

Local Government Association Tasmania (LGAT)
Creating & Funding Great Playgrounds & Playspaces Forum

29 & 30 October 2018



Healthy Active by Design™

*Designing playspaces to support
healthy, active places*

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Content

- 1. Heart Foundation & the Built Environment**
- 2. *Healthy Active by Design – a quick overview***
- 3. Playgrounds & Playspaces, best practice examples**

Heart Foundation & the Built Environment

Heart Foundation & the Built Environment



Promoting the creation of places that offer supportive environments that encourage people of all ages & capacities to be healthy & active in the neighbourhoods, cities and towns where they work play & live.



Hobart Waterfront Renewal Case Study,
photographer: Natalie Mendham

How the Heart Foundation influences the Built Environment

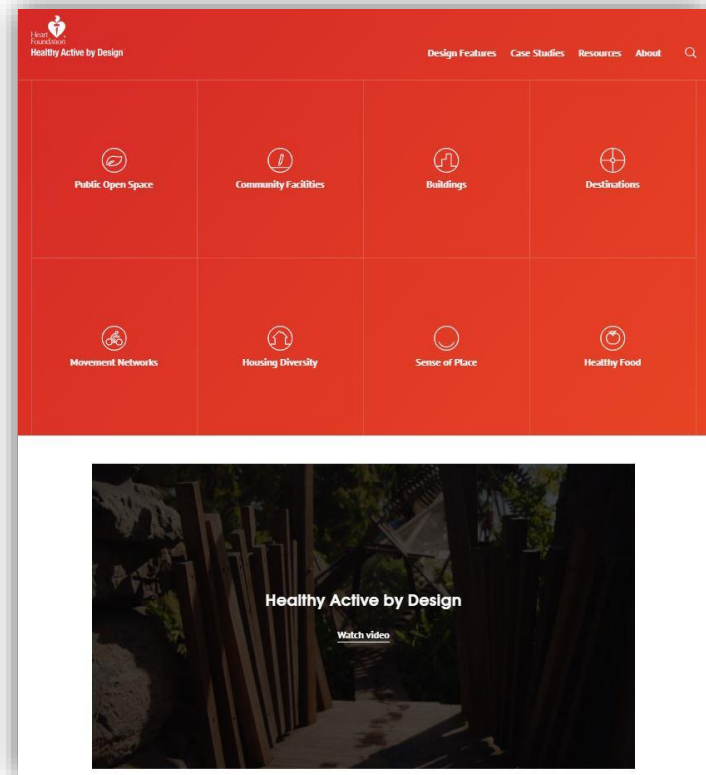


The Heart Foundation works to create **healthy neighbourhoods**.

Healthy Active by Design is an example of action in preventative health.



2009, Heart Foundation, Tasmania



2018, Heart Foundation, National resource

Why *do we need Healthy Active by Design?*



Inactivity is a significant problem,
locally, nationally & internationally

Inactivity is associated with numerous health issues,
*including cardiovascular disease (CVD),
hence the Heart Foundation's action in this area*

How do we move from *Inactive* to *Active*?

Preventative Health
Healthy Active by Design

Why *do we need Healthy Active by Design?*

GLOBAL perspective:

- Physical inactivity has been identified as the fourth leading risk factor for global mortality...
- Moreover, physical inactivity is estimated to be the main cause for approximately 30% of coronary (ischaemic) heart disease burden.

