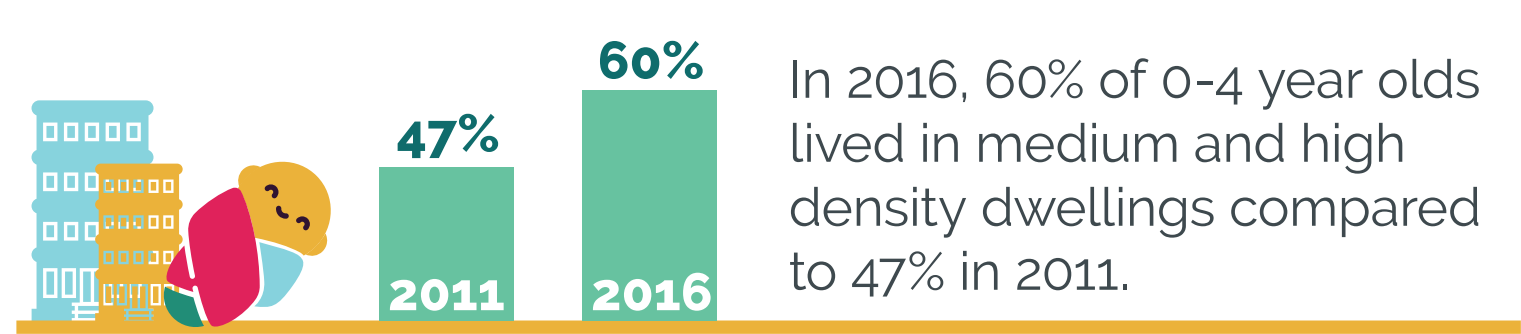
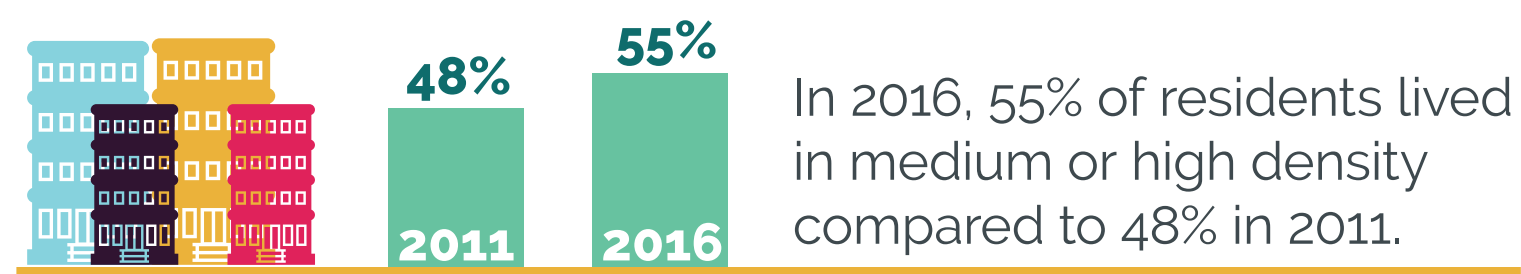


HEALTHY HIGHER DENSITY LIVING

City of Parramatta and Western Sydney Local Health District (WSLHD) partnering to build local evidence to inform practice

INTRODUCTION City of Parramatta (CoP) is transforming and growing fast. Our CBD, neighbourhoods and the way people live are changing.

OUR COMMUNITY IS CHANGING



THE CHALLENGES

Neighbourhood level impacts

- Pressure on existing services & facilities
- Construction phase impacts
- Equity of access to facilities

Service delivery impacts:

- Pressure on Council and Environmental Health resources
- Unique health impacts on clients and health program/ service delivery

Building level impacts:

- Reduced community cohesion

AIM: To build an evidence base of the health and wellbeing impacts of living in higher density for local residents within City of Parramatta LGA.

METHOD What did we do?



Conducted a Literature Review.



Developed the Healthy Higher Density Living Survey 27 questions, administered through the 'Our City Your Say' community panel, with 425 respondents.



Interviewed Council and WSLHD staff about the impacts to service delivery.

RESULTS What did we find?

Top three desired changes to their dwelling:



49% of people aimed to relocate into separate houses in the next five years:

- to accommodate growing families.
- or to purchase a home.



Public transport proximity was the main reason for living in their neighbourhood.

47%

would like more interaction with people in their neighbourhood.

KEY RECOMMENDATIONS:

Minimise negative health impacts of living in higher density by planning developments with:

- A mix of dwelling sizes at affordable price points
- Opportunities for voluntary social interactions (play and gathering spaces)
- Co-located family apartments close to ground level

Plan higher density developments where there is:

- Facilities and services within a walkable catchment
- Close proximity to public transport and green open space
- The opportunity to locate developments away from major roads

Promote the use of existing tools that support positive health outcomes to planning authorities.

THE RESOURCES WE DEVELOPED:



Healthy Higher Density Living for Kids – A Literature Review



Healthy Higher Density Living – Summary Survey Report



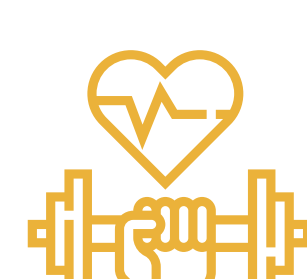
Healthy Higher Density Living – Issues Paper

CONCLUSION Effective planning and design mechanisms are critical to maximising positive health outcomes for higher density living.

THIS WORK HAS HELPED US TO:



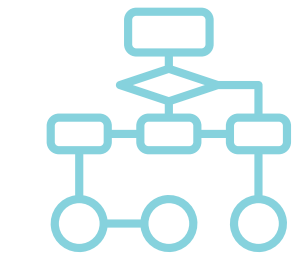
Identify actions that have the greatest impact in developing healthy higher density neighbourhoods.



Work collaboratively to advocate for healthy higher density neighbourhoods.



Advocate for site specific designs that enable healthy higher density living.

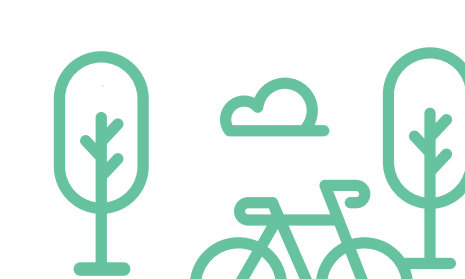


Influence and shape a review of local planning controls for high density apartments.

WHAT YOU CAN DO:



Start a conversation between your local planners, health departments and other stakeholders about healthy higher density living.



Build a local evidence base and research the health impacts of higher density living in your community.



Promote the use of existing tools and resources.

For further information contact:

City of Parramatta: www.cityofparramatta.nsw.gov.au/contact-us
Western Sydney Local Health District - Centre for Population Health: www.wslhd.health.nsw.gov.au/Population-Health-Services/Home OR
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