

Food-sensitive planning and urban design (FSPUD)



**A conceptual framework for achieving
a sustainable and healthy food system**



Rachel Carlisle – National Heart Foundation of Australia (Victorian Division)

Authors:

Jenny Donovan – formerly David Lock & Associates

Kirsten Larsen - Victorian Eco-Innovation Lab (VEIL)

Julie-Anne McWhinnie – formerly National Heart Foundation of Australia (Victorian Division)

With thanks to:

Kirsty Morieson - National Heart Foundation of Australia (Victorian Division)

Background

- Builds on the healthy built environment focus pioneered by the Heart Foundation
- The concept was coined and articulated by the Victorian Eco-Innovation Lab (VEIL), Melbourne University, 2008
- Commissioned by the Heart Foundation, with part-funding provided by VicHealth

What is FSPUD?

A new approach to planning and urban design that addresses the critical intersect, and need for collaboration, between:

- Public Health Nutrition
- Planning and Urban Design
- Environmental Sustainability



Application

A resource for:

- Planners
- Architects
- Urban designers
- Engineers
- Policymakers
- Community members
- Elected representatives



The case for prioritising food in the planning and design of our cities



Public health nutrition concerns

- Food intake contributing to increasing burden of chronic disease (CD)
 - Largest CD burden from cardiovascular disease and cancer - 39% in Victoria
 - Largest burden from combined nutrition related risk factors (obesity, hypertension, high cholesterol, low fruit and veg intake and alcohol)
 - Saturated fat and salt intake higher than recommended
- Average Australian eats out >4 times per week; every day
 - 4.5 million Australians visit a fast food outlet
 - 3.2 million visit a restaurant or café
- Some inequalities in distance travelled to, and number of stores available across Victorian LGAs
 - Supermarkets, fruit and vegetables, fast food chain outlets

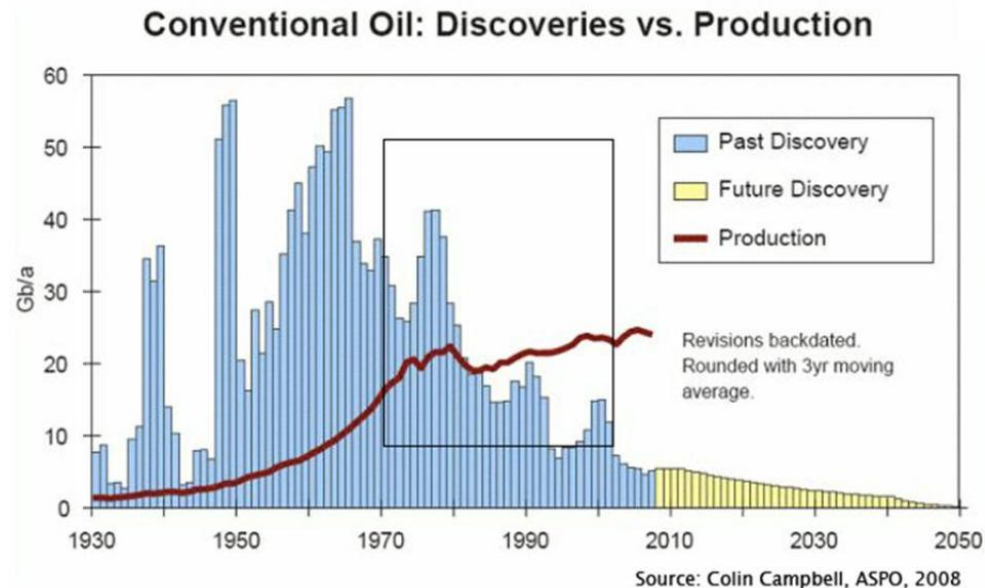
Planning and Urban Design

- Low density urban expansion - lack of access to healthy food, can lead to a cycle of deprivation, disadvantage and poor health
- Loss of agriculturally productive land (typically near cities) to residential use for growing urban populations
- Urban environments continue to discourage physical activity and healthy eating habits
- Planning policies don't articulate food provision as being central to net community benefit and sustainable development



Environment – Climate Change and Peak Oil

- Greenhouse gas emissions increasing at a rate higher than projected by the International Panel on Climate Change (IPCC) in 2000
- Australia's climate is changing and food production significantly affected through extreme weather events
- Cost and availability of fossil fuels critical to food system



Environment – Resources



- Food system grappling with scarcity and/or cost of critical resources:
 - Water
 - Energy
 - Non-renewable sources for agrochemicals and fertiliser
- Recognised globally as the major challenge to equitable provision of adequate food to growing populations

Crisis or opportunity?