Global Strategy on Diet, Physical Activity and Health, World Health Organisation



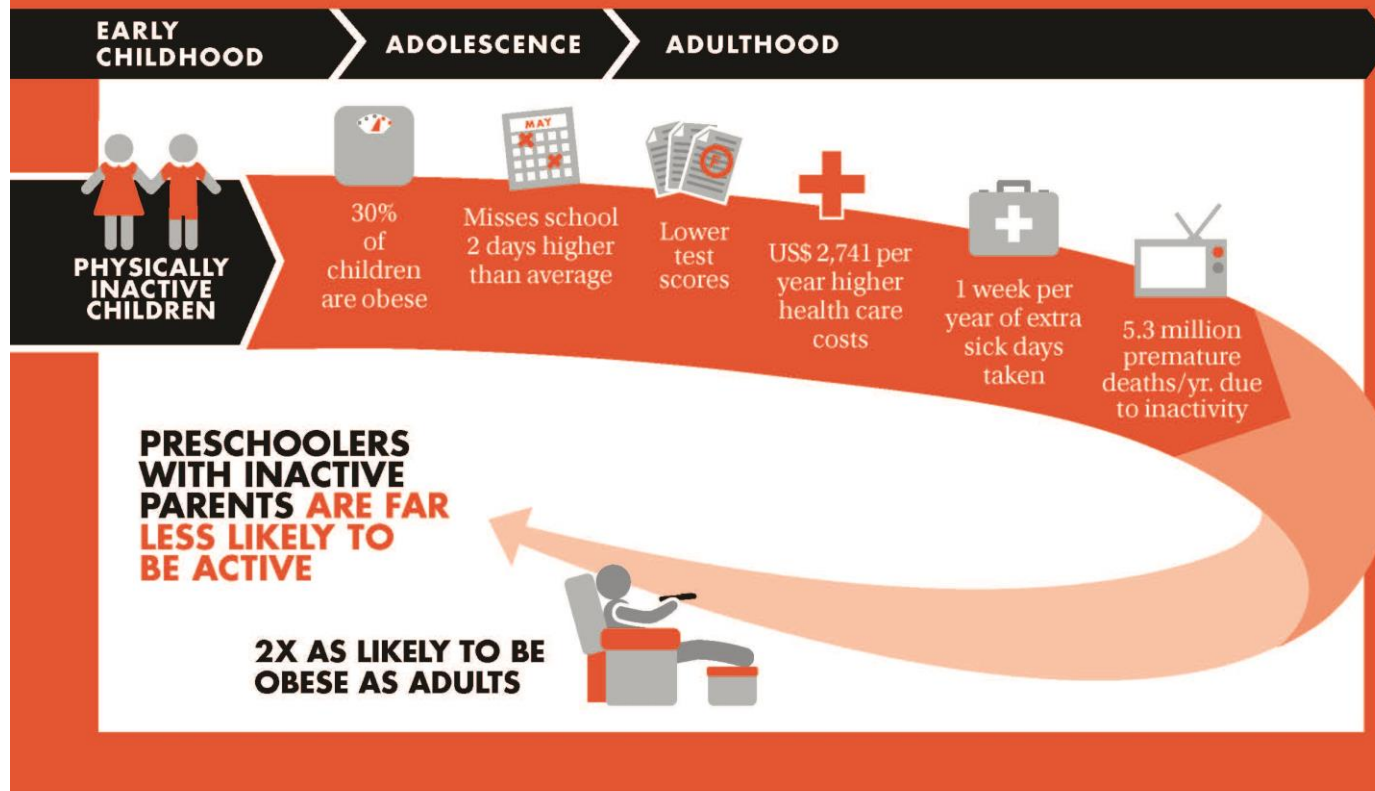
“ Today's 10 year olds are the first generation expected to have a shorter life expectancy than their parents. ”

Source:
designedtomove.org
initiative from USA

Why?

GLOBAL perspective:

THE PHYSICAL INACTIVITY CYCLE

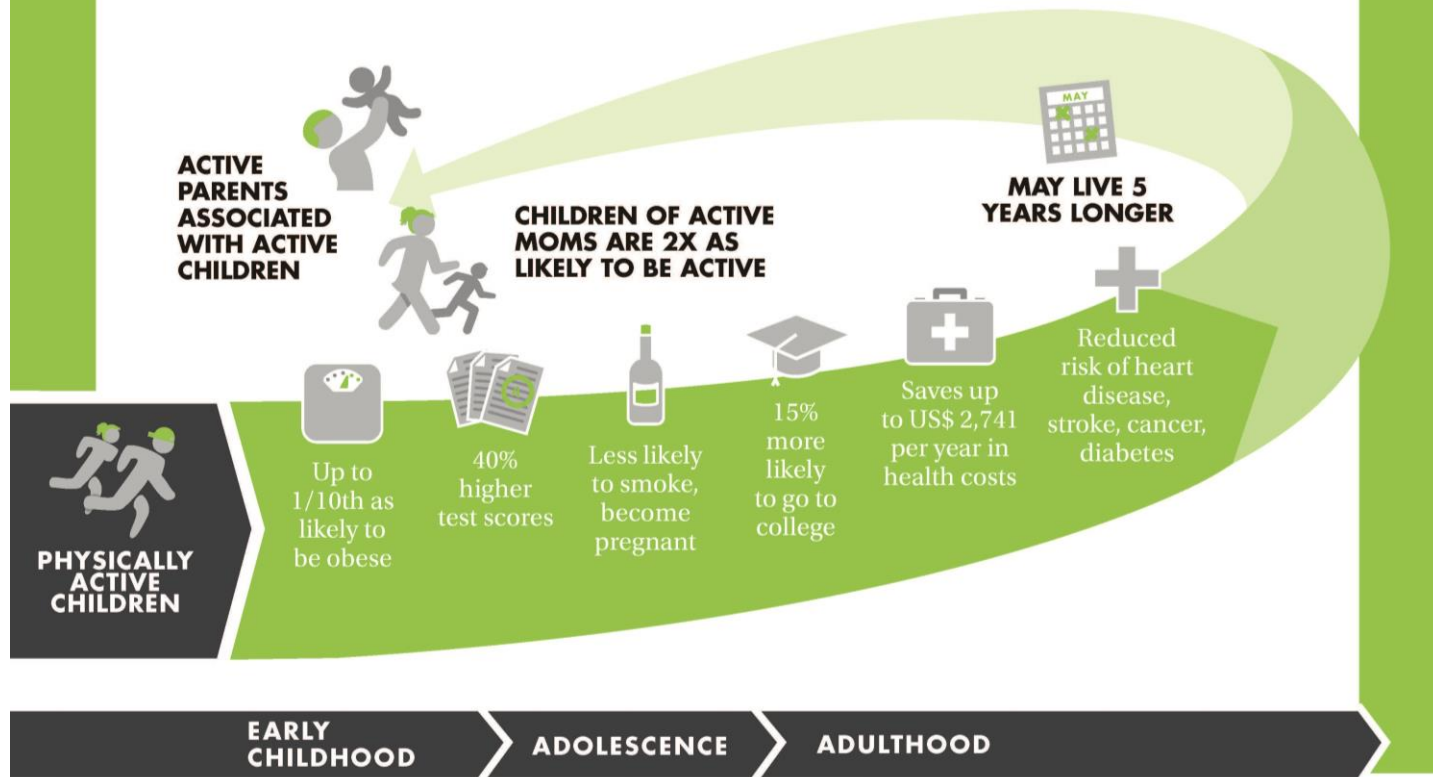


Source:
designedtomove.org
initiative from USA

Why?

GLOBAL perspective:

LIFETIME BENEFITS OF PHYSICAL ACTIVITY



Source:
designedtomove.org
initiative from USA

Why do we need Healthy Active by Design?

