Planning for Active Communities and Healthy Built Environments

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1 August 2018
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Who

- partnership between NSW Ministry of Health and Heart Foundation
- established April 2017

Role

- support delivery of:
  - NSW Healthy Eating and Active Living (HEAL) Strategy 2013-2018
  - Premier’s priority to reduce childhood obesity
- support Councils and LHDs to create healthy built environments in NSW

History

- Premier’s Council for Active Living (PCAL) 2004-2016
- NSW Physical Activity Taskforce 1996-2002
FitNSW

- annual conference showcasing best practice built environment and planning initiatives to encourage increased levels of physical activity
- brings together multiple disciplines (health, planning, transport and industry)
- inspired by New York City annual Fit City conferences which commenced 2006
History of FitNSW

2013
Integrating Health, Active Travel and Land Use Planning

2014
FitNSW: Supportive environments for active living - collaborative action and next steps

2015
FitNSW: Complete Streets - They are not just streets, they are threads that weave a sustainable, active place

2016
FitNSW: Supporting local communities to move more: Interagency strategies to reduce childhood obesity
FitNSW 2018
15 March 2018
Placemakers and Cityshapers: The pathway to active and healthy communities

Stay tuned for FitNSW 2019
Implementing Healthy Eating and Active Living (HEAL)

- support Councils and LHD’s to integrate HEAL into Integrated Planning and Reporting (IP&R) frameworks
- capacity building and advocacy
Healthy Built Environment Workshops

- Tamworth Regional Council: 12 Dec 2017
- City of Canada Bay Council: 11 April 2018
- Penrith City Council: 1 May 2018
- Shoalhaven City Council: 24 May 2018

- More workshops coming...
More Information

- Monthly newsletters (register on our website)
- Contact details
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