

# Healthy Places, Healthy People — Guidance for Brisbane 2032 Games Venues and Precincts



South Bank, Brisbane

## How Games Venues and Precincts Can Enhance Community Health

There is clear evidence that the form, function and quality of our living environments can support people to adopt healthy behaviours. Now, more than ever, we need to prioritise delivering high quality and well-designed places that preference physical and mental health outcomes and encourage social connectivity to build resilient, productive and economically viable communities.

The significant infrastructure planning and investment to deliver the 2032 Olympic and Paralympic Games (Games) provides a once in a lifetime opportunity to accelerate and amplify delivery of built environments that support people to adopt active and healthy behaviours.

## Our Health Diagnosis

Queenslanders are living longer. However, many are living more years in poor health that reduces their quality of life and productivity. In 2024, 36% of the total health burden is attributed to modifiable lifestyle risk factors and can be prevented. While the most current national health system expenditure data demonstrates \$172.3B was spent diagnosing and treating disease in 2022-23, 48% or \$82B of this was on chronic diseases that could be prevented by addressing modifiable risk factors such as being overweight or obese, not being sufficiently active, tobacco use and reducing unsafe UV exposure.

## Brisbane 2032 Opportunities

The vision for the Games is shaped by people, places, connectivity and sustainability, and is informed by long-term development plans for the region, with a focus on leveraging the compelling opportunities created by hosting the world's most important event to create great Legacy outcomes for the community.

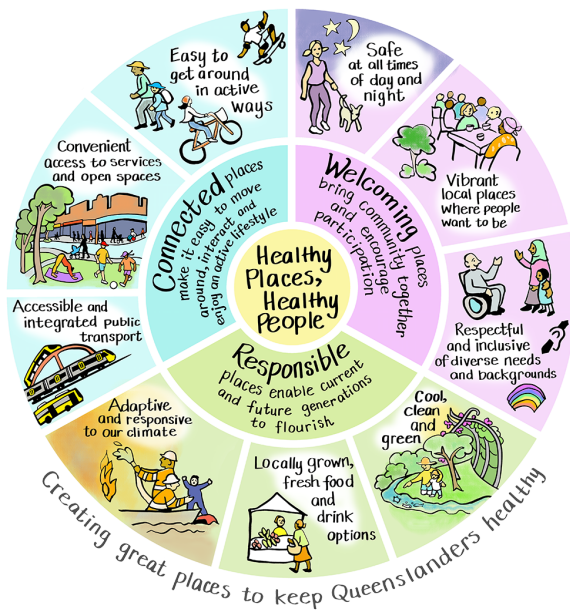
Through cross government engagement, state agencies are committed to delivering highly walkable and shaded environments in all Olympic and Paralympic Games venues and the connecting routes to and between these precincts.



Sunshine Coast, Old Walks

*Through an evidence based approach, our vision is to create great places across Queensland to support locals to live a healthy and active lifestyle.*

Healthy Places, Healthy People Vision



HPPH Framework, illustrated by Rachel Apelt, Curious Minds Co

## Healthy Places, Healthy People Framework

The Healthy Places, Healthy People Framework (The Framework) provides an established, evidence informed mechanism to guide how Queensland’s built and natural environments can support community health outcomes.

The Framework is a cross agency initiative led by Queensland Health and the Office of the Queensland Government Architect and was developed through a co-design process in 2019, with input from multidisciplinary experts within and external to government with a collective interest in the built and natural environment and health.

The Framework establishes key built environment influences to support walkability and multiple community health benefits that come from increased physical activity. With a lens of enhanced walkability for Brisbane 2032, three priority indicators have been identified to maximise project benefits including;

- Safety;
- Quality; and
- Comfort.

### Why prioritise walking?

Walkability is the basis of a sustainable city and provides numerous social and health benefits at an individual, community and population level. Walking provides an accessible, affordable and enjoyable form of exercise for the majority of people and is an effective and efficient mode of transport for shorter distances. Regular walking is proven to provide both physical and mental health benefits. Walking at least 30 minutes per day helps maintain a healthy weight and can lower the risk of cardiovascular disease and stroke by 35% and Type 2 diabetes by 40%. It also helps improve balance and coordination and maintain bone density. Walking improves our daily mood which cumulatively leads to better mental health.

