

**VERSION 2.0**

# INTEGRATED RECOVERY PLANNING GUIDE

For a healthy, sustainable & resilient future



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# Help yourself to help others

We hope this Guide will make a positive difference for you, your recovery work and ultimately for the wider community.

What you are doing is important and will make a difference.

From the outset, do look after yourself, so that you can help others:

- Take time to talk - spend time with family and friends
- Eat well
- Make time to exercise and to rest
- Get sufficient sleep
- Plan for some fun and laughter

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He aha te mea nui o te ao?

He tangata! He tangata!  
He tangata!

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What is the most important thing  
in the world?

It is people! It is people!  
It is people!

Integrated Recovery Planning

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# Section 01



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# Integrated Recovery Planning

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Integrated planning involves taking an holistic approach to addressing the needs of communities in order to determine the most appropriate course of action. The earthquake recovery process, although complex, presents a unique opportunity to work towards improving the health and well-being of the community.

This guide is intended to assist all groups involved in recovery planning. The scope of the guide is broad, aiming to integrate thinking across multiple perspectives and a range of disciplines.

The guide builds on existing work of the Canterbury District Health Board and the Christchurch City Council. Targeted questions aim to enhance constructive thinking and encourage innovation. It is designed to help us:

- plan in ways that build stronger more sustainable social, environmental and economic outcomes
- promote the health of all, and
- keep sight of the shared vision for stronger, healthier and more resilient communities.

**The well-being and prosperity of Canterbury communities is the focus of recovery**

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# Greater Christchurch Urban Development Strategy

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The vision for the next thirty-five years for Greater Christchurch is provided by the Greater Christchurch Urban Development Strategy (UDS). This Strategy was developed in consultation with the Greater Christchurch community and adopted in 2007 by Strategy partners; Christchurch City Council, Waimakariri and Selwyn District Councils, Environment Canterbury and New Zealand Transport Agency (formerly Land Transport New Zealand). It provides the agreed vision and strategic direction for liveable urban and rural communities, protecting water and the environment, improving transport options, and managing growth in a more sustainable way.

Visit [www.greaterchristchurch.org.nz](http://www.greaterchristchurch.org.nz)

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The 2010 and 2011 earthquakes provide a rare chance to reassess previous trends and assumptions and to test the sustainability of existing policies and practices.

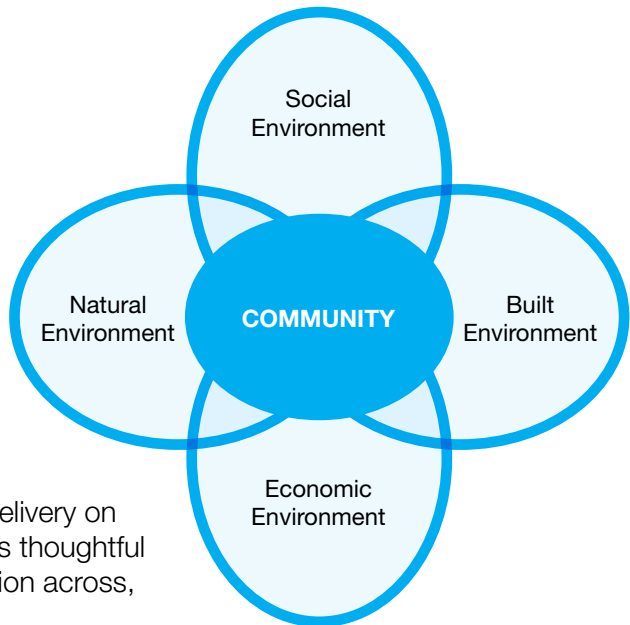
This guide has its origins in the guide, Health Promotion and Sustainability Through Environmental Design (HPSTED). The dimensions for health introduced in HPSTED that contribute to community well-being have been summarised and reworded here. Sample questions, developed for recovery planning, provide a basis for developing and evaluating planning proposals and projects, ensuring that the principles of health and sustainability are integrated into planning.

