

Healthy and liveable neighbourhoods for children

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Funded by:



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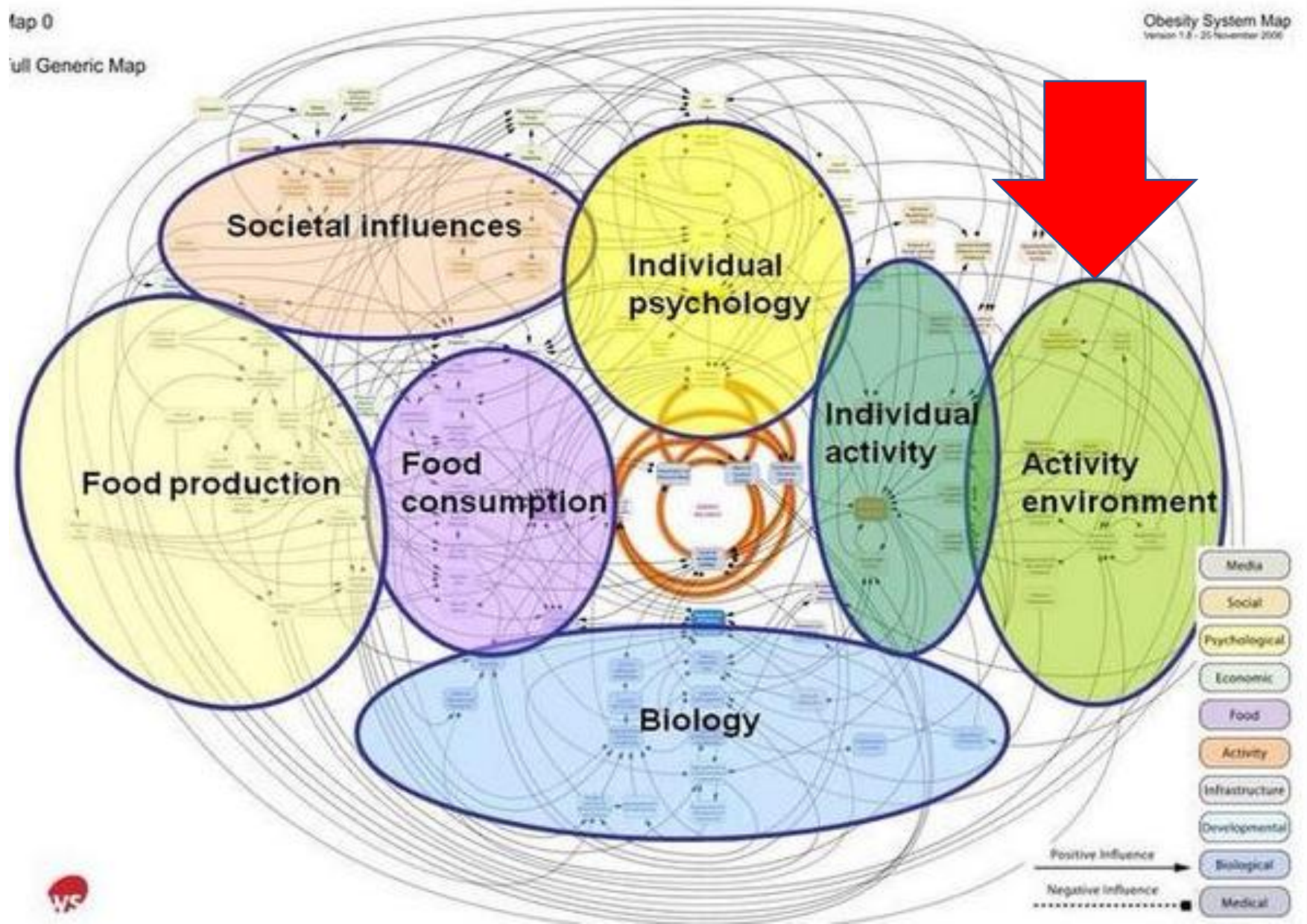
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Child obesity: Health in the balance