Highly walkable environments will be essential to facilitate the safe, effective and efficient movement of locals and visitors both within our Olympic and Paralympic Games venues as well as to and from and between venues, precincts and public transport hubs. This connected network of walking infrastructure will also deliver long term health, economic and social benefits for Queenslanders.

#### What is the data telling us about walking:

- In Queensland - 68.8% of Adults and 34.6% of children (5-17 years).
- Between 2004-2024 self-reported adult obesity increased by 45.5% and parent-reported child overweight and obesity increased by 10.3%.
- In 2024, 44.5% of adults and 50% of children did not meet the national physical activity guidelines in Queensland.
- If no additional action is taken to tackle obesity in Australia, it will cost \$88 billion in direct and indirect costs over 10 years.

### Why maximise shade?

Queensland’s enviable climate encourages an outdoor lifestyle however, with a high UV environment all year-round Queenslanders experience high sunburn and skin cancer rates. In fact, unprotected skin can be damaged after just 10 minutes in the sun during high UV periods. While we can’t control UVR levels we can significantly reduce exposure risk through provision of well-designed built and natural shade. High quality and effectively planned shade can reduce UVR exposure by up to 75%.

Queensland will be welcoming over three million people to our Olympic and Paralympic Games precincts in 2032. Many of these will be international athletes and their support teams, officials and spectators who may be unaware of Queensland’s harsh UV environment and may have skin types that will be sunburnt quickly. Providing high quality shade in areas where people are required to queue for long periods of time, external plazas and along footpaths both within the venue and connecting active travel routes will reduce UVR exposure, sunburn risk and create cooler and more comfortable environments for patrons.

#### What is the data telling us about shade:

- Queensland has the highest rates of skin cancer in the world, with two out of every three people likely to be diagnosed in their lifetime.
- More people die from melanoma, the most dangerous form of skin cancer each year than through road accidents.
- In 2024, 44.5% of adults and 50% of children did not meet the national physical activity guidelines in Queensland.
- The diagnosis and treatment of skin cancer, which is largely preventable, cost the Australian health care system over \$2.3 billion in 2022-23.



Brisbane 2032 Design Quality Framework

## Brisbane 2032 Design Briefs

Six values have been developed to support the successful delivery of Games venues to meet Olympic and Paralympic, community and sporting aspirations and the objectives for the legacy beyond for Queensland. These values have been established and articulated through design briefs for all Brisbane 2032 venues.

Design Value 03 ‘Active and Connected’ includes a number of key objectives supporting health and well-being including;

- **Priority Objective 9:** The venue will include facilities and features to prioritise and promote active transport including walking and cycling; and
- **Priority Objective 12:** The Venue will support community health outcomes including encouraging physical activity and maximising sun protection.

## Establishing Benchmarks and Targets

To support community health outcomes, including physical activity and sun protection, a series of targets have been outlined to enable success to be evaluated and measured. These targets have been benchmarked against best practice outcomes and are supported by existing State and Local Government policies including;

### SAFETY

- Crime Prevention Through Environmental Design- Guidelines for Queensland, Queensland Police Service, 2021.

### QUALITY

- Accessibility and Inclusion Strategy (Department of Transport and Main Roads, 2020).
- RPDM Edition 2: Volume 3, Supplement to Austroads Guide to Road Design Part 6A: Paths for Walking and Cycling, Section 5 Design criteria (Department of Transport and Main Roads, 2020).
- Treatment Options to Improve Safety of Pedestrians, Bicycle Riders and Other Path Users at Driveways (Department of Transport and Main Roads, 2021).
- AustRoads Guide to Road Design Part 6A: Paths for Walking and Cycling.

## COMFORT

- Provision of Shade Along Paths (Technical Note TN197) (TMR, 2021).
- Brisbane City Council’s Brisbane Urban Forest Initiative which includes targets to;
  - » increase tree shade cover to 50% for footpaths and bikeways in residential areas by 2031, and
  - » transform major entry roads to the city into subtropical boulevards.