**Recovery activities are grounded in and build on existing activities, frameworks & initiatives**

**Figure 1.** CDEM Integrated and Holistic Recovery Framework

**Fig 1.**

The Civil Defence and Emergency Management (CDEM) Recovery Framework encompasses the community and four environments: social, economic, natural and built environments. Recovery activity (the darker blue oval) demonstrates the integration between the community and the four environments.



Successful and efficient delivery on identified priorities requires thoughtful alignment of, and integration across, all planning groups.

**Coordination and integration of activities across all environments is critical**



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# Principles

## of integrated planning for health and well-being.

These principles derived from the UDS, HPSTED and CDEM underpin and provide the context for this Guide.

- Establishing and maintaining effective communication links with the community is essential.
- Engaging communities and encouraging participation in recovery planning and actions will build stronger more resilient communities.
- Well-designed, safe and accessible places and spaces support good health, well-being and a sense of belonging.
- Housing that is affordable, secure, dry and warm is critical for ensuring good health outcomes, particularly for the very young and elderly.
- People who enjoy and identify with their local neighbourhoods are more likely to engage in community activities and establish social connections.
- The quality of our air, water, soil and biodiversity underpin the health and economic prosperity of our society.
- Incorporating sustainability considerations will help achieve economic, social and environmental goals simultaneously, in both the short and long term.
- Promoting safe, direct, convenient, comfortable and attractive cycling and walking networks enables people to choose active transport options, encouraging active lives.
- Prosperous businesses, quality employment and job security can make it easier to pursue a healthy lifestyle.

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# Communicating

Post-earthquake recovery efforts demand thoughtful coordination of effort, effective communication and clear strategic leadership. Engaging with and communicating effectively with individuals, family & whanau and the many social networks, agencies and communities will be vital as Canterbury seeks to emerge from the earthquakes and aftershocks fully functioning and confident.

There are opportunities to engage with existing networks, groups, key sectors and agencies. Consider how existing central and local government community engagement and community consultation teams can be utilised.

Transparency of processes and accountability of all involved are essential for credibility and have to be demonstrated and safeguarded through all activities.

It helps to keep asking these questions:

- Who do we need to talk with next?
- What do we need to say?
- What do we need to know (to ask)?
- What are the options?
- Are there other ways of looking at this situation?
- Who will feel the effects of the proposed plan or action?
- Are we applying best practices in consultation and communication?
- How will this part of the recovery plan lead to healthier, more sustainable and resilient communities?
- How will we measure or indicate success?

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# Why focus on well-being?

Our opportunity for good health begins in our homes and communities where we live, work, learn and play. Although we can be proud of the healthcare we receive in Canterbury, good health is not something that can be handed out when we visit the doctor.

All planning, policies and developments can potentially affect the health of people physically and psychologically. The (re)design of our environments can influence, directly and indirectly, the health and well-being of individuals and communities. The rebuilding and recovery phase presents an opportunity to do things differently, to think about how our decisions affect all people and to bring forward articulated outcomes planned and agreed for the future.

**Te Pae Mahutonga**, a model for health promotion planning, offers an integrated thinking approach and a useful way of framing questions that supports recovery work.

Te Pae Mahutonga supports our vision of a thriving, prosperous community through the imagery of the Southern Cross which represents the health promotion goals of environmental protection, healthy lifestyles, active participation in civil society and secure cultural identity. The two southern pointers represent leadership and self-reliance - communities taking responsibility for themselves. This model provides an inclusive and respectful way of framing questions for the interlinked, multiple perspectives required for recovery planning.

It will be essential for the public sector to work alongside the citizens of Christchurch, including Ngai Tahu, as tangata whenua, nga mata waka and all community groups as we plan together for our recovery.



Ngā Manukura  
Community Leadership



Waiora  
Environmental Protection



Mauriora  
Community & Culture

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## Te Pae Mahutonga

Te Pae Mahutonga (Southern Cross Star Constellation) brings together elements of modern health promotion.