FSPUD = new and exciting opportunity

for cities and surrounding regions to plan, design and build healthy, sustainable and equitable Food systems

It is an opportunity to think differently about the impact that planning can have on the food system



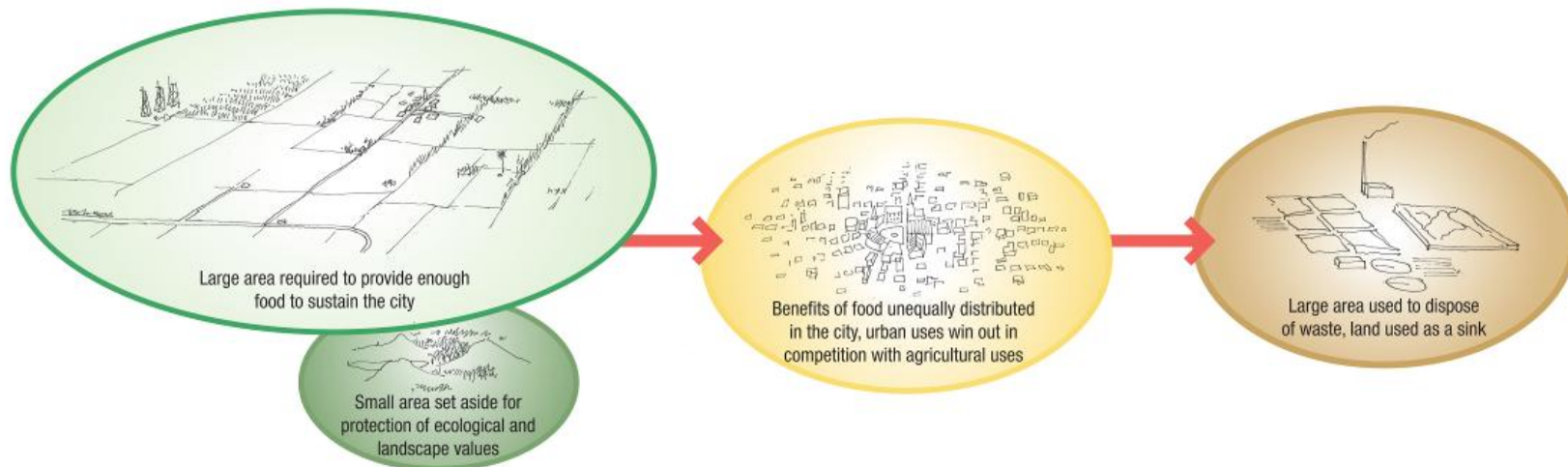
Objectives of FSPUD

To provide people with:

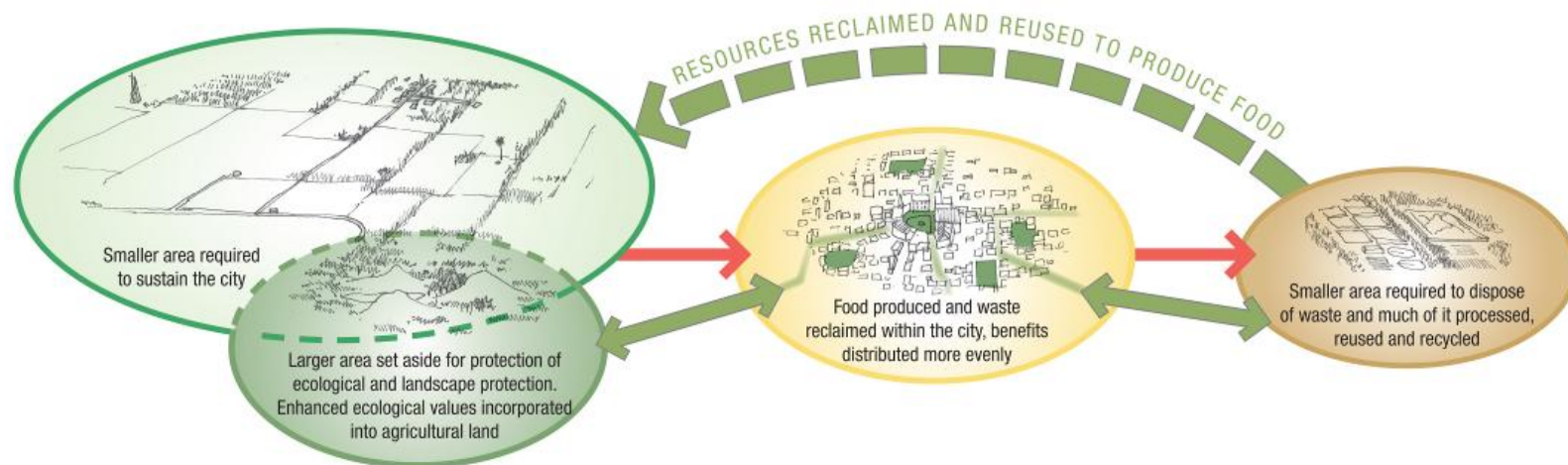
- Local access to healthy, nutritious, adequate, safe, culturally appropriate and tasty food in urban environments now and into the future
- Food that is produced, processed, transported, marketed and sold without adverse health, social, environmental and economic impacts

Overview

EXISTING SITUATION



FSPUD SITUATION



Integrating food, planning and urban design

- Food considerations contribute to legislative and policy objectives of planning:
 - Health and fairness
 - Sustainability and resilience
 - Livelihoods and opportunity
 - Community and amenity
- Stages of the food system:
 - Producing food
 - Processing food
 - Consumer access
 - Waste and disposal



FSPUD Matrix

Planning objectives

Stages of food system

	 Health and Fairness	 Sustainability and Resilience	 Livelihoods and Opportunity	 Amenity and Community
 Producing Food	1.	2.	3.	4.
 Processing and Transporting Food	5.	6.	7.	8.
 Consumer Access and Utilisation	9.	10.	11.	12.
 Waste and Reuse	13.	14.	15.	16.

Planning and design for the future



FSPUD will:

- ✓ Ensure fair access to healthy and sustainable food
- ✓ Ensure attractive, liveable surroundings
- ✓ Facilitate a strong and competitive economy
- ✓ Facilitate major reductions in the environmental footprint of our settlements
- ✓ Provide opportunities for stronger community interactions
- ✓ Ensure better quality shared spaces
- ✓ Ensure these elements can be provided indefinitely

Case Studies

- **Primarily production and commercial**
- **Master-planned communities**
- **Planning for productive cities and regions**
- **Local government and community innovation**



Wodonga land use planning: Strategic planning that improves Food access

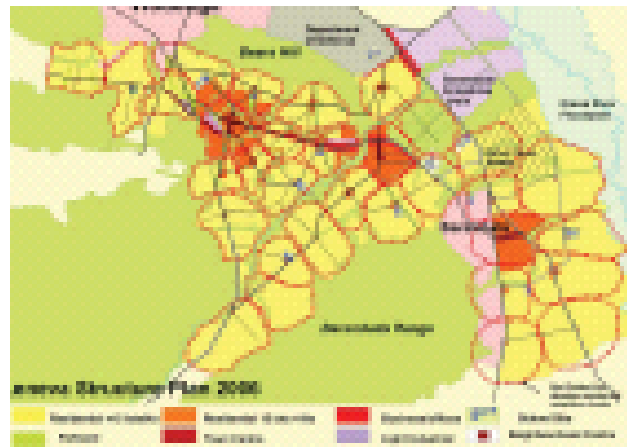
Planning objectives:

Health and Fairness
Sustainability and Resilience
Community and amenity



Food system stages:

Producing Food
Access and Utilisation



- Municipal Strategic Statement - access to Food through small local activity centres in new residential developments.
- Emphasis on new developments achieving walkable neighborhood catchments with an activity centre and provision of public transport; all within a 400m radius.
- New activity centres will be street-based in preference to car-park based shopping malls.
- Land has been rezoned to facilitate development of more diverse shopping centres outside the town centre and improve access to fresh Food.