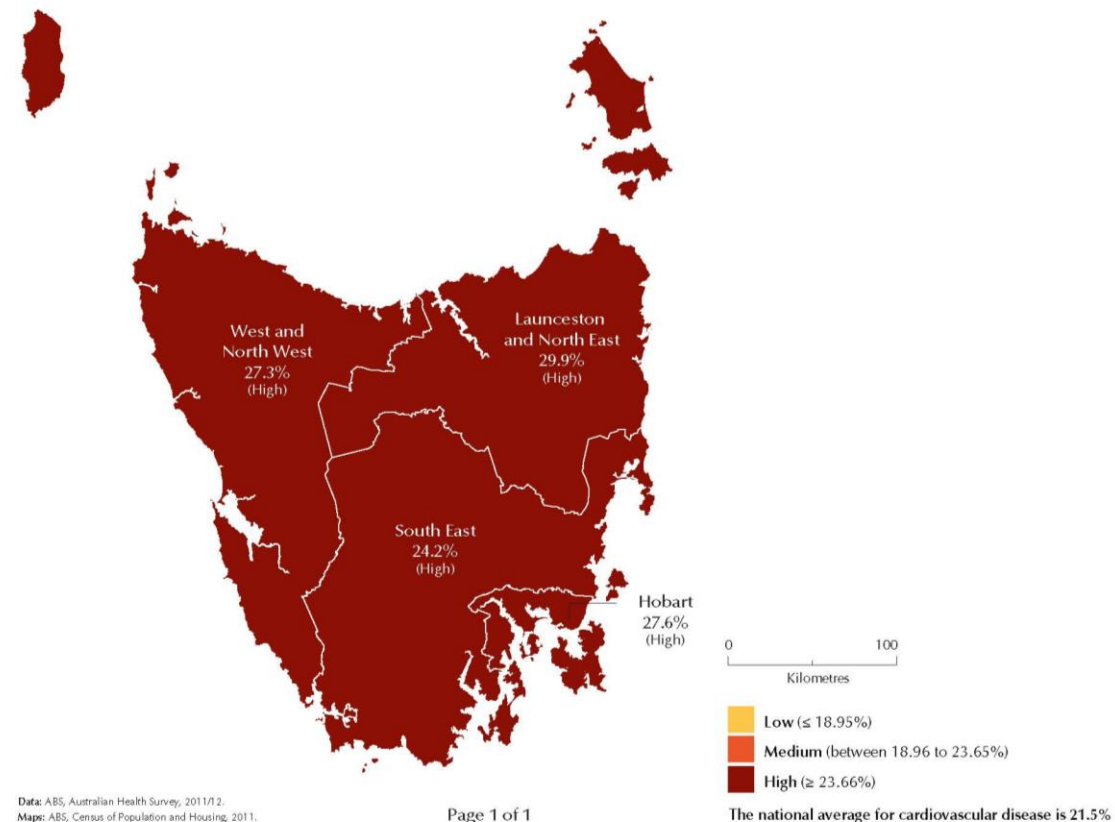
LOCAL perspective

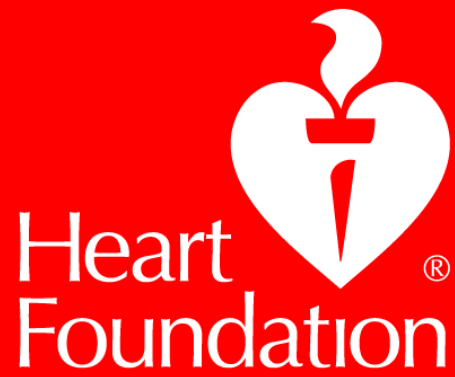
Sedentary behaviour:

- **More than a third of the Tasmanian population aged 15 and over do very little or no exercise at all.**
 - **34.4% in Tasmania**
 - **33.8% nationally,**

Source: Heart Foundation Tasmania Key Cardiovascular Statistics (October 2018).