## Walkability Targets

For Brisbane 2032 venues and precincts the following targets are sought:

- increased walking activity;
- improved walking amenity, including universal accessibility for all;
- a minimum of 50% total shade cover to prioritised new and upgrades to walking routes within or surrounding the site;
- 75% total shade for spectator seating; and
- prioritised shade for high-use and long-stay external areas.

## Scope of Influence

To maximise community health benefits the scope of walkability outcomes is prioritised to the following walking infrastructure;

- Public footpaths; and
- Prioritised walking pathways, including pedestrian access paths to venues from key destinations including public transport hubs, car parks, site entrances and/or other destinations.

## HPHP Project Guidance

To support these targets and the realisation of Brisbane 2032 Priority Project Objectives, the following priority outcomes are sought from Games venues and precincts.

### SAFETY

Walking infrastructure should be designed to support people to feel safe and secure. This should be achieved through;

- a the application of CPTED principles to encourage activation, use and surveillance, including:
  - » prevention of potential entrapment spots
  - » adequate lighting to ensure paths are well lit to maximise actual and perceived safety during evening and night.
  - » incorporation of CCTV monitoring systems with cameras at regular intervals along walking networks.
- b pedestrian prioritisation, including;
  - » clear, simple and legible pedestrian movements through precincts and sites
  - » separation of pedestrians from vehicles and cyclists
  - » minimise pedestrian and vehicle conflicts
  - » reduce traffic volumes and speeds where there is internal site traffic

### QUALITY

Walking infrastructure should be designed to make it easy for people of ages and abilities to move around both venues and precincts. This should be achieved through;

- a application of TMR's Universal Access requirements including accessibility pathways and appropriate grades and surface treatments; and
- b articulated rest points provided at regular intervals, (approximately every 50 metres) that are connected to, but set back from, the path by a minimum of 500mm. Ideally these should provide shade and weather protection to at least one third of these seating areas.

### COMFORT

Walking Infrastructure should be comfortable and provide protections from UVR and heat. This should be achieved through;

- a the provision of shade including;
  - » a minimum of 50% total shade cover. Shade Cover is defined by either natural tree cover or physical shelter where 50% shade coverage is achieved on the ground surface, footpaths or cycleways between 8am -3.30pm when the UV Index is typically high enough to cause skin damage provisions.
  - » provision of tree species that have a high leaf volume all year round and broad canopy
  - » provision of mature (e.g. ex-ground) climate resilient tree stock maximise the delivery of shade and UVR protection for Brisbane 2032.
  - » where applicable, arbors that provide a dense and stable canopy cover from climbing plants or vines
  - » where applicable, shade sails utilising shade fabric or cloth that meet a 95% (most effective) UVE category as per Australian Standard AS4174:2018 Knitted and Woven Shade Fabrics.
- b the provision of materials that account for and minimise reflected UVR from the surrounding environment associated with the albedo of the ground surface materials.
- c the provisions of regular and shaded rest spots.

To Test and optimise shade provision and minimise UV exposure To test the effectiveness of shade trees for your project, we recommend utilising CanopyCast Pro. CanopyCast Pro, developed by Queensland Health in association with Professor Nathan Downs of the University of Southern Queensland, is an online application designed to assess built environment design and tree planting approaches to provide shade and reduce UV radiation. For more information and access to this online tool, visit the [Queensland Health Website](#).

### Measuring Success

It is proposed that outcomes from projects that adopt the Healthy Places, Healthy People Framework will be measured and reported on to determine the long-term community health benefits generated by Games venues and precincts.

Queensland Health and the Office of the Queensland Government Architect are working together to develop methodologies for measuring project success. Whilst not yet finalised, it is anticipated that data will be collected from projects to determine how they have met requirements, including targets, set out by this guidance. This information will enable reporting on Games legacy outcomes related to community health.

### Disclaimer

This document is to be read with other project resources including venue design briefs and other relevant project inputs, including local planning requirements, all of which contain essential information and direction to undertake the project.

### Further Information

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Townsville, Department of Transport and Main Roads