

How walkable is your local area?

Explore the link between heart health and urban design



Healthy
Active
by Design™



Heart Foundation, Active Living

Presentation for: NEPHN 4 Dec 2025



Health for **EVERY HEART**

A generational vision for heart health
in Australia 2025-2050



Blueprint for change

Heart health will be achievable by everyone in Australia by 2050

3

Vision: a blueprint for change



1 Advance heart health equity

Actions

- 1.1 Improve heart health and wellbeing for priority populations
- 1.2 Address the disparities in heart health for First Nations peoples
- 1.3 Advocate for policies to address social, environmental, cultural, and commercial determinants of heart health
- 1.4 Ensure our work is continuously informed by consumers, communities, and people with lived experience
- 1.5 Ensure equitable access to information and resources



2 Create environments and systems that enable healthy behaviours

Actions

- 2.1 Increase awareness of environmental impacts on heart health and take action to address these
- 2.2 Collaborate across sectors to raise awareness of and improve heart health in young people
- 2.3 Build and advocate for healthy communities, environments, and commercial systems
- 2.4 Act on the environmental, genetic, and epigenetic influences on heart health



3 Prevent, detect, and manage risk early

Actions

- 3.1 Take action to identify and manage heart disease risk from an early age and stage
- 3.2 Improve awareness and management of heart health risk factors across the life course
- 3.3 Develop equitable risk prediction and management methods
- 3.4 Improve access to diagnostic, monitoring, and treatment tools



4 Manage heart disease effectively and prevent further events

Actions

- 4.1 Ensure access to comprehensive and culturally responsive services and support for people living with heart disease
- 4.2 Support research for advanced treatments and management of heart disease
- 4.3 Improve cardiac arrest and heart attack survival rates
- 4.4 Enable access to post-event cardiac care and rehabilitation, including psychosocial support

Healthy Active by Design

**A toolkit to support local councils,
elected leaders, planners and others
to embed public health outcomes into
the design and delivery of urban environments**

established 2008



For industry practitioners



National survey, 2025

Key insights:

93% of respondents
want to be active in their local neighbourhood

But only **23%** are getting enough exercise

What Australia wants

Neighbourhood
design

June 2025

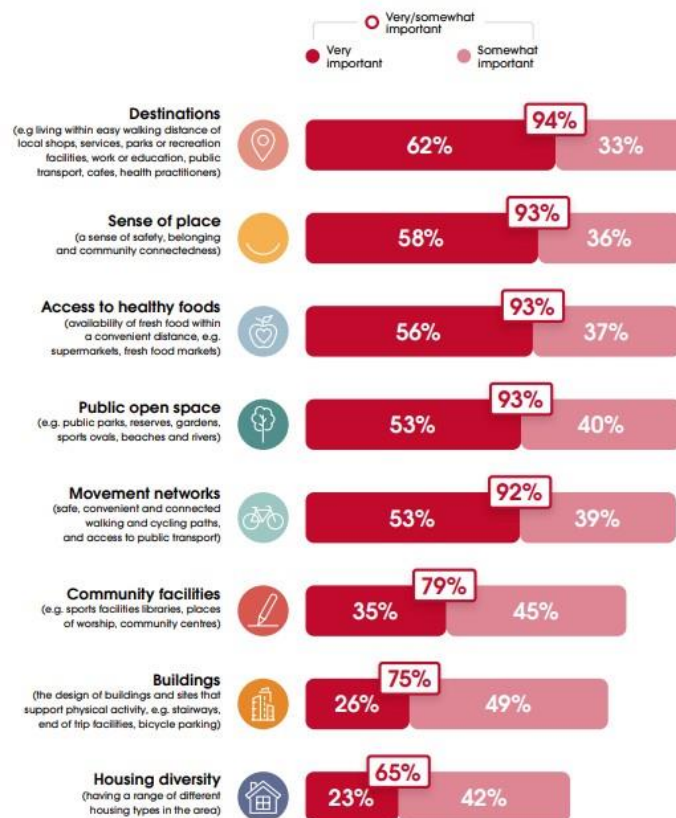


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Ideal local neighbourhood features

How important are the following to you in an ideal local neighbourhood?

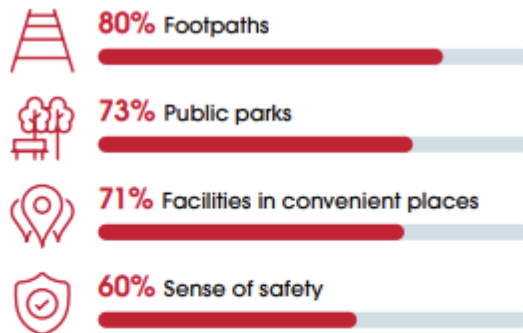


Footpaths are a determining factor for whether residents exercise in a local area

Do you think your neighbourhood/area currently helps you to be active?