VicUrban Meridian - Dandenong Creek Residential

Integrating edible landscapes into new development

Planning objectives:

- Health and Fairness
- Sustainability and Resilience
- Community and Amenity



Food system stages:

- Producing Food
- Access and Utilisation
- Waste and Re-use



Public orchards



Belo Horizonte, Brazil

Food security program

Planning objectives:

Health and Fairness
Sustainability and Resilience
Livelihood and Opportunity



Food system stages:

Producing Food
Processing and Moving Food
Consumer Access and Utilisation
Waste and Re-use



- Program is a political acknowledgement of the citizen's right to Food and the duty of the government to guarantee that right.
- Choice location of urban public space made available to local family farmers enabling direct sales to consumers.
- In return for prime locations the farmers have to deliver produce to poor neighbourhoods on weekends.
- 'People's Restaurants' serve more than 12,000 people a day using locally grown Food.
- School and community nutrition programs.
- Fresh local produce sold at schools.

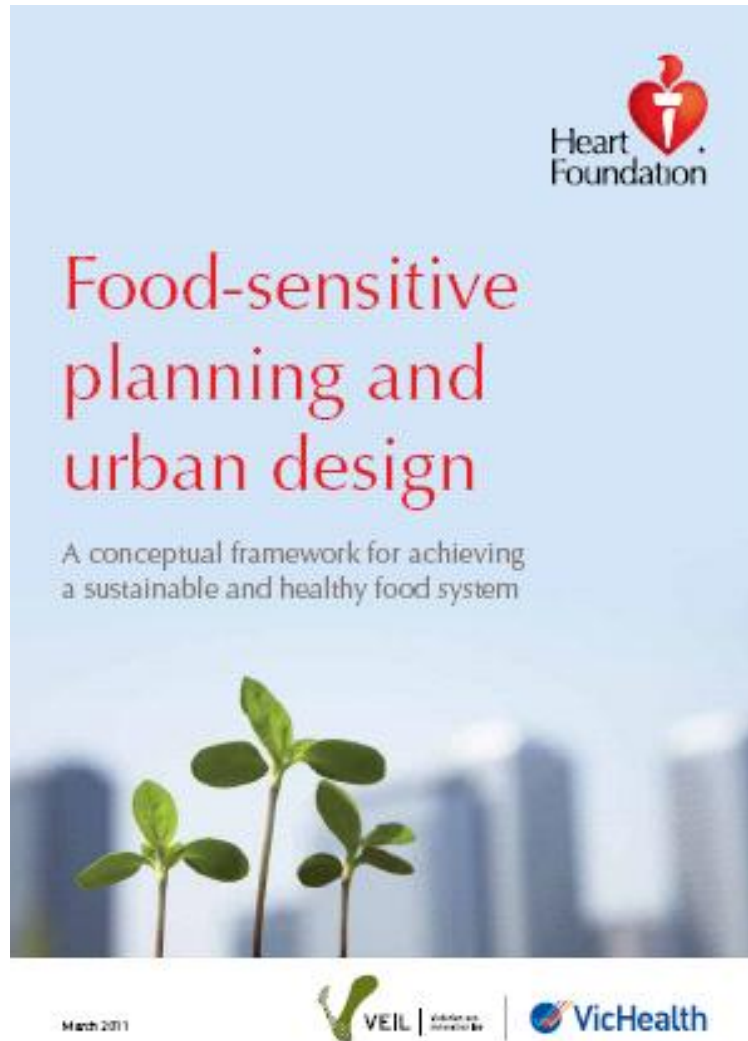
Other case studies

- Fresh Food Financing Initiative from US
- London Food Link – Capital Growth
- Municipal markets



Where to from here?

- A dissemination plan is to be rolled out
- A series of workshops will be held – 4 metro and 2 regional, to discuss with council planners and others how FSPUD might work in practice.
- Further tool developed/ support provided depending on the outcomes of the workshops (funding dependent)



Resource available from:

VicHealth or VEIL web sites
(summary and full resource)

rachel.carlisle@heartfoundation.org.au