs. Consider roles and functions within public open spaces holistically to resolve needs across the open space network.



# SENSE OF PLACE

**Objective:**

**MEETING THE NEEDS OF THE COMMUNITY, PRESERVING PLACES OF INTEREST, USING LOCAL BUILDING MATERIALS, HIGHLIGHTING LOCAL STORIES AND HISTORY, AND RESPONDING TO THE LOCAL CLIMATE, CAN ALL CONTRIBUTE TO DEVELOPING AND ENHANCING A SENSE OF PLACE AND ENCOURAGES PHYSICAL ENGAGEMENT WITH THESE SPACES.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Heritage and Culture</b> Understanding the built and cultural heritage of a place can provide insights for designs that strengthen ties to the community.	Is the heritage of the place evident through the use of local building materials, colour schemes and vegetation choices?	*			
	Have design choices been informed by the cultural identity of the place, based on the social, economic, environmental and indigenous history?	*			
	Have heritage and cultural features been acknowledged, integrated or protected?	*			
<b>Consultation</b> Encouraging both current and future communities to participate in design and development decisions contributes to a sense of place and builds ownership and respect.	Has community consultation been employed to determine infrastructure needs and desires?	*			
	Has the community been engaged and involved in the design of the public realm, civic buildings and public art?	*			

**Process considerations:**  
 Consider undertaking heritage assessments and community consultation to identify a sense of place and then use this to inform design guidelines and project briefs for local projects.



# COMMUNITY FACILITIES

**Objective:**

**CO-LOCATING COMMUNITY FACILITIES HELPS TO MAXIMISE THE EFFICIENCY OF TRAVEL NETWORKS, ENHANCE SERVICE PROVISION AND PROMOTE PASSIVE SURVEILLANCE WHICH ENCOURAGES PHYSICAL ACTIVITY.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Composition</b> The layout or position of community facilities that enable multiple uses can provide health and socio-economic and economic benefits.	Have community facilities been co-located with amenities of a similar or complementary nature? (e.g. schools with libraries, sport and recreation centres and day care facilities)	***			
	Does the design of community facilities allow for the public and independent operators to access communal spaces and services (e.g. parking, toilets and function halls)?	***			
	Has the positioning of facilities been planned to enable passive surveillance?	***			
<b>Flexibility</b> Facilities that can accommodate multiple functions may better serve the community and encourage greater use.	Do the facilities provided offer a range of activities that meet the needs of the community?	***			
	Does the range of activities ensure activation through the day and night, and across all days of the week?	**			
	In developing areas, has the community facility been organised to allow for interim uses while the area is established?	*			

**Process considerations:**  
 Ensure shared use agreements are in place early, establishing clear demarcation of ownership, liability, maintenance costs and responsibilities, as well as scheduling of use.





# BUILDINGS

## Objective:

**BUILDINGS DESIGNED TO PROMOTE INCREASED PHYSICAL ACTIVITY STIMULATE INCIDENTAL MOVEMENTS, ENHANCING SOCIAL AND EMOTIONAL WELLBEING, FACILITATING NATURAL SURVEILLANCE AND IMPROVING ENVIRONMENTAL CONDITIONS.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Context</b> Well-designed buildings can improve health outcomes by engaging with their surrounds.	Has the building been designed to contribute to street activation and allow natural surveillance of the surrounding community?	***			
	Are street level pedestrian and cycle entries visible, well-lit and connected to the street?	***			
	Has walking and cycling been prioritised over vehicle access?	***			
	Where appropriate, have awnings or verandahs been provided on the exterior of the building to provide shade and shelter over footpaths?	***			
<b>Interior</b> The provision of specific services and facilities within a building, and the overall design of the building itself, can encourage a healthier lifestyle.	Have facilities that promote and support physical activities, such as a gymnasium, exercise classes and end of trip facilities (lockers/showers/change rooms) been provided?	***			
	Has the building been designed to promote incidental physical activity and laid-out to encourage movement and social interactions (e.g. choosing stairs over elevators)?	***			
	Does the design accommodate all users, including those with mobility issues?	***			
	Has the building been designed to provide for the comfort of the occupants?	***			

### Process considerations:

Consider using health promotion campaigns to inform building users about the benefits of physical activity.  
 Consider slowing elevator speeds to encourage walking as a faster option or locking elevator use to dedicated floors.



