

Tasmanian Active Living Coalition

activelivingcoalition@health.tas.gov.au



Department of State Growth

consultation@stategrowth.tas.gov.au

ATTN: Refreshing Tasmania's Population Strategy Consultation Paper January 2023

Subject: Refreshing Tasmania's Population Strategy

Thank you for the opportunity to provide feedback on the Consultation Paper for Refreshing Tasmania's Population Strategy. On behalf of members of the Tasmanian Active Living Coalition please find a consultation submission attached in response.

The Tasmanian Active Living Coalition works together to influence and inform policies, decisions and strategies encouraging the creation of active living environments, food security and social inclusion benefiting health and wellbeing.

Yours sincerely

Associate Professor Verity Cleland

TALC Chair

(03) 6226 4603

verity.cleland@utas.edu.au

Date: 22 June 2023

Tasmanian Active Living Coalition

Submission to Refreshing Tasmania's Population Strategy



Contents

Introduction	4
About the Tasmanian Active Living Coalition	4
Definitions.....	5
The Importance of Integrating Health and Wellbeing in all Policies	6
TALC Responses to Objective 1.....	7
1. In the next five to 30 years, what liveability related issues do you see impacting your sector, or the community you live in?	8
1.1 Increasing physical activity	8
1.2 Neighbourhoods designed for active living	9
1.3 The importance of public open spaces	11
1.4 The importance of urban greening	11
2. What in your view are the top two opportunities which have the potential to increase liveability? Please share potential partnerships and other approaches that could assist in progressing these opportunities.....	13
2.1 Joined up planning	13
2.2 Social Infrastructure.....	14
3. How could all levels of government, business and community organisations work together to design and plan services to improve liveability?	16
3.1 Implementation	17
References	19
Appendices.....	21

Introduction

The Tasmanian Active Living Coalition (TALC) welcomes the opportunity to submit feedback on *Refreshing Tasmania's Population Strategy* (the Strategy)

The objective of TALC's submission is to highlight the importance of joined up planning and social infrastructure.

The rationale and supporting evidence is detailed throughout the submission with a reference list attached. Individual TALC members have contributed to this submission and may have also made separate submissions on behalf of their organisations.

This submission has been approved by TALC's Chair and endorsed by TALC's membership.

About the Tasmanian Active Living Coalition

TALC is an independent, not-for-profit coalition made up of representatives from a broad range of non-Government and Government organisations with an interest in active living.

TALC members work together to influence and inform policies, decisions and strategies encouraging the creation of active living environments.

TALC's aim is to lead, support and promote the creation of environments supporting active living, and to add value by providing a mechanism for an integrated approach and potentially drive behaviour change in relation to active living.

TALC's purpose is to:

- translate evidence into policy and practice;
- build on existing partnerships and develop new partnerships as required;
- raise the profile of active living;
- support, advise and advocate for improvements in the built and natural urban environments including improved access to our parks and open spaces;
- provide advice for consideration by the Premier's Health and Wellbeing Advisory Council; and
- highlight the importance the built and natural urban environments play in active living.

TALC supports the future sustainable focus of the *Refreshing Tasmania's Population Strategy* acknowledging the need to increase the population, especially in the 0-44 years age group, whilst at the same time supporting the community through increased challenges resulting from population growth such as congestion, social cohesion, timely supply of government services and minimising environmental impacts.

Definitions

The following terms used by TALC are defined as

Active living - a way of life that integrates physical activity into daily routines (Heart Foundation, 2016).

Active travel or active transport - travel modes that involve physical activity such as walking and cycling and includes the use of public transport that is accessed via walking or cycling and may allow for integration of multi-modal transport in the course of a day (Heart Foundation, 2016).

Built environment - the structures and places in which we live, work, shop, learn, travel and play, including land uses, transportation systems and design features (National Heart Foundation of Australia, 2017a).

Food security - the ability of individuals, households and communities to physically and economically access food that is healthy, sustainable, affordable and culturally appropriate. The domains of food security include supply, demand, utilisation and access (financial and physical) (Heart Foundation, 2016).

Health - a state of complete physical, mental and social wellbeing and not merely the absence of disease (World Health Organization, 2022a).

Liveability - a liveable community is one that is safe, socially cohesive, inclusive and environmentally sustainable. Highly liveable areas provide affordable housing that is well serviced by public transport, walking and cycling infrastructure (Department of Agriculture Water and the Environment, 2021). They have good access to employment, education, shops and services, public open spaces, and social, cultural and recreational facilities (Department of Agriculture Water and the Environment, 2021).

Physical activity - any bodily movement produced by skeletal muscles that requires energy expenditure encompassing all movement during leisure time, for transport to get to and from places, or as part of a person's work (World Health Organization, 2022b).

Social inclusion – is a term used to describe how government, community, business, services and individuals can work together to make sure that all people have the best opportunities to enjoy life and do well in society. It is about making sure that no one is left out or forgotten in our community (Social Inclusion Unit, 2008).

Wellbeing – mental health is a state in which an individual can realise their own potential cope with normal stresses, work productively and contribute to their community (World Health Organization, 2022a)¹.

¹ TALC acknowledges that Tasmania will likely develop its own definition of wellbeing as part of the development of Tasmanian Health and Wellbeing Framework.

