

# Thriving by design: Designing vibrant, low carbon communities

*Planning for happiness and well-being*

*The future is not a place we are going to,  
but a place we are creating.*

*The paths to it are not found but made.*

*The making of these paths changes both  
the maker and the destination.*

*(Australian Commission for the Future)*

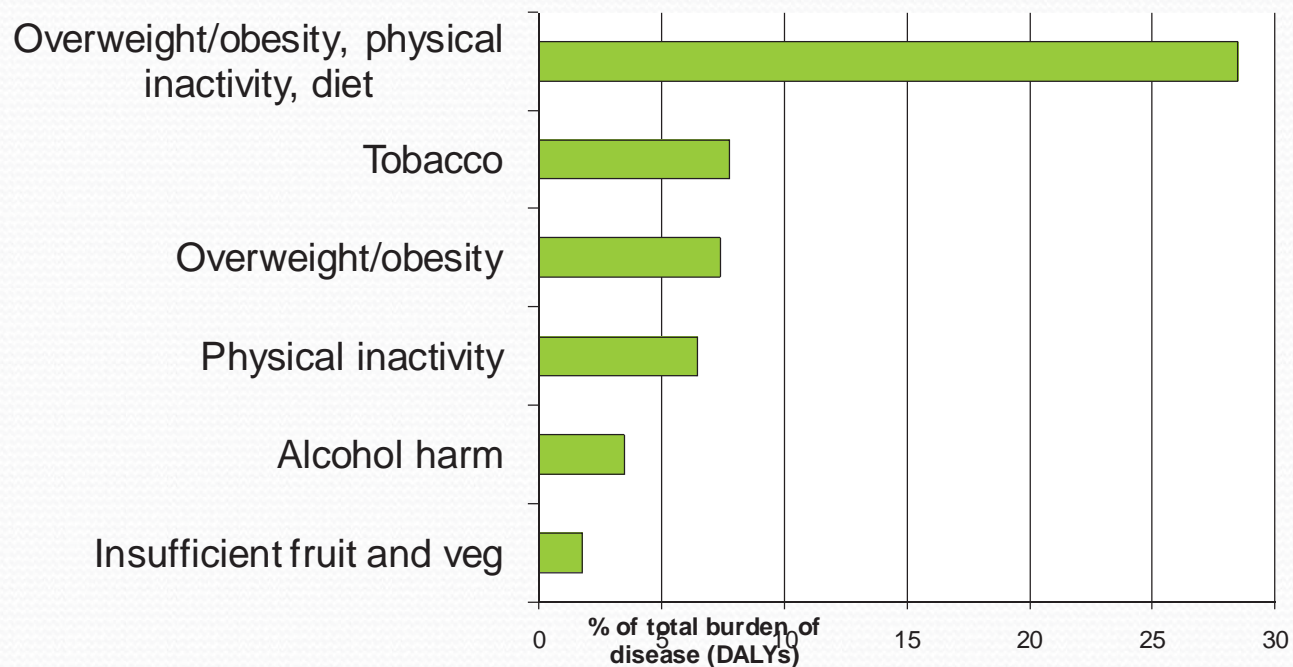
## Summary

1. Knowing what is good for you doesn't mean it is easy to do
2. Plan for healthy people and you will get a healthy environment
3. Every journey begins and ends with walking
4. Gardening communities or community gardens
5. Social Media give it a go, You don't have to do it on your own and Recognise your wins

# 1. Knowing what is good for you doesn't mean it is easy to do



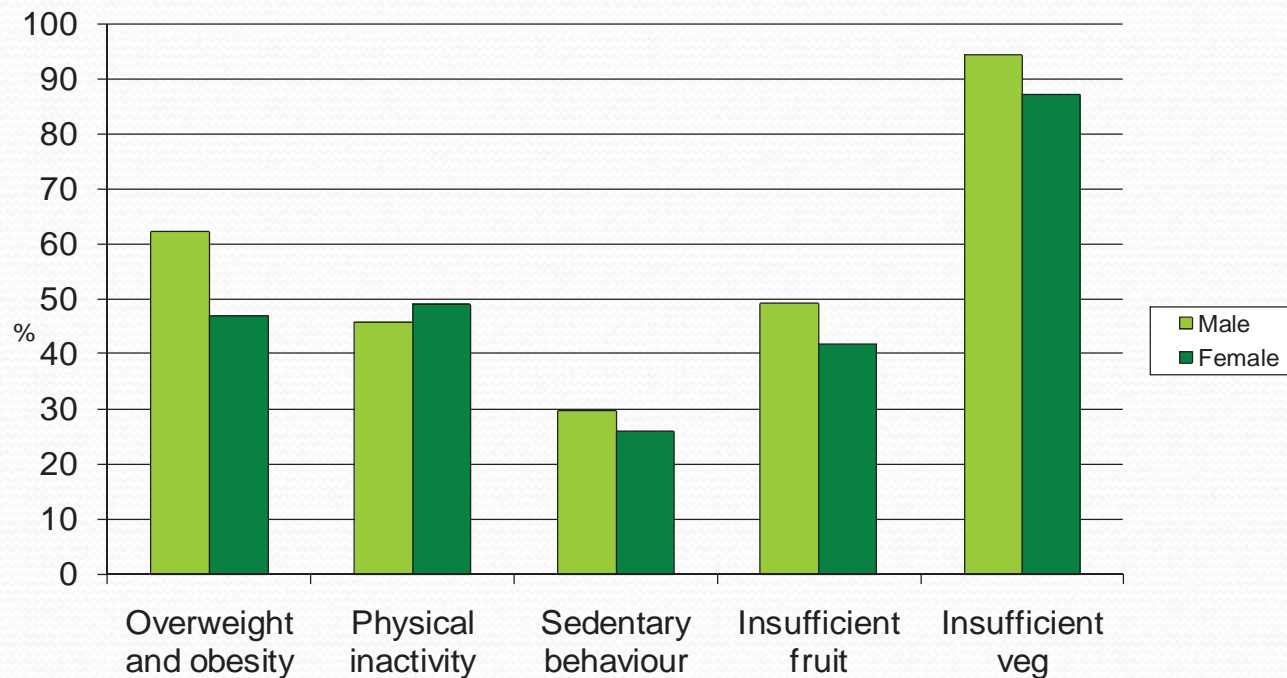
# Burden of disease attributed to risk factors



