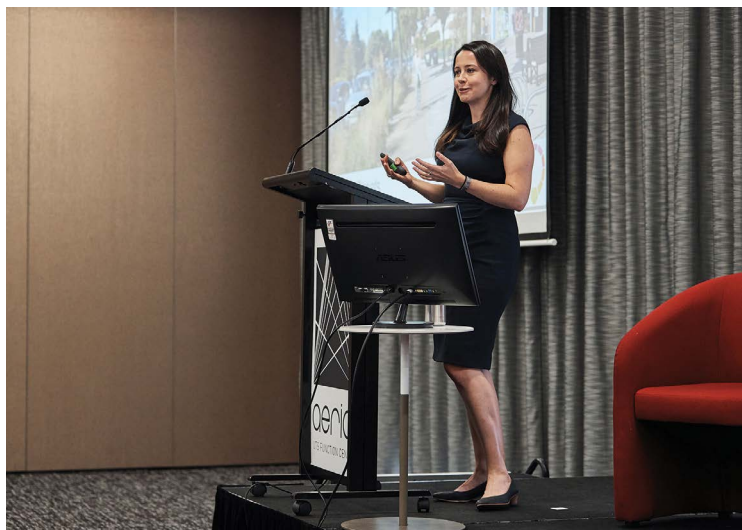


FitNSW 2019 Highlights



**Delivering Vibrant Places, Healthy Spaces,
Connected Communities**



**Thursday 26 September 2019
Aerial UTS Function Centre, Sydney**

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Background to FitNSW

FitNSW is an annual event bringing together multiple disciplines and sectors (health, urban planning, architecture and design, transport, development and community organisations) to showcase international and NSW best practice initiatives to encourage increased levels of active living. It is based on the annual Fit City conferences in the USA and focuses on how the design of the built environment can create opportunities for increasing physical activity, access to healthier food and improvements to health equity to build strong, healthy and sustainable communities. The inaugural FitNSW was held in 2013.

2019 PROGRAM

Welcome and Introductions

Conference Chair: Mark Ames, General Manager, **Connect Macquarie Park & North Ryde**

Opening Address: Setting the scene - Policies for active living and healthy eating

Vanessa Gordon, Director of Place Excellence, Place Excellence and Public Spaces Team, **Department of Planning, Industry and Environment**

Vanessa gave an update on the shift within the Department of Planning and Infrastructure and the Environment (DPIE) that supports a more people-centric approach to planning spaces and a focus on quality public space, and its contribution to health and wellbeing. Collaboration will be the key to success

International Keynote Speaker

Lucy Saunders, Director, **Healthy Streets, UK**

Lucy, a public health specialist, presented her approach to assessing and implementing healthy streets to suit all places. Her method makes the process simple and logical and is a proven way to tackle a large problem.

Keynote Address: Opportunities (policies and resources) for local councils to facilitate health promoting and sustainable communities

Roderick Simpson, Environment Commissioner, **Greater Sydney Commission**

Rod spoke about systems of systems within cities and the importance of addressing complexity (or density) with a place-based approach. Place-based planning requires collaboration and interaction between multiple agencies.

How the celebration of Aboriginal culture can lead to wellbeing outcomes for all Australians

Elle Davidson, Indigenous Engagement Leader, Stakeholder Engagement and Social Sustainability Team, **GHD**

Elle highlighted the importance of embedding indigenous culture into the built environment and the importance of this for all Australians to keep our collective culture dynamic and thriving.

Case Study: Active Transport - Facilitating safe active transport through the implementation of the North-West Metro

Myfanwy Lawrence, Product Development Manager, Walking and Cycling, Precinct and Program Development, **Transport for NSW** & Zoe Green, Service Designer, **Meld Studios**

This presentation looked at human-centred design and how travel ideas tested in the community around the North-West Metro in order to invest in the right services to suit the needs of the community.

Case Study: Valuing Our Green Places - A Social Return on Investment (SROI) evaluation of parks and sportsgrounds in the City of Parramatta

Katie Wearne, Social Outcomes, **City of Parramatta** & Melissa Mason, Partnerships team, Centre for Population Health, **Western Sydney Local Health District**

Katie and Melissa demonstrated that the use of parks and sportsgrounds in the City of Parramatta has a beneficial social and economic return on its investment value. Their project found that for every dollar spent on sportsgrounds and parks, there is a \$10 social and economic return.

Physical Activity Strategies

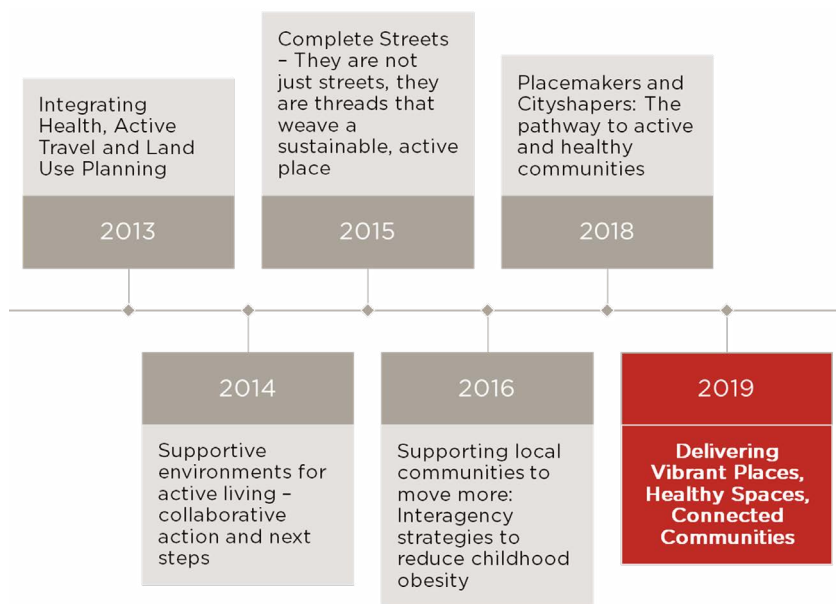
Sara Stace, Manager – Walking and Cycling Strategy, Transport Planning | Customer Strategy and Technology, **Transport for NSW**

Sara discussed public transport and its role in supporting active travel. Walking and walkability is core to the community. The challenge for Transport NSW is to support communities and councils to deliver walkable places.

