



Two of Four Building design for Liveable spaces

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

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

Buildings that have good access to **natural light** lead to lower rates of falls and depression.¹

- ▶ Optimise opportunities for reflected lights into apartments through the positioning of windows.
- ▶ Single aspect, single storey apartments should have a northerly or easterly aspect.

Source: NSW Government *Apartment Design Guide - 4A Solar and daylight access* p 78-79.

Playgrounds attract children and families to public open spaces and promote liveability.³

- ▶ Site and design projects to maximize access to on- and off-site high-quality parks and recreation spaces.
- ▶ Incorporate simple interventions such as colourful ground markings to inspire more active play among children.

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

Good movement networks allow people to travel safely and conveniently and promote **physical activity** including walking.⁵

- ▶ Establish good street connectivity with multiple intersections; provide pedestrian paths to allow for a cut-through in the middle of longer blocks.
- ▶ Minimise pedestrian exposure to surface parking lots by, for example, placing parking behind buildings and providing direct footpath access to building entrances and lobbies.

Source: Urban Land Institute *Building Healthy Places Toolkit - Walking and biking and Stairs* p 14-25p 26-31.

Good air quality and ventilation systems positively impact on workers performance, productivity and satisfaction.²

- ▶ Design apartments to minimise the number of corners, doors and rooms that might obstruct airflow.
- ▶ The area of unobstructed window openings should be equal to at least 5% of the floor area served.

Source: NSW Government *Apartment Design Guide - 4B Natural ventilation* p 82-85.

Effective noise mitigation can improve anxiety and a range of other health issues.⁴

- ▶ Use acoustically designed walls, double-glazed windows, and well-sealed doors.
- ▶ Minimise sources of noise pollution by using quiet asphalt overlays on roads.

Source: Urban Land Institute *Building Healthy Places Toolkit - Noise control* p 55-57.

A supportive footpath network connects areas within neighbourhoods, encourages walking and provides links to other neighbourhoods and regions.⁶

- ▶ Street blocks in the range of 70m by 120m to 240m, with shorter blocks at town and neighbourhood centres, are more 'walkable'.
- ▶ Grid street patterns create greater connectivity, slow traffic speeds and decrease distances between destinations.

Source: NSW Ministry of Health *Healthy Built Environment Checklist* Part 3, Sections 4 Transport and connectivity and 7 Open Space & Natural Features.

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

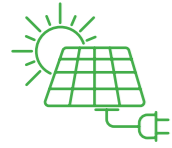


Further reading.

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

*These resources are provided for information only.



Buildings that have good access to **natural light** lead to lower rates of falls and depression.¹

- ▶ NSW Government [Apartment Design Guide](#) - 4A Solar and daylight access p 78-79
- ▶ WELL [Building Standard](#) - Chapter: Light
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) - 2.6.1 Design Objectives for NSW p 36 - 45
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Lighting p 53 - 54



Playgrounds attract children and families to public open spaces and promote liveability.³

- ▶ NSW Government [Apartment Design Guide](#) - 3D Communal and public open space p 54-59
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Parks and Playgrounds p 26-31
- ▶ WELL [Building Standard](#) - Chapters: Community Access and Engagement
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 7 Open Space & National Features
- ▶ Heart Foundation [Healthy Active by Design - Public Open Space Checklist](#)
- ▶ Government Architect NSW [Greener Places Design Guide](#) Section 2.1 Principles of Green Infrastructure p 30-39



Good **movement networks** allow people to travel safely and conveniently and promote **physical activity** including walking.⁵

- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Walking and biking and Stairs p 20-25
- ▶ WELL [Building Standard](#) - Chapters: Movement
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 2 Physical activity p 35-39
- ▶ Heart Foundation [Healthy Active by Design](#) - Buildings Checklist
- ▶ RMIT Healthy Liveable Communities [Urban design features that affect transport mode choices and health](#)



Good **air quality and ventilation** systems positively impact on workers performance, productivity and satisfaction.²

- ▶ WELL [Building Standard](#) - Chapter: Air
- ▶ NSW Government [Apartment Design Guide](#) - 4B Natural ventilation p 82-85
- ▶ Government Architect NSW [Better Placed: An Integrated Design Policy](#) - 2.6.1 Design Objectives for NSW p 36 - 45
- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Indoor Air p 48-52



Effective noise mitigation can improve anxiety and a range of other health issues.⁴

- ▶ Urban Land Institute [Building Healthy Places Toolkit](#) - Noise control p 55-57
- ▶ NSW Government [Apartment Design Guide](#) - 4H Acoustic privacy & 4J Noise and pollution p 102-105
- ▶ WELL [Building Standard](#) - Chapter: Sound
- ▶ Transport for London [Small Change, Big Impact: A practical guide to changing London's public spaces](#) p 50
- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Section 10 Environment and health p 74-79



A supportive footpath network **connects** areas within neighbourhoods, encourages walking and provides links to other neighbourhoods and regions.⁶

- ▶ NSW Ministry of Health [Healthy Built Environment Checklist](#) Part 3, Sections 4 Transport and connectivity and 7 Open Space & Natural Features
- ▶ Government Architect NSW [Draft Greener Places Design Guide](#) - 1.6 Planning for different urban settings p 22-25

Benefit Statement References

- 1 Brown MJ, Jacobs DE. Residential light and risk for depression and falls: Results from the LARES study of eight European cities. Public Health Rep. 2011;126, p.131-40. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/buildings/evidence/#apartment>
- 2 Vischer J. (2003). Designing the work environment for worker health and productivity. Design and Health: International Academy for Design and Health. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/buildings>
- 3 Kaczynski AT, Besenyi GM, Stanis SWAW, Koohsari MJ, Oestman KB, Bergstrom R, et al. Are park proximity and park features related to park use and park-based physical activity among adults? Variations by multiple socio-demographic characteristics. Int J Behav Nutr Phys Act. 2014;11(1):146. Accessed through Healthy Active by Design <https://www.healthyactivebydesign.com.au/design-features/public-open-spaces/evidence/>
- 4 NSW Ministry of Health., Healthy Built Environment Checklist, Part 3, Section 10, Environment and health, 2020. p.50-54. Accessed online <https://www.health.nsw.gov.au/urbanhealth/Publications/healthy-built-enviro-check.pdf>
- 5 National Heart Foundation., Healthy Active by Design, Buildings. Accessed online <https://www.healthyactivebydesign.com.au/design-features/movement-networks>
- 6 Wineman, J.D., et al., Designing healthy neighborhoods contributions of the built environment to physical activity in Detroit. J Plann Educ and Res, 2014. 34(2): p. 180-189. Accessed through Healthy Access by Design <https://www.healthyactivebydesign.com.au/design-features/movement-networks>