The Importance of Integrating Health and Wellbeing in all Policies

Improving health and wellbeing by supporting Tasmanians to live active lives requires a coordinated approach across government agencies and sectors as called for in the World Health Organization's (WHO) 'Health in All Policies' approach to preventative health (World Health Organization, 2018c). In Tasmania, key existing policies which reference active living and are relevant to planning are detailed as follows to provide context and background to the existing policy landscape.

The *Tasmania Statement* supports the connection between health and wellbeing enhanced by natural open spaces. It further notes the opportunities available as Tasmania grows to plan communities to create healthy, liveable and connected spaces (Premier's Health and Wellbeing Advisory Council, 2021). The *Tasmania Statement* creates an authorising environment for those working within the Tasmanian Government to support health and wellbeing considerations within the planning scheme.

The *Healthy Tasmania Five Year Strategic Plan 2022-26* advocates for a health in all policies approach, including an analysis of the systems outside the health sector which influence the health status of populations (Department of Health and Human Services, 2022). The plan focuses on systems and supporting active living initiatives, particularly through planning and building places that support health, wellbeing and physical activity, and by building infrastructure that makes walking, cycling, accessibility, and public transport safe and viable alternatives to driving (Department of Health and Human Services, 2022). This builds on earlier work under *Tasmania's Plan for Physical Activity 2011-2021* which aimed to 'create built and natural environments that enable and encourage physical activity' (Department of Infrastructure, 2010).

In 2016, a Tasmanian Joint Parliamentary Select Committee Inquiry into Preventative Health Report outlined key findings and recommendations. The Heart Foundation previously highlighted the report's key findings and recommendations in relation to active living in its 2016 *Representation to the Final Draft State Planning Provisions* as follows (Heart Foundation, 2016):

Executive summary (page 2)

'The Committee recognises the link between health and the built environment. Liveability principles must be embedded in all Government policy decisions relating to the built environment including but not limited to transport, infrastructure and land use planning.'

Recommendation 3 (k) in relation to a preventative health strategy (page 4):

(k) The importance of active lifestyles, healthy eating and physical activity to improve the

health and wellbeing of Tasmanians.

Recommendation 4 (page 4)

4. The Government's health and wellbeing policies are reflected in the Tasmanian Planning System and transport infrastructure policy.

- a) Government adopts a state-wide planning policy that ensures liveability principles are embodied in all planning decisions;*
- b) Government ensures transport infrastructure planning and policy decisions embody liveability principles; and*
- c) Provisions in the new state-wide planning scheme give consideration to active transport links (e.g. walking and cycling), especially within and between urban communities.*

Findings (page 8):

22. The built environment is a significant contributor to improving longer term health and wellbeing outcomes.

23. There is a need to recognise the link between health and the built environment, and this needs to be embodied into State policy and the TPS.

The planning system also operates alongside a number of developing frameworks and strategies in Tasmania including: *Health and Wellbeing Framework; Sustainability Framework, Future of Local Government Review (including Local Government in the 21st Century); Population Strategy; and 30 Year Greater Hobart Plan* all of which will have strong links to health and wellbeing of Tasmanians.

The principal interest of TALC is for the planning system to enhance (and not hinder) active living (including physical activity and active travel), social inclusion and access to healthy food for community health and wellbeing. TALC has made submissions to the Tasmanian Planning System (TPS) and the State Planning Provisions and those submissions are Attachments A and B respectively.

TALC Responses to Objective I

For this submission TALC will focus on *Objective I Enable planning arrangements that improve liveability* as being within the TALC remit. Other objectives are considered outside of TALC's scope and are best left to others for comment.

The planning system within Tasmania is a key mechanism for applying healthy planning principles to the built environment to create liveable locations which promote physical activity, healthy eating and social connection. TALC provides the following responses to the consultation questions.

I. In the next five to 30 years, what liveability related issues do you see impacting your sector, or the community you live in?

I.1 Increasing physical activity

Planning arrangements that provide opportunities to increase physical activity levels are fundamental for good physical and mental health and wellbeing which are supportive of liveability. Physical activity can help prevent heart disease, type two diabetes, numerous cancers, dementia, weight gain, gestational diabetes, and anxiety and depression (Bellew et al., 2020). Being physically active improves sleep and improves brain function at all ages (Bellew et al., 2020).

Despite this, almost half of all Tasmanians aged 18 and over do not do enough physical activity for good health (Australian Bureau of Statistics, 2016). Tasmania is below the national average and is ranked sixth out of the eight states and territories (Australian Bureau of Statistics, 2016).

Internationally, the World Health Organization's *Global Action Plan on Physical Activity 2018-2030* has as one of its four key pillars a priority focus to 'Create active environments' (World Health Organization, 2018). This includes strengthening the integration of urban and transport planning policies, delivering highly connected neighbourhoods to support active and public transport, improving walking and cycling network infrastructure, accelerating implementation of policy actions to improve road and personal safety for active and public transport users, strengthening access to public and green open spaces, and strengthening policy, regulatory, and design guidelines and frameworks.

