# Healthy Food and the Built Environment

NOVEMBER, 2019

NSW GOVERNMENT | ACTIVE LIVING NSW | Heart Foundation

## 1.    Introduction

Access to healthy food is associated with better dietary quality and lower prevalence of chronic conditions in the community.[1] It is also a key component of food security, defined as the ability for individuals to have, at all times, physical and economic access to sufficient, safe and nutritious food that meet their dietary needs and food preferences for an active and healthy lifestyle.[2] This relies on a specific mix of food supply, access and utilisation factors, which in turn influence people's general food purchasing and consumption patterns.[3]

There are three core pillars to food security: availability, access and utilisation.[4]

## 2.    The need for action

### Health, social and economic impacts of poor diet

Unhealthy eating can lead to numerous poor health and social outcomes. Poor diet has been linked to cardiovascular disease, osteoporosis, type 2 diabetes, obesity and some types of cancer. Research clearly indicates that being overweight is a risk factor for many diseases, in both children and adults. Children who are overweight have an increased risk of developing gastrointestinal, musculoskeletal and orthopaedic diseases,[5] as well as dental decay.[6] These risks of poor health outcomes continue into adulthood.[7] Overweight, obesity and poor oral health can also affect people's sense of self-confidence and wellbeing, further compounding barriers to opportunities in social participation and employment.

| Availability | Access | Utilisation |
|---|---|---|
| Supply of food within a community affecting food security of individuals. <br>• Location of food outlets; <br>• Availability of food within shops; and <br>• Price, quality and variety of available food | Capacity to acquire and consume a nutritious diet. <br>• Ability to buy and transport food; <br>• Home storage, preparation and cooking facilities; <br>• Knowledge and skills to make appropriate choices; and <br>• Time and mobility to shop and prepare food | Appropriate use of food once it has been accessed, based on knowledge of nutrition and care. <br>• Knowledge of healthy eating; and <br>• Sufficient energy and nutrient intake by individuals |

**For implementation tips please refer to page 7.**

1   Wedick, N.M. et al 2015, 'Access to Healthy Food Stores Modifies Effect of a Dietary Intervention', *American Journal of Preventative Medicine*, March, vol.48(3), pp. 309-317.

2   Food and Agriculture Organization of the United Nations 2009, *Declaration of the World Summit on Food Security*, delivered at the World Summit on Food Security, 16018 November 2009

3   NSW Council of Social Service 2018, *NCOSS Cost of Living Report: Access to Healthy Food*, available at: https://www.ncoss.org.au/policy/access-to-healthy-food-ncoss-cost-of-living-report-2018

4   Food and Agriculture Organization of the United Nations 1996, *Declaration on Food Security and World Food Summit Plan of Action*, delivered at the World Food Summit, 13-17 November 1996

5   Reilly JJ, et al. 2003, 'Health consequences of obesity', Arch Dis Child, vol.88, pp.748-752

6   Tripathi S., Kiran K., Kamala B.K. 2010, 'Relationship between obesity and dental caries in children –a preliminary study', *Journal of International Oral Health*

7   Australian National Health Prevention Agency 2014, *Obesity Prevalence Trends In Australia: Evidence Brief*

Children who do not eat breakfast have been shown to have poorer concentration, lower educational achievement and poorer school engagement. Foodbank's 2015 Hunger in the Classroom report suggested that children who come to school hungry may lose more than 2 hours a day of learning time.[8]

There is also a significant association between unhealthy diets and higher health care expenditure, with estimates ranging from 2-6% of total health spending in some countries.[9] In reality, the economic impact of poor diet is likely to be higher when taking into consideration the links to chronic disease and the burden this places on health systems.

## Equity

Research shows that dietary patterns and health outcomes vary across certain socio-economic population groups in Australia. People with high incomes, higher levels of education and those living in more advantaged areas are more likely to eat a balanced diet and have better health outcomes. On the other hand, people with a disability, Indigenous Australians, people receiving income support payments and people living in more remote or socio-economically disadvantaged areas are less likely to buy and eat healthy food, are more likely to be overweight or obese, and are more likely to develop diet-related illnesses and/or die from chronic diseases.[10]

Food insecurity can also be a risk factor for poor mental health and social isolation.[11,12]