Source: Queensland Health: *Risk factor impact on the burden of disease and injury in Queensland*, Queensland Burden of Disease and Injury circular series

See also – Grattan Institute Social Cities Report March 2012 [www.grattan.edu.au/pub\\_page/130\\_social\\_cities.html](http://www.grattan.edu.au/pub_page/130_social_cities.html)

# Prevalence of health risk factors in adults



Sources: Queensland Health. National Oral Health Survey 2006: Queensland healthy lifestyle additional module. Personal communication. 2008.  
Queensland Health. *Statewide omnibus survey-2008*. Brisbane: Health Statistics Centre, Reform and Development Division, Queensland Health; 2008.

Diabetes is now the No. 1 cause of avoidable hospitalisation in the state

Diabetics account for 9000 hospital bed days. Diabetics to fill the MECC five times

# MACKAY'S DIABETICS EPIDEMIC



Will cost the Cairns community \$93 Million over the next Decade

People with diabetes could fill the CBH for almost 2 months of the year

**By MELISSA GRANT**  
melissa.grant@dailymercury.com.au  
DIABETICS are taking up one in seven Mackay hospital beds and there are projections the chronic disease will cost the community \$170 million over the next decade.

New figures show that people with diabetes could fill the Mackay Base Hospital (MBH) for almost two months of the year and outstrip the seating capacity of the MECC five times over.

Diabetes Australia-Queensland's analysis of Queensland Health figures shows that diabetes is now the number one cause of avoidable hospitalisation in the state.

There were 2911 diabetes-related admissions to the MBH in 2008/09 – almost the whole population of Sarina.

Diabetes Australia-Queensland chief executive officer Michelle Trute said 8902 bed days – or one in seven hospital beds – were

occupied by people with diabetes.

“This means people with diabetes could fill the Mackay hospital for almost two months of the year.”

Ms Trute said. “This means people with diabetes could fill the Mackay hospital for almost two months of the year.”

Trute said diabetes is the fastest growing chronic disease in Australia and could not be ignored. Unfortunately, while disease rates are on the decline, diabetes rates are increasing, she said. Few cases of diabetes have tripled in the last 20 years and are projected to triple again in the next 20 years. And while death rates for diabetes have

CONTINUED ON PAGE 5

# Diabetes leaves a \$3m bill

In 08/09 there were 1597 diabetes related admissions to the CBH the equivalent population of Mossman

## ① COSTLY DISEASE

- There were 1597 diabetes-related admissions to the Cairns Base Hospital in 2008-09.
  - Limb amputations are one of the most severe and costly procedures some diabetes sufferers undertake.
  - The length of stay is up to 17 days at a cost of \$24,000.
  - Based on these figures, it will cost Cairns at least \$93 million over the next 10 years.
- » Information from Diabetes Australia – Queensland.

Diabetes is the cause of a major bed blocker problem at Cairns Base Hospital.

And at least \$93 million could be spent on the disease over the next 10 years in the city.

Diabetes Australia – Queensland CEO Michelle Trute said one in eight hospital beds were taken up by diabetes sufferers.

“In Cairns, over 18,000 bed days were taken up by people with diabetes and complications in 2008-09,” Ms Trute said.

“Bed days include both overnight and same-day patients such as dialysis patients who can occupy a renal chair for up to six hours.

“This means people with diabetes could fill the Cairns Hospital for nearly two months of the year.”

AMA Queensland has previously said Cairns Base had become one of the most overcrowded hospitals in the state in terms of occupancy figures.

