



One of Four

# Guide to useful resources: Liveable Master Planning

This tool is designed to help navigate the rich resources available for incorporating liveability into your master plan project.

Liveable precincts support healthy and active lifestyles, promote safety, comfort and wellbeing as well as access to healthy food for all.

## Well-designed environments improve liveability and lead to lifelong health.<sup>1</sup>

- Good design makes places that are long lasting and enjoyable to be in, helping to improve liveability and quality of life.

Source: Government Architect NSW *Better Placed: An Integrated Design Policy* – 2.1 What is a well-designed built environment? P 22-23.

## Good movement networks allow people to travel safely and conveniently.<sup>3</sup>

- Grid street patterns create greater connectivity, slow traffic speeds and decrease distances between destinations.
- People feel safer in places with clear and logical layouts, including well defined routes and entrances.

Source: NSW Ministry of Health Healthy Built Environment Checklist Part 3, Section 4 Transport and connectivity and Section 6 Community safety and security

## High-quality public open space encourages people to be active and healthy<sup>5</sup>

- Diverse uses (for example, dog parks, skate parks, and picnic facilities) provide a variety of meaningful open space for different users.
- Parks and playgrounds in view of busy paths or streets, with appropriate lighting encourage use.

Source: Urban Land Institute Building Healthy Places Toolkit – Parks and Playgrounds p 26-31.

## Access to healthy food options can positively influence the health of communities<sup>7</sup>

- Food choices are affected by the types of food options located near the home as well as the distance and location of healthy and non-healthy food outlets.
- Planning for a variety of stores that sell healthy food such as supermarkets and greengrocers can promote access to healthy food locally.

Source: NSW Ministry of Health Healthy Built Environment Checklist Part 3, Section 1 Healthy Eating p 31-34

## Compact, diverse, mixed-use neighbourhoods create liveable destinations.<sup>2</sup>

- A mix of uses in new projects, for example, residential, retail, office, recreation, and community facilities provide key destinations and places of interest.
- Retail and service uses on the ground floor entice pedestrians.

Source: Urban Land Institute Building Healthy Places Toolkit – Land Use Mix p 11-12

## Good design encourages people to walk and cycle.<sup>4</sup>

- Buildings with prominent staircases rather than prominent lifts encourage physical activity.
- Walkable neighbourhoods have higher residential densities with pedestrian-friendly street networks, mixed land uses and high-quality pedestrian infrastructure.

Source: NSW Ministry of Health Healthy Built Environment Checklist Part 3, Section 2 Physical activity p 35-39.

## A good sense of place encourages social interaction<sup>6</sup>

- Good design that is informed by the location, context and social setting can improve social cohesion and strengthen community wellbeing.
- Local involvement of residents in planning for their community strengthens attachment to place.
- Good design contributes to evolving and future character and setting.

Source: Government Architect NSW *Better Placed: An Integrated Design Policy* – 2.6.1 Design Objectives for NSW p 36 – 45 .

For a detailed list of resources please see the next page.

# Further reading

Further resources\* can be accessed below. To view the suite of resources in this series to help incorporate liveability into all projects, visit our webpage:

[www.healthyactivebydesign.com.au/resources/active-living-nsw](http://www.healthyactivebydesign.com.au/resources/active-living-nsw)

\*These resources are provided for information only.



**Well-designed environments** improve liveability and lead to lifelong health.<sup>1</sup>

- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) – 2.1 What is a well-designed built environment? P 22-23
- ▶ Greater Sydney Commission [A Metropolis of Three Cities](#) Chapters 4 Liveability and 5 Sustainability
- ▶ Greater Sydney Commission [District Plans](#)



**Compact, diverse, mixed-use** neighbourhoods create liveable destinations.<sup>2</sup>

- ▶ Heart Foundation [Healthy Active by Design](#) – Destinations Checklist
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Sections Physical activity and Transport and Connectivity
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) – Sections 2.1 What is a well-designed built environment? and 2.6.1 Design Objectives for NSW



**Good movement networks** allow people to travel safely and conveniently.<sup>3</sup>

- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) –Walking and Biking p 14-21
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Sections 4 Transport and connectivity and Community safety and security
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) – 2.6.1 Design Objectives for NSW p 36 – 45
- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) – What is urban tree canopy? P 30-31
- ▶ RMIT The Healthy Liveable Communities: [Urban Liveability Checklist](#)
- ▶ Transport for London [Guide to the Healthy Streets Indicators](#)



**Good design** encourages people to walk and cycle.<sup>4</sup>

- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) – 1.6 Planning for different urban settings p 22-25
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 2 Physical activity p 35-39
- ▶ RMIT The Healthy Liveable Communities: [Urban Liveability Checklist](#)
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) – 2.6.1 Design Objectives for NSW p 36 – 45



**High-quality public open space** encourages people to be active and healthy<sup>5</sup>

- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) – 1.4 Criteria p 16-19
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) – Parks and Playgrounds p 26-31
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Sections Physical activity, Community safety and security and Open space and natural features
- ▶ Heart Foundation [Healthy Active by Design](#) – Public Open Space Checklist



**A good sense of place** encourages social interaction<sup>6</sup>

- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) – 2.6.1 Design Objectives for NSW p 36 – 45
- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) – 1.4 Criteria p 16-19
- ▶ Heart Foundation [Healthy Active by Design](#) – Sense of Place checklist
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Sections 7 Open Space and natural features and 9 Social Cohesion and Connectivity
- ▶ International Living Future Institute [Place Petal Intent](#)
- ▶ Living Future Institute Australia [Biophilic Design](#)



**Access to healthy food options** can positively influence the health of communities<sup>7</sup>

- ▶ Australian Urban Observatory [Liveability Report for Sydney](#) – Food Environment p 5
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 1 Healthy Eating p 31-34
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) – Healthy Food and Drinking Water p 33-45
- ▶ Heart Foundation [Healthy Active by Design website](#) – Healthy Food page

## Benefit Statement References

- 1 Kent, J., Thompson, S. M. & Jalaludin, B. (2011). Healthy Built Environments: A review of the literature. Sydney, Australia: Healthy Built Environments Program, City Futures Research Centre, University of NSW. Accessed through NSW Healthy Built Environment Checklist <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 2 National Heart Foundation, Healthy Active by Design, Buildings. Accessed online <https://www.healthyactivebydesign.com.au/design-features/destinations>
- 3 National Heart Foundation, Healthy Active by Design, Movement Networks. Accessed online <https://www.healthyactivebydesign.com.au/design-features/movement-networks>
- 4 NSW Ministry of Health, Healthy Built Environment Checklist, Part 3, Section 2, Physical activity, 2020. p.55-61. Accessed online <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 5 National Heart Foundation, Healthy Active by Design, Public Open Space. Accessed online <https://www.healthyactivebydesign.com.au/design-features/public-open-spaces/evidence/>
- 6 National Heart Foundation, Healthy Active by Design, Sense of Place. Accessed online <https://www.healthyactivebydesign.com.au/design-features/sense-of-place/health-physical-activity-impact/>
- 7 Mills, C., Planning law and public health at an impasse in Australia: The need for targeted law reforms to improve local food environments to reduce overweight and obesity. Journal of Law and Medicine, 2014. 22(1): p. 179-187. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/healthy-food/evidence/>