## Climate change

Food insecurity is already a living reality for people living in low socioeconomic areas, exacerbated in regional and rural areas by remoteness and ongoing drought. This will continue to worsen as climate change progresses, with ecological shifts likely to cause further food insecurity and malnutrition. Malnutrition is anticipated to be one of the greatest threats to health resulting from climate change, while climate variation and extremes are among the leading causes of severe food crises and undermine the core pillars of food security.[13]

## 3. What can the NSW planning system do?

The NSW planning system[14] can contribute to supportive environments for access to healthy food by addressing the following matters in regional, district and local land use planning:

- Preservation and productive use of agricultural lands
- Geographic availability of healthy food outlets (considering density, proximity and transport options)[15]
- Equitable access to and availability of healthy food options by facilitating a range of food retail outlets such as grocery stores, greengrocers, supermarkets, farmers' markets (where healthy options are readily available and well promoted)
- Provision of appropriately zoned land for food production and efficient local and regional freight infrastructure
- Promotion of local and regional producers
- Promoting and supporting urban agriculture
- Providing well-connected active transport options to healthy food outlets.

Food supply and environment has been described as one of the key drivers of inequity in healthy eating, as part of a complex system of other interconnected factors. There are many opportunities for the planning system to intervene and support access to healthy food – in particular, housing and built environment, transport food supply and environment as demonstrated below.
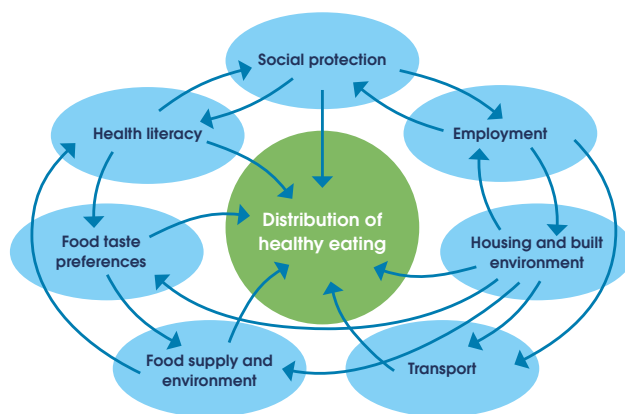


**Source:** The Australian Prevention Partnership Centre 2018

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8    Foodbank 2015, *Hunger in the Classroom*, available at: https://www.foodbank.org.au/wp-content/uploads/2019/05/Foodbank-Hunger-in-the-Classroom-Report-May-2015.pdf

9    Candari, C. J. et. al. 2017, *Assessing the economic costs of unhealthy diets and low physical activity*, European Observatory of Health Systems and Policies, World Health Organization, United Kingdom

10   NSW Council of Social Service 2018, *NCOSS Cost of Living Report: Access to Healthy Food*. Available at: https://www.ncoss.org.au/policy/access-to-healthy-food-ncoss-cost-of-living-report-2018

11   Chen, Y. et. al. 2016, 'Food insecurity and mental illness: disproportionate impacts in the context of perceived stress and social isolation', *Public Health*, March, vol.132, pp.86-91.

12   Burris, M. et. al. 2019, 'Food Insecurity, Loneliness, and Social Support among Older Adults', *Journal of Hunger & Environmental Nutrition*, 28 March, DOI: 10.1080/19320248.2019.1595253

13   World Health Organization 2018, COP24 Special Report: Health & Climate Change, Poland.

14   Planning is the process of making decisions to guide future action. The planning profession (which is also referred to as 'urban planning' or 'town planning') is specifically concerned with shaping cities, towns and regions by managing development, infrastructure and services (Planning Institute Australia 2019). In NSW, the planning system is generally governed by the *Environmental Planning and Assessment Act 1979* and implemented by the NSW Department of Planning, Industry and Environment and local councils.

15   Premier's Council for Active Living 2016, Local Council's Role in *Supporting Healthy Eating*, available at: https://www.nswpcalipr.com.au/local-councils-role-in-supporting-active-living-and-healthy-eating/healthy-eating/

## 4. Current research, evidence and data to support action

NCOSS Cost of Living research _Access to Healthy Food_ (2018) shows that:

- Food insecurity in NSW affects 6.9% of people and this rate more than doubles among Aboriginal people (18.5%). In Australia, 22% of children currently live in a 'food insecure' household.

- One-third of people on low incomes in NSW are unable to walk to their local shops (33%) or catch a bus to the grocery store (31%). Geographical distance plays a role here; 46% of respondents outside Sydney were unable to walk to local shops (compared to 26% in Sydney), and 52% were unable to catch a bus (compared to 20% in Sydney).

