



Promoting Healthy Lifestyles

Evaluation Summary

'Healthy By Design: A planner's guide to environments for healthy living'

Presentation & Workshop

Friday 3rd December 2010

10AM – 2.30PM

Northern District Community Health Service

24 Fitzroy Street

Kerang

Presenters:

Rachel Carlisle,
Jason Russell,

Heart Foundation Physical Activity Manager
Executive Manager Community Development and Services,
Gannawarra Shire Council

Andrew Cowin,

Strategic Planner, Shire of Campaspe

Working Group:

Alexia Stephens
Tania Lawry
Naomi Caulfield
Clinton Hucker
Fiona Gormann
Sallie Amy

Northern District Community Health Service
Swan Hill District Health
East Wimmera Health Service
Swan Hill Rural City Council
Swan Hill Rural City Council
Southern Mallee Primary Care Partnership

Sallie Amy - Southern Mallee Primary Care Partnership
PO Box 1752, Swan Hill 3585

PH: (03) 5033 0908 MOB: 0488 394 171 Email: sallie.amy@smpcp.com.au

Background

There are a number of various factors that need to be considered when planning for a healthy community & environment. These include not just the physical environment but other factors such as access to nutritious food, medical assistance and a variety of physical activities available that can effect peoples overall health and wellbeing (Australian Heart Foundation 2004). This is why the SMPCP will be advocating for the implementation of the Heart Foundations Healthy by Design principles and other healthy urban planning approaches.

Healthy by Design approach is about using urban/town planning to develop and create environments that encourage physical activity and healthy lifestyles in the community. It can be used as a guide to help in the creation of a more walkable, liveable and healthier physical community environment. This can be done by applying healthy planning at all levels of development from the design of local parks etc. Healthy by Design puts the needs of people and communities at the heart of the urban planning process and encourages decision-making based on human health and wellbeing. In order to ensure the successful implementation of Healthy by Design it will be important to work with and build on existing partnerships with local governments and other key agencies in the southern mallee (AHF 2004).

SMPCP Promoting Healthy Lifestyle committee is undertaking activity to progress the goal and planned objectives of the SMPCP Strategic and Operational Plan in relation to healthy urban planning approaches.

Key Goals and objectives of the promoting healthy lifestyles priority include;

Goal: To increase participation in physical activity and improve access to nutritious food
(*Integrated Health Promotion Plan*)

Objectives:

- To promote active communities and healthy urban planning approaches
- To build capacity of agencies and professionals to support and promote healthy lifestyle initiatives

Healthy By Design Workshop

A working group was established to coordinate and deliver the first Healthy By Design workshop in the SMPCP catchment commencing in September 2010.

The working group established the aim of this first workshop was

1. To provide an understanding of Healthy By Design Concepts
2. For participants to start thinking about how to apply the Healthy By Design Concepts

On the Friday 3rd December 2010 twenty nine people (inclusive of presenters) attended the Healthy By Design Workshop at Northern District Community Health Service, Kerang.

The program for the day consisted of three presentations,

- Healthy By Design: a planners guide to environments for active living, Victorian Heart Foundation
- Planning for a Healthy Future in Gannawarra, Gannawarra Shire Council
- Building Healthier Communities, Shire of Campaspe

And

- An interactive session where mostly local case study locations were provided for group discussion and application of healthy by design principles

The overall feedback from the day indicates the workshop was successful; comments received include "Really well run-good job. Very informative, good forum and interaction, excellent information and resources provided" and "The workshop raised the awareness of good planning and design to ensure the best opportunities for our communities to include physical activity into their lifestyles."

Evaluation Method

An evaluation form was developed consisting of seven key questions:

- Q1. I work in?
- Q2. Primary field of work or study
- Q3. List any key message you will take away from each presentation (4 presentations)
- Q4. How do you believe you may be able to implement Healthy by Design principles with your work?
- Q5. What did you find most useful about the day?
- Q6. What did you find least useful about the day?
- Q7. Do you have any other comments?

