



HEALTHY FOOD

Purpose:

This advocacy prompter is designed to highlight research-based considerations and opportunities for the delivery of Healthy Built Food Environments (HBFE) for a range of community and built environment professionals and decision makers. It can be used when:

- formulating policy to guide development decisions relating to Healthy Built Food Environments
- designing new or adapting existing neighbourhoods, park systems, street networks, centres and places
- promoting community awareness as to the benefits of Healthy Built Food Environments
- assisting community based organisations to establish Healthy Built Food Environments
- considering governance arrangements for public spaces used for Healthy Built Food Environment outcomes

Objective:

NEIGHBOURHOODS THAT ENCOURAGE HEALTHY FOOD CHOICES, THROUGH THE PLANNING AND DESIGN OF FOOD RETAIL FACILITIES AND COMMUNITY AMENITIES, PROMOTE AVAILABILITY AND ACCESSIBILITY TO HEALTHY FOOD, MAKING FOR HEALTHIER COMMUNITIES.

The Healthy Food design feature complements the existing Healthy Active by Design framework. It advocates for change to the standard planning approach. To achieve a successful Healthy Built Food Environment, implementation is required across a range of stakeholder and decision maker types. The Healthy Food element is different to other Healthy Active by Design elements as its primary audience and capacity for implementation goes beyond a town planning regulatory environment. For this reason, advocacy guidance has been prepared, as opposed to a checklist, which is found in the other Healthy Active by Design elements.

The current town planning regulatory framework does not enable the enforcement of many Healthy Built Food Environment initiatives, however by working collaboratively with all stakeholders in the development industry and local community, some positive change could be supported by considering the following concepts proposed below.



HEALTHY FOOD

Principle	Have you considered...	Strength of evidence	Comment / Response
ACTIVITY CENTRES			
Access to fresh and healthy food Activity centres that provide fresh and healthy food opportunities to promote healthier diets.	Can governance processes and policies be put in place to ensure the provision of a diverse range of retailers, inclusive of fresh and healthy food options? If so, how? If not, how can the barriers be minimised?	**	
	Does the centre or neighbourhood design facilitate healthy food stores being provided and prioritised in terms of location prominence as part of the land use / destination mix within the activity centre?	**	
	Does the land owner or activity centre manager (such as the local authority, shopping centre operator or other institution) have in place organisational or governance measures to coordinate the use of infrastructure/land for occasional use by local food producers, such as farmers' markets?	**	
	How can the activity centre include flexible spaces that can accommodate a range of temporary healthy food activities, such as farmers' markets?	*	
	How can the activity centre include community or public open space that can be used for local food production, such as a community garden?	*	
	What mechanisms / strategies can be put in place to restrict unhealthy fast food takeaway restaurants in close proximity to schools and day care centres?	**	
MOVEMENT NETWORKS			
Safe and connected street networks Inclusion of safe, convenient, attractive and continuous path and cycle networks that allow pedestrians and cyclists to access healthy food destinations.	Does the design of pedestrian and cycling networks optimise walkable access to healthy food outlets and local food growing opportunities (such as community gardens)?	**	
	Do residential streets enable the planting of street verges by the community for local food production?	**	
	How can the determining authority have governance arrangements in place to enable approval of and guide design of residential street verges for local healthy food production?	**	



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Principle	Have you considered...	Strength of evidence	Comment / Response
PUBLIC OPEN SPACE			
Functionality for local food production Providing space for production of healthy food which promotes healthy food intake.	Whether public spaces have been provided that enable each neighbourhood to have access to community gardens?	**	
	If use of spaces has been made or encouraged, or new space and resources allocated (e.g. water, soil, access to sunlight) for the establishment of community gardens with community access?	**	
	Whether residential streets enable the planting of street verges by the community for local food production?	**	
NEIGHBOURHOOD DESIGN			
Suitable amenity Ensure that neighbourhoods have a suitable level of amenity through access to healthy food.	Does the centre zoning, town planning scheme, structure plan or land-use planning policy provide / promote a mix of healthy food stores and local food growing opportunities?	**	
	Are all schools, community facilities, recreation areas and housing located within close proximity (within an 800m walk) of healthy food outlets and local food growing locations?	**	
	Are mechanisms in place to encourage the use of public open space or school grounds for fresh healthy food production?		
	Does the attractiveness of the neighbourhood, centre or place encourage access to and prioritisation of healthy food choices?	**	
REGIONAL / METROPOLITAN PLANNING			
Local Food Supply Planning systems and places support local commercial and community food systems.	Is the urban environment or regional area supported by food growing areas in close proximity, accessible by good supply-transport links?	**	
	At a regional scale, how can the city be designed to encourage distribution of locally-grown food to markets or other fresh food services within the local community?	**	