- Almost one in five people on low incomes in NSW report that fruit and vegetables are not available in their local shops. By contrast, majority report that their local shops sell takeaway food (85%) and alcohol (83%).

- While NSW households spend $249 per week on food and non-alcoholic beverages, (around 13% of disposable weekly income), households in the lowest quintile spend nearly half of that amount, $142 per week, and yet this amount is equivalent to around 24% of their income.[16]

The NSW Government has developed a _Discussion Paper_ (2018) that describes how the NSW planning system could address the increasingly dynamic retail sector.[17] Building on the work of the Independent Retail Expert Advisory Committee, the Discussion Paper, among other things, promotes retail hierarchies at the local (and regional) level, to distinguish convenience from comparison shopping (especially food) and responding to local demographics and needs. The State Government is yet to finalise this project. An associated action is the legislative amendment to five retail land use definitions as detailed in _Proposed Definitions Amendments to the Standard Instrument LEP - Better planning for the NSW retail sector_.[18]

_Foodbank's Hunger Report_ (2018) provides a snapshot of the prevalence of food insecurity in Australia as well as the experiences of those living with food insecurity. The report found that living in a regional or remote area often means it is harder to access food, with a larger proportion of people on low incomes and one in six (17%) suggesting they don't have easy access to food shops compared to one in 10 (10%) people living in metropolitan areas.[19]

_Roadmap for a resilient and sustainable Melbourne foodbowl_ (2019) outlines a plan for preserving Melbourne's foodbowl as part of a healthy, resilient, sustainable and fair food system, including through farmland protection, farm viability, water access and reuse, nutrient recycling and sustainable farming.[20]

_Integrating Food into Urban Planning_ (2018) collates research and case studies from 20 cities and towns across the world on food system planning.[21]

The _Growing Food Connections Planning and Policy Brief Series_ highlights planning and policy strategies used by local governments across North America to promote agricultural viability and/or healthy food access. Each brief delves into one specific food system's planning or policy issue, explains the significance of the issue and how the issue is connected to other social, economic, and ecological issues within a community, and offers innovative, planning and policy examples to address the issue.[22]

_Healthy Food Environment Scoping Review_ (2016) was developed by the Physical Activity Nutrition Obesity Research Group to inform implementation of the _NSW Healthy Eating Active Living (HEAL) Strategy 2013-2018_. It looks at available evidence to support interventions for consumer and community food environments, including zoning regulation on density of fast food outlets and improving availability and pricing of fruit and vegetables.[23]

_Progress on policies for tackling obesity and creating healthier food environments_ (2019) tracks Australian government progress on healthy food environment policies, including planning policies and zoning laws.[24]

16    NSW Council of Social Service 2018, _NCOSS Cost of Living Report: Access to Healthy Food_. Available at: https://www.ncoss.org.au/policy/access-to-healthy-food-ncoss-cost-of-living-report-2018

17    Department of Planning and Environment 2018, _Planning for the future of retail_, Discussion Paper, NSW Government, April, available at: https://www.planning.nsw.gov.au/-/media/Files/DPE/Discussion-papers/planning-for-the-future-of-retail-discussion-paper-2018-04-13.pdf?la=en

18    Department of Planning and Environment 2018, Proposed amendments to the Standard Instrument LEP, NSW Government, April, available at: https://www.planning.nsw.gov.au/-/media/Files/DPE/Other/proposed-amendments-to-the-silep-better-planning-for-the-nsw-retail-sector-2018-04-03.pdf

19    Foodbank 2018, Foodbank Hunger Report 2018, available at: https://www.foodbank.org.au/wp-content/uploads/2018/12/2018-Foodbank-Hunger-Report.pdf

20    Carey, R., Larsen, K. & Sheridan, J. 2019, _Roadmap for a resilient and sustainable Melbourne foodbowl_, University of Melbourne, DOI: 10.26188/5c92e85dd6edf

21    Cabannes, Y. & Marocchino, C. 2018, _Integrating Food into Urban Planning_, Food and Agriculture Organization of the United Nations, UCL Press, London, available at: https://doi.org/10.14324/111. 9781787353763

22    http://growingfoodconnections.org/publications/briefs/planning-and-policy-briefs/