Participants were given time at the end of each presentation to write the key messages they gained. This process was adopted in an endeavour to receive a majority of participants completing evaluation recognising there would be a considerable amount of information being imparted throughout the day via the presentations and conversation.

This method has allowed for a large amount of information being imparted but has also provided challenges in collating the evaluation. The information received for each presentation and case study has been categorised into key messages as follows:

1. General Comments on the Presentation
2. Safety, Access & Connection
3. Physical Activity/ Active Transport
4. Health
5. Healthy by Design Resource/s
6. New Development / Working with Developers
7. Councils and Planning
8. Partnerships/ Networks
9. Advocacy
10. Capacity Building

For question four the following themes as taken from above were used to categorise the responses. It was considered these themes related to actions that would support implementation.

5. Healthy by Design Resource/s
6. New Development / Working with Developers
7. Councils and Planning
8. Partnerships/ Networks
9. Advocacy
10. Capacity Building

Results

A total of nineteen Healthy By Design workshop evaluation forms were completed and returned.

Q1. I work in?

The majority of participants worked in either the health sector or local government. The remainder indicated they were from private practice, non government or other.

Q2. Primary field of work or study indicated?

There were participants from a range of council departments with the majority from the area of planning including statutory planning, landscape and community planning. A variety of health professionals were represented including health promotion, occupational therapy, community health and aged services. A Gannawarra councillor attended the workshop who is also a legal practitioner and a community member.

Q.3 List any key message you will take away from each presentation

Healthy By Design: a planners guide to environments for active living

Most comments were in reference to **physical activity/active transport** highlighting the need to promote the benefits of active transport including increasing play levels with a focus on older children, walking and cycling.

Physical activity does not have to be structured but can occur via providing conducive surrounds, but it was commented more needs to be improved in rural towns.

Public transport and accessibility is a real barrier for rural areas but should not be discounted.

Comments regarding **councils and planning** reflected the opportunities to implement Healthy by Design by advocating for the inclusion of health & well-being as an objective when planning acts are reviewed and councils adopting new walking strategies. There was comment that there are constraints on rural areas mainly due to lack of population mass and funding.

The **presentation** received considerable comment; while acknowledging Healthy by Design was a great initiative with many ideas, it was seen as a city point of view and metro focused. The presentation needs to be more relevant to rural communities with local examples.

Planning for a Healthy Future in Gannawarra

The key theme from this presentation was in regard to **councils and planning** in particular the need for councils to integrate plans including council plan, municipal public health plans, municipal strategic statement while addressing a range of issues such as environment, youth, leadership and community wellbeing. Community planning was a positive process within Gannawarra and there was interest in the tracks and trails strategy.

The **presentation** received very commendable comments in the fact that there are positive activities regarding planning and design happening locally.

Having a leader with a positive and enthusiastic attitude and strong team will see small things lead to bigger. There is a need to utilise external funding bodies to support rural communities to coordinate projects /activities together.

Workshop session, reviewing case study locations

Key messages from this session were under the theme of **partnerships and networks** and **capacity building**.

Partnerships were viewed as important and the link to other groups and projects will provide many perspectives. A team approach will bring a range of knowledge and proved to be an opportunity for all parties to build their capacity to consider options and understanding of issues that may be raised and what maybe solutions. The case study activity was a good way to apply the principles of Healthy By Design.

Building Healthier Communities

Key messages related to the **presentation, councils and planning and partnerships/networks. Safety access and connection** received a range of comments.

This presentation was well received as a council neighbouring the SMPCP catchment, raised interesting concepts, was thought provoking and generated discussion.

Councils need to think when planning to create towns with healthy, happy people and neighbourhoods old and new, attractive and revitalised. The planning process does have complexities but changes can be made via strategic process.

Partnerships and networks may have issues when involving all stakeholders but can be achieved by using a multidisciplinary approach including consultation and community involvement. All stakeholders will have to work together to build healthier communities.