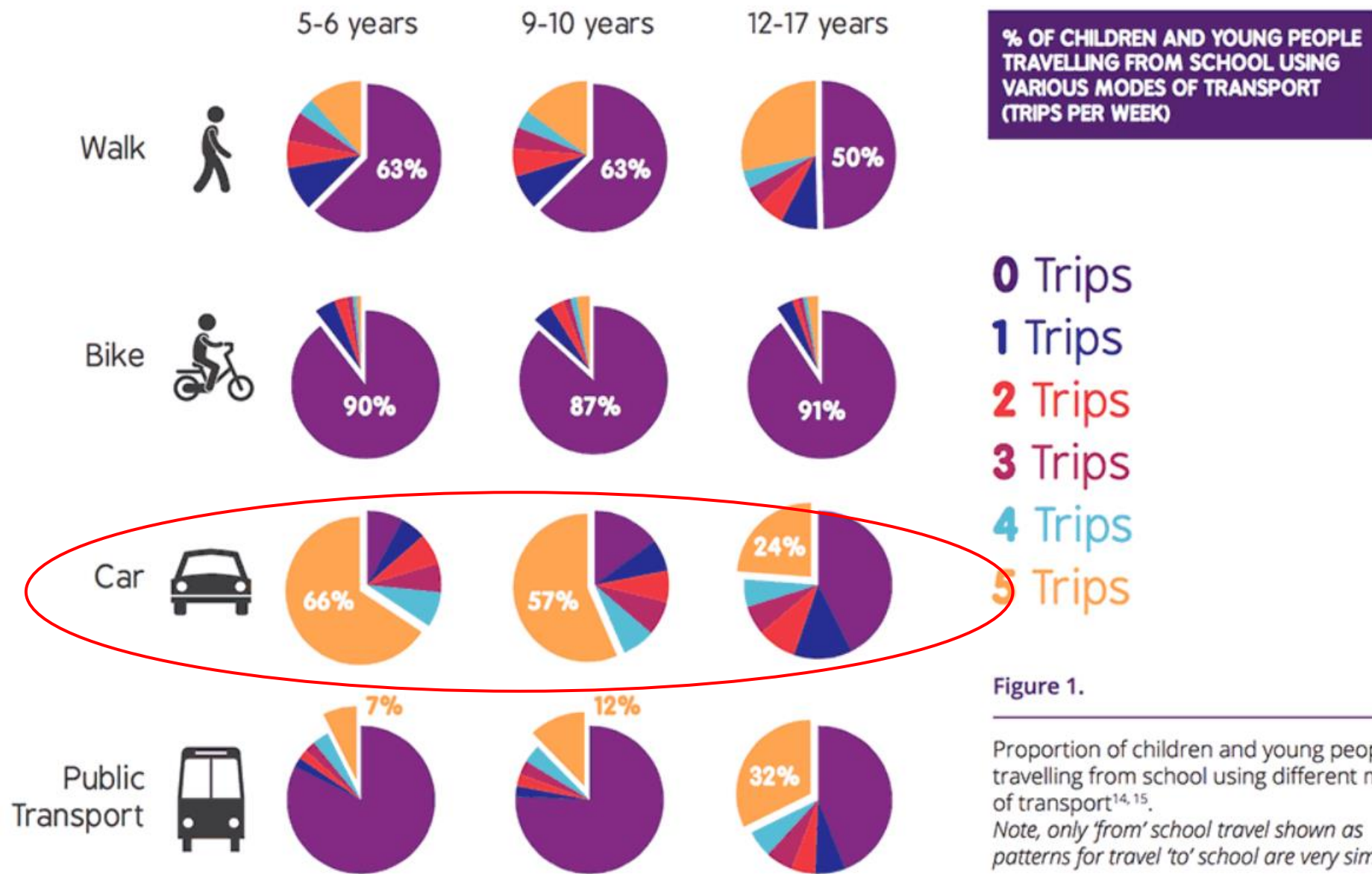


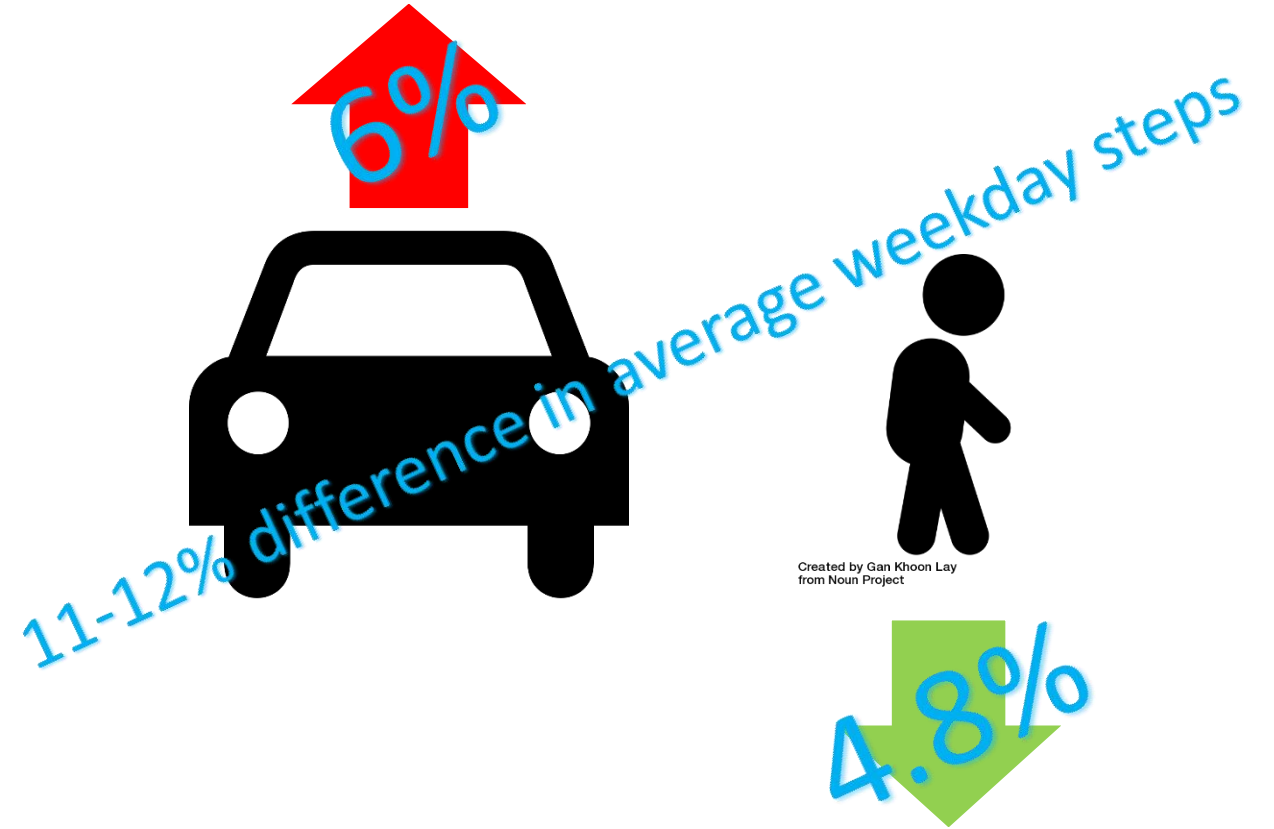
Figure 1.