23    Boylan, S., Hector, D. & Lee, A. 2016, _Healthy Food Environment Scoping Review_, Physical Activity Nutrition Obesity Research Group, The University of Sydney, available at: https://sydney.edu.au/medicine-health/our-research/research-centres/prevention-research-collaboration.html

24    Sacks, G., & Robinson, E. 2019, _Policies for tackling obesity and creating healthier food environments: 2019 Progress update_, Deakin University, Melbourne, available at: https://docs.wixstatic.com/ugd/2e3337_5d2fdb48e7114f2c8cd14e79cb194393.pdf

_Creating Healthier Local Food Environments_ (2017) is a guide for local governments published by SA Health to help them assess their current policies, plans and practices in relation to supporting healthy eating in their community and provide ideas about actions that can be taken to improve the healthy food environment.[25]

_Using the planning system to control hot food takeaways_ (2013) is a good practice guide that reviews policy approaches taken in London to control hot food takeaways and recommends a coordinated approach using planning policies together with other local authority initiatives.[26]

_'Monitoring the availability of healthy and unhealthy foods and non-alcoholic beverages in community and consumer retail food environments globally'_ (2013) examines the evidence suggesting an association between community (type, availability and accessibility of food outlets) and consumer (product availability, prices, promotions and nutritional quality within stores) food environments and dietary outcomes, and proposes a framework to monitor and assess this association.[27]

_'The correlation between supermarket size and national obesity prevalence'_ (2014) examined supermarkets in eight developed countries with Western-style diets and found there is a strong positive correlation between average supermarket size and national obesity prevalence.[28]

_Evidence review: Addressing the social determinants of inequities in healthy eating_ (2015) includes discussion of the evidence around physical environment interventions (such as retail environments, fresh food schemes and community gardens) that seek to encourage healthy eating.[29]



## 5.  The NSW legislative and policy context

Various pieces of legislation and State, Regional and District Plans, strategies, policies and guides support and promote access to healthy food. Some key legislation and policy frameworks are listed below.

**Legislation – Land-use Planning**

### Environmental Planning and Assessment Act 1979

Relevant objects of this Act:

(a)  to promote the social and economic welfare of the community and a better environment by the proper management, development and conservation of the State's natural and other resources,

(b)  to facilitate ecologically sustainable development by integrating relevant economic, environmental and social considerations in decision-making about environmental planning and assessment,

(g)  to promote good design and amenity of the built environment.

### Regional Plans and District Plans

A key focus of the Greater Sydney Regional Plan, A Metropolis of Three Cities (2017, Greater Sydney Commission) is Liveability, including supporting healthy lifestyles and connected communities.  A key part of the strategy is to deliver healthy, safe and inclusive places for people of all ages and abilities that support active, resilient and socially connected communities by promoting local access to healthy fresh food and supporting local fresh food production (Strategy 7.1).

Relevant Objectives include:

Objective 7: Communities are healthy, resilient and socially connected

Objective 12: Great places that bring people together

Objective 14: A Metropolis of Three Cities – integrated land use and transport creates walkable and 30-minute cities

Objective 16: Freight and logistics network is competitive and efficient

Objective 17: Regional connectivity is enhanced

Objective 29: Environmental, social and economic values in rural areas are protected and enhanced

25  SA Health 2017, _Creating Healthier Local Food Environments: A Guide for Local Government_, Government of South Australia, available at: https://www.sahealth.sa.gov.au/wps/wcm/

26  NHS London Healthy Urban Development Unit 2013, _Using the planning system to control hot food takeaways: A good practice guide_, available at: https://www.healthyurbandevelopment.nhs.uk/wp-content/uploads/2013/12/HUDU-Control-of-Hot-Food-Takeaways-Feb-2013-Final.pdf

27  Ni Mhurchu, C. et. al. 2013, 'Monitoring the availability of healthy and unhealthy foods and non-alcoholic beverages in community and consumer retail food environments globally', Obesity Reviews, October, vol.1, pp.108-119.

28  Cameron, A.J., Svastisalee, C.M. & Waterlander, W.E. 2014, 'The correlation between supermarket size and national obesity prevalence, _BMC Obesity_, December, vol.1, p.27.

