

# Planning Australia's Healthy Built Environments: The Routledge Research in Planning Must-Read

In today's rapidly urbanizing world, the built environment — the physical structures and spaces within which we live, work, and play — exerts a profound influence on our health and well-being. This is particularly true in Australia, where the vast majority of the population resides in urban areas.

Recognizing this critical link, *Planning Australia's Healthy Built Environments* provides a comprehensive roadmap for creating healthier, more sustainable, and more equitable communities. This groundbreaking book brings together a team of leading experts from diverse fields, including planning, public health, architecture, urban design, and psychology, to offer a cutting-edge analysis of the complex relationship between the built environment and health. By providing a comprehensive overview of the latest research, innovative case studies, and practical guidance, this book empowers readers with the knowledge and tools they need to transform their communities into places that promote health and well-being for all.



## Planning Australia's Healthy Built Environments (Routledge Research in Planning and Urban Design)

★★★★★ 5 out of 5

Language : English  
File size : 3916 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 268 pages



## A Comprehensive Guide to Healthy Built Environments

*Planning Australia's Healthy Built Environments* covers a wide range of topics, including:

- The impact of the built environment on physical and mental health, including chronic diseases, obesity, and mental illness
- The role of land use, transportation, housing, and urban design in creating healthy communities

li>Innovative strategies for promoting active living, healthy eating, and social interaction

- The importance of equity and inclusion in planning for healthy built environments
- The challenges and opportunities of creating healthy built environments in rapidly growing and changing cities

This book is essential reading for anyone interested in creating healthier communities. It provides a wealth of evidence-based knowledge and practical guidance that can be used by planners, policymakers, architects, urban designers, public health professionals, and community activists.

### **Key Features of *Planning Australia's Healthy Built Environments***

- **Comprehensive coverage:** This book provides a comprehensive overview of the latest research on the built environment and health,

covering a wide range of topics from physical activity to mental health to social equity.

- **Innovative case studies:** This book includes case studies of innovative healthy built environment initiatives from around Australia, providing real-world examples of how to create healthier communities.
- **Practical guidance:** This book offers practical guidance on how to plan, design, and implement healthy built environments, empowering readers with the knowledge and tools they need to make a difference in their communities.
- **Multidisciplinary approach:** This book brings together a team of leading experts from diverse fields, providing a multidisciplinary perspective on the complex relationship between the built environment and health.
- **Evidence-based:** This book is based on the latest research evidence and provides a solid foundation for planning and decision-making.

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## **About the Editors**

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**Dr. Lisa Wood** is a Senior Lecturer in Urban Planning at the University of Melbourne and Director of the Melbourne Sustainable Society Institute.

## **Praise for *Planning Australia's Healthy Built Environments***

“This book is a must-read for anyone interested in creating healthier communities. It provides a wealth of evidence-based knowledge and practical guidance that can be used by planners, policymakers, architects, urban designers, public health professionals, and community activists.”

### **- Professor John Ashton, former President of Public Health England**

“This book is a timely and important contribution to the field of healthy built environments. It provides a comprehensive overview of the latest research and innovative case studies, and offers practical guidance on how to create healthier communities.”

**- Professor Lawrence Frank, Professor of Health Promotion and Planning at the University of California, Berkeley**

“This book is essential reading for anyone interested in creating healthier communities. It provides a wealth of evidence-based knowledge and practical guidance that can be used by planners, policymakers, architects, urban designers, public health professionals, and community activists.”

**- Professor Takemi Sugiyama, Director of the WHO Collaborating Centre for Urban Health at Kobe University**

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