Proportion of children and young people travelling from school using different modes of transport^{14, 15}.

Note, only 'from' school travel shown as patterns for travel 'to' school are very similar.



Likelihood of obesity?



Each additional
hour spent in car

Each additional
km walked/day

Ever decreasing circles

How children lost the right to roam in four generations

By David Derbyshire
Environment Editor

WHEN George Thomas was eight he walked everywhere.

It was 1926 and his parents were unable to afford the fare for a train, let alone the cost of a bike and he regularly walked six miles to his favourite fishing haunt, without adult supervision.

Fast forward to 2007 and Mr Thomas's eight-year-old great-grandson Edward enjoys none of that freedom.

He is driven the few minutes to school, is taken by car to a safe place to ride his bike and even when he is out there, his path is from home. Even if he wanted to play outdoors, none of his friends drops from their homes or gardens unsupervised.

The contrast between Edward and George's childhoods is highlighted in a report which warns that the mental health of 21st-century children is at risk because

'We are poles apart in terms of affluence'

they are missing out on the experience to the natural world enjoyed by past generations. The report says the change in attitudes is reflected in four generations of the Thomas family in Sheffield. The oldest member, George, was allowed to roam for six miles from home unsupervised when he was eight.

His home was tiny and crowded and he spent most of his time outside, playing games and making dens. Mr Thomas, who went on to become a carpenter, just never lost some of the habits picked up as a child and, aged 88, is still a keen walker

and to school," said Mrs Grant, 86. "There was a lot less traffic then – and families had only one car. People didn't make all those short

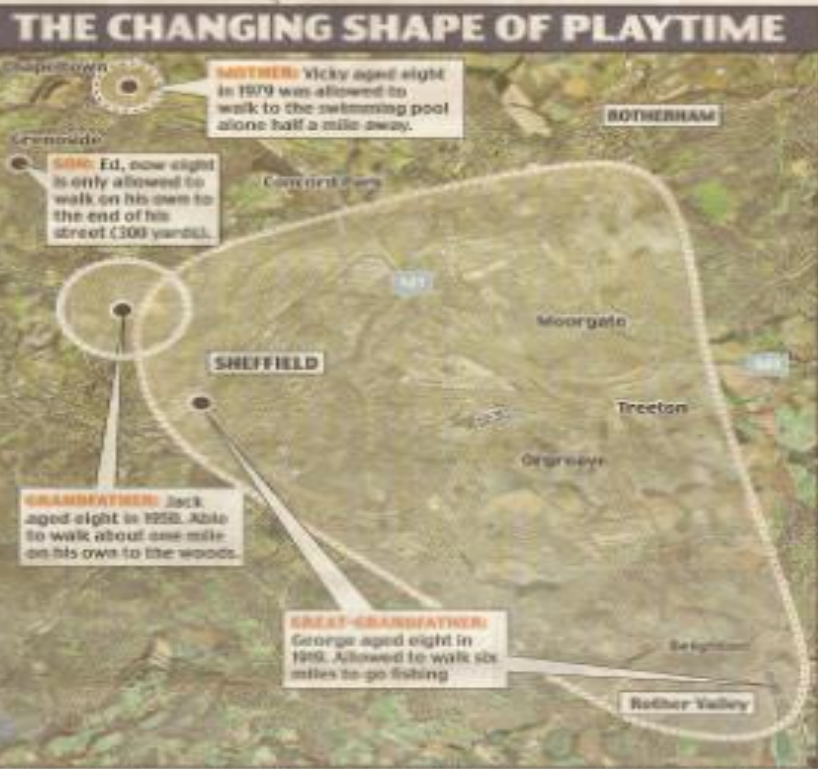
tired to go out because the other children don't. We put a bike in the car and went to the country where we ran all cycle together.