Ms Trute said diabetes is the No.1 cause of avoidable hospitalisation in Queensland, along with other conditions such as flu and asthma.

She said diabetes would cost Cairns at least \$93 million over the next 10 years.

Ms Trute said amputation rates

for diabetes sufferers in Cairns were “shocking” for a regional centre.

“The Princess Alexandra Hospital in Brisbane did 99 amputations

in 2008-09, compared to 53 and

in 2007-08. Ms Trute said diabetes was one of the most costly chronic diseases.

Diabetes Week Australia – Queensland is launching a campaign in a bid to highlight the growing cost of the disease to the Cairns community.

Length of stay up to 17 Days costing \$24,000 not to mention amputation

## 2. Plan for healthy people and you will get a healthy environment (Supportive environments)



# Healthy communities are Low carbon communities

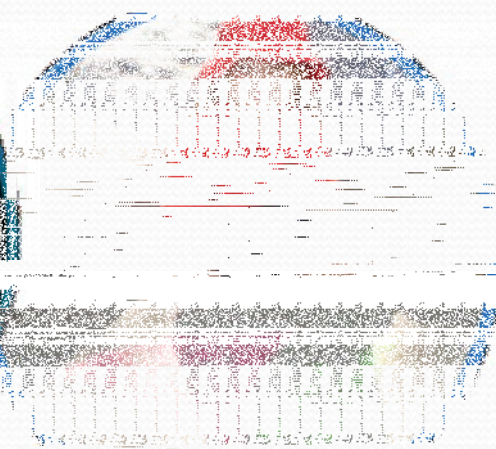
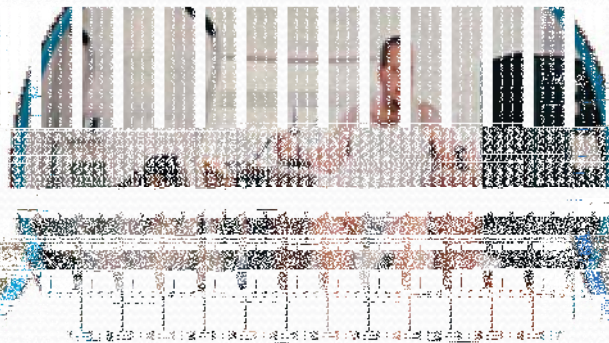
- A legacy of improved community health, environment, quality of life and infrastructure
- Benefits to the local economy through shopping locally
- Benefits to tourism through infrastructure such as walking trails
- Positive public relations opportunities
- Strengthening of inter-governmental and community partnerships
- Achieve a range of corporate and community objectives:-sustainability, environmental, community building, economic



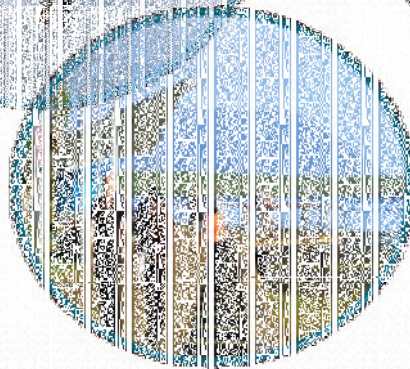
# International research

Source: JPAH 2006 3 (Suppl 1); S55-S76

- **33%** of physical inactivity can be prevented through environmental interventions alone.
- Good community-level design and land use increases physical activity by **161%**
- Good street-level design and land use increases physical activity by **35%**
- Having access to places for physical activity increases physical activity by **48%**

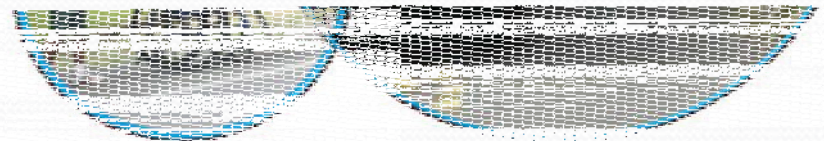
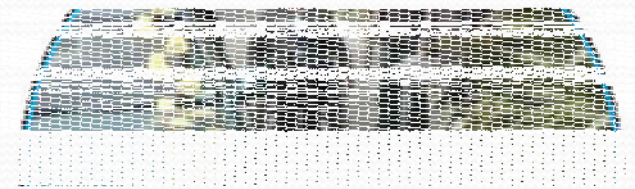


# 3. Every journey begins and ends with walking



# Walkable communities

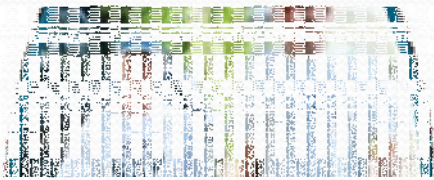
- Walking remains the cheapest form of transport
- Walking is the most affordable transportation system any community can plan, design, construct and maintain
- Shift away from patterns of behaviour that rely on the car
- Put urban environments back on a sustainable scale
- Lead to more social interaction, physical fitness and diminished social problems.