The International Society for Physical Activity and Health recommend eight key investments to address physical inactivity (International Society for Physical Activity and Health, 2020). The eight investment areas are the evidence-based domains where Governments and organisations can get the best return on investment to improve health and wellbeing through increasing physical activity. Of the eight identified domains, those that can be directly influenced by planning policies include: active transport, active urban design and workplaces (International Society for Physical Activity and Health, 2020).

The Planning Institute of Australia (Tasmania) noted in their submission to the Tasmanian Planning Policies (TPPs) Scoping Paper the following which is supported by TALC

On an international level, the United Nations Sustainable Development Goals (SDGs) were adopted as a "blueprint to achieve a better and more sustainable future for all". While the SDGs are intended to be achieved by 2030, they provide a holistic summary of the elements which contribute to planning and building of sustainable communities. By aligning the TPPs with the relevant SDGs, this allows for the work of planners to contribute to a more sustainable world, and guidance of how planners can direct

efforts to a more sustainable future in line with a coherent framework adopted by government and business alike.

Incorporation of SDGs into strategic planning is not novel in Australia; a recent example is Victoria's new Guidelines for Precinct Structure Planning, which interlinks the SDGs with planning principles. Similarly, the Tasmanian Government's recent commitment to the recommendations from the Premier's Economic & Social Recovery Advisory Council (PESRAC) demonstrates clear linkages to the aspects covered by the SDGs. In addition, the PESRAC report clearly recommends alignment of its Sustainability Vision with the SDGs I , and support for government wide adoption of the SDGs. (Planning Institute of Australia, 2021)

Nationally, the Heart Foundation's *Blueprint for an Active Australia* states 'reshaping the built environments in which most Australians live, work, learn and recreate can significantly increase daily physical activity levels. Community and neighbourhood design impacts on local walking, cycling and public transport use, as well as on recreational walking and physical activity' (National Heart Foundation of Australia, 2019). The *Getting Australia Active III* report identified eight policy domains for systems level action on physical activity, notably transport, the built environment, and workplaces (Bellew et. al., 2020).

It is within this context of national and international best practice evidence that TALC asserts the planning system can make a powerful contribution to the liveability of the Tasmanian community. Other co-benefits of environments supporting liveability include economic growth, strengthening communities, environmental sustainability/climate change mitigation, and safety.

1.2 Neighbourhoods designed for active living

The Heart Foundation's *2020-21 What Australia Wants* survey measured community sentiment around qualities of active neighbourhoods and support for initiatives to increase infrastructure for physical activity in and around neighbourhoods (National Heart Foundation of Australia, 2020). Tasmanians expressed a desire to live close to shops and amenities, and in a safe area that is quiet and away from main roads. Tasmanians prioritise access to healthy food, housing diversity and a sense of place (that is, safety, community, natural elements as the most important design features) (National Heart Foundation of Australia, 2020). The report noted only 31% of Tasmanians believe their neighbourhood helps them a lot in being active (National Heart Foundation of Australia, 2020). Support for government investment in active infrastructure (67%) and public transport funding (64%) was strong, as was support for speed limit reductions in neighbourhood streets (59%) (National Heart Foundation of Australia, 2020). Being close to amenities, shops and services, safety/low crime, and having fresh food close by were important considerations for Tasmanians when deciding where to live. However, the results also indicate these attributes are not always accessible to Tasmanians and should be embedded within the planning system.

In 2021, Place Score ran the Australian Liveability Census, the largest social research project in Australia which included 3,200 records gathered from community members in Tasmania (Malshe et al., 2021). The census explored what was most important in terms of neighbourhood liveability and current performance (Malshe et al., 2021). Ideas for improving local neighbourhoods were collected and included improving walkability to local amenities and open spaces (Malshe et al., 2021).

Nationally, walking/jogging/bike paths connecting housing to community amenity was selected as being most important to their ideal neighbourhood by 55 per cent of respondents, again highlighting the value placed on liveability and the built environment by communities.

TALC supports the strategies aiming to increase travel mode choices, expand public transport services and design subdivisions which encourage walking, cycling and public transport use. TALC is supportive of planning regulations which recognise carparking as a key travel demand management measure, and appropriately manage carparking provision to support a modal shift. Car parking proportionate to the hierarchy of the area to rationalise its role according to the degree to which the area is serviced by public transport and walkable from surrounding catchment areas (i.e. residential areas accessing local shops and activity centres). A liveable Streets Code could achieve many of these aspects (Heart Foundation, 2016).

Such a code would support active travel through provisions including standards for footpaths suitable for walking and requirements for safe cycling infrastructure. In addition, retrofitting streets to encourage active transport and requiring new developments to build active transport infrastructure is also supported by TALC as an important aspect of liveability. The Bellerive Specific Area Plan within the Clarence Local Provisions Schedule of the Tasmanian Planning Scheme is a good example of this. It provides for an activity centre for the surrounding area and emphasises good urban design and pedestrian prioritisation, encourages car parking though this is off street rather than dominating street frontages and to be consolidated in internal areas. To encourage liveability and support optimal health, car parking should be proportionate and in some instances reduced where it compromises walkability and optimal pedestrian environments, particularly in activity centres.