29  Ford, L., Friel, S. & Hattersley, L. 2015, _Evidence review: Addressing the social determinants of inequities in healthy eating_, VicHealth, available at: https://www.vichealth.vic.gov.au/-/media/ResourceCentre/PublicationsandResources/Health-Inequalities/Fair-Foundations/Full-reviews/HealthEquity-Healthy-eating-review.pdf?la=en&hash=70CC0C66E64269F1CBFCB493570D15915DAE82C0

Objective 33: A low-carbon city contributes to net-zero emissions by 2050 and mitigates climate change

Objective 36: People and places adapt to climate change and future shocks and stresses

It should be stressed that other NSW Regional plans and the Greater Sydney Commission's District Plans also include an emphasis on liveability and healthy built environments. The legislation requires councils to 'give effect' to the Regional and District Plans. This should include any food production, distribution and access provisions, as shown in the objectives.

### Ministerial Directions

Directions issued by the Minister for Planning under section 9.1 (formerly section 117) of the *Environmental Planning and Assessment Act 1979* to relevant planning authorities (including councils) must be addressed in considering any 'planning proposals' (e.g. land rezonings/releases, changing densities) lodged with the Department of Planning. Of relevance to food are directions on protection of prime agricultural land and land-use/transport integration.

### Local Strategic Planning Statements Local environment plans and Development control plans

Local councils are required to prepare and make a Local Strategic Planning Statement (LSPS) by early to mid-2020 and review the statement at least every seven years. The statement is a bridge between Regional/District Plans and councils' local controls, and must include or identify the basis for strategic planning in the area, having regard to economic, social and environmental matters.

The LSPS must be considered (for consistency) in assessing any planning proposal to amend a Local Environment Plans (LEP). Development Control Plans (DCPs) can elaborate on any such amendments.

The LSPS's focus is on land use planning and can incorporate access to food as:

- a step towards giving effect to the Regional/ District Plan's food-related matters. The legislation requires such action by councils.

- a key element of 'Liveability', as part of council's land use planning context and vision

- a nominated 'Planning Priority'

- specific LSPS liveability 'actions'

The LSPS must consider the provisions of the council's Community Strategic Plan (CSP) (prepared under the council's Integrated Planning and Reporting Framework – see below). Research has found that a vast majority of council CSPs prioritised a healthy and active community.[30]

### Standard Instrument LEP

All councils in NSW have an LEP for their local government area presented in accordance with the Standard Instrument LEP, containing standard definitions, zones/land-use tables, standards and 'local provisions'. It is possible for the standard instrument to be amended to address key liveability matters. For example, the recent legislative amendment to five retail land uses mentioned above.

### Local Council Development Control Plans

A Development Control Plan provides detailed planning and design guidelines to support the planning controls in the Local Environmental Plan developed by a council. Some councils have DCPs related to convenience stores, neighbourhood shops and preparation and storage of food; others are spatial in format (identifying destinations and access). The NSW Department of Planning, Industry and Environment (DPIE) is preparing a 'standard DCP'. This is a significant opportunity to embed liveability matters, including access to food at the local level.

### Legislation – Local Government

### Local Government Act 1993

Relevant Principles of this Act:

*8A Guiding principles for councils*

(c) Councils should consider the long term and cumulative effects of actions on future generations.

(d) Councils should consider the principles of ecologically sustainable development.

*36 Preparation of draft plans of management for community land*

(1) A council must prepare a draft plan of management for community land.

(2) A draft plan of management may apply to one or more areas of community land, except as provided by this Division.

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30 Premier's Council for Active Living 2016, *A baseline of healthy eating and active living within NSW local government Community Strategic Plans and selected Delivery Programs*, available at: https://www.nswpcalipr.com.au/assets/FINAL-A-Baseline-of-Healthy-Eating-and-Active-Living-Within-NSW-Local-Government-Community-Strategic-Plans-and-Selected-Delivery-Programs-v2.pdf

*402 Community strategic plan*

(1) Each local government area must have a community strategic plan that has been developed and endorsed by the council. A community strategic plan is a plan that identifies the main priorities and aspirations for the future of the local government area covering a period of at least 10 years from when the plan is endorsed.

(2) A community strategic plan is to establish strategic objectives together with strategies for achieving those objectives.

