

Sustainable, healthy urban development: health working with others

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Cities globally

- 55% of population live in them
 - Many are healthy
 - Many are not
 - Many are vulnerable
- 85% of GDP produced in them – not evenly and often not safely
- 70% of energy used and GHGs produced in them
- Are very complex (eco)systems

Climate
change

People

Health

Politics

Cities

Culture

Equity

Economics

Technology



‘Health’ is an interventionist discipline

- We help individuals to be healthier
- We create environments that make it easy for individuals to be healthier



Features of the city

- Urban sprawl
- Land zoning
- Freeways
- Neglect of public space
- Neglect of public transport
- Car dependency
- Loss of peri-urban agricultural land
- Inadequate or late infrastructure and services



Features of the streets

- Loss of grid street patterns
- Cars – moving and parked
- Loss of pavements
- Unfriendly building facades
- Antisocial behaviour
- Loss of 'life between buildings' and 'eyes on the street'



Effects on physical activity

- Less manual work
- Less daily physical activity
- Less use of public transport

Effects on the food supply

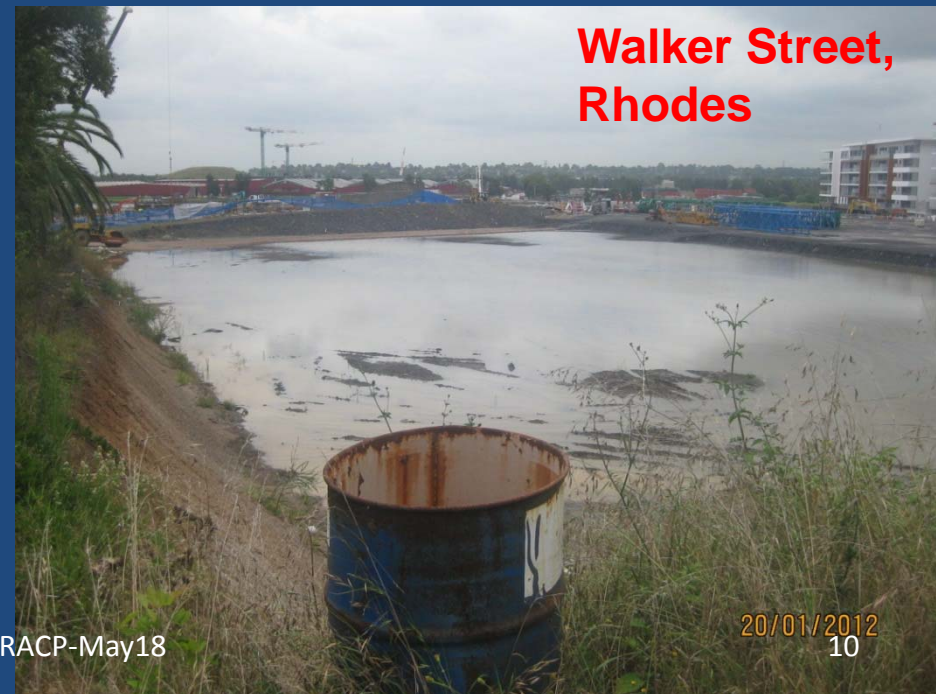
- Less home growing, cooking and eating
- Less local production
- More restaurants, fast food and take away
- More food miles

Effects on social life

- Less life on the streets
- More perceived danger – home & streets
- Distancing work, education and home
- More commuting
- Less family time
- Less community identity and mixing

Effects on the environment

- Fossil fuel consumption: air pollution; carbon gas emissions; climate change
- Consumption of scarce natural resources
- Damaging storm water run off
- Urban 'heat islands'
- Loss of biodiversity
- Waste generation



Healthier built environments

- Limit sprawl
- Medium-high density communities
- Mixed use neighbourhoods
- Reduce car dependency
- Active transport: walking, cycling, mass transit
- Grid street patterns
- People friendly streetscapes
- Well maintained public space
- Retain agricultural land and community gardens
- Environmentally sustainable buildings



the Carbon-Free City Handbook

1. Buildings
2. Transportation and mobility
3. Electricity
4. Industry
5. Biological resources



Mitigation	Environmental benefits	Health benefits
Energy efficient buildings	Less fossil fuels used Cleaner air Less damp & mould	Less resp. & cardiovasc. disease Less infect. disease
Better public transport	Cleaner air; less CO2	More activity Fewer RTAs
More (local) fruit and veg Less meat	Less water & oil used Less deforestation	Less CVD and cancer
More green space	Less UHI effect Less run off: floods Less pollution	More activity Better mental health More social activity
Waste management	Less landfill Less pollution	Less infectious disease

Adaptation	Environmental benefits	Health benefits
Early warning systems	Less environmental damage	Less death and injury Less post-disaster disease
Resilient hospitals	Less infrastructure damage	Better services for patients

What have we done?

1. Input to local and state governments on planning policies and development plans
2. Health impact assessments (HIA) on planning proposals
3. Partnerships with local councils on specific projects
4. Partnership with NSW Housing on regeneration of public housing estates
5. Worked with disadvantaged and affected communities
6. Evaluated health changes after plans implemented
7. Research on health's inclusion in planning processes
8. Looked at our own facilities and services

Healthy Urban Development Checklist

A guide for health services when commenting on development policies, plans and proposals



NSW HEALTH

- Food
- Physical activity
- Housing
- Transport
- Employment
- Community safety
- Public open space
- Infrastructure
- Social cohesion
- Air, water, vectors
- Env. sustainability

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Creating change isn't easy



Remember

- We have sufficient information
- We have sufficient technology
- We have sufficient money
- We don't have the collective decision making capacity



URGENCY URGENCY URGENCY

But the laws
of physics
don't
negotiate

Take away messages

- Cities influence human health
- Cities are major influences on climate change
- Climate change damages human health
- Climate change affects cities
- Health services and workers are mostly in cities
- We can build healthier, environmentally sustainable cities
- Doctors can and should play a significant role