Equity of active transport options is an important consideration which can be influenced through planning. Active transport infrastructure catering to all ages and abilities so it removes the need for separate consideration for young people, migrants, older people or people with disabilities should be considered. This includes infrastructure supporting accessibility such as shelters; seating; park and ride facilities; visible and shaded pedestrian connections; reducing cost burdens on Council's due to maintenance of such infrastructure through implementing this in tandem with medium density infill in existing areas (i.e. urban renewal) and increased density in newly developed areas without compromising quality, effectively enabling an adequate rates base to provide quality maintenance of

such infrastructure (i.e. street trees, water sensitive urban design, accessible design of walkways, pedestrian crossings, ramps, etc).

As growth on the urban fringe increases so the need for active transport connections to public transport hubs outside of town centres will continue to be required.

1.3 The importance of public open spaces

Access to public open space (POS) is a key aspect of liveability which was demonstrated during the COVID-19 pandemic. POS includes spaces that are freely accessible to everyone such as streets, squares, parks, such as streets, squares, parks, natural features, landmarks, building interfaces, green spaces, pedestrian and bike ways, and other outdoor places (National Heart Foundation of Australia, 2017a). The quality of the POS influences how much time people spend being active or in nature, both of which directly influence health and wellbeing. Public areas that are aesthetically pleasing, safe, clean and comfortable attract people to the area thus leading to increased walking, cycling, and opportunities for social interaction. The Heart Foundation's Healthy Active by Design framework reports that residents with larger neighbourhood parks within 1600 m engage in 150 minutes more recreational walking per week than those with smaller parks (National Heart Foundation of Australia, 2017a). Research links physical activity in or near green space to important health outcomes including obesity reduction, lower blood pressure and extended life spans (Davern et al., 2017). Sufficient provision of POS including parks and reserves, sporting facilities, community gardens and greenways is important in supporting opportunities for being active.

The responsibility for public open spaces (POS) currently falls to individual Council Policies under the Local Government (Building and Miscellaneous) Act 1993, which lacks consistency and transparency for stakeholders. TALC has made submissions on the Tasmanian Planning Policies (TPPs) recently calling for the inclusion of policies specific to the provision of POS. Another key challenge is Council being able to maintain open space. If a contribution for open space is made when a Developer submits plans to Council, Council must be able to maintain that open space long term and there may be greater potential to do so through adequate rates of the area (i.e. slightly greater density without compromising on quality of design).

1.4 The importance of urban greening

Related to POS is urban greening. A growing body of evidence demonstrates urban green spaces, such as parks, playgrounds, and residential greenery, help keep cities cool, act as places of recreation, support physical activity and improve mental health (Byrne, 2021, National Heart Foundation of Australia, 2019, Davern et al., 2017). All of this contributes to a sense of wellbeing for individuals and communities.

TALC has previously provided comment on the lack of opportunities to encourage green infrastructure under the State Planning Policies (SPPs) and through local councils. Research indicates urban greenery including trees, vegetation and green surfaces (e.g., roofs and facades) can act as mechanisms for cooling within cities, helping mitigate the urban heat island effect and climate change (Davern et al., 2017). Urban greenery can reduce temperatures by 1- 4 °C (Davern et al., 2017).

The TALC has strong interests in mitigation of the urban heat waves through built environment measures given city dwellers are at risk and more Australians have been killed by heat waves than all other natural hazards (Perkins-Kirkpatrick et al., 2016), as well as both heat waves and urban heat islands will be worsened by climate change. Furthermore, some demographic groups are vulnerable such as older people, those with pre-existing medical conditions, and those with a physical disability (Paravantis et al. 2017; Hatvani-Kovacs et al. 2016; Pyrgou 2018;). Those of lower socioeconomic position will also be more impacted by heat waves. The Tasmania Statement also recognises the link between climate change and poverty both for current and future generations. Evidence identifies in addition to greening, there are a series of other measures to reduce the urban heat island effect within the realm of urban planning and design.

With the expected population growth, ensuring that should infill occur within existing areas, TALC strongly supports adequate public open space and greening is in place to ensure density does not outpace quality. Supply of open space could be estimated according to demand (i.e. types of open space for families, older persons etc) and the capacity to provide and maintain this. This is similar to consideration of 'carrying capacity' in environmental policy of a landscape, considering the 'carrying capacity' of urban areas to support population density and increase so as not to exceed 'planetary boundaries' and in turn encroach on other important land (i.e. agricultural, environmental) that is supplying food and ecosystem services.

The existing Tasmanian Planning Scheme (TPS) does not encourage urban greening as there is no requirement for landscaping to be provided in developments or subdivision in the residential zones.

TALC recommends the TPPs include policies specific to the provision of landscaping to provide for urban greening in residential and commercial areas particularly in street reserves and specifies the manner the policies are implemented in the regional land use strategies and the TPS to help realise the consistent application of those policies.

2. What in your view are the top two opportunities which have the potential to increase liveability? Please share potential partnerships and other approaches that could assist in progressing these opportunities.