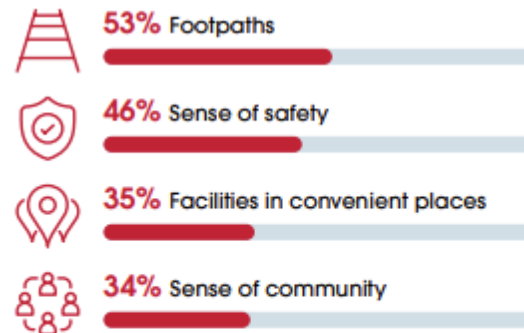
Yes, definitely / somewhat

Features of your neighbourhood that allow you to be physically active



No, not really / at all

Features that are lacking and restrict you from being physically active



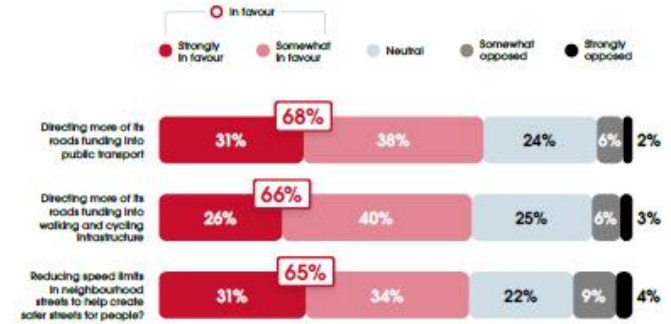
Road space

Public and active transport

Support for

- reallocation of roads funding towards public and active transport
- Reducing speed limits in neighbourhoods

How favourable would you be of government...



Using insights to inform action areas

Macro and micro level actions

Macro level (Strategic policy)

- Advocacy and community engagement
 - Density
 - Mixed land use
 - A people-first approach that embeds health into transport outcomes

Micro level

- Footpaths
- Amenity – shade, tree canopy; places to rest, points of interest, building facades...
- Maintenance



Industry resources

Design Checklists

Case studies

Evidence papers



Community engagement

Empower and mobilise communities:

- Fact sheets
- Community Walkability Checklist
- Petition
- Interactive Map (detailed on next slide)
- Local actions to improve neighbourhoods

Community members

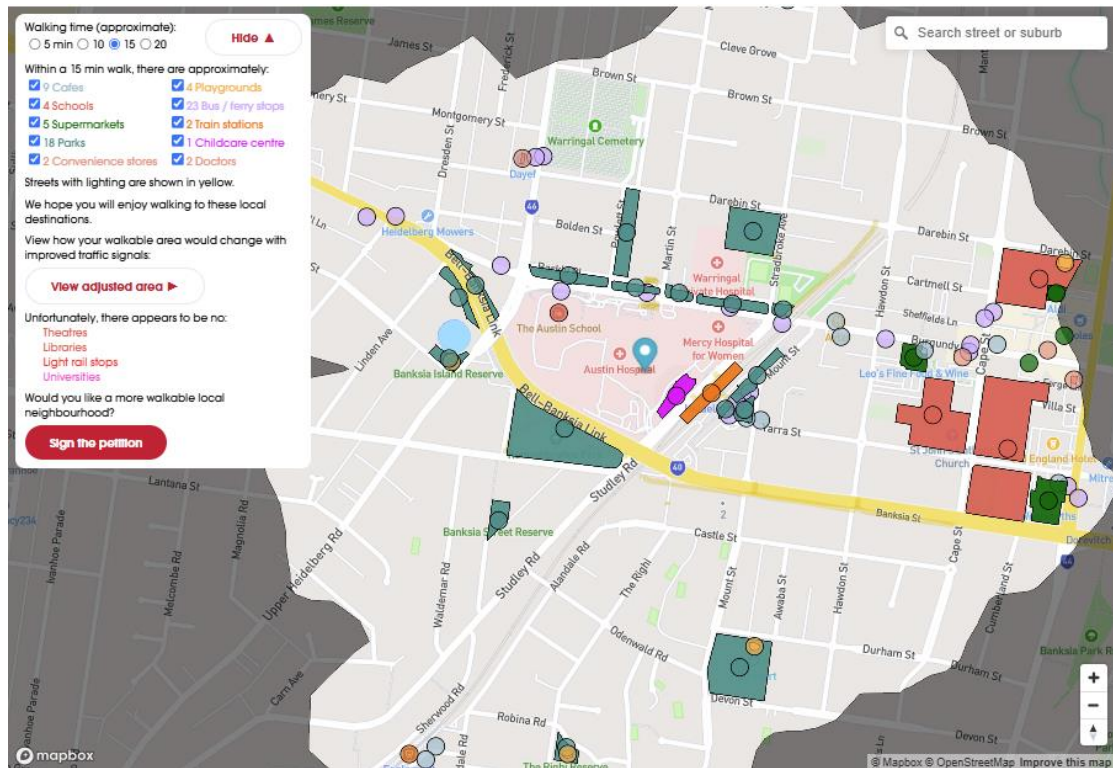


Interactive map

Awareness | Behaviour change

Explore local destinations

Drop a pin anywhere in Australia and discover destinations within a 5-, 10-, 15- or 20-minute walking catchment.



Questions and discussion

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