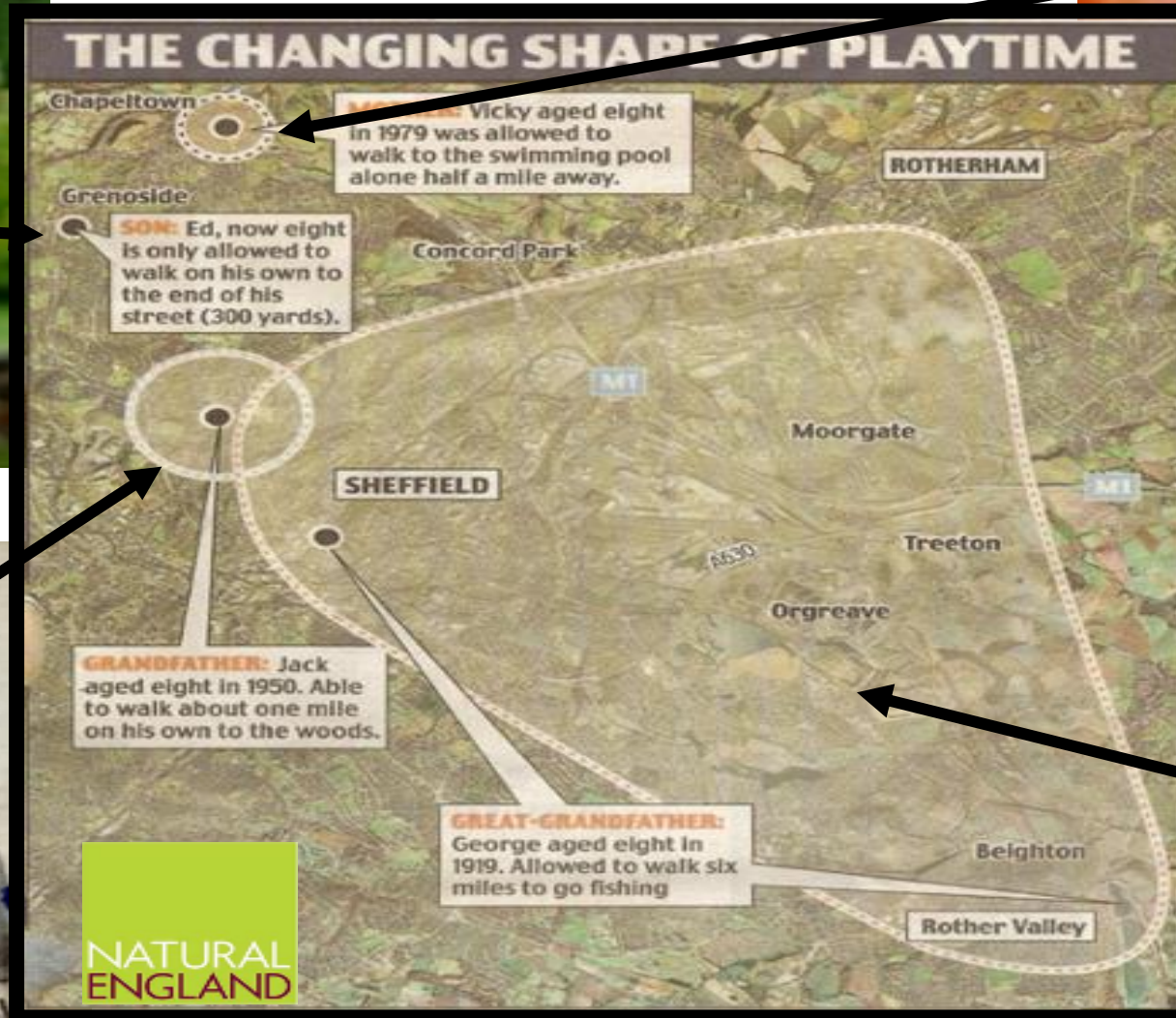
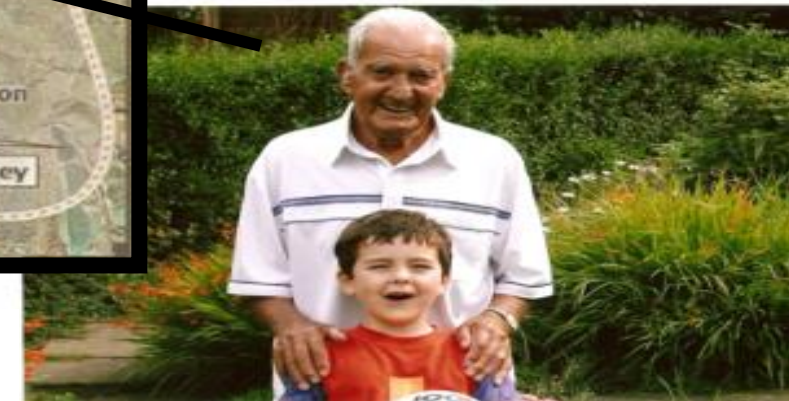
long-term mental health is at risk. He has compiled evidence that people are healthier and better

were at greater risk of depression and anxiety. Children are getting less and less unsupervised time in the natural environment. They