# Mode Change?

How many trips do you make in a week – to shops, work, friends, beach etc.

- *How many trips do you walk or ride?*
- *How many trips do you drive?*
- *What percentage of trips are work related?*



80% of vehicle trips undertaken are not work related.

This compares to around 20% in the 1950's.

Walkability Audit/s [www.heartfoundation.org.au/SiteCollectionDocuments/HFW-Walkability-Checklist.pdf](http://www.heartfoundation.org.au/SiteCollectionDocuments/HFW-Walkability-Checklist.pdf)

Active Communities 15pg checklist [www.activehealthycommunities.com.au/content/neighbourhood-planning-active-communities-checklist](http://www.activehealthycommunities.com.au/content/neighbourhood-planning-active-communities-checklist)

Grouping of services such as offices, shops, cafes, schools, child-care provides an active and safe main street for communities

Mix of housing types to attract people of all ages and lifestyles



Public transport encourages walking between home and the bus stop

Corner shops and village shopping strips within walking distance of most homes

Footpaths provided

“Deadworm” streets – discourage walking because there is no direct route to destinations

Few jobs on offer in the local area – people drive to work



Shops, schools and other community facilities built on main roads surrounded by parking

Circuitous routes make public transport difficult and time consuming



Cities & Neighborhoods | Why It Matters | How It Works | Add Walk Score to Your Site | Blog

Type an Address: 7 Shang St Moorool QLD Australia

Go

Street Smart

Beta

35

Out of 100

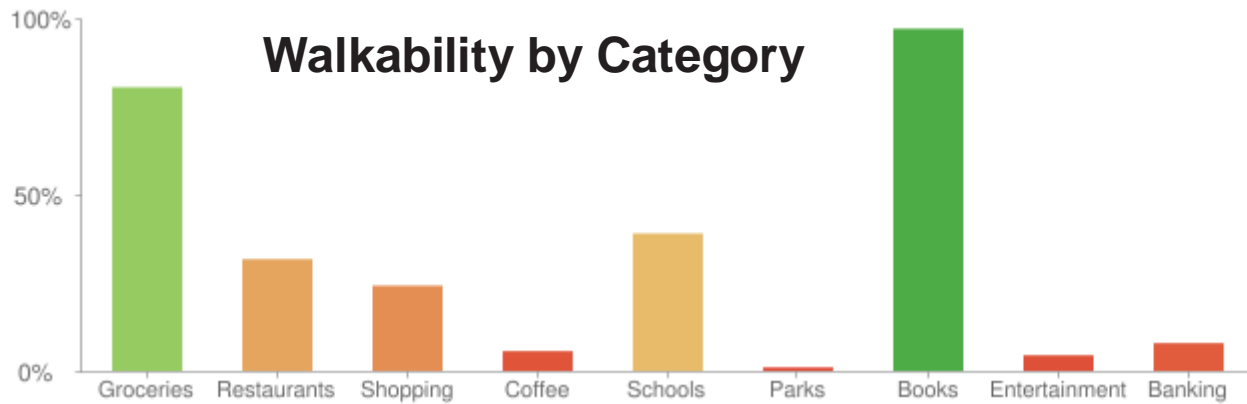
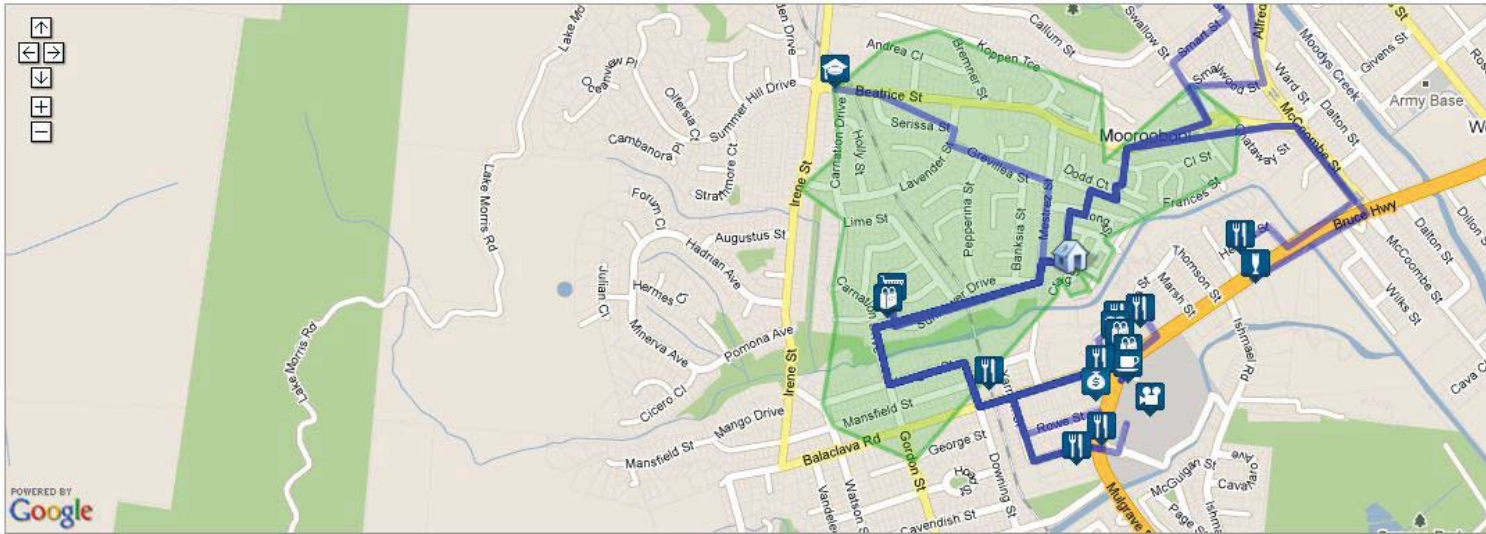
Car-Dependent