The four central stars of the Southern Cross represent four key tasks of health promotion Mauriora, Waiora, Toiora and Te Ōranga. The two pointers represent Ngā Manukura and Te Mana Whakahaere.



Toiora  
Healthy Lifestyles



Te Ōranga  
Participation in Society



Te Mana Whakahaere  
Community Ownership

Fig 2. Te Pae Mahutonga (Southern Cross Star Constellation) brings together elements of modern health promotion

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# Notes

# Section 03



## Thinking about the

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# Social Environment

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- **Q** Are affected communities included in recovery planning and decision-making?
- **Q** How can recovery plans build on the new or existing community relationships and spirit? Are ways of strengthening personal, household and community resilience encouraged and integrated into planning? e.g. Emergency preparedness, Neighbourhood Support/ Watch groups and both household and community gardens.
- **Q** How do we best support and involve existing networks such as service and volunteer groups, communities of faith, marae, clubs, sports groups etc through the recovery phase? Are there facilities or resources that can be shared by others?
- **Q** Have those with the greatest need been identified to ensure they receive appropriate assistance? Have the needs of all groups been considered? e.g. older people, those with poor health or disability, migrants with English as a second language.
- **Q** Do communication plans reach the right audience? e.g. using a variety of media and languages.
- **Q** Can recovery planning increase social connectivity through transport and neighbourhood planning? e.g. location of bus stops and routes, people-focused street renewal, work and school travel planning, opportunities for car pooling and cycling safety. How will the recovery actions ensure the social benefits and costs are fairly distributed?
- **Q** Are there opportunities to strategically relocate people from inadequate and poorly positioned housing?



## Strong communities have strong social connections

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- Q** How are the effects of potential loss of wealth dealt with? e.g. including the legacy of potential reduced resale of homes.
  - Q** Do the plans identify affected sites of cultural significance and consider restoration and safe-guarding for the future? e.g. heritage headstones, wahi tapu and archaeological sites.
  - Q** How can the experiences of individuals and the community be acknowledged and recorded for the future? How can these 'Legacy stories' be shared? What can be learned from these stories?
  - Q** Are there opportunities to rebuild the local services and community meeting places to promote a wider variety of use? Are there opportunities to replace or repair local 'touchstones' e.g. community halls, cemeteries and war memorials.
  - Q** Are there non-formal community leaders who can assist with communication?
  - Q** Are there opportunities to improve social connections within rural communities? Consider farm managers and those who live on lifestyle blocks who may not have the long term or strong social connections of locals.
  - Q** Are there ways of identifying people who may not show they need help? e.g. bachelor farmers. Are there other ways of communicating with rural communities? e.g. stock agents, farm advisors, rural support trusts, Landcare, Federated Farmers.
  - Q** Do those on smaller or lifestyle blocks have access to the same support as others in the rural communities?