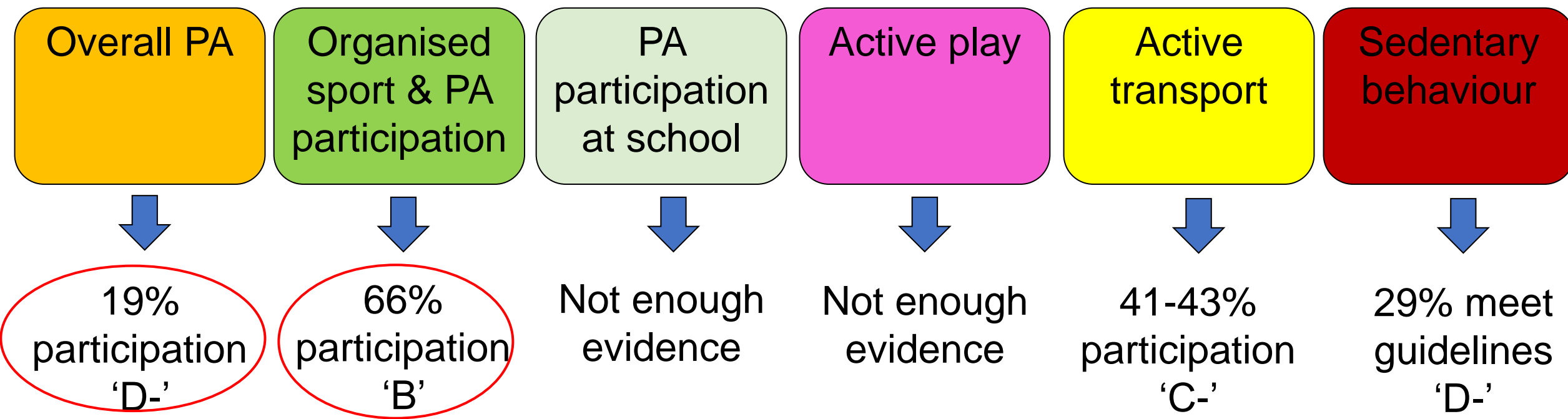
Sign of the times: Jack, Vicky and Ed





Source: Nick Ross, Natural England Conference, UK, June 2007

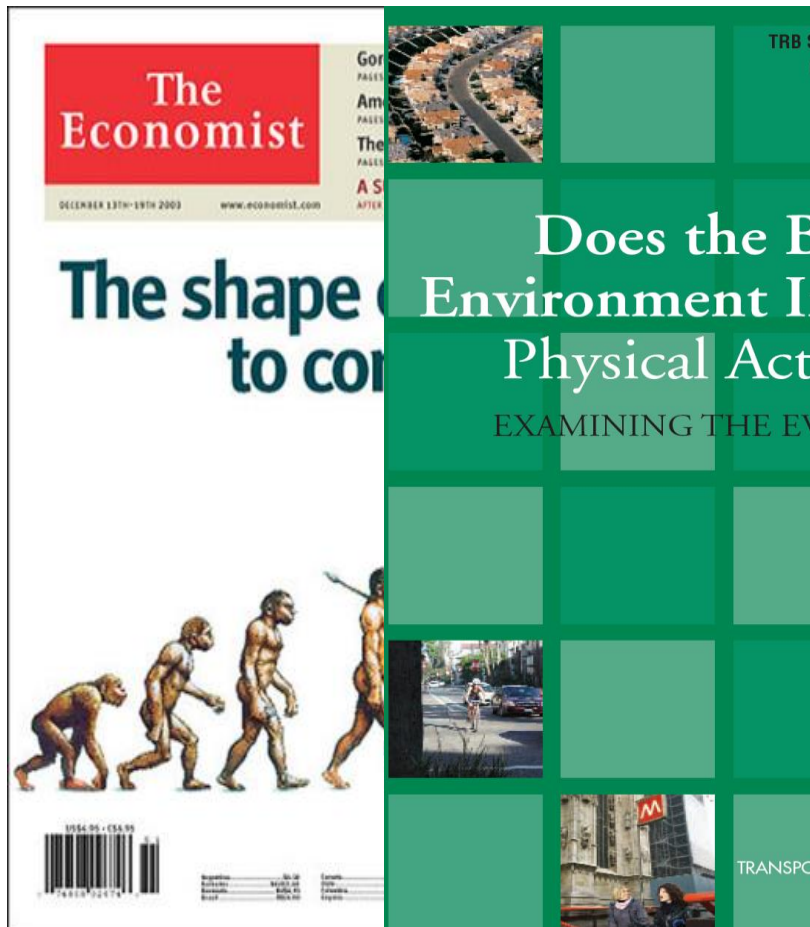
Our Physical Activity Report Card



Children are sitting more, but moving less

Location matters

It's modifiable!



COO
NSW Centre for Overweight and Obesity

NSW cphn
NSW Centre for Public Health Nutrition

NSW CPAH
NSW Centre for Physical Activity and Health

creating
HEALTHY
environments
A review of the evidence on the physical environment and physical activity

The NSW Centre for Overweight and Obesity,
Health, and NSW Centre for Public Health
Health Department, and supported by

NSW HEALTH



How our cities are shaping us



Then

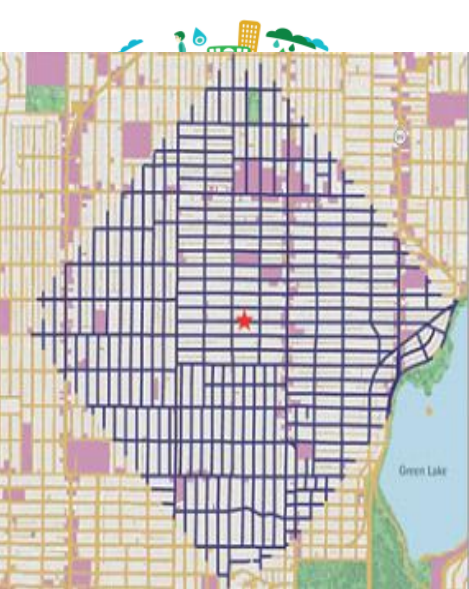


Now

North Coast Regional Plan 2036: 'Live, work, meet, play, move'

What is it about where you live that makes a difference?