2.1 Joined up planning

The way the environment is planned, designed and built can directly affect the health and wellbeing of people who use and inhabit the space. A series in *The Lancet*, one of the world's top-ranking medical journals, *Urban Design and Transport to Promote Healthy Lives* recognises the importance of the built environment for active living (Goenka and Andersen, 2016). The series recommends creating compact cities that locate shops, schools, other services, parks and recreational facilities, as well as jobs near homes, and providing highly connective street networks making it easy for people to walk and cycle to places (Goenka and Andersen, 2016). The Heart Foundation of Australia's *Healthy Active by Design* framework (National Heart Foundation of Australia, 2017a) notes 'planning for active living calls for a commitment to applying healthy planning principles to all levels of the planning system, at every stage of the planning process and in every planning project and policy initiative' (National Heart Foundation of Australia, 2017a).

There are many co-benefits of improving planning for active living including reductions in greenhouse gas emissions, improved air quality, reduced traffic congestion, more sustainable infrastructure, increased economic productivity, improved social capital and more liveable towns and cities (Goenka and Andersen, 2016).

The COVID-19 pandemic has required people to stay close to home, further highlighting the importance of how the built environment can support liveability. The living with COVID-19 landscape provides a unique opportunity to prioritise the development of built environments supportive of liveability by embedding these principles within the TPPs.

TALC supports prioritising infill development and consolidation, maximisation of existing physical infrastructure and active transport modes. TALC provides the following key research findings on active living, with reference to density and distances between homes and amenities to further support this position.

- Research indicates two key factors encourage walking for transport: 'the connectivity of streets (more intersections, fewer big blocks) and a high number of local living destinations, such as supermarkets, shops, parks and public transport, within 1600m' (Giles-Corti et al., 2017).
- A strong body of evidence confirms the association between higher residential density (and the associated mixed land uses) and increased transport walking across all age groups. The

association is particularly evident in adult populations. Moreover, living closer to shops and services is a consistent predictor of walking, both for transport and recreational purposes, for all age groups (Giles-Corti et al., 2012).

- Other factors associated with increased active travel include safety from traffic, well-lit streets and the presence of footpaths (Sallis et al., 2012).
- Higher population and residential densities are associated with increased physical activity. There is significant research evidence linking higher residential density and mixed-use planning and walking, across all life stages (National Heart Foundation of Australia, 2017b).
- Studies also show the prevalence of using public transport is associated with higher residential density and a greater availability of walkable destinations (National Heart Foundation of Australia, 2017b).

The quality of design in denser areas to optimize health and wellbeing outcomes should also be considered. Doing so would help to facilitate outcomes such as adequate soil zones to enable trees; open space of a suitable aspect to enable year-round solar access for both recreational use and growing of local produce; and ensuring adequate green infrastructure and surface permeability in new infill development to reduce heat entrapment and optimise health outcomes.

In addition to the above, and more broadly, given the Consultation Paper notes population targets are occurring more rapidly than expected, naturally this may create demand for more land release. Degrees per century climate projections should be reviewed and data providing overlays in the Planning Schemes analysed to consider whether adequate protection of land either developed for residential purposes or to be development for residential purposes is adequately buffered against projections of sea level rise, storm surge, bushfire and other climate hazards.

2.2 Social Infrastructure

Appropriate social infrastructure can positively impact liveability. The integration of public and active transport networks with social infrastructure, location of social infrastructure close to residential areas and supporting mixed use of existing recreational, education and community facilities as examples.

TALC notes the importance of social infrastructure to support social inclusion in Tasmanian communities. The *Tasmanian Joint Parliamentary Select Committee Inquiry Into Preventative Health Report* identified social inclusion as a key social determinant that impacts on health (Parliament of Tasmania, 2016). The report highlighted the importance of a focus on implementation of measures increasing social inclusion across all government agencies (Parliament of Tasmania, 2016).

In relation to housing, the *Appendix* notes Tasmania has less diverse housing compared to other jurisdictions yet population targets exceed projected timeframes. TALC supports consideration

should be tailored to population change and the impact on housing stocks. Changes in population should be considered as it grows and the types of households driving demand for housing types, giving consideration as to the profile of current stock and the degree to which this matches demand for household types (i.e. lone person households, family households, stock for those entering the market, opportunities for downsizing and 'empty nesters'). This rationalises land use and enables well designed density, concurrently improving housing affordability and in turn liveability. Evaluating the degree to which price points of new and existing housing supply match household incomes and policy and regulatory levers to manage supply side strategies (i.e. grants, tax concessions, shared equity arrangements, social inclusion policies) should also be considered.

Furthermore, given the consultation paper mentions the gender pay gap and one in three women retire without superannuation, consideration of supply side measures such as shared equity schemes targeted to supporting these demographics (i.e. new housing for older single women), to be supported by a cost benefit analysis.

Population growth (actual and targeted) should be linked to population growth with updates to targets for supply and demand with cohorts linked to suitable housing stock and location types (i.e. families within proximity to activity centres with schools and open space).

The way density is designed should account for the varying needs of different population groups. Designing and locating safe, affordable, well-connected, higher density housing options is important for different age groups to be able to access the housing market appropriate for their lifestyle and situation (Stone et al, 2013). Providing a diversity of housing options increases the likelihood people of lower socioeconomic backgrounds have convenient access to public transport, health services, schools and employment opportunities (The Stone et al, 2013). Ensuring people can work close to where they live will provide more equitable access to employment and services.