Summary and closing remarks by Kerry Doyle, CEO NSW, Heart Foundation

Videos and presentations are available at: www.activelivingnsw.com.au/fitnsw/fitnsw-2019/

History of FitNSW



FitNSW 2019 attracted approximately 180 attendees across health, urban planning, built environment, transport, local government and community organisations representing keen interest across multiple disciplines and sectors.

Afternoon Mini Workshop Sprints



FitNSW 2019 trialed a 'speed dating'-style workshop, with six case study presentations participating in roundtable discussions amongst table members over a 10-minute timeframe before participants moved on to the next table. This session, named 'Mini Sprint Workshops' allowed for more interaction amongst attendees and created a lively atmosphere in the room.

Topics on each table included:

- *Promoting active living amongst older adults:* **Eurobodalla Shire Council**, "Beat It" program, Get Moving Program and activities for Independent Living, Nancy Casu, Fitness Specialist/Functional Ageing Specialist, Older Fitter Better;
- *Active Travel Plan and its implementation in Wagga Wagga* - including a new cycling network: Ben Creighton, Strategic Asset Planner, **City of Wagga Wagga**;
- *Street Play:* Kickstarting Street play within the local community, Alistair Foggo, Recreation Coordinator, **Inner West Council**;
- *Alternative Housing models:* multi-residential housing that is environmentally sustainable, financially affordable and socially inclusive and promotes better health and well-being outcomes, Caitlin McGee, Research Director, Institute for Sustainable Futures, UTS & Kerry Wilmot, Research Principal, **Institute for Sustainable Futures, UTS**;
- *Walking in Blacktown City:* A web of interrelated actions. A brief overview of the joint Council and Health projects and other actions undertaken independently will be provided. Elizabeth Leece, Program Officer, Partnerships Program, Centre for Population Health, **Western Sydney Local Health District** and Dylan Marshall, Aged Planner, **Blacktown City Council**;
- *Design issues:* Overcoming an entrenched car-centric approach to the design of our streets and the consequent impacts on walkability and cycling - within a Local Government context. Tim Ruge, Urban Engineer, Sustainable Places Group, **Coffs Harbour City Council**.

Optional Afternoon Walkshops

Tour of the GreenWay

This popular Walkshop returned for another year. A tour of the sustainable transport and urban environmental corridor through Sydney's Inner West. The Walkshop was led by Nick Chapman, Greenway Place Manager, Inner West Council.



Optional Afternoon Walkshops

Healthy Streets with Lucy Saunders, Director, Healthy Streets

This combined Walkshop and Workshop explored some of the streets surrounding UTS, Ultimo, to apply the Healthy Streets framework to the local context. Participants returned to the venue to further discuss and analyse the findings to further understand the potential of the approach. This Walkshop was run twice.



Feedback

"Thank you so much for the invite to the Conference late last month. We got a lot of useful information out of the day."

"I'd like to take this opportunity to say 'thank you' to both yourself and the Heart Foundation for a fabulous conference last Thursday. I was absolutely blown away by the level of organisation and attention to detail. The venue at UTS was excellent. Easy to find, great room and facilities. I have been 'buzzing' ever since I saw Lucy's presentation last Thursday. An inspirational speaker and motivator... We are keen to generate a conversation at our workplace."

"I wanted to send through a personal thanks from myself and the team at the Committee for Sydney for helping to organise such a great event with Lucy Saunders. She was an excellent speaker and the quality of conversation, especially within the Q&A session, was outstanding."

Lucy Saunders Roadshow



Overall, throughout the roadshow, Active Living NSW held 12 events, connected with 500 people over four days.

Lucy's stay in Sydney, hosted by Active Living NSW and Heart Foundation, was extended across several days in which she delivered presentations to several key stakeholder groups including:

Planning Institute of Australia (PIA) Breakfast event

Moderated by Alex O'Mara, Deputy Secretary Place Design and Public Spaces at NSW Department of Planning, Industry and Environment

Government Architect NSW (GANSW) webinar

Healthy Streets indicator deep dive
Moderated by Marissa Looby, GANSW

Committee for Sydney panel lunch

Lunchtime seminar for CFS members, with Keynote Address from Lucy Saunders, followed by panel discussion with audience Q&A
Moderated by Gabriel metcalf

State Government Masterclass

Cross department agency masterclass (with representatives from Government Architect NSW / Dept Planning + Transport NSW + Office of Sport)

Presentation to NSW Local Councils

Lucy presented to a range of representatives from local government. Co-hosted by Government Architect NSW and Transport NSW, venue supplied by City of Sydney council

Interactive session with members of the City Futures Group, University of NSW

Small group meeting held at the Heart Foundation office

- Lucy was also interviewed by the Sydney Morning Herald and for the Nightlife Program on ABC Radio.
- SMH article, 26th September 2019
<https://www.google.com/amp/s/amp.smh.com.au/national/nsw/calls-to-put-public-health-at-centre-of-sydney-s-transport-conundrum-20190925-p52ux4.html>
- ABC Radio – Nightlife program, 10th October 2019
<https://www.abc.net.au/radio/programs/nightlife/nightlife/11572830>