



Is my neighbourhood a healthy place?

CHECKLIST

Use our simple checklist to see how healthy your neighbourhood is.

The more ticks, the healthier your neighbourhood.
Items not receiving a tick can be used to identify areas to take action!

Healthy Food and Drink

- Most homes are within a comfortable walking distance (400m) of healthy food outlets such as supermarkets, fresh fruit and vegetable shops, local markets, community gardens, edible landscapes etc.

Transport and Connectivity

- Most homes are within a comfortable walking distance (400m) of frequent destinations to meet every day basic needs such as shops, schools, parks, transport stops etc.
- There are safe networks of footpaths and cycleways in the area that are well connected with local destinations such as residential areas, open space, schools, shops, employment areas, sporting fields, public transport stops and hubs?
- The design of streets promote pedestrian activity and bicycle use by considering the safety, comfort and amenity of users including enjoyable scenery, appropriate amenities and shelter from the weather, adequate lighting, appropriate speed limits, minimal vehicle crossings of paths etc.
- Public transport stops are within a comfortable walking distance (400m for bus stops and 800m for train stations), with services operating at least every 30 minutes
- Public transport is encouraged through the use of 'Park and Ride' schemes

Housing

- There are a variety of housing types (ie. houses, duplexes, townhouses, apartments) in the area to ensure people can remain in the communities they feel connected to throughout their life stages
- Higher density housing is located close to public transport, quality open space and social infrastructure
- Affordable housing is distributed throughout the area, rather than clustered in particular locations

Quality Employment

- The residential population has access to a range of employment opportunities within a 30-minute commute of where they live
- Local jobs are well-served by public transport and active travel routes

Community Safety and Security

- The area feels safe during the daytime and at night with adequate lighting, natural surveillance, clear sightlines in public spaces and appropriate night time uses
- The number, location and trading hours of premises selling alcohol are appropriate for the community they serve

Open Space and Public Spaces

- All homes are located within a 10 minute walk of quality open green space
- Open spaces are mixed use and cater to a range of users
- There are sufficient sport and recreational facilities, as well as playgrounds in the area for the community they serve
- Local neighbourhoods and public spaces (parks, public plazas, village centres) encourage people to meet, gather and socialise informally use through attractive landscaping, seating, quality building facades, shading, active street frontages etc.
- Public spaces are smoke-free and alcohol-free zones/alcohol prohibited areas are established

Social Infrastructure

- There is sufficient access to quality facilities including schools, early childhood centres, shops, services, community centres and libraries, as well as facilities for recreation, leisure, entertainment and culture
- Facilities are multipurpose to enable a range of different user groups with diverse needs to use them for different purposes

Community Connection

- Regular activities and events are held providing the opportunity to socialise in the community
- A diverse range of community/social groups are available and active within the neighbourhood

Environment and Sustainability

- The neighbourhood (including residential properties, local streetscapes and open space) has an adequate tree canopy of approximately 40% of the total land area to address the impacts of urban heat stress
- The community is not exposed to excessive air, noise and light pollution, as well as odours
- Waste is appropriately managed and residents are supported to reduce the production of waste

SCORE: _____/25



Health
Northern Sydney
Local Health District