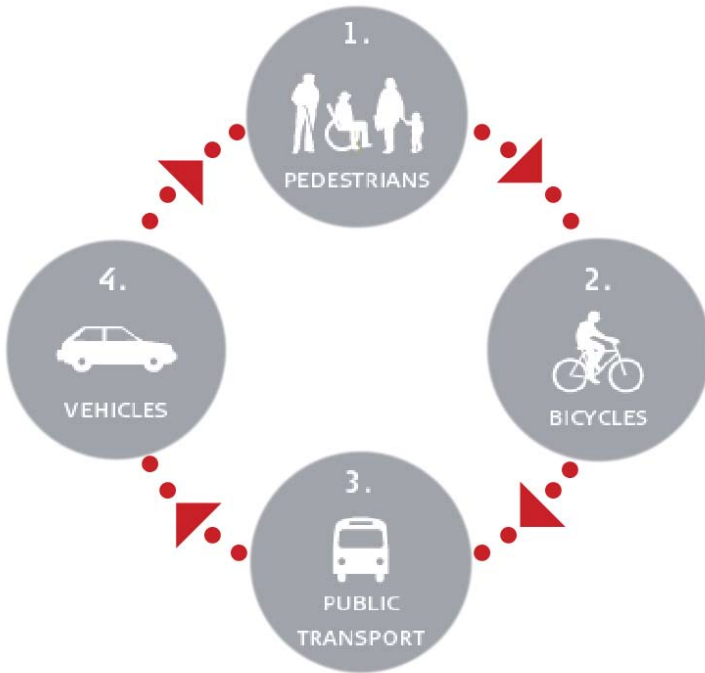
## Thinking about the

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# Built Environment

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- **Q** Are there opportunities to rebuild neighbourhood shops to support the continuation of local community services? Can new buildings be multipurpose? e.g. include residential living.
- **Q** How can displaced businesses be encouraged or supported to remain in, or return to neighbourhood shopping areas as they are redeveloped?
- **Q** How will the relocation of residential homes affect household travel and public transport routes? e.g. access to business centres, schools, work and other community activities, bus routes and cycleways.
- **Q** Are there opportunities in redeveloped residential, commercial and industrial areas to improve safety and encourage active travel?
- **Q** Are there opportunities to improve the transport hierarchy and provide better links to pedestrian, cycle and public transport networks? Are there opportunities for recovery plans to encourage active transport? e.g. park and ride sites.



- **Q** How will recovery plans support and promote affordable, energy efficient, sustainable, high-quality buildings?
- **Q** Will new housing provide for and encourage a diversity of housing stock and cater for a range of population groups?
- **Q** Are there opportunities to improve access to public services such as schools, libraries, health services, cultural (places of worship, halls) and sports facilities?
- **Q** What other services will be required to help residents as areas are being rebuilt?

## Built Environment Continued

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Well-designed public places and spaces encourage use by local residents and increase social and emotional well-being

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- Q** How will the future housing stock affect infrastructure needs in the area? How might this affect long term prioritisation of infrastructure?
- Q** How are businesses and employees affected in the area? e.g. access to water, sewerage, roads. How will the prioritisation of infrastructure affect businesses?
- Q** Are there opportunities to enhance the design of streets and neighbourhoods through infrastructure replacements? Can the principles of Crime Prevention Through Environmental Design<sup>1</sup> be applied? e.g. consider lighting, landscaping and position of buildings as part of street renewal projects.
- Q** How can infrastructure repairs protect and secure water quality and quantity? e.g. utilising low impact urban design approaches.
- Q** How can resource use be minimised? Can repairs and upgrades be managed together so fewer resources are used in the long term? Can materials from repairs/replacements be recycled?
- Q** What are the opportunities to use spaces created following building demolition in a positive way? e.g. open and green spaces (play, garden or community activity areas), community information or display areas.
- Q** Are there opportunities to improve or increase access to recreational and natural areas and parks? How can biodiversity be encouraged when looking at redesigning areas? e.g. through green corridors and networks.

<sup>1</sup>Crime prevention through environmental design (CPTED) is a multi-disciplinary approach to deterring criminal behavior through environmental design.

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**Q** What are the opportunities for future proofing new or rebuilt buildings? e.g. when considering climate change and extreme weather events, sea-level rise, peak oil, tsunami and earthquakes.

**Q** Are opportunities for reuse and recycling being maximised where buildings are being removed? Can local materials be used in repairs? What are the opportunities for future proofing infrastructure and using soft engineering techniques? e.g. when considering climate change and more frequent extreme weather events, sea-level rise, peak oil, tsunami and earthquake.

Are there other questions to consider?

## Thinking about the

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# Natural Environment

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- **Q** Do rebuilding plans address future risks such as sea-level rise, earthquakes and flooding? Are there opportunities to use vulnerable land and areas of managed retreat for restoration of the natural ecosystem/habitat and recreation? Can natural capital be improved by converting damaged sites for natural uses?
- **Q** What are the opportunities to improve safety around waterways and greenspaces?
- **Q** Are there opportunities to provide or improve equitable access to and within recreational areas and greenspaces? Can usage be increased by providing improved facilities? e.g. toilets and accessible pathways.
- **Q** Do plans recognise the importance of the natural environment to Maori and other communities as well as how the earthquake has affected the mauri. Are plans considering kaitiakitanga principles? e.g. in relation to surface water.
- **Q** Are there opportunities to create attractive streetscapes? e.g. diverse plantings, green corridors, enhanced biodiversity.
- **Q** How do we restore the confidence of Cantabrians and tourists who are participating in activities within the natural environment?