Prevalence of Cardiovascular Disease (CVD) in Tasmania



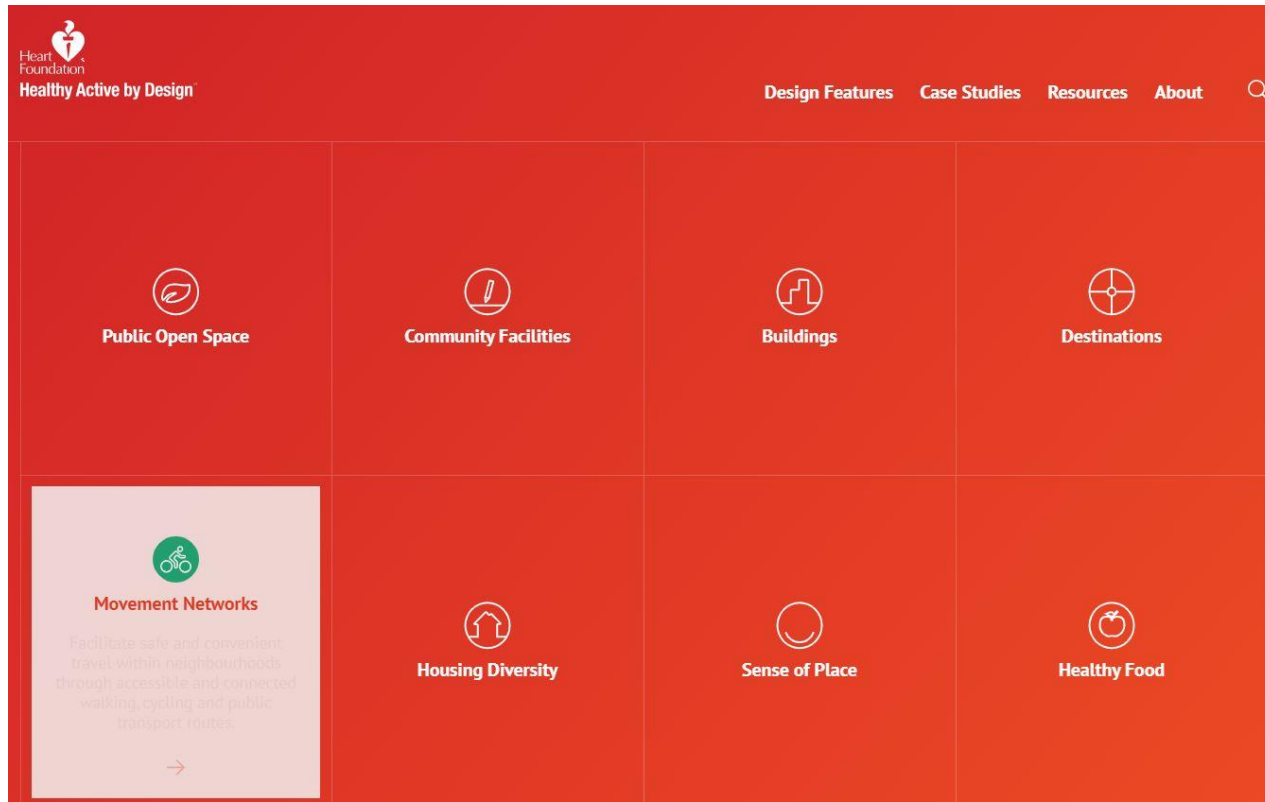


Healthy Active by DesignTM

Healthy Active by Design

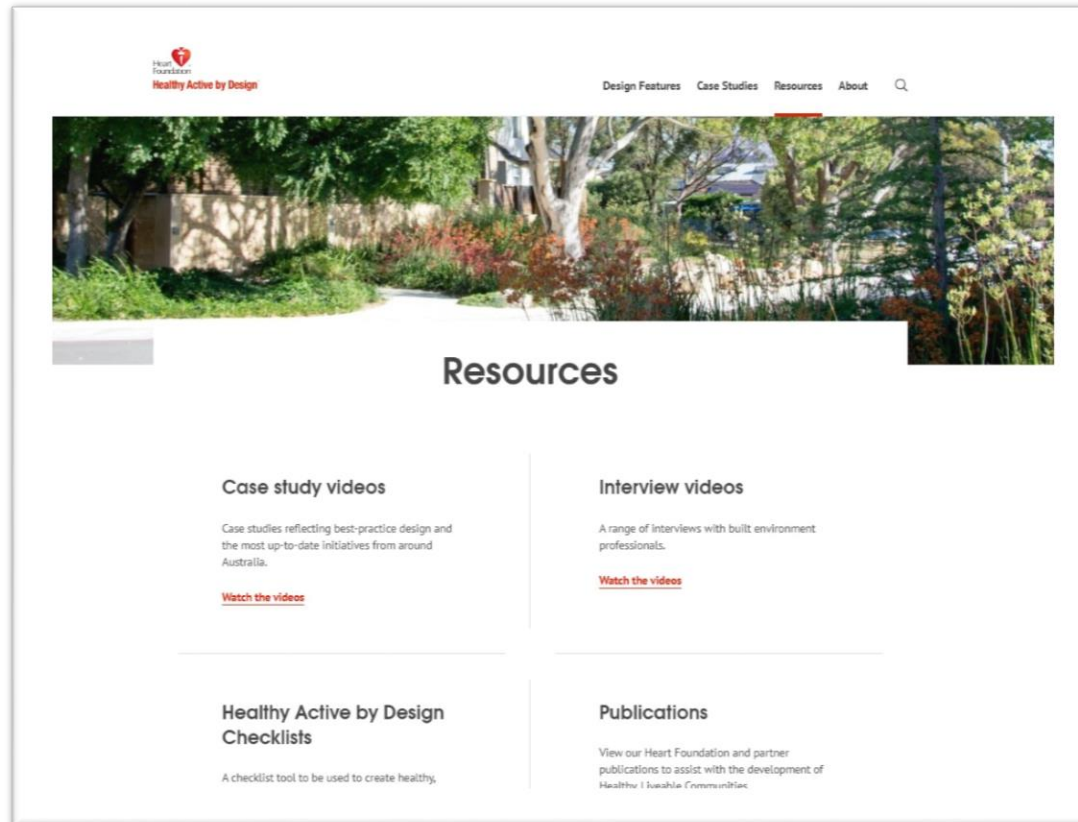
Healthy Active by Design is a program that outlines the evidence and connections between heart health and the built environment.

An online tool: www.healthyactivebydesign.com.au



Healthy Active by Design

- Provides accessible & practical information on creating healthy, liveable communities.
- Is created to have impact in improving the health of all Australians.



8 Design Features of Healthy Active by Design

HEALTHY ACTIVE BY DESIGN GUIDE

Each design feature has a high level objective set out below.



PUBLIC OPEN SPACE - a network of walkable, appealing and public open spaces helps meet recreational, play and social needs.



COMMUNITY FACILITIES - co-located and integrated facilities, such as schools and recreation facilities, maximise community interaction.



BUILDINGS - design buildings and sites that specifically support increased levels of physical activity, whether incidental or deliberate and healthy food access.



DESTINATIONS - compact mixed-use neighbourhoods, which include employment, education, public transport and fresh food outlets, forge vibrant and active neighbourhoods.



MOVEMENT NETWORKS - facilitate safe and convenient travel within neighbourhoods through an accessible, integrated and connected walking, cycling and public transport routes.



HOUSING DIVERSITY - dwelling choices, through a range of housing and occupancy types, meet the needs of a diverse community throughout members' life stages.



SENSE OF PLACE - a sense of community emerges when residents have opportunities to meet and interact in community places of interest, through use of local building materials highlighting local stories and history and responding to the local climate.