## Local Government Integrated Planning and Reporting (IP&R) framework

The IP&R framework requires NSW councils to draw their various plans and strategies together, understand how they interact and get the maximum leverage from their efforts by planning holistically and sustainably for the future. A local council can address the issue of improving access to healthy food by identifying objectives, priorities and actions in council documents such as the Community Strategic Plan (CSP), Delivery Program (DP) and Operational Plan (OP). An action may include ensuring healthy food outlets are easily accessible by active travel (walking, cycling, community and public transport) and promoting geographic availability of different types of healthy food outlets. The Active Living NSW IP&R framework web resource addresses how to integrate healthy eating priorities into the framework, from community engagement and the CSP, through to specific DP and OP actions.

### Other NSW strategies and policies

NSW has a comprehensive plan to promote healthy eating and active living. The NSW Government encourages the people of NSW to make healthy lifestyle choices and supports healthy choices through health-focused planning, healthy built environments and transport initiatives, as well as improved access to healthier foods and improved food labelling.

Regional Action Plans focus on immediate actions the NSW Government will take to improve outcomes in each region, aligned to NSW 2021. These contain a range of relevant elements including liveability and sustainability.

## 6. Implementation tips

Section 5 has outlined the potential provided by the NSW legislative and policy context. To achieve the potential, the following actions are suggested:

- Improving and using planning, zoning and land use regulation

  o Note the food-related directions and actions in the relevant Regional/District Plan (as elements of liveability)

  o Incorporate such directions in councils' LSPS – strategic context, vision, priorities and actions

  o Consider amendment ('Planning Proposal') to councils' LEP – protecting, utilising and providing access to land (in both rural and urban environments) that is appropriate for agriculture, local and regional food production (including use of community land to grow produce); ensuring local healthy food outlets are available, evenly distributed and accessible, with easy transport links. Details can be included in council's DCP.

  o Consider whether such 'liveability' provisions warrant coverage in the Standard LEP. This could be optional Local Provisions (acknowledging differences between councils)

  o Enable development applications (DAs) for food-related land uses, by having a suite of local guides, forms etc. (see Northern Rivers Food Project). This could include minimising food waste to landfill by promoting onsite composting, as well as district / regional waste minimisation facilities

  o Require health impact assessments for all major new developments to ensure they are designed to best enhance and facilitate the health of existing and future residents (including access to food). This would need regulation change (on 'Submission Requirements')

  o Establish 'green zones' that limit concentration of fast food outlets, for example within a prescribed distance of schools and other youth facilities (see below for a UK case study). This could be an LEP or DCP provision. Such action would require government re-consideration of competition policies and the contents of DCPs. The proposed 'model' DCP could consider such action.

- Embedding liveability as a goal and objectives in Councils' strategic planning processes

  o CSP

  o LSPS (especially as Planning Priorities)

  o 'Subsidiary' strategies in the IP&R Framework such as Growth Management strategy, Retail Policy, Economic Development Strategy.

- Utilise Plans of Management for council 'community lands' (and their catchments) as a significant opportunity to provide for food-related activities such as community gardens and plantings.

- Support the development of innovative place-based initiatives and local food systems such as food hubs, 'pop-up' farmers' markets and community or rooftop gardens particularly for low income areas

- Improving supply chains

  o Minimise distance for food distribution and storage time, including ensuring that transport planning incorporates location and access to food distribution centres

  o Maintain and extend participation in local and regional food production and exchange, including developing Council policies on local food production

  o Decentralise processing, packing and distribution of produce

  o Invest in rail and other transport corridors to improve the transportation of food, including upgrading infrastructure and creating integrated transport hubs.

Additionally, a clear policy statement from the Department of Planning, Industry and Environment on the scope of land-use planning action regarding access to healthy food would benefit such actions. The quality of food sold, and density of outlets is commonly considered beyond the scope of land use planning action. Whilst quality of food sold is difficult to manage within the scope, access and density of outlets are especially relevant and should be considered by all levels of Government and applied throughout the planning process.

The following resources and tools may also assist with implementation.

- Addressing active living and healthy eating through local council's Integrated Planning and Reporting framework (Active Living NSW, 2016)

- Healthy Active by Design web resource (Heart Foundation, 2018)

- Healthy Urban Development Checklist (NSW Health, 2010)

- Green Star Communities Guide for Local Government (Green Building Council of Australia, 2014)

- Toolkit on nutrition-sensitive agriculture and food systems (Food and Agriculture Organization of the United Nations, 2015)

**Relevant Funding Opportunities**

**NSW Office of Environment and Heritage**

OEH administers a number of funding programs and initiatives, including the Eco Schools grant program for food gardens in schools.