Being part of a flourishing natural environment nourishes physical and emotional well-being

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- Q** Can use and appreciation of greenspace be increased through local communities taking up or sharing management of local areas? e.g. the use of community gardens or spaces.

Are there other questions to consider?

## Thinking about the

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# Economic Environment

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- **Q** Are the wider socio-economic implications fully recognised for those households severely affected by the earthquake? e.g. relocated households' loss of possessions, disruption to school/work travel patterns and loss of neighbourhood support systems.
- **Q** How are individuals and businesses supported to regain their property and wealth positions? e.g. helping people to understand their insurance, their rights and legal support.
- **Q** How can disruption to businesses be minimised during repairs in order to maintain business continuity and employee confidence as much as possible?
- **Q** Can displaced businesses be supported to find other markets or modes of delivery? e.g. web-based, mobile shops.
- **Q** Are support services available to help with stress associated with building loss or damage and financial and customer loss?
- **Q** Can Canterbury's economic recovery be stimulated by giving preference to the use of local skills, materials and businesses in the rebuild?
- **Q** Are there innovative business opportunities post-quake? e.g. resilience and sustainability focused products such as water reuse and solar energy systems, Public/Private Partnerships.



Prosperous businesses, quality employment and job security can increase health and well-being as well as making it easier to pursue a healthier lifestyle

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**Q** How can visitors be encouraged to return to the Central City? e.g. the creative use of both business and social marketing, addressing safety concerns, improving and expanding active and public transport routes.

**Q** Can suburban businesses be 'kept local'? Are there now opportunities to co-locate with key services? e.g. with council facilities or integrated health centres?

Are there other questions to consider?

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# Notes

Applying the Dimensions of Health and  
Well-being to Integrated Recovery Planning

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# Section 04



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# Applying the dimensions of health and well-being to integrated recovery planning

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These dimensions were first presented in Health Promotion and Sustainability Through Environmental Design: A Guide for Planning

Each dimension outlines some key points and questions that planners need to consider in the recovery planning process. These questions do not form an exhaustive list, but are rather a starting point for innovative planning. Consider the links between the different dimensions.

# Lifestyles

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We know that the environment heavily influences a person's lifestyle and activity levels. Ready access to open spaces and safe walking and cycling routes enable people to exercise regularly.

- Do recovery plans enable improved opportunities for play and exercise?
- Are there opportunities to encourage people to cycle and walk to work?
- Are there opportunities to increase the variety of open places and spaces? Are these accessible to all?

# Transport

By encouraging active forms of transport such as cycling and walking we can reduce the impact of obesity, cardiovascular disease and diabetes on our community.

- Do recovery plans make the most of opportunities to promote active and public transport?
- Has accessibility for all been considered (including people with disabilities, youth, older people, families with young children, lower income earners etc)?
- Will communities be able to access important public services utilising frequent, reliable and affordable public transport?
- Does the recovery plan put people first in terms of transport?

# Equity

We know that social and economic circumstances affect health throughout life. Increasing opportunities for educational success, addressing income inequities and unemployment and improving housing standards all directly improve health outcomes.

- Are recovery plans and on-going projects fair to all current and future members of our community?
- Are there opportunities to improve housing conditions and incorporate Universal Design Principles<sup>1</sup>?
- Are there opportunities to support employment and educational opportunities?
- What is already known about existing inequities in relation to the issue under consideration?

# Social and community capital

Strong communities have strong social connections.

- Do recovery plans support social cohesion (participation of, and mutual understanding between all groups in the community) and further build social capital (trust, connectivity and shared values) that will help communities work together for the common good?
- Do recovery plans support, or provide opportunities for social interaction, leisure activities, foster voluntary action, engagement in post-quake issues and opportunities for shared decision-making?