Walkability and cyclability



Traffic



Destinations



Greenness



Connectivity



Housing



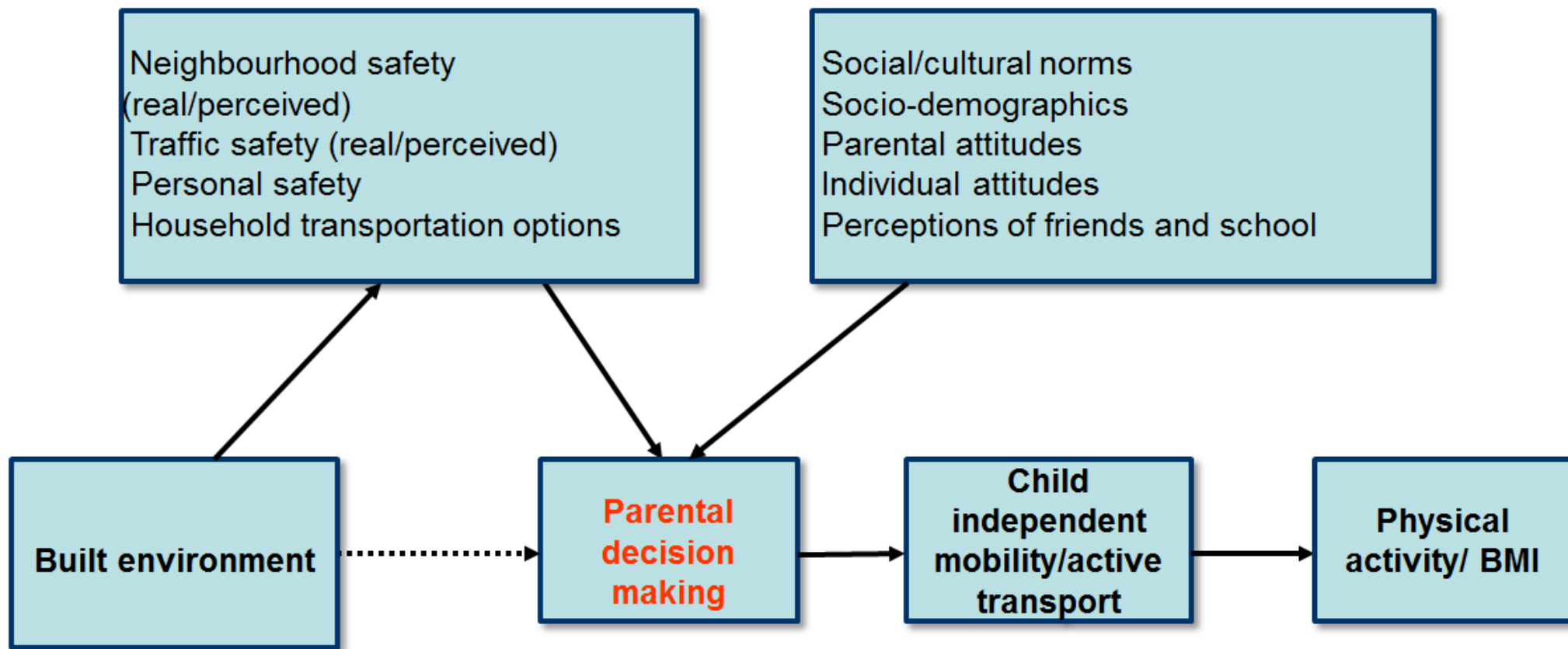
Density



Crime



Aesthetics



A Conceptual Framework of a Child's Travel Behaviour

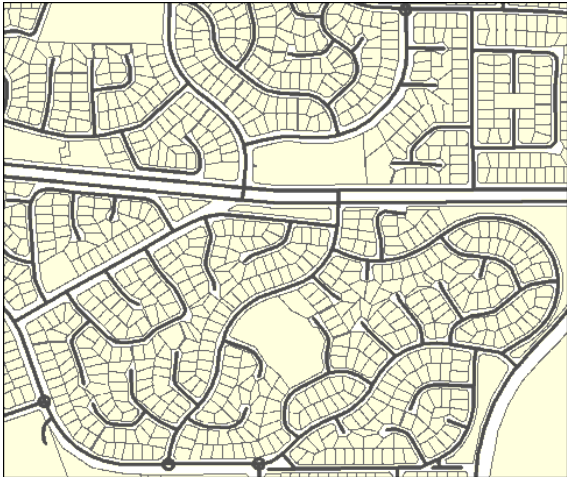
NOTE: Solid arrows indicate hypothesised direct relationships, dotted arrows highlight hypothesised indirect relationships (adapted from McMillan 2007).

WALKABILITY



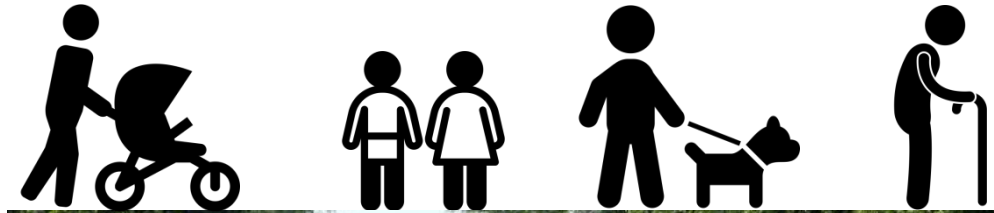
High walkability

- Better street connectivity
- Variety of direct routes to destinations
- Mix of destinations



