



Three of Four Guide to useful resources: Liveable landscapes

This tool is designed to help navigate the rich resources available for incorporating liveable landscapes into your project.

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

Community gardens and edible landscapes increase community interaction.¹

- ▶ Provide enough space for growing food on site through community gardens.
- ▶ Select sites that are suitable for growing food and readily accessible to potential gardeners.
- ▶ Provide raised garden beds if past uses indicate pollution may be present.

Source: Urban Land Institute *Building Healthy Places Toolkit* Growing Healthy Food p 40-43.



Green spaces and natural environments improve individual and community wellbeing.³

- ▶ Provide walking and cycling tracks both in urban areas and along river and creek corridors.
- ▶ Protect and minimise fragmentation of core bushland.
- ▶ Create accessible spaces for all members of the community, such as inclusive play spaces.

Source: Government Architect NSW *Greener Places: An urban green infrastructure design framework for NSW*.



Good design can prevent crime and give residents a sense of security.⁵

- ▶ Consolidate communal open space into a well-designed, easily identified and usable area.
- ▶ Communal open space and the public domain should be readily visible from other spaces while maintaining visual privacy.

Source: NSW Government *Apartment Design Guide 3D* Communal and public open space p 56-59.



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

Healthy food options located within 800m of home, school and work improves healthy food uptake.²

- ▶ Develop flexible spaces such as public plazas that can be used for farmers markets.
- ▶ Install drinking fountains in parks, playgrounds and public spaces.

Source: Urban Land Institute *Building Healthy Places Toolkit* Host a Farmers Market p 36-38.

Physical activity can reduce overall mortality and the risk of preventable injuries.⁴

- ▶ Design street networks with pedestrians in mind: ensure good connectivity as well as a choice of routes for walking.
- ▶ Provide cycle paths within the street network.

Source: Urban Land Institute *Building Healthy Places Toolkit* - Physical activity p 10-31.

Green buildings positively impact health and the environment.⁶

- ▶ Install green roofs and green walls to improve air quality and aesthetics
- ▶ Optimise daylighting through site design, building orientation, larger windows, and programming of interior spaces.

Source: Urban Land Institute *Building Healthy Places Toolkit* - Nature p 58-60.



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

*These resources are provided for information only.



Community gardens and edible landscapes increase community interaction.¹

- ▶ Urban Land Institute: [Building Healthy Places Toolkit Growing Healthy Food](#) p 40-43
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 1 Healthy Eating & Section 9 Social cohesion and connectivity
- ▶ Heart Foundation [Healthy Active by Design - Healthy Food Checklist](#)
- ▶ Government Architect NSW [Greener Places Design Guide](#) p 37 & 40
- ▶ Transport for London [Small Change, Big Impact: A practical guide to changing London's public spaces](#) p 52



Healthy food options located within 800m of home, school and work improves healthy food uptake.²

- ▶ Urban Land Institute: [Building Healthy Places Toolkit Host a Farmers Market](#) p 36-38
- ▶ Heart Foundation [Healthy Active by Design website - Healthy Food](#) page
- ▶ Heart Foundation [Healthy Active by Design - Healthy Food Checklist](#)
- ▶ Australian Urban Observatory [Liveability Report for Sydney](#) - Food Environment p 5
- ▶ RMIT Centre for Urban Research [Creating liveable cities in Australia](#) - p 9 - 10



Green spaces and natural environments improve individual and community wellbeing.³

- ▶ Urban Land Institute: [Building Healthy Places Toolkit Increase Access to Nature](#) p 59-60
- ▶ Government Architect NSW [Green Places Design Guide Greener Places Design Guide](#)
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 7 Open Space & Natural Features
- ▶ International Living Future Institute [Place Petal Intent](#)



Physical activity can reduce overall mortality and the risk of preventable injuries.⁴

- ▶ Urban Land Institute [Building Healthy Places Toolkit - Recreational Spaces](#) p 31-36
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 2 Physical Activity
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) - 2.6.1 Design Objectives for NSW p 36 - 45
- ▶ Government Architect NSW [Greener Places Design Guide](#)
- ▶ Heart Foundation [Healthy Active by Design](#) - Public Open Space
- ▶ RMIT Centre for Urban Research [Creating liveable cities in Australia](#) - p 7



Good design can prevent crime and give residents a **sense of security**.⁵

- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) - 2.6.1 Design Objectives for NSW p 40 - 41
- ▶ NSW Government [Apartment Design Guide](#) 3D Communal and public open space p 56-59
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Provide sidewalks and enticing, pedestrian-oriented streetscapes p 18-19
- ▶ RMIT Centre for Urban Research [Creating liveable cities in Australia](#) - p 8 - 9
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 6 Community safety and security
- ▶ NSW Government [Safer by Design](#)
- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) - 1.7 Fit for purpose p 27



Green buildings positively impact health and the environment.⁶

- ▶ Government Architect NSW [Draft Greener Places Design Guide](#)
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Nature p 58-60
- ▶ Heart Foundation [Healthy Active by Design](#) - Destinations

Benefit Statement References

- 1 Lovell, R., Husk, K., Bethel, A., Garside, R., What are the health and well-being impacts of community gardening for adults and children: a mixed method systematic review protocol. Environmental Evidence, 2014. 3(20): p. 1-13. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/healthy-food>
- 2 Source: Trapp, G., Hickling, S., Christian, H., Bull, F., Timperio, A.F., Boruff, B., Shrestha, D., Giles-Corti, B., Individual, Social, and Environmental Correlates of Healthy and Unhealthy Eating. Health Education and Behaviour, 2015. 42(6): p. 759-7. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/healthy-food>
- 3 NSW Ministry of Health., Healthy Built Environment Checklist, Part 3, Section 7, Open space and natural features, 2020. p.55-61. Accessed online <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 4 NSW Ministry of Health., Healthy Built Environment Checklist, Part 3, Section 2, Physical activity, 2020. p.35-39. Accessed online <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 5 NSW Ministry of Health., Healthy Built Environment Checklist, Part 3, Section 6, Community safety and security, 2020. p.50-54. Accessed online <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 6 National Heart Foundation., Healthy Active by Design, Buildings. Accessed online <https://www.healthyactivebydesign.com.au/design-features/buildings/evidence/>