<sup>1</sup> Universal Design Principles, the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialised design.

# Cultural diversity

**29**

Many factors contribute to culture – ethnicity, socio-economic status and personal characteristics such as age or sexual orientation. A strong sense of cultural identity is recognised as a key factor for an individual's health. Living in an environment of inclusion, acceptance and tolerance enhances mental health and promotes social cohesion between people within a multi-cultural community.

- Have tangata whenua and cultural groups had an opportunity to contribute to recovery planning?
- Do recovery plans reflect the principles of the Treaty of Waitangi (protection, participation and partnership)?

# Neighbourhood amenity

Well-designed public amenities encourage use by local residents and increase social and emotional well-being.

- Are recovery plans consistent with the NZ Urban Design Protocol<sup>2</sup> (key qualities of context, character, choice, connections, creativity, custodianship and collaboration)?
- Are plans for rebuilding informed by neighbourhood identity (pre-quake, post-consultation)?
- What are the best ways to maintain and future-proof heritage features?
- Are there opportunities to rebuild neighbourhood shops to support the continuation of local communities?

<sup>2</sup> The New Zealand Urban Design Protocol provides a platform to make New Zealand towns and cities more successful through quality urban design.

# Public services

The provision of good quality accessible public services (particularly social, educational, recreational and health facilities) has a positive effect on well-being. When members of the public engage in the operation and management of these services there is a positive effect for the greater community.

- Does recovery planning aim to enhance access for all residents to public services and facilities – schools, libraries, health providers, food provision, community centres, sports and recreation facilities, cultural facilities, welfare services, Council services?
- Are there now opportunities to co-locate community services, facilities and businesses?

# Housing stock

Housing that is affordable, secure, dry and warm is critical for ensuring good health outcomes.

- Are all opportunities to upgrade housing stock during the recovery phase identified? e.g. requiring insulation and changes of heating options.
- Are there any new opportunities for efficient use of land for housing?
- How will recovery plans support and promote universal design, affordable, energy efficient, sustainable, high-quality building?



# Economic development

**31**

Prosperous businesses, quality employment and job security can increase health and well-being as well as making it easier to pursue a healthier lifestyle.

- Are there opportunities to encourage new businesses or ways of supporting businesses that have lost premises, to operate in a different way?
- Can recovery plans build in opportunities for training and employment?
- Do recovery plans encourage business opportunities for residents and local businesses?

# Community safety

Traffic crashes are a major cause of injury in New Zealand. Accidents in and around the home are also a threat to New Zealanders, particularly children and young people. Reducing crime rates can enhance people's physical and mental well-being, as well as enhancing social cohesion.

- Are there opportunities to use good planning to improve community safety?
- Can traffic calming techniques be utilised?
- Can the layout of commercial areas be improved, utilising new spaces and creating new access ways?
- Have plans utilised the Crime Prevention Through Environmental Design audit tool?

# Natural capital

The natural resources, land and ecological systems that provide life-support services to society and all living things are our natural capital. Two broad elements are: biodiversity (indigenous species and natural character) and ecosystem services (supporting utility, a clean physical environment and sustainability). Biodiversity considerations could include:

- Do recovery plans optimise opportunities to support biodiversity? e.g. by using treatment wetlands, trees for shelter and carbon sinks, community gardens and restored habitat
- Are there opportunities during rebuilding for more open and green spaces to support local biodiversity?
- Can reconfiguration of the city's spatial layout consider optimal ecological requirements for wildlife and maximise the experience of natural heritage in the region?

# Resource sustainability

The quality of air, water and soil, and productivity of land, underpin the health and prosperity of our society. There is a positive association between environmental and green space quality and public health. Reducing the reliance on fossil fuels, sequestering carbon and absorbing toxins reduces the health impacts of air pollution and greenhouse emissions. Ecosystem considerations could include:

- Do recovery plans optimise opportunities to further improve air quality? e.g. through supporting residents to install modern heating, insulation, solar