7 Shang St Moorool

Overview

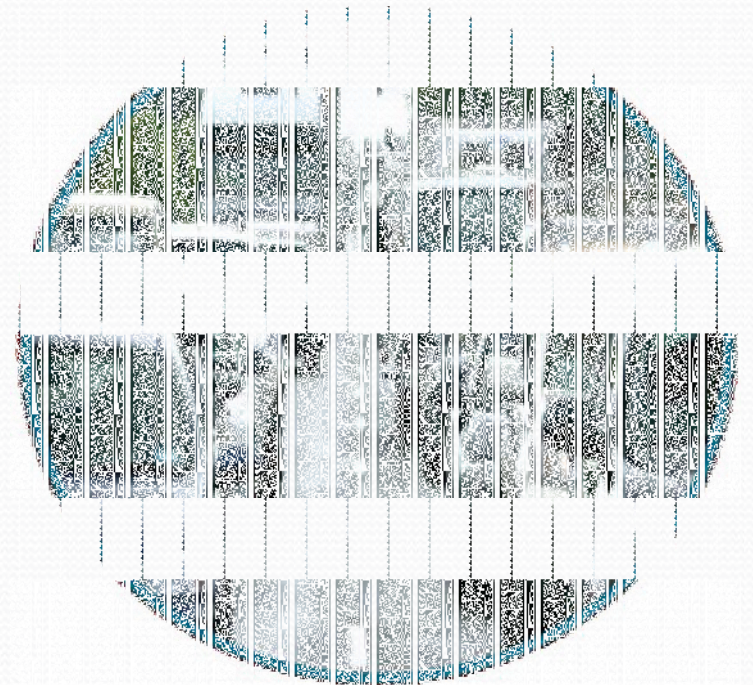
More Amenities

Your Commute



# Great potential

- Walking promotes a sense of local identity and social connection.
- Residents in 'walkable' neighbourhoods are more likely to participate politically, to trust others and to be involved socially.
- Every 10 minutes of commuting results in 10% fewer social connections.
- Over 10% of working parents spend more time commuting than they do with their children.
- 10/30/50 rule for all trips:
  - 10% < 1km
  - 30% < 3km
  - 50% < 5km

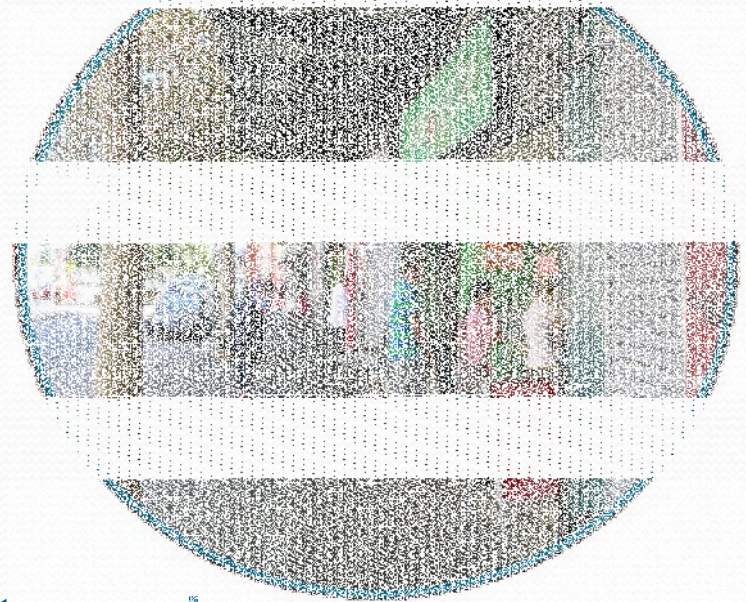
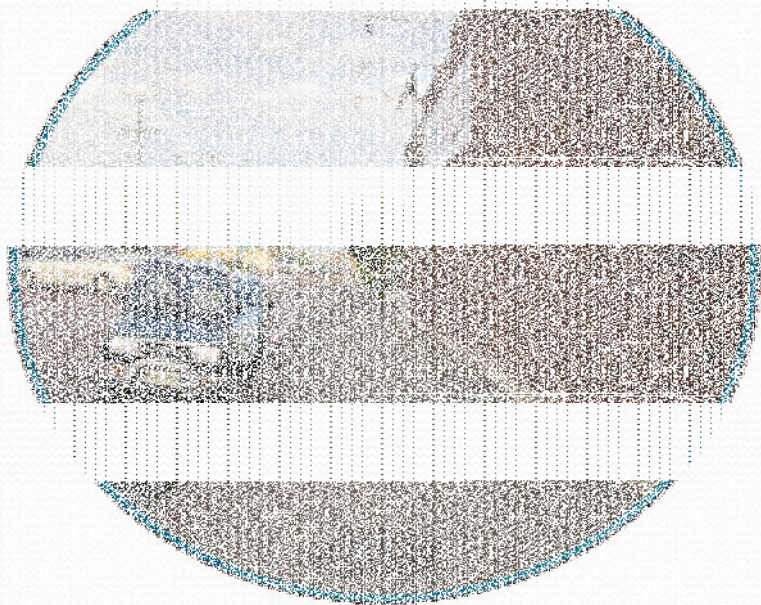