The quality of the public realm influences whether people feel safe and comfortable in that area as well as opportunities for social interaction, particularly for women and children. Design of the public realm supports social inclusion through taking into account how that space operates during different times of the day, with different demographics using it, and across all seasons of the year (Hulse et al., 2011).

Feeling unsafe in public spaces has a significant impact on whether residents, specifically women, the elderly, people with a disability or chronic health condition/s, and young children are prepared to use them. Designing spaces which support activities attract more people and promote the perception they are orderly and peaceful, can be important for social groups in enhancing active living opportunities, and support overall community liveability (Hulse et al., 2011).

It is important to **consider the role of the built environment on mobility limitations and disability to ensure accessible movement networks are created and maintained.** This will support older adults to age in place and improve quality of life through the encouragement of participation in physical activity, exposure to the natural environment, and social interaction with friends and neighbours (Hulse et al., 2011). All important components of liveability.

Access to local opportunities for physical activity for exercise, recreation or active transport supports social inclusion and builds a sense of community connectedness beneficial to health and wellbeing (National Heart Foundation of Australia, 2019, National Heart Foundation of Australia, 2017a). This is particularly important in Tasmania's aging population. The Heart Foundation's *Healthy Active by Design* resource asserts **'an essential part of good governance is embedding a socially inclusive and respectful approach to older people into policies and processes'** (National Heart Foundation of Australia, 2017a). This principle serves as an example of how good planning can impact on the social determinants of health in the Tasmanian context. The design of the places we live, work and play must be inclusive of all community members.

The planning system can act as a mechanism to enhance social inclusion by ensuring the provision of safe, affordable, well-connected, higher density housing options, access to public open/green space, safe and enjoyable active travel networks to a variety of destinations with a focus on equity and inclusion (Heart Foundation, 2016, National Heart Foundation of Australia, 2019, Hulse et al., 2011).

Finally, it is critical planning policies and other levers dynamically reflect population and demographic change through iterative updating (i.e. Infrastructure in local government areas (LGAs) targeted towards demographic change through urban renewal and asset management upgrades according to needs based assessments – for instance, in LGAs where there are higher populations of older people, it might be infrastructure is provided to support their 'health span' should that LGA struggle to attract more diverse demographics to balance out that dominance, in turn improving their engagement with and contribution regardless of age, such as Flinders LGA given a higher ageing population.

3. How could all levels of government, business and community organisations work together to design and plan services to improve liveability?

Improvements to liveability for all Tasmanians can only occur through collaboration across multiple agencies and authorities. Drawing of the expertise of coalitions like TALC is one way this can occur. Changes to the planning system take time and occur incrementally. Through the Tasmanian Government's Planning Reforms there are many opportunities to shape planning system policies.

The planning reforms must ensure liveability and health and wellbeing remain a priority in these processes. Joined up planning has the ability to create compact cities that locate shops, schools, other services, parks and recreational facilities, as well as jobs near homes, providing highly connective street networks making it easy for people to walk and cycle to places (Goenka et al 2016). There are many co-benefits of improving planning for active living including reductions in greenhouse gas emissions, improved air quality, reduced traffic congestion, more sustainable infrastructure, increased economic productivity, improved social capital and more liveable towns and cities (Bellew et al 2020).

Engaging communities is essential in determining what liveability means to them. Finding new ways to consult must become the norm, for example, citizen science approaches have been successful as a method of understanding local needs and having meaningful community engagement (Davern et al 2022).

Adopting a health in all policies approach would also be instrumental in ensuring liveability issues are front and centre.

3.1 Implementation

TALC's submission identifies the extensive local, national and international evidence linking liveability to more active living and active travel for better health outcomes. In Tasmania there are substantial obligations in legislation supporting Objective 1 of the Strategy 'Enabling planning arrangements that improve liveability'. The legislative obligations can be found in the Objectives for the Resource Management and Planning System found in 19 pieces of Tasmanian legislation including the *State Policies and Projects Act 1993* and the *Land Use Planning and Approvals Act 1993*. To the latter Act there is the additional Part 2 Objectives, including and specifically:

'(f) to promote the health and wellbeing of all Tasmanians and visitors to Tasmania by ensuring a pleasant, efficient and safe environment for working, living and recreation;'

Then turning to contents and purposes of Tasmanian Planning Policies (*Land Use Planning and Approvals Act 1993*) we find:

(2) The TPPs may relate to the following:

'(c) liveability, health and wellbeing of the community;'

The Objectives in the various pieces of Tasmanian legislation are then supported and implemented by a hierarchy of statutory plans:

- State Policies under the *State Policies and Projects Act 1993*. For example, of a State Policy and supporting documentation see the *Draft State Policy on Healthy Space and Places* (Heart Foundation, 2019) and *Support for a State Policy for Healthy Spaces and Places* (Heart Foundation, 2019); and
- Tasmanian Planning Policies, Regional Land Use Strategies and the Tasmanian Planning Scheme under the *Land Use Planning and Approvals Act 1993*.

TALC contends therefore there is legislation and plan making obligations to significantly give effect to Objective I of *Refreshing Tasmania's Population Strategy*. The imperative for action on this objective is clearly found in the relatively recent surge in Tasmanian's population. Therefore, the Strategy should make recommendations for the planning system to comprehensively address liveability.

