

FitNSW 2018 Highlights



Placemakers and Cityshapers: The pathway to active and healthy communities



**Thursday 15 March 2018
Aerial UTS Function
Centre, Sydney**



Background to FitNSW

FitNSW is an annual event bringing together multiple disciplines and sectors (health, urban planning, architecture and design, transport, development and community organisations) to showcase international and NSW best practice initiatives to encourage increased levels of active living. It is based on the annual Fit City conferences in the USA and focuses on how the design of the built environment can create opportunities for increasing physical activity, access to healthier food and improvements to health equity to build strong, healthy and sustainable communities. The inaugural FitNSW was held in 2014.

History

FitNSW 2014: Supportive Environments for Active Living: Collective Action and Next Steps

FitNSW 2015: Creating more walkable and liveable communities

FitNSW 2016: Supporting local communities to move more: Interagency strategies to reduce childhood obesity

FitNSW 2018: Placemakers and Cityshapers: The pathway to active and healthy communities

2018 Program

Opening address by **Fiona Morrison**, Commissioner Open Space and Parklands, Office of Open Space and Parklands, Department Planning and Environment.

Keynote Speakers

Welcome by Conference Chair, **Dr Peter Sainsbury** (pictured left).



Making Cities Healthy: Active, Low Carbon and Biophilic

Professor Peter Newman, Professor of Sustainability at Curtin University in Perth, Western Australia (pictured right)

Peter reflected on the broader challenges of creating active and healthy communities in urban environments, addressing transport challenges, walkability and the need to connect with the natural environment.

Shaping healthy liveable neighbourhoods in an era of loneliness

Lucinda Hartley, CEO of CoDesign Studio, urban designer and social entrepreneur

Lucinda unpacked how simple placemaking strategies can improve walkability, liveability and build community.

Walking in an Automated World

Amy Child, Associate at Arup, urban strategist and advisor specialising in transport and mobility

Amy explored the opportunities and risks associated with autonomous vehicles and their potential to disrupt the quest for creating active and healthy communities.

FitNSW 2018 attracted approximately 280 registrations across health, urban planning, built environment, transport, local government and community organisations representing keen interest across multiple disciplines and sectors.

Local Placemaking and Cityshaping Case Studies

Sydney Metro: Cityshaping infrastructure connecting Australia's biggest city

Phil Leijten, Acting Director, Place Making & Precinct Activation, Sydney Metro, Transport for NSW

Phil discussed Sydney's world-class metro and how it is being integrated within communities to ensure an easy, accessible and connected customer experience from door-to-door.

The Challenge of Creating Healthy and Active Communities: Bennelong Bridge connecting Rhodes and Wentworth Point

Rick Graf, Development Director, Billbergia Group

Rick presented on the stakeholder engagement undertaken for this project and the challenges associated with persuading stakeholders of the community benefits of private sector collaboration and innovation.

Transforming Public Spaces: Birriwa Reserve Outdoor Youth Space, Mount Annan

Tim Vyse, Senior Landscape Architect, Camden Council

Tim explained how Camden Council transformed a two acre drainage basin with a reputation for anti-social behaviour, vandalism and graffiti into an adventure haven and vibrant destination for children, teenagers and families.

The Greenway Journey: Creating a sustainable transport and urban environmental corridor through Sydney's Inner West

Nick Chapman, Greenway Place Manager, Inner West Council

Nick provided an overview of how the Inner West community and GreenWay councils have campaigned for 17 years to implement the GreenWay, as a best practice example of Sydney's Green Grid in action, despite numerous setbacks.

Creating healthy and active communities in NSW: Interactive panel discussion

This interactive panel discussion explored the opportunities, challenges, priorities and next steps across the planning, transport and health sectors to create active and healthy communities in NSW.

Panel members: **Councillor Philip Thalys**, City of Sydney; **Peter Poulet**, Government Architect NSW; **Bryan Willey**, Director, Better Movement and Places, Future Transport, Transport for NSW; **Stephen Moore**, Director, Urban Design, Roberts Day. Facilitator: **Dr Peter Sainsbury**.

Summary and closing remarks by **Dr Jo Mitchell**, Executive Director, Centre for Population Health, NSW Ministry of Health.

“Congratulations on a fantastic selection of presenters.”

“Very useful. Very informative. Thought provoking.”

“An excellent event canvassing a range of views and perspectives.”

“The discussions were very interesting and informative.”

“It exceeded my expectations!”

“Thank you for an inspiring day.”