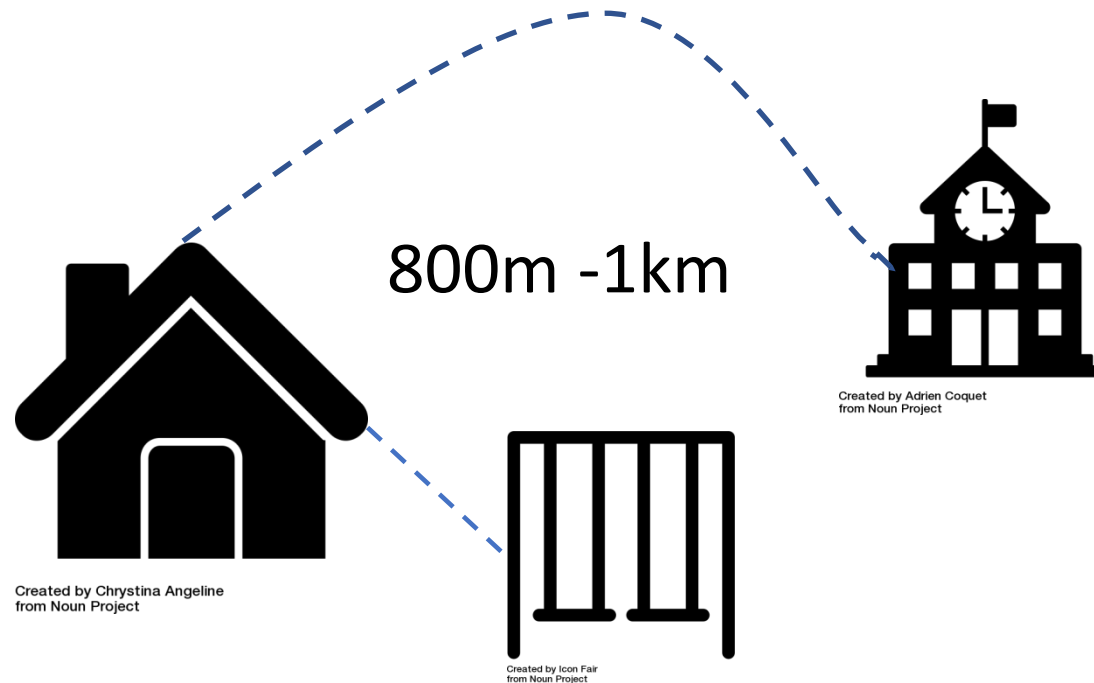
Low walkability

- Disconnected street networks (cul-de-sac design)
- Fewer route choices (poor physical access)
- Less mix of destinations



WALKABILITY

Likelihood of walking/cycling?



What's a 'walkable' distance for children?