References

- AUSTRALIAN BUREAU OF STATISTICS 2016. Census of Population and Housing 2016. Australian Bureau of Statistics
- BELLEW, B., NAU, T., SMITH, B. & BAUMAN, A. 2020. Getting Australia Active III: A systems approach to physical activity for policy makers. The Australian Prevention Partnership Centre and The University of Sydney
- BYRNE, J. 2021. Our cities need more green spaces for rest and play — here's how. The Conversation [Online].
- COMMONWEALTH OF AUSTRALIA 2019. Hobart City Deal. In: DEPARTMENT OF INFRASTRUCTURE REGIONAL DEVELOPMENT AND CITIES (ed.).
- COMMONWEALTH OF AUSTRALIA 2022. The National Obesity Strategy 2022-2032. In: Health Ministers Meeting (ed.).
- DAVERN, M., CLELAND, V., JOSE, K., LAIRD, Y., ROWBOTHAN, S., TIMPERIO, A., LEPPARD, L., GARVEY, K., KOIRALA, S., Using Citizen Science to Bring People Back into Planning Walkable and Healthy Places, 2022, The Fifth Estate.
- DAVERN, M., FARRAR, A., KENDAL, D. & GILES-CORTI, B. 2017. National Heart Foundation Quality Green Space Supporting Health Wellbeing and Biodiversity: A Literature Review, University of Melbourne.
- DEPARTMENT OF AGRICULTURE WATER AND THE ENVIRONMENT 2021. Australia State of the Environment 2021. Commonwealth of Australia.
- DEPARTMENT OF HEALTH 2021. National Preventative Health Strategy 2021-30. Commonwealth of Australia.
- DEPARTMENT OF HEALTH AND HUMAN SERVICES 2022. Healthy Tasmania Five Year Strategic Plan 2022-26. Government of Tasmania.
- DEPARTMENT OF INFRASTRUCTURE, E. A. R. 2010. Tasmanian Walking and Cycling for Active Transport Strategy. Government of Tasmania,.
- GILES-CORTI B, RYAN K, FOSTER S, 2012, Increasing density in Australia: maximising the health benefits and minimising the harm, report to the National Heart Foundation of Australia, Melbourne.
- GILES-CORTI, B., BADLAND, H. & MAVOIA, S. 2017. Findings Brief - Creating healthy liveable neighbourhoods. In: THE AUSTRALIAN PREVENTION PARTNERSHIP CENTRE (ed.).
- GOENKA, S. & ANDERSEN, L. B. 2016. Urban design and transport to promote healthy lives. The Lancet, 388, 2851-2853.
- HATVANI-KOVACS, G., BELUSKO, M., SKINNER, N., POCKETT, J. AND BOLAND, J. (2016). Heat stress risk and resilience in the urban environment. Sustainable Cities and Society, 26, pp.278–288.
- HEART FOUNDATION 2016. Representation to the final draft State Planning Provisions. Tasmania.
- HULSE, K., JACOBS, K., ARTHURSON, K. & SPINNEY, A. 2011. At home and in place? The role of housing in social inclusion. AHURI Final Report No. 177. Melbourne: Australian Housing and Urban Research Institute Limited.
- INTERNATIONAL SOCIETY FOR PHYSICAL ACTIVITY AND HEALTH 2020. ISPAH's Eight Investments That Work for Physical Activity ISPAH.
- MALSHE, A., VANN, G., BAIG, J., LEGGE, K., COURTEMANCHE, M. B. & MORPHETT, V. 2021. State of Place 2021 Australian Liveability Census. In: PLACE SCORE (ed.).
- NATIONAL HEART FOUNDATION OF AUSTRALIA, 2016, Representation to the final Draft State Planning Provisions, National Heart Foundation of Australia.
- NATIONAL HEART FOUNDATION OF AUSTRALIA. 2017a. Healthy Active by Design [Online]. National Heart Foundation of Australia.
- NATIONAL HEART FOUNDATION OF AUSTRALIA. 2017b. Healthy Active by Design: Housing Diversity [Online]. National Heart Foundation of Australia.
- NATIONAL HEART FOUNDATION OF AUSTRALIA 2019. Blueprint for an active Australia. National Heart Foundation of Australia.