# Behaviour Change Strategies

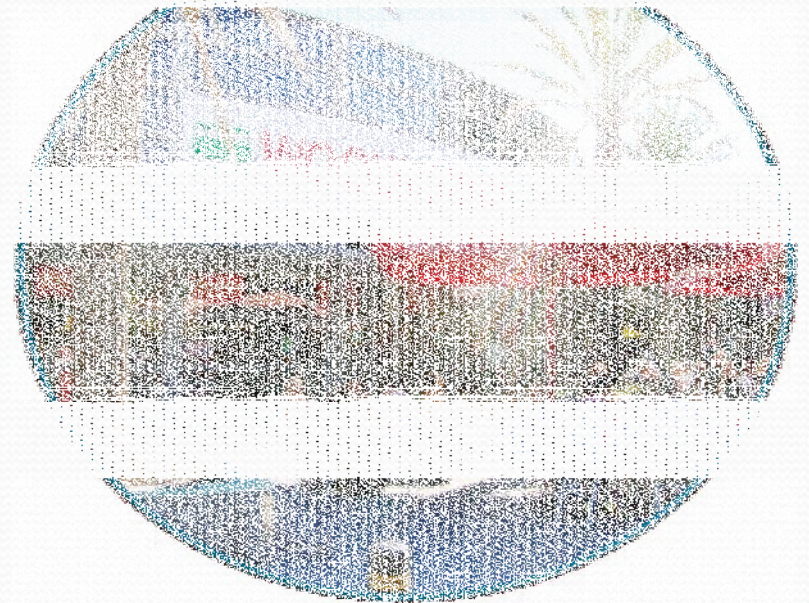
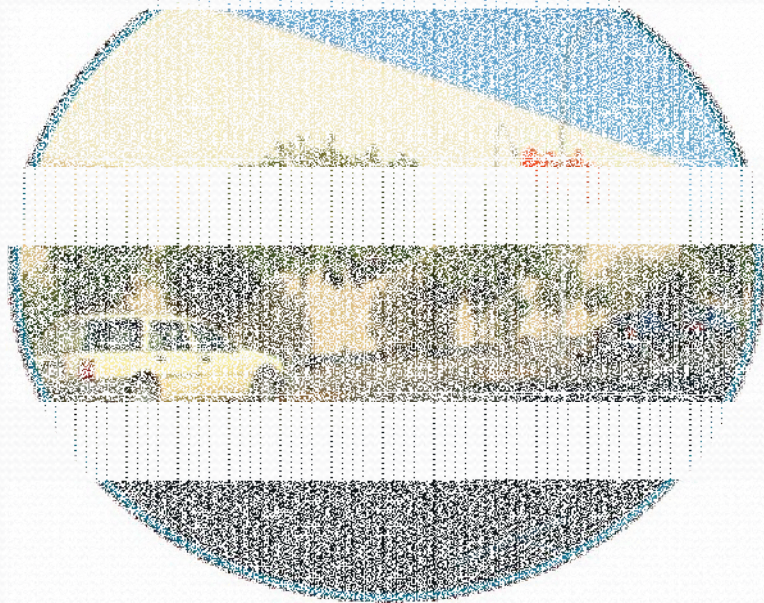
- Bring destinations closer to where people live
- Shade, shelter, signage
- Pop-up cafe
- Information Dissemination
- Active School Travel Program
- Cycle-Recycle Day
- Park-ing Days



Google: Yen Trinh, Brisbane Urban Designer for inspiration



**People attract people**



# 4. Gardening communities or community gardens



The Dirt – American Association of Landscape Architects  
<http://dirt.asla.org/>

# Food Security & Gardening Communities

- Supermarkets in neighbourhoods are linked to higher fruit and vegetable consumption
- Access to farmers' markets and community gardens increases fruit and vegetable consumption
- Low-income communities are more exposed to fast food outlets and convenience stores
- Fruit and Vegetable access is very dependent on transport and distribution across Australia
- A step-by-step checklist for community garden programs and other sources of information.