# HEALTHY FOOD

## Purpose:

This advocacy prompter is designed to highlight research-based considerations and opportunities for the delivery of Healthy Built Food Environments (HBFE) for a range of community and built environment professionals and decision makers. It can be used when:

- formulating policy to guide development decisions relating to Healthy Built Food Environments
- designing new or adapting existing neighbourhoods, park systems, street networks, centres and places
- promoting community awareness as to the benefits of Healthy Built Food Environments
- assisting community based organisations to establish Healthy Built Food Environments
- considering governance arrangements for public spaces used for Healthy Built Food Environment outcomes

## Objective:

**NEIGHBOURHOODS THAT ENCOURAGE HEALTHY FOOD CHOICES, THROUGH THE PLANNING AND DESIGN OF FOOD RETAIL FACILITIES AND COMMUNITY AMENITIES, PROMOTE AVAILABILITY AND ACCESSIBILITY TO HEALTHY FOOD, MAKING FOR HEALTHIER COMMUNITIES.**

The Healthy Food design feature complements the existing Healthy Active by Design framework. It advocates for change to the standard planning approach. To achieve a successful Healthy Built Food Environment, implementation is required across a range of stakeholder and decision maker types. The Healthy Food element is different to other Healthy Active by Design elements as its primary audience and capacity for implementation goes beyond a town planning regulatory environment. For this reason, advocacy guidance has been prepared, as opposed to a checklist, which is found in the other Healthy Active by Design elements.

The current town planning regulatory framework does not enable the enforcement of many Healthy Built Food Environment initiatives, however by working collaboratively with all stakeholders in the development industry and local community, some positive change could be supported by considering the following concepts proposed below.



# HEALTHY FOOD

Principle	Have you considered...	Strength of evidence	Comment / Response
<b>ACTIVITY CENTRES</b>			
<b>Access to fresh and healthy food</b> Activity centres that provide fresh and healthy food opportunities to promote healthier diets.	Can governance processes and policies be put in place to ensure the provision of a diverse range of retailers, inclusive of fresh and healthy food options? If so, how? If not, how can the barriers be minimised?	**	
	Does the centre or neighbourhood design facilitate healthy food stores being provided and prioritised in terms of location prominence as part of the land use / destination mix within the activity centre?	**	
	Does the land owner or activity centre manager (such as the local authority, shopping centre operator or other institution) have in place organisational or governance measures to coordinate the use of infrastructure/land for occasional use by local food producers, such as farmers' markets?	**	
	How can the activity centre include flexible spaces that can accommodate a range of temporary healthy food activities, such as farmers' markets?	*	
	How can the activity centre include community or public open space that can be used for local food production, such as a community garden?	*	
	What mechanisms / strategies can be put in place to restrict unhealthy fast food takeaway restaurants in close proximity to schools and day care centres?	**	
<b>MOVEMENT NETWORKS</b>			
<b>Safe and connected street networks</b> Inclusion of safe, convenient, attractive and continuous path and cycle networks that allow pedestrians and cyclists to access healthy food destinations.	Does the design of pedestrian and cycling networks optimise walkable access to healthy food outlets and local food growing opportunities (such as community gardens)?	**	
	Do residential streets enable the planting of street verges by the community for local food production?	**	
	How can the determining authority have governance arrangements in place to enable approval of and guide design of residential street verges for local healthy food production?	**	



# HEALTHY FOOD

Principle	Have you considered...	Strength of evidence	Comment / Response
<b>PUBLIC OPEN SPACE</b>			
<b>Functionality for local food production</b> Providing space for production of healthy food which promotes healthy food intake.	Whether public spaces have been provided that enable each neighbourhood to have access to community gardens?	**	
	If use of spaces has been made or encouraged, or new space and resources allocated (e.g. water, soil, access to sunlight) for the establishment of community gardens with community access?	**	
	Whether residential streets enable the planting of street verges by the community for local food production?	**	
<b>NEIGHBOURHOOD DESIGN</b>			
<b>Suitable amenity</b> Ensure that neighbourhoods have a suitable level of amenity through access to healthy food.	Does the centre zoning, town planning scheme, structure plan or land-use planning policy provide / promote a mix of healthy food stores and local food growing opportunities?	**	
	Are all schools, community facilities, recreation areas and housing located within close proximity (within an 800m walk) of healthy food outlets and local food growing locations?	**	
	Are mechanisms in place to encourage the use of public open space or school grounds for fresh healthy food production?		
	Does the attractiveness of the neighbourhood, centre or place encourage access to and prioritisation of healthy food choices?	**	
<b>REGIONAL / METROPOLITAN PLANNING</b>			
<b>Local Food Supply</b> Planning systems and places support local commercial and community food systems.	Is the urban environment or regional area supported by food growing areas in close proximity, accessible by good supply-transport links?	**	
	At a regional scale, how can the city be designed to encourage distribution of locally-grown food to markets or other fresh food services within the local community?	**	