- NATIONAL HEART FOUNDATION OF AUSTRALIA 2020. What Australia Wants – Living locally in walkable neighbourhoods: National Heart Foundation of Australia.
- NATIONAL HEART FOUNDATION OF AUSTRALIA, 2019, Support for a State Policy for Healthy Spaces and Places.
- NATIONAL HEART FOUNDATION OF AUSTRALIA, 2019, Draft for a State Policy for Healthy Spaces and Places.
- PARAVANTIS J, SANTAMOURIS M., CARTALIS, C, EFTHYMIU C AND KONTOULIS, 2017, Mortality Associated with High Ambient Temperatures, Heatwaves, and the Urban Heat Island in Athens, Greece Department of International and European Studies, University of Piraeus,
- PARLIAMENT OF TASMANIA 2016. Joint Select Committee Inquiry Into Preventative Health Report.
- PLANNING INSTITUTE OF AUSTRALIA, 2021 SUBMISSION – Tasmanian Planning Policies (TPPs) Scoping Paper
- PERKINS-KIRKPATRICK, S.E., WHITE, C.J., ALEXANDER L.V., ARGÜESO D., BOSCHAT G., COWAN T., EVANS J. P. EKSTRÖM M., OLIVER E.C.J., PHATAK A., PURICH A., 2016, Natural hazards in Australia: heatwaves, 2016, Springer Science and Business Media Dordrecht
- PREMIER'S HEALTH AND WELLBEING ADVISORY COUNCIL 2021. Tasmania Statement – Working Together for the Health and Wellbeing of Tasmanians. Government of Tasmania, .
- PYRGOU, A., P. HADJINICOLAOU AND M. SANTAMOURIS, 2018: Enhanced near-surface ozone under heatwave conditions in a Mediterranean island. *Sci. Rep.*, 8, doi:10.1038/s41598-018-27590-z.
- SALLIS, J. F., FLOYD MF FAU - RODRÍGUEZ, D. A., RODRÍGUEZ DA FAU - SAELENS, B. E. & SAELENS, B. E. 2012. Role of built environments in physical activity, obesity, and cardiovascular disease.
- SOCIAL INCLUSION UNIT 2008. A Social Inclusion Strategy for Tasmania: a consultation paper. In: CABINET, D. O. P. A. (ed.).
- STATE PLANNING OFFICE 2010. Southern Tasmania Regional Land Use Strategy 2010-2035 In: SERVICE TASMANIA (ed.). Hobart.
- STONE, W., REYNOLDS, M., AND HULSE, K., 2013, Housing and social inclusion: a household and local area analysis, AHURI Final Report No. 207, Australian Housing and Urban Research Institute Limited, Melbourne.
- UN GENERAL ASSEMBLY October 2015. UN General Assembly, Transforming our world: the 2030 Agenda for Sustainable Development.
- WORLD HEALTH ORGANIZATION 2018. Global action plan on physical activity 2018–2030: more active people for a healthier world. . Geneva: World Health Organization.
- WORLD HEALTH ORGANIZATION (2022a). Health and well-being. [online] www.who.int. Available at: <https://www.who.int/data/gho/data/major-themes/health-and-well-being>.
- WORLD HEALTH ORGANISATION (2022b). Physical activity. [online] Physical activity. Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.
- WORLD HEALTH ORGANIZATION (2018c). Promoting Health in All Policies and intersectoral action capacities. [online] Who.int. Available at: <https://www.who.int/activities/promoting-health-in-all-policies-and-intersectoral-action-capacities>.

Appendices

Appendix A Tasmanian Active Living Coalition, Tasmania's Planning System – Opportunities for Health and Wellbeing, 2021



TALC Planning
Report Final for circ

Appendix B: Tasmanian Active Living Coalition Submission to State Planning Provisions Review, Phase I – Scoping Paper



FINAL - TALC
submission - SPP Re

Appendix C: Tasmanian Active Living Coalition Submission to the Tasmanian Housing Strategy Discussion Paper



FINAL DRAFT - TALC
submission - Tasma

Appendix D: Heart Foundation's Representation to the final draft State Planning Provisions 2016



Heart_Foundation_
representation_on_16

Appendix E

Summary of Active Living Integrated Policies

Tasmanian

- Tasmania Statement – Working Together for the Health and Wellbeing of Tasmanians (Premier’s Health and Wellbeing Advisory Council, 2021)
- Healthy Tasmania Five-Year Strategic Plan 2022-26 (Department of Health and Human Services, 2022)
- Joint Select Committee Inquiry Into Preventative Health Report (Parliament of Tasmania, 2016)
- Heart Foundation Representation to the final draft State Planning Provisions 7 March 2016 (Heart Foundation, 2016)
- Tasmania’s Walking and Cycling for Active Transport Strategy 2011-2021 (Department of Infrastructure, 2010)
- Hobart City Deal (Commonwealth of Australia, 2019)
- The Southern Tasmanian Regional Land Use Strategy (STRLUS) 2010-2035 – Regional Policies 10, 11, 13, 18 and 19 (State Planning Office, 2010)

National²

- National Preventative Health Strategy 2021-30 (Department of Health, 2021)
- National Obesity Strategy 2022-32 (Commonwealth of Australia, 2022)
- Getting Australia Active III – a Systems Approach to Physical Activity for Policy Makers (Bellew et al., 2020)
- National Heart Foundation - Blueprint for an Active Australia (National Heart Foundation of Australia, 2019)
- National Heart Foundation – Healthy Active by Design (National Heart Foundation of Australia, 2017a)

International

- Global Action Plan on Physical Activity 2018-30 (World Health Organization, 2018)
- International Society for Physical Activity and Health- Eight Investments that Work for Physical Activity (International Society for Physical Activity and Health, 2020)
- United Nations Sustainable Development Goals (UN General Assembly, October 2015)

² There is no **National Physical Activity Plan** to provide an overarching framework for addressing physical inactivity and guide future action. In 2020, the Australian Prevention Partnership Centre published [Getting Australia Active III : A systems approach to physical activity for policy makers](#) which identifies eight key areas for action to address physical inactivity. This serves as a guide for policy makers in Australia in the absence of a national plan.