**Community Building Partnership**

The NSW Government awards grants for community infrastructure projects that deliver positive social, environmental and recreational outcomes, while promoting community participation, inclusion and cohesion.

**My Community Project**

A new program awarding grants of between $20,000 to $200,000 for ideas to improve local communities, for example new sporting facilities or community transport services. This would be an opportunity for local communities to submit ideas to improve access to food, such as community gardens or food hubs.

Further funding opportunities can be found at: https://www.grants.gov.au/?event=public.home

## 7.  Further reading and case studies

### International case studies

- [Planning for a resilient urban food system: A case study from Baltimore City, Maryland](#)

- [Community Food Centres](#) have been established in Canada as welcoming spaces in a low-income neighbourhood where people come together to grow, cook, share, and advocate for good food.

- A number of councils in the United Kingdom have followed the example of [Barking and Dagenham Council](#), which in 2010 introduced a ban on new fast food outlets within 400 metres of schools and over-saturation in shopping centres. Barking and Dagenham council introduced this through a Supplementary Planning Document (SPD) that sits under the Local Development Framework. Public Health England official guidance now recommends that councils include these SDPs in their local obesity policies.

### Australian case studies

- The [Illawarra Regional Food Strategy](#) is an example of how local Councils can address the issue of healthy eating within the NSW Integrated Planning and Reporting (IP&R) framework for Local Government.

- The [City of Ballarat Good Food For All: Food Strategy 2019 -2022](#) outlines the City of Ballarat's role in the local food system and the actions the council will take over the next four years to address food security challenges.

- [Gerringong Fruit Barn](#) brings fresh food to the local community and operates out of a purpose-built garage after the local council allowed the Fruit Barn to run as a home business in a low-density residential zone (R2).

- [Ramingining Food Ladder](#) system east of Darwin operates as a self-sustaining social enterprise and training hub, improving access to fresh nutrient dense food as well as providing local jobs and a training centre for agriculture technology.

- [Original Eumundi Markets](#) in the Sunshine Coast provides customers with regular supplies of fresh food and access to improved nutrition.

- [Halcro Street Community Garden](#) was created in 2011 to promote healthy food behaviours and reduce social isolation among a number of at-risk target groups in the Hervey Bay area, including seniors, people with a disability, low-income earners and those who are new to Hervey Bay.

- [South West Food Community](#) focuses on investigating and mapping initiatives and partnering organisations contributing to ensuring healthy food availability, access and utilisation for South West Western Australians.

- Foodbank's [Farms to Families](#) program provides pop-up markets for the local community to access vegetables, fruit and dairy products. Each market can provide up to 300 disadvantaged families with enough fresh food for a week.

- The Victorian Government's [Food For All](#) program funded eight councils to offer practical and sustainable ways to help residents living in disadvantaged areas regularly access a variety of nutritious foods.

- Tasmania's [Food Connections Clarence](#) project run by the local council focused on supporting, harnessing and developing aspects of what is already going on in the local community to improve food security.

- The [Northern Rivers Food Project](#) in NSW was established by people in the food industry from the "paddock to the plate" to support the food industry in the Northern Rivers. NRF aims to connect people in the local food industry by providing regular events, workshops & networking opportunities.

## Appendix 1: HPEWG Members

**Agencies/organisations:**

- Active Living NSW
- Australian Institute of Landscape Architects NSW (AILA)
- Cancer Council NSW
- City Wellbeing Program, City Futures Research Centre, University of NSW
- Council on the Ageing (COTA)
- Government Architect NSW
- Hunter New England Local Health District
- Landcom
- National Heart Foundation
- Northern NSW Local Health District
- Northern Sydney Local Health District
- NSW Council of Social Service (NCOSS)
- NSW Ministry of Health
- NSW Office of Sport
- Office of Local Government NSW
- Planning Institute of Australia (PIA)
- South Eastern Sydney Local Health District
- South Western Sydney Local Health District
- Sydney Local Health District
- Transport for NSW
- University of Sydney
- Western Sydney Local Health District

**Individuals:**

- Peter Sainsbury
- Norma Shankie-Williams
- Danny Wiggins

The NSW Government, Active Living NSW, National Heart Foundation of Australia and NSW Healthy Planning Expert Working Group acknowledges the Traditional Owners and custodians of Country throughout Australia and their continuing connection to land, waters and community. We pay our respect to them and their cultures, and Elders past, present and future.