Considering opportunities for connection options for people, accessible and safe will support healthier communities, this will also result in attractive environments.

Overall the key messages recurrent across the three presentations and case study were in regard to the presentation, councils and planning, partnerships/networks and advocacy.

Summary of all key messages (most to least):

Presentations:

- Future presentations must reflect regional or rural settings.
- Use local examples highlighting good local work.
- Presenters should be local leaders who are positive and progressive.
- Presentations should highlight resources, new concepts, be thought provoking and allow for discussion.

Councils and Planning:

- There are opportunities for Healthy By Design Principles to be incorporated into planning strategies and guidelines
- Community planning was a good opportunity to promote, advocate and incorporate healthy by design
- Councils can lead better planning outcomes by engaging stakeholders through a range of approaches
- Plans should be integrated to support implementation and effect on a range of social determinants.

Partnerships and networks

- Formed with a variety of stakeholders inclusive of local government, community, groups, developers and others
- Positives of partnerships include a range of views, opportunity to build capacity, problem solving, team work and ability to drive projects or initiatives.
- Negatives of partnerships can be the issue of engagement and the need to work together for progress.

Advocacy

- Advocacy is required for funding and to be able to implement initiatives.
- Community can advocate to include and implement Healthy By Design principles
- Advocacy requires a vision and leaders.

Capacity Building

- Working in partnership can build capacity of others in the partnership
- Providing/allowing different perspectives, raising issues, ideas how to solve problems
- Potential for change and different ways of doing things

Safety, access and connection

- Linking walking tracks/paths to parks, sporting centres, schools, main street, residential areas, community centres
- Environments that are attractive, safe and accessible for all users

Physical activity/active transport

- Be innovative in promoting/increasing people to use active transport (walking, cycling, play)
- Funding is required for tracks and public transport – can be a barrier in rural areas but should be pursued
- More needs to be done to promote and provide suitable environments

Health by Design Resources

- Valuable resource
- Using the seven principles ensures things are not overlooked
- Healthy by Design can be included in policy

New development/working with developers

- Opportunities for new development, not to stick with the same old styles
- Educate and provide guidelines for developers that have better impacts and benefits

Health

- Socially isolated individuals are at higher risk of chronic disease

Q4. How do you believe you may be able to implement Healthy By Design Principles within your work?

Participants said they could implement Healthy By Design principles through **council and planning, advocacy** and by **partnerships and networks**.

Actions within work environments can be by being involved in community planning processes, participate in steering committees for plans, development projects, recommend healthy planning and support local healthy planning strategies.

Advocate by promotion, newsletters, discussion, being involved, having a focus on a key issue and relate to the social determinants of health.

Working with partners and encouraging involvement from local government, health services and community groups.

Question five, six and seven provided additional information in general comments on the overall workshop, considerations for future workshops, key messages and how participants knowledge has increased.

Q5. What did you find most useful about the day?

General comments on the workshop indicate that participants liked hearing of the work being undertaken locally within Gannawarra and Campaspe Shires. The opportunity to hear what others are doing and that it is possible to make changes.

Future workshops should allow for networking, sharing information, seeing how healthy by design principles can be put in place and promote local work.

The workshop highlighted that:

- Good planning to encourage active living is vital for our communities' health & wellbeing of the future
- Healthy By Design principles can be implemented in lots of areas, schools, events, planning
- Local government can have an influence over developers.

The workshop has built the capacity of participants by providing ideas on how to implement and support healthy by design principles, increased understanding of planning principles and strategy options. One participant now has the ability to relate the core ideas to their studies.

Q6. What did you find least useful about the day?

Although there were minimal responses (n = 5) for this question the following points were made:

- Another workshop in twelve months would be a useful outcome from the workshop and allow for a report on changes that have occurred in the past twelve months

Q7. Do you have any other comments?

Overall the workshop was well received with praise for the venue, catering, program and presenters.

Other people that could be included in future workshops are students and surveyors and have future workshops in each local government area.

