



# BUILDINGS

## Objective:

**BUILDINGS DESIGNED TO PROMOTE INCREASED PHYSICAL ACTIVITY STIMULATE INCIDENTAL MOVEMENTS, ENHANCING SOCIAL AND EMOTIONAL WELLBEING, FACILITATING NATURAL SURVEILLANCE AND IMPROVING ENVIRONMENTAL CONDITIONS.**

Principle	Considerations	Strength of evidence	Yes	No	N/A
<b>Context</b> Well-designed buildings can improve health outcomes by engaging with their surrounds.	Has the building been designed to contribute to street activation and allow natural surveillance of the surrounding community?	***			
	Are street level pedestrian and cycle entries visible, well-lit and connected to the street?	***			
	Has walking and cycling been prioritised over vehicle access?	***			
	Where appropriate, have awnings or verandahs been provided on the exterior of the building to provide shade and shelter over footpaths?	***			
<b>Interior</b> The provision of specific services and facilities within a building, and the overall design of the building itself, can encourage a healthier lifestyle.	Have facilities that promote and support physical activities, such as a gymnasium, exercise classes and end of trip facilities (lockers/showers/change rooms) been provided?	***			
	Has the building been designed to promote incidental physical activity and laid-out to encourage movement and social interactions (e.g. choosing stairs over elevators)?	***			
	Does the design accommodate all users, including those with mobility issues?	***			
	Has the building been designed to provide for the comfort of the occupants?	***			

### Process considerations:

Consider using health promotion campaigns to inform building users about the benefits of physical activity.  
 Consider slowing elevator speeds to encourage walking as a faster option or locking elevator use to dedicated floors.