Videos and presentations are available at:
www.activelivingnsw.com.au/fitnsw/fitnsw-2018/

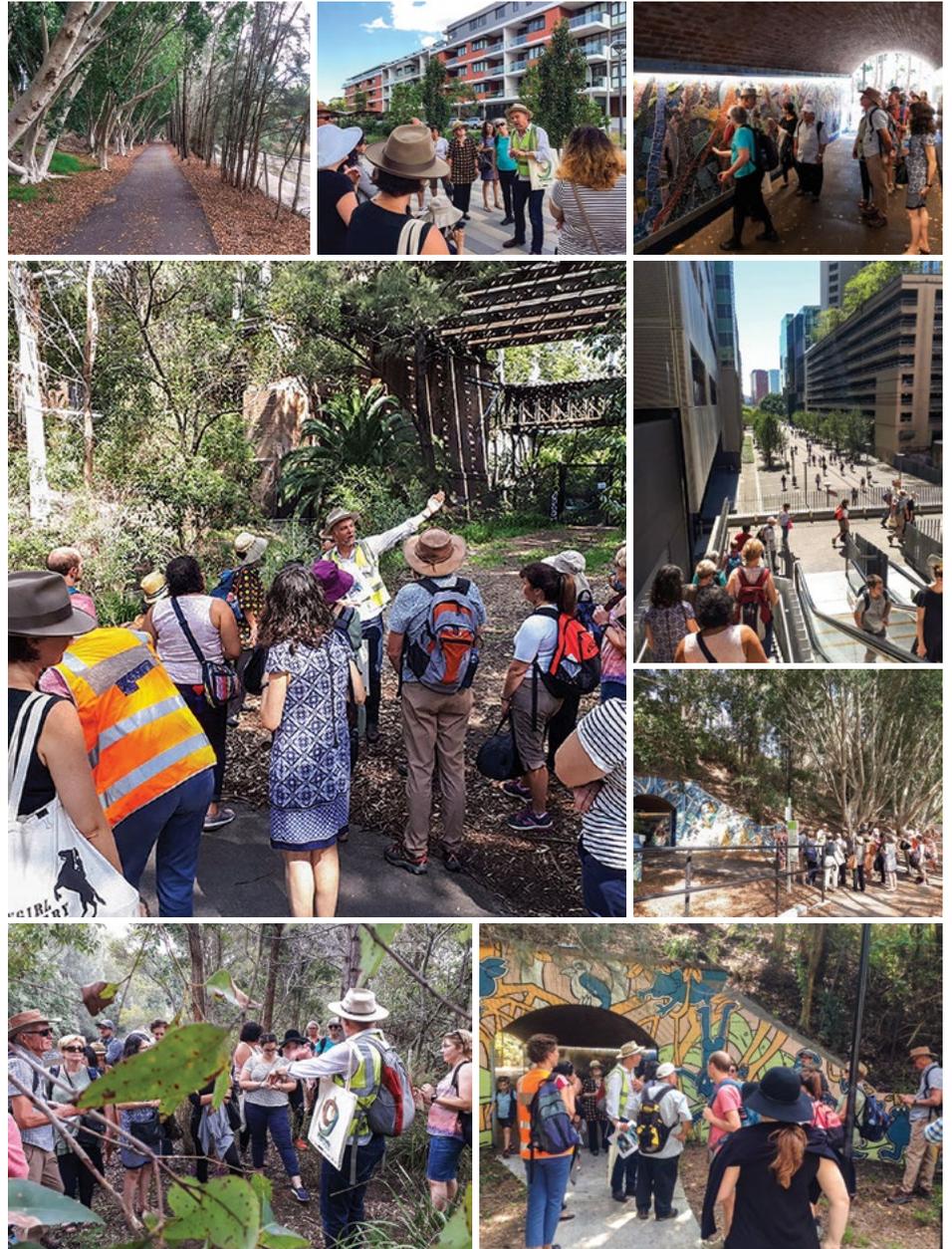
About Active Living NSW

Active Living NSW is a partnership between the National Heart Foundation and the NSW Ministry of Health to support active living and healthy built environments across NSW. It continues on some of the key pieces of work previously undertaken by the NSW Premier's Council for Active Living (PCAL) before it concluded at the end of 2016 and supports the physical activity and healthy built environment deliverables of the NSW Ministry of Health's Healthy Eating and Active Living (HEAL) Strategy.

Walkshop

The GreenWay Tour

The FitNSW conference was followed by a walkshop: The GreenWay Tour - a sustainable transport and urban environmental corridor through Sydney's Inner West, led by **Nick Chapman**, Greenway Place Manager, Inner West Council.



Visit the website:
www.activelivingnsw.com.au



Stay tuned for FitNSW 2019...