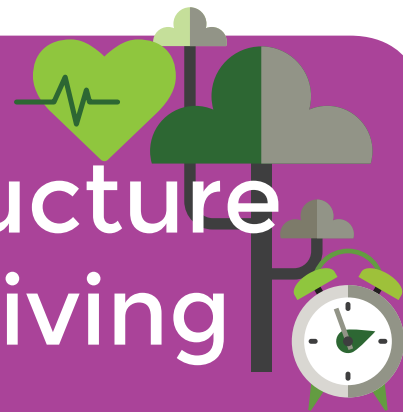


# Benefits of Infrastructure to Support Active Living



## What is included in this advisory document

### What is Active Living?

### What is the natural and built environment?

### What are the benefits of Active Living?

### How active are Canberrans?

### What are the six Active Living Principles?

### Who will benefit from more support for Active Living?

### Infrastructure and urban design elements to support Active Living

### Encouraging Active Living through improved infrastructure in the ACT

### Where can I find out more?

We know that Canberra is a great place to live for physical activity, but there are still many ways that we can all support Canberrans to be more active, healthy and happy.

It has been identified that both infrastructure and urban design can impact on how people move around their neighbourhood and how much formal and informal exercise they do. To encourage higher levels of physical activity and promote health neighbourhoods should:

- be designed for people and have a number of retail, employment and recreational destinations within walking and cycling distance,
- be perceived as safe from crime,
- have pleasant, welcoming, connected, safe and well-maintained paths and parks,
- have easy access to frequent public transport services, and
- be places where walking, cycling and catching public transport are cheaper, more convenient and more enjoyable than travelling by car.

This document outlines the health, economic and environmental benefits of infrastructure to support active living.

## What is Active Living?

A way of life that integrates physical activity into daily life through:

- Walking and cycling for transport (active travel)
- Sport and recreation
- Walking and cycling to access public transport

## What is the natural and built environment?

The **natural environment** encompasses land, natural resources, climate, atmosphere, water, ecosystems and biodiversity.



The **built environment** is the physical structures and supporting infrastructure where people live, work and play.



*There is growing recognition that the natural and built environment influences active living*

This advisory document has been developed with assistance from the ACT Government under the Healthy Weight Initiative



# What are the benefits of Active Living?

Health benefits include higher physical activity which reduces the risk of diseases associated with sedentary lifestyles and cost savings from reduced levels of morbidity and mortality.

Economic benefits include positive influences on local economies due to businesses clustering around new infrastructure or more customers and trade being attracted to a particular area.

Environmental benefits include reduced fossil fuel use and emissions, reduced air and water pollution, few noise impacts and improvements to natural landscapes.

Other benefits include:

- Less road use resulting in less ongoing maintenance and need to additional road infrastructure
- Journey time reliability
- Increased equity particular for those who many not be able to afford a car or be able to drive themselves around
- Reduced dependence on energy generated by fossil fuels



## How active are Canberrans?

In the ACT 49.6% of adults are not sufficiently active for health.

*Highest levels of inactivity were in Tuggeranong (57.4%) and Weston Creek (55.7%)*

Source: Heart Foundation (2016). Heatmaps

## Who will benefit from more support for Active Living?

There are a number of factors that influence active living such as age, gender and level of income as well as work patterns and other daily responsibilities.

Providing more support for active living will benefit all people across all ages and demographics in the ACT.

### BENEFITS OF SWAPPING CAR TRIPS FOR WALKING/CYCLING PER KM

	Cycling (\$/km)	Walking (\$/km)	Benefit received by
<b>Health benefits</b>			
0.064–1.15	0.385–2.15	0.064–1.15	
<b>Economic benefits</b>			
Congestion cost savings	0.31	0.31	Community
Vehicle operating cost savings	0.28	0.32	Individual
Accident cost	0.26	0.12	All
Urban separation	0.0068	0.0068	Community
Roadway provision cost savings	0.04	0.04	Government
Parking cost saving	0.013	0.013	Individual/Government
<b>Environmental benefits</b>			
Air pollution	0.0297	0.0297	Community
Greenhouse gas emissions	0.023	0.023	Community
Noise	0.010	0.010	Community
Water pollution	0.0045	0.0045	Community
Nature and landscape	0.00054	0.0005	Community

Source: Transport for New South Wales Principles and Guidelines, 2013

## Infrastructure and urban design elements to support Active Living.

There are a number of infrastructure and urban design elements which encourage and are associated with higher rates of active living particularly for older people and women.

These include:

- Traffic – slower speeds and lower traffic volume
- Paths – separated and easy to use and navigate walking and bike paths
- Destinations – a greater number of destinations such as parks, shops and employment centres within walking or cycling distance
- Safety – a perception that the area is safe from crime
- Public transport availability

Infrastructure and urban design elements can also discourage walking and cycling. The perceived safety of walking and cycling can be discouraged due to the quality of road surfaces and bike lanes, lack of separation from motor traffic, as well as traffic speeds and volume. Other considerations such as the availability of end of trip facilities are also influential.

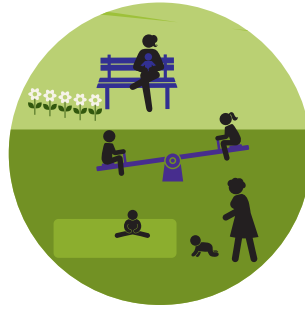


## What are the six Active Living Principles?

The Active Living Principles have been developed to help frame how urban planning can play a vital role in shaping our city into becoming a healthier, more prosperous and greener city drawing on active living and active travel elements.



CONNECTED PLACES



OPEN SPACE



MIXED LAND USE AND DENSITY



SAFE AND ATTRACTIVE PLACES



SUPPORTIVE INFRASTRUCTURE



ENVIRONMENTS FOR ALL

## How to improve infrastructure in the ACT to encourage Active Living

There are a number of simple ways to encourage active living in the ACT through improved infrastructure including:

- Walking and Cycling – ensure paths are well-lit, easy to find and navigate, well maintained and safe from cars
- Direct Routes – where possible paths utilised primarily for transport and travel between destinations should be direct to minimise delays
- Underactive groups – focus on areas with groups less active e.g. to improve physical activity for older people improve infrastructure between retirement villages and shops, and senior clubs and parks
- End of trip facilities – provide bike parking and storage, showers and changerooms at town centre or major employment locations to encourage day to day active travel
- Combined travel options – promote or establish more park and ride or bike and ride facilities



## Where can I find out more?

*ACT Active Living Principles – advisory document*

*Active Living in the ACT – advisory document*

*Statement of Planning Intent. Environment, Planning and Sustainable Development Directorate – Planning. ACT Government*

*Incorporating Active Living Principles into the Territory Plan, Information Paper August 2016. ACT Government*

*Draft Variation to the Territory Plan No 348. Incorporating Active Living Principles in the Territory Plan September 2016. ACT Government*