[www.activehealthycommunities.com.au/content/community-supported-local-food-systems-agriculture-0](http://www.activehealthycommunities.com.au/content/community-supported-local-food-systems-agriculture-0)



# Considerations

- Gardens are resource intensive
- Funding applications are time consuming
- Promotes sustainability, healthy eating and lower food miles
- 'Communities' are developing in new ways
- Support the community to grow food in backyards.
- Social networking internet sites, enables:
  - Swap surplus produce
  - Idea sharing and problem solving



Better Informed Takeaways & Eateries [www.biteaward.com.au](http://www.biteaward.com.au)



# Useful Links

For more information on different types of cooperatives

<http://www.seedinternational.com.au/communit>

For information on Community-supported agriculture

- Food Connect [www.foodconnect.com.au](http://www.foodconnect.com.au)
- Mimsbrook Farm, Perth [www.biodynamicood.com/community\\_agriculture.html](http://www.biodynamicood.com/community_agriculture.html)

For information on Farmers' markets

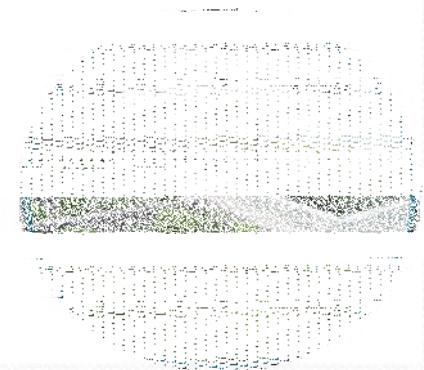
- [www.organicfooddirectory.com.au/general-issues/community-food-systems/community-supported-agriculture.html](http://www.organicfooddirectory.com.au/general-issues/community-food-systems/community-supported-agriculture.html)

For more information on Edible landscapes or food gardens see

- <http://www.urbanfoodgarden.org/>

Other sources of information

- [www.growingcommunities.org.au](http://www.growingcommunities.org.au)
- [www.communityfoods.org.au/](http://www.communityfoods.org.au/)
- [www.communitygarden.org.au/category/getting\\_started](http://www.communitygarden.org.au/category/getting_started)
- [www.activelivingbydesign.org](http://www.activelivingbydesign.org)

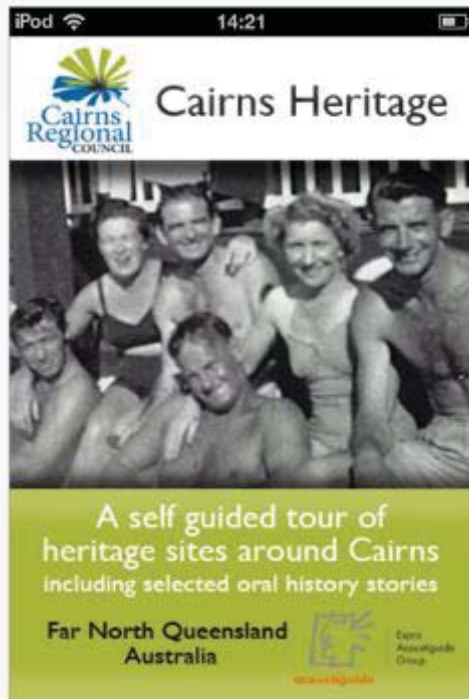


5. Social media give it a go.  
You don't have to do it on your own.  
Recognise your wins.



# Signage and Maps are not enough

## iPhone Screenshots



Time to get on board with the Apps, YouTube, Twitter and Facebook



## Amazing race takes to Cairns streets



24 Mar 2011

A unique race through Cairns city is set to test the local knowledge of a group of the region's teenagers.

# Twitter feeds

## Tweets



**CAFNEC** @cafneec

Reply Retweet Favorite · Open

Professor Peter Newman, co-author of Green Urbanism Down Under, will be in Cairns next week for the Reinventing... [fb.me/1bFB8T19m](https://fb.me/1bFB8T19m)

[View photo](#)



**CAFNEC** @cafneec

4 Apr

Not an uplifting message, but a good video to share around and raise some much needed awareness. Coral reef... [fb.me/1e2oGyRas](https://fb.me/1e2oGyRas)



## Cairns Tweets

@cairnswit

Cairns tweets (@cairnswit) has the latest Cairns news, weather, travel and entertainment info. For more details check out [incairns.net](http://incairns.net)

Cairns, Queensland, Australia <http://incairns.net.au>

[Follow](#)

957 TWEETS

898 FOLLOWING

## Stay in touch with Cairns Tweets

Join Twitter today

[Sign up](#)