This workshop did raise awareness of good planning and design and opportunities for communities.

Additional information was collected throughout the workshop from the discussions and comments made toward and in summary of each presentation and case study.

The following table has been developed from the discussions throughout the day and noted on the whiteboard under the headings of **Key point** and **Issues to act on** and then aligned to the key messages that came through in the evaluation process. A further link has been made to the work being undertaken as outlined in SMPCP Strategic and Operational Plan 2009 – 2012, Promoting Healthy Lifestyle priority.

KEY POINT	ISSUE	ACTION	CONSIDERATIONS IN VIEW OF SUMMARY OF EVALUATION	CONSIDERATIONS IN VIEW OF PHL ACTIVITY
<ul style="list-style-type: none"> ▪ Cycling, walking, parallel routes →see as an advantage ▪ Connections→Safety, accessibility, reduce isolation 	Local work	What is happening in own shires?	Presentation <ul style="list-style-type: none"> • At future workshop present local initiatives that are supporting cycling, walking, connections Councils and planning <ul style="list-style-type: none"> • What council plans, strategies are in place Partnerships and networks <ul style="list-style-type: none"> • Who are partners/networks that support local work and their role Advocacy <ul style="list-style-type: none"> • How do you (individuals & agencies) influence improved connections 	Mapping: local cycling, walking, parallel routes plans and strategies Information sharing Consideration for future workshop
	Tracks and trails linkages	Promote track and trails in Gannawarra and the regional approach (Racecourse Lake)	Physical activity/active transport <ul style="list-style-type: none"> • Innovative promotion of tracks and trails • Increase promotion 	Add to Healthy Urban Planning Implementation Plan good examples HBD resources
<ul style="list-style-type: none"> ▪ Who else should be involved in plans? →Range of people – Social worker, OT, Community Development ▪ Strategies can be in place prior to developments 	Isolation of plans	Improve integration between health and council Actions connect to a variety of plans Identify ultimate goals	Capacity Building <ul style="list-style-type: none"> • Work in partnership to build capacity by having different perspectives Partnerships and networks <ul style="list-style-type: none"> • Engagement steps that will provide base for progress Council and Planning <ul style="list-style-type: none"> • Council lead engagement of partners 	Information sharing Consideration for capacity building activity/partnerships Identify champions

<ul style="list-style-type: none"> Links – Towns, Facilities, Groups and organisations Federal funds stimulate resources Team effort – Councils, community→good relationship, pride 	Support funding opportunities	Work together – council, health, and community Funding bodies speak to ‘us’	Partnerships and networks <ul style="list-style-type: none"> Formed with council, health, and community Ability to drive projects and initiatives Advocacy <ul style="list-style-type: none"> Requires a vision and a leader 	Planning cycles – IP Committee Mapping – evidence compiled Champions
<ul style="list-style-type: none"> Play grounds abilities →All 	Risk management	Not to be deterrent in development that supports physical activity Source examples of alternative view to risk management	New development/working with developers <ul style="list-style-type: none"> Educate and provide guidelines for developers that have better impact and benefits Healthy By Design Resources <ul style="list-style-type: none"> Use the seven principles to ensure issues are covered 	HBD Resource / toolkit
	Councillors perspective	Understand councillors points of views	Capacity Building <ul style="list-style-type: none"> Include councillors as stakeholders in group/meetings/activity to build understanding of councillors roles & perspectives 	Invite/engage councillors to workshops
<ul style="list-style-type: none"> Public transport priority in rural area →Aging population Small developers→Opportunity to influence More consideration for types of development in rural communities Accessible housing to match population 	Advocacy	Role for everyone How can we support and do this?	Capacity building Partnerships and networks Council and Planning Advocacy	Considerations for HBD Resource/Toolkit

<ul style="list-style-type: none"> Physical activity → If in early years continues throughout life 				
			Capacity building Advocacy	
	Review	In 12 months follow up with workshop presenters		Further Healthy Urban Planning Workshop