5-10x

DESTINATIONS



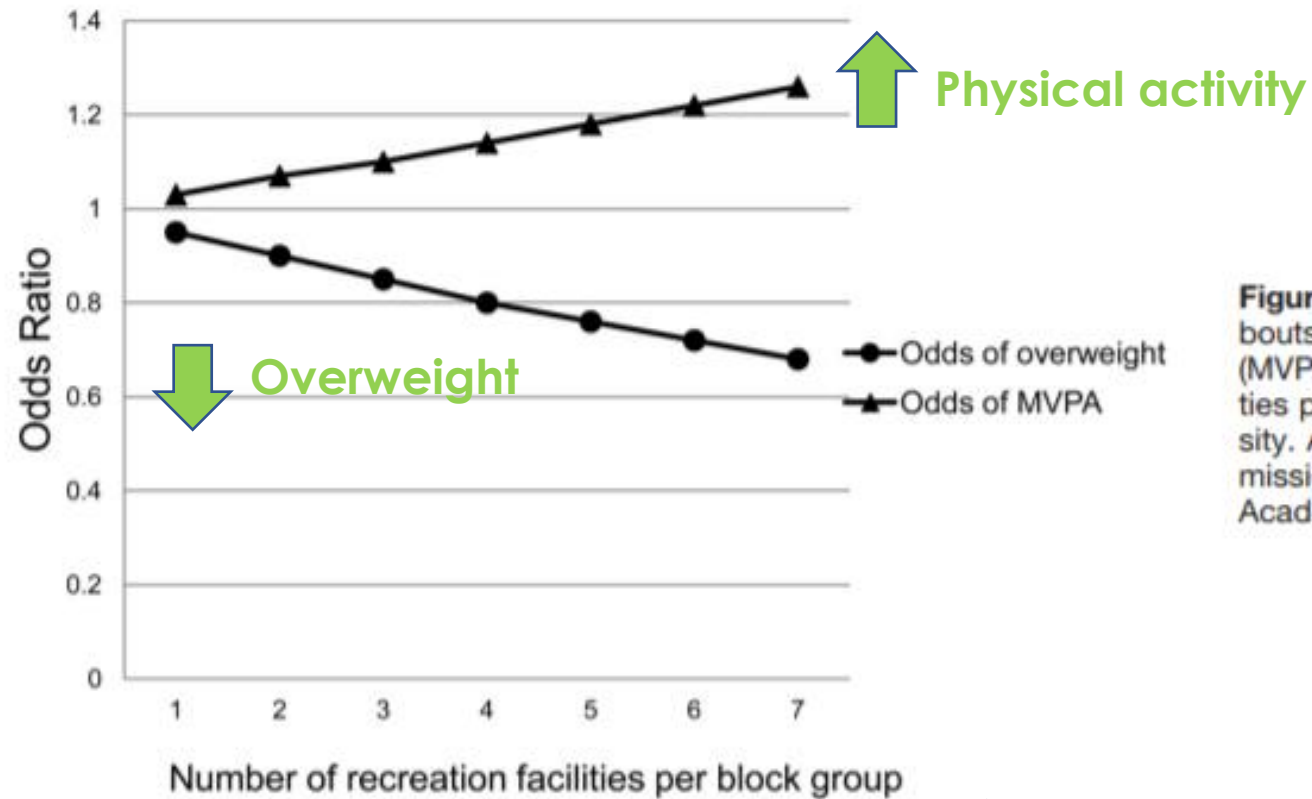


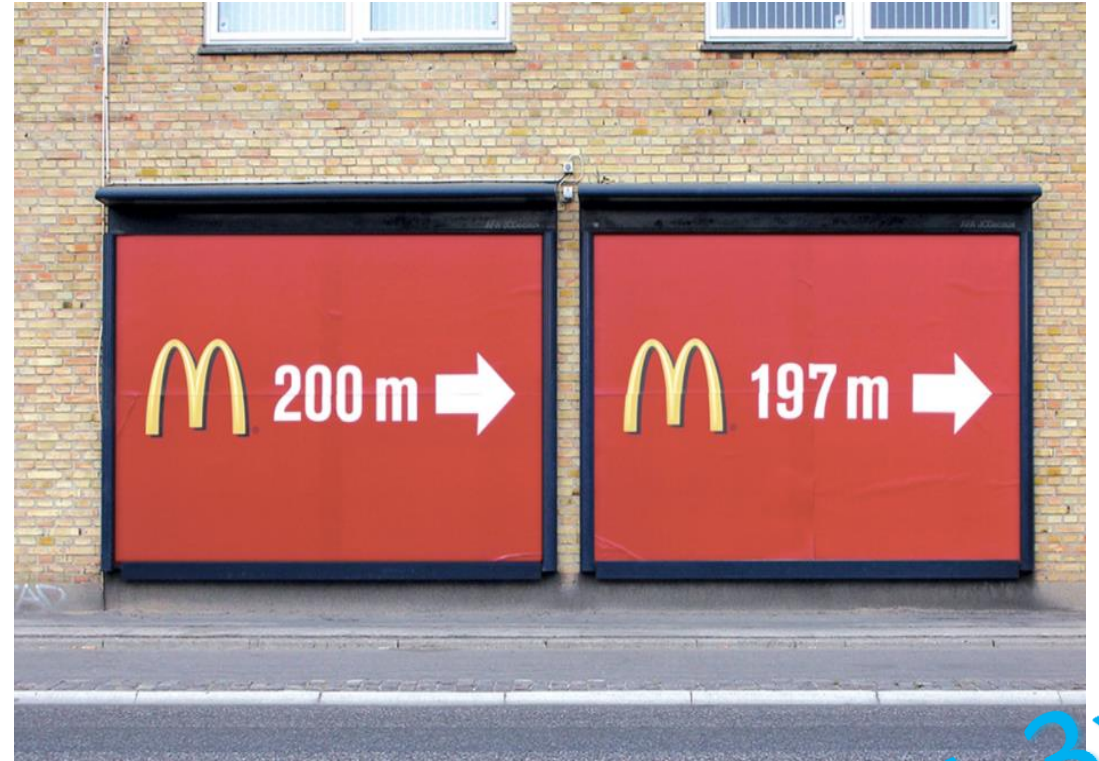
Figure 3. Relative odds of overweight and >5 bouts of moderate to vigorous physical activity (MVPA) with increasing number of recreation facilities per block group, adjusted for population density. Adapted from Gordon-Larsen et al³⁴ with permission of the publisher. Copyright © American Academy of Pediatrics, 2006.

More recreation facilities

FOOD OUTLETS



0.9x



1.3x

FOOD OUTLETS



Strategic Direction 4

Environments to Support Healthy Eating and Active Living





Walking School Bus



The role of 'micro' built environments?

Attributes of Parks

Note: Pocket Parks have only those attributes in red. Other parks have been audited for all attributes

Activities	Environmental Quality	Amenities	Safety
<ul style="list-style-type: none"> • Tennis • Soccer • Football (AFL) • Netball or basketball courts • Cricket • Baseball • Hockey • Athletics • Rugby • Skateboarding/BMX • Childs playground • Other • Are dogs allowed 	<ul style="list-style-type: none"> • On river or foreshore • Adjacent to bushland • Lake or Pond • Water fountain • Stream • Wetlands • Waterbirds • Wildlife • Gardens • Number of trees • Placement of trees • Paths present • Shade along paths • Playground shade • Playground fenced • Reticulated grass 	<ul style="list-style-type: none"> • Barbeque facilities • Seating • Picnic tables • Toilets • Public art • Car parking 	<ul style="list-style-type: none"> • Lighting

Playgrounds: 'Nature play'?

Less concrete
covered
playgrounds

'Unexciting and
unchallenging'



Children prefer
more 'natural'
environments

Inviting
playgrounds
impacts
imaginative play

Image: David Hannah; **Source:**
<https://architectureau.com/articles/return-to-royal-park/>

What do communities think is important for young children?

Walkability to facilities and places

Having footpaths is important for easy access

Presence of/access to public transport is important for accessing places and employment

Being away from traffic is important for children being safe

"It can be very isolating and as we actually see the women arriving very exhausted by the time they get here, they've walked for 45 minutes to attend a two hour women's group....It's a lot" (INT072)

"Things like footpaths to push kids in a pram, that seems to be lacking. Basically, you've got to walk on the road, particularly if you've got a pram on the road, so some of those, I guess, things for families are lacking" (INT112)

"If there's no bus and we've got no transport, families won't use the service"

Affordable and secure housing

Having good quality parks (with a playground) is important for use, play and social interaction

Being close to nature and greenery

Having a range of family-friendly destinations (e.g. pools, and activities)

Accessible shopping centre or 'hub' which provides the kind of services families need

A liveable neighbourhood for children?

*One with access to **affordable housing**, with low levels of **traffic** that provide access to **attractive** and **safe** places where children can play and interact safely with others and their environment, including access to **good quality** parks, facilities and services, social infrastructure, and **public transport** within **walking or cycling distance***



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