Tweets >

Following >

Followers >

## Tweets



**Cairns Tweets**

LNP's stunning s  
Queensland a sw



**Cairns Tweets**

Anna Bligh resig



**Cairns Tweets**

Market day wrap  
a.sw.io/73NZVE4



**Cairns Tweets** @cairnswit

22 Mar

RT @incairns Cairns beaches Bike Bus kids seeking Guinness World Record [mrkt.ms/GFsNBc](http://mrkt.ms/GFsNBc)



**CCCLM** @CCCLM01

Reply Retweet Favorite · Open

Capital City Lord Mayors have welcomed today's COAG agreement embedding collaboration on city planning [tinyurl.com/d6nyhn7](https://tinyurl.com/d6nyhn7)

Retweeted by PIA



**PIA** @pia\_planning

13 Apr

New job listing - Strategic Planner, Latrobe City (VIC) - [bit.ly/IBWjpy](https://bit.ly/IBWjpy)



**PIA** @pia\_planning

13 Apr

New job listing - Transport Modeller, City of Perth - [bit.ly/HCiGij](https://bit.ly/HCiGij)



**PIA** @pia\_planning

13 Apr

New job listing - Senior Adviser Strategic & Community Planning, Redland City Council (QLD) - [bit.ly/HByNZ4](https://bit.ly/HByNZ4)



**PIA** @pia\_planning

13 Apr

COAG attempting to solve the puzzle of capital city planning [bit.ly/ldcCXS](https://bit.ly/ldcCXS) "Infrastructure and land use must be better planned".

## There's An App for That: Using Smartphones for Planning

As more and more cities make release their data, smartphones are becoming an essential tool in citizen engagement and participation. The Planetizen Newswire [www.planetizen.com](http://www.planetizen.com)



Follow us on [Facebook](#), [Twitter](#) and [LinkedIn](#).

### Who's Viewed Your Profile?

**5** Your profile has been viewed by 5 people in the past 15 days.

**12** You have shown up in search results 12 times in the past 30 days.

### Your LinkedIn Network

**20** **Connections** link you to 220,010+ professionals

**1,638** **New people** in your Network since September 9

[Add Connections](#)



✉: 17 Atherton Street Whitfield QLD 4870

M: 0447 323 384

E: [nikki.huddy@planztp.com](mailto:nikki.huddy@planztp.com)

ABN 83 128 085 870



## Summary

1. Knowing what is good for you doesn't mean it is easy to do
2. Plan for healthy people and you will get a healthy environment
3. Every journey begins and ends with walking
4. Gardening communities or community gardens
5. Social Media give it ago. You don't have to do it on your own and Recognise your wins

## Resources

- My Website – Planz Town Planning [www.planztp.com](http://www.planztp.com)
- Active Healthy Communities  
[www.activehealthycommunities.com.au](http://www.activehealthycommunities.com.au)
- Commission for Architecture & Built Environment  
[www.cabe.org.uk](http://www.cabe.org.uk)
- Landcom [www.landcom.com.au/publications.aspx](http://www.landcom.com.au/publications.aspx)
- Healthy Spaces & Places [www.healthyplaces.org.au/site/](http://www.healthyplaces.org.au/site/)
- Urban Design Compendium  
[www.urbandesigncompendium.co.uk](http://www.urbandesigncompendium.co.uk)
- The Planetizen Newswire [www.planetizen.com](http://www.planetizen.com)
- The Dirt <http://dirt.asla.org/>
- Australia's Urban Design Protocol  
<http://www.urbandesign.gov.au/downloads/index.aspx>





# Resources

- Liveable Neighbourhoods (W.A.) [www.planning.wa.gov.au/dop\\_pub\\_pdf/In\\_text\\_update\\_02.pdf](http://www.planning.wa.gov.au/dop_pub_pdf/In_text_update_02.pdf)
- Urban Ecology Australia - [www.urbanecology.org.au](http://www.urbanecology.org.au)
- Urban Land Institute – Creating Walkable Paces
- Urban Land Institute – Higher-Density Development (Myth & Fact)
- Urban Land Institute – 10 Principles for Successful Development Around Transit
- International Conference on Walking and Liveable communities
- New Urbanism
- Increasing density in Australia: maximising the health benefits and minimising the harm [www.heartfoundation.org.au/density](http://www.heartfoundation.org.au/density)
- Urban Walkability in the Subtropical City: Some intemperate considerations from SEQ

Paper [www.subtropicalcities2006.qut.edu.au/documents/Papers%20Page/Papers/O'Hare%20-%20Urban%20Walkability%20in%20the%20Subtropical%20City.pdf](http://www.subtropicalcities2006.qut.edu.au/documents/Papers%20Page/Papers/O'Hare%20-%20Urban%20Walkability%20in%20the%20Subtropical%20City.pdf)

PowerPoint

[www.subtropicalcities2006.qut.edu.au/documents/Papers%20Page/Powerpoints/O'Hare%20PT.pdf](http://www.subtropicalcities2006.qut.edu.au/documents/Papers%20Page/Powerpoints/O'Hare%20PT.pdf)