

ACT

Active Living Principles



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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.

This document outlines ways in which our reliance on cars can be reduced and how alternative forms of transport be incorporated into the design of the built and natural environment.

What is Active Living?

Active living is a way of life that builds physical activity into daily routines, whether by walking, riding a bike, playing in the park, walking the dog or taking the stairs.

Active travel is a form of transport to deliberately get to a destination by walking or cycling or to access public transport.

While Canberra has many facilities that support active living, Canberra's low density and dispersed nature means private vehicles are still the predominant mode of transport.

To achieve the benefits of a healthy, connected and prosperous city, the ACT Government has developed a range of policy initiatives aimed at incorporating active living, inclusive of active travel into the built and natural environment.



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.



LIVING WITHIN CLOSE PROXIMITY (400-800M) OF A MIX OF DESTINATIONS IS ASSOCIATED WITH HIGHER LEVELS OF ACTIVE TRANSPORT (WALKING AND CYCLING) ACROSS ALL AGE GROUPS.

Source: Sallis, J. F., et al. (2012). "Role of Built Environments in Physical Activity, Obesity, and Cardiovascular Disease." *Circulation* 125(5): 729-737.

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





CONNECTED PLACES

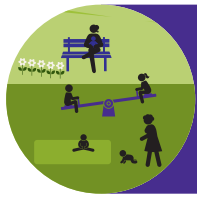
Provides easy and safe access and connections to work, education, shopping and recreational venues and offer opportunities for positive interactions between people, helping to contribute to active, vibrant places where people can meet, live, work and play.

Connected places encourage people to choose to walk or cycle to local destinations rather than use a car especially when adopting the 'transport user hierarchy' of pedestrians (at the top), then cyclists, public transport followed by private vehicles.



Case Study

Forde is a northern suburb of Canberra, within the district of Gungahlin. The suburb abuts Mulligans Flat and is very connected to its surroundings via pedestrian pathways, shared pathways and/or public transport. The suburb design encompasses the built and natural environment for active living with 29% devoted to green space (11 parks and 39 hectares of wetlands and nature reserves). Every home is located and connected to a park, wetland or nature reserve within 200 metres.



OPEN SPACE

Provides high quality accessible and connected parks for active sport and quiet recreation, the preservation of natural environments, the provision of green space and urban storm water management for people to undertake physical activity. It can vary in size, form and function, be adaptable to a wide variety of users and activities, and is inclusive for all community sectors of the community to use.



Case Study

Crace is a new suburb in Canberra's district of Gungahlin where open space is integral to the suburb's design. Connected networks of walking and cycling paths build on the central naturalised hilltop park that provides linkages to other parks, local playgrounds and a community garden. The Crace Recreational Park was designed for multi-purpose sport and recreation facilities providing quality irrigated open spaces, formal sports facilities and recreation activities including a playground, BBQ amenities and an extensive pathway system.



MIXED LAND USE AND DENSITY

Provides a mix of housing options such as single units, multi-unit dwellings and apartments to create variety, interest and multiple destinations through a mixture of land uses. Places with mixed land use have a variety of activities located along a street or one above the other (such as shops at ground level, offices and residential development above). Compatible land uses and activities together can create a strong sense of place, improve accessibility, reduce travel distances and encourages physical activity in people's daily lives.



Case Study

South Quay Tuggeranong is located on the south-east and south-west foreshore of Lake Tuggeranong and is a mixture of residential and commercial development with a lakefront boulevard and a children's playground. It will have a shared pedestrian and cyclist loop around Tuggeranong and will include two new bridges to unite both sides of the lake. The mixed land use and density of this precinct will help to enliven the foreshore and strengthen the Town Centre's access point socially, economically and environmentally.

PEOPLE LIVING
WITHIN 1600M OF A
CONVENIENCE STORE,
SHOPPING CENTRE
OR NEWSAGENT ARE
TWICE AS LIKELY TO
REGULARLY WALK.

Source: McCormack, G. R., et al. (2008). "The relationship between destination proximity, destination mix and physical activity behaviours." Preventive Medicine 46(1): 33-40.





SAFE AND ATTRACTIVE PLACES

Ensures that all public spaces feel safe and attractive to everyone using the space by including adequate lighting, clear sightlines and the prompt removal of graffiti and rubbish.

The attractiveness of a space encourages people to use it and the presence of people activating the space contributes to perceptions of safety.



Case Study

The Kingston Foreshore is a safe and attractive community designed for people to live, work and play. It is easily accessible by walking, cycling and public transport. It has good lighting and active frontages which promotes natural surveillance at night onto building entrances and into the street whilst still contributing to a lively, inviting space.



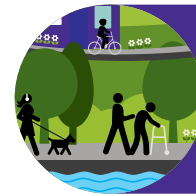
SUPPORTIVE INFRA-STRUCTURE

Facilities that support and encourage regular physical activity and builds a sense of community in public places by including a variety of amenities such as street furniture, lighting, street trees and landscaping, shade, shelter, water bubblers, way-finding signs, access ramps, public art, bike racks and bus shelters.



Case Study

The district of Molonglo has incorporated a good mix of supportive infrastructure into the newly established suburbs of Wright, Coombs and Denman Prospect to encourage people to become more socially and physically active within their neighbourhood.



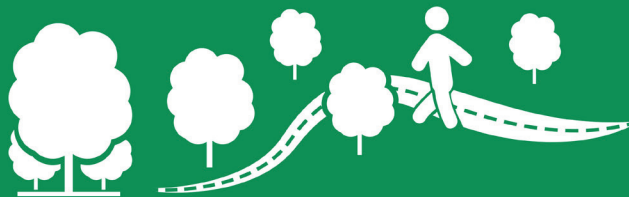
ENVIRONMENTS FOR ALL

Ensures that the design of places and spaces allows equitable access for all people regardless of age, ability, culture, income or transport mode with the aim for people to feel more inclusive and connected to, and be part of, a community.



Case Study

This park integrates an 'environment for all' feeling located in the heart of Franklin in the district of Gungahlin. The park comprises of sheltered picnic and BBQ areas, ping pong tables, outdoor fitness equipment for all abilities, a playground, an irrigated turf area, a cricket net, a learn to skate bowl, a multi-sport area and toilet facilities. It is highly accessible and connected within the suburb and will be a short walk from the light rail when activated.



THE MORE STREET TREES ALONG THE FOOTPATH NETWORK, THE MORE LIKELY RESIDENTS ARE TO WALK FOR 60 MINUTES EACH WEEK

Source: Hooper, P., et al. (2015). "The building blocks of a 'Liveable Neighbourhood': Identifying the key performance indicators for walking of an operational planning policy in Perth, Western Australia." *Health & Place* 36: 173-183.

Where can I find out more?

Benefits of Infrastructure to Support Active Living – advisory document

Changes to support 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