HEALTHY FOOD - Planning for food demands focus on planning and design of food environments, retail and promotion; production space, transport infrastructure and availability of and access to healthy food outlets.



Public Open Space

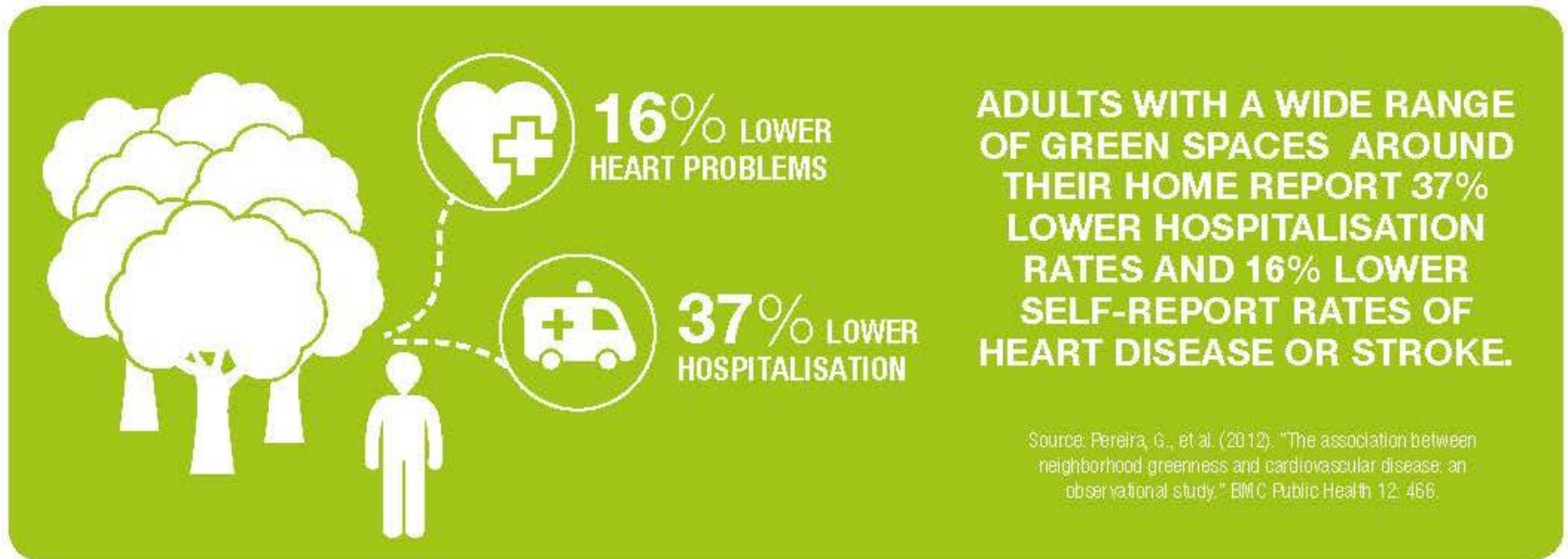
A range of walkable, appealing and public open spaces helps meet recreational, play and social needs.





Public open space design considerations for playgrounds include:

- Linking play with other activities.
- Sports spaces (level ground for a kick about!).
- Trees, amenity, shelter.





Community Facilities

Co-located and integrated facilities, such as schools and recreation facilities, maximise community interaction and efficiency of travel.





Community facilities design inputs for playgrounds include:

- Land use planning, the right things in the right places.
- Complimentary neighbouring uses.
- Links to community activities (e.g. schools, orchards).



Bridgewater Parkland Community Playground, Brighton Council, Play Street (images provided by both)

Connected with community & facilities: homes, library, *tagari lia* Child and Family Centre, shops & services.



Buildings

Design buildings and sites that specifically support increased levels of physical activity, whether incidental or deliberate.





Building design considerations for playgrounds include:

- Provision of associated built form
- Shelter, shade BBQ areas, public conveniences
- Place to store bicycles



Kangaroo Bay Pavilion at City of Clarence, by Preston Lane. Double award winner, Tasmanian Architecture Awards 2018: Public Architecture (The Alan C Walker) Award & Small Project Award.



Sense of Place

A sense of community emerges when residents have opportunities to meet and interact in attractive places of interest.





Sense of place design considerations for playgrounds include:

- Recognition of context and climate



Photo: *authors own*

East Coast, Tasmania



Sense of place design considerations for playgrounds include:

- Have some fun!



Kangaroo Bay,
Clarence, Hobart

Photo:
authors own



Healthy Food

Planning for food demands focus on production space, transport infrastructure and availability and access to healthy food outlets.





Healthy food design considerations for playgrounds include:

- Integration with community growing areas, orchards, fruit trees.



Photo: *authors own*



Healthy food design considerations for playgrounds include:

- Integrate play & community growing areas!



Photo: *authors own*



Movement Networks

Facilitate safe and convenient travel within neighbourhoods through accessible and connected walking, cycling and public transport routes.





Movement network design considerations for playgrounds include:

- Link play areas & active travel routes



Clarence Foreshore Trail:

- Active Travel movement route
- +
- Series of linked 'Destination' Play Areas





Movement network design inputs for playgrounds include:

Consider the design of streets around playgrounds

- Reduce speeds, 30km/h or less
- Create safe crossings
- Widen footpaths
- Play streets, 'homezones'

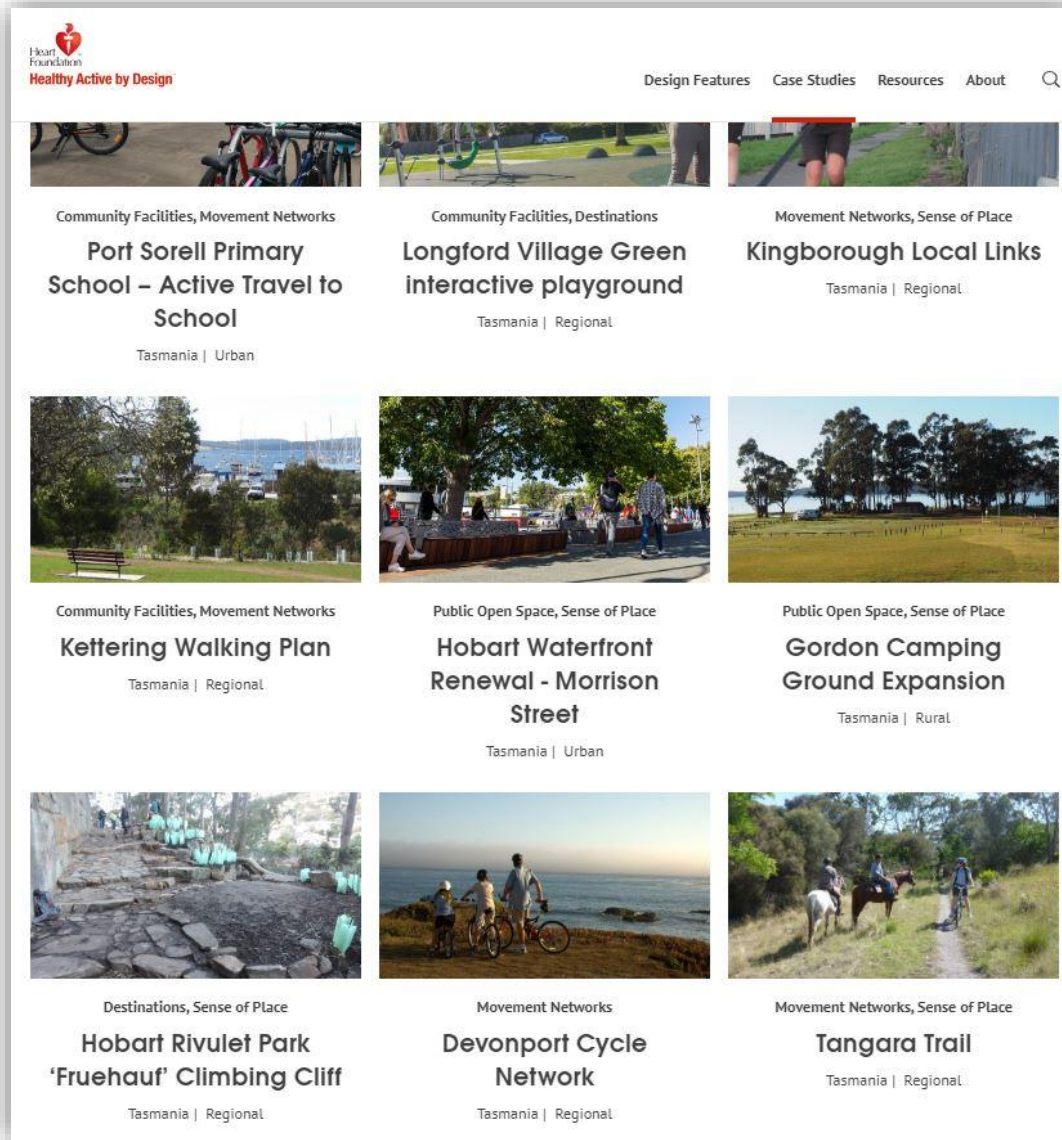


Photo: authors own










Best practice playgrounds & playspaces:

*Health Active by
Design Case Studies*

Healthy Active by Design case studies



The screenshot displays the 'Healthy Active by Design' website interface. At the top left is the Heart Foundation logo and the text 'Healthy Active by Design'. The navigation menu includes 'Design Features', 'Case Studies', 'Resources', and 'About', along with a search icon. The main content area features a grid of nine case study cards, each with a representative image, a list of design features, a title, and location information.

Image	Design Features	Title	Location
	Community Facilities, Movement Networks	Port Sorell Primary School – Active Travel to School	Tasmania Urban
	Community Facilities, Destinations	Longford Village Green interactive playground	Tasmania Regional
	Movement Networks, Sense of Place	Kingborough Local Links	Tasmania Regional
	Community Facilities, Movement Networks	Kettering Walking Plan	Tasmania Regional
	Public Open Space, Sense of Place	Hobart Waterfront Renewal - Morrison Street	Tasmania Urban
	Public Open Space, Sense of Place	Gordon Camping Ground Expansion	Tasmania Rural
	Destinations, Sense of Place	Hobart Rivulet Park 'Fruehauf' Climbing Cliff	Tasmania Regional
	Movement Networks	Devonport Cycle Network	Tasmania Regional
	Movement Networks, Sense of Place	Tangara Trail	Tasmania Regional

Healthy Active by Design case studies



Longford Village Green interactive playground

Design Feature



Type of Project

Playground

State

Tasmania

Location

Regional

The Longford Village Green interactive playground has been a great success, creating a play space for Longford residents and visitors of all ages. It is a destination playground, evidenced by surveys that show one in four playground users are from outside the Northern Midlands.

The playground was officially opened by Northern Midlands Mayor David Downie in December 2016. In October 2017, it was a finalist in the Breath of Fresh Air Film Festival Innovative Tasmania Awards under the Innovative Government category. Northern Midlands Council are currently the only municipality in Tasmania to have a playground of this kind installed and are leading the way in innovative and interactive playgrounds.

Fun in the Northern Midlands

Bridgewater Parkland Community Playground

NEW Healthy Active by Design Case Study now online!

<http://healthyactivebydesign.com.au/case-studies/bridgewater-parkland>



Bridgewater Parkland

Design Feature



Project Type

Playground

Location

Regional

State

TAS

Bridgewater Parkland is a valuable area of public open space positioned between the River Derwent and Bridgewater, a settlement approximately 20 kilometres north of Hobart, Tasmania.

A comprehensive master plan for the site will be delivered incrementally with the first phase being the design and construction of a new Community Playground (opened in Spring 2018), which features a new children's play area, open space and associated infrastructure (e.g. footpaths) that help improve links with the Bridgewater community.



Healthy Active by Design - film

Play Spaces Sydney, Healthy Active by Design Case Study video

<http://healthyactivebydesign.com.au/resources/case-study-videos/play-spaces-sydney>



Play Spaces
Sydney, NSW



Healthy Active by Design

*'Take home' messages for
playground design:*

1. Context

2. Connections

3. Crossings & Speed Control



Healthy Active by Design

'Take home' messages for playground design:

1. Context:

Consider playgrounds as one element of a wider network of Public Open Space.

Value master planning: establish a long term vision with short term goals.



Bridgewater Parkland Community Playground, Brighton Council, Play Street (image source, both)

Healthy Active by Design

'Take home' messages for playground design:

2. Connections:

- Link playgrounds to community facilities (schools, parks, reserves, shops, services).
- Paths for active travel: walking, cycling, scooting.



Simmons Park,
Clarence, Hobart

Photo:
authors own

Healthy Active by Design

'Take home' messages for playground design:

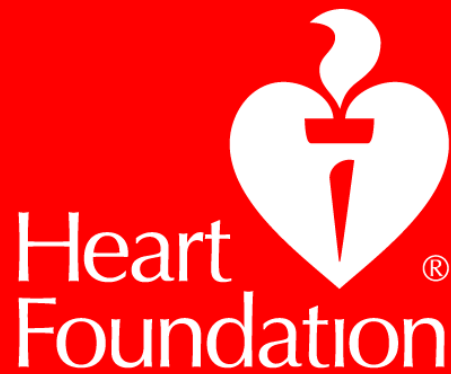
3. Crossings & Speed Control:

- Create safe crossings points.
- Reduce speeds on streets around playgrounds.



Photo: authors own

Thank you!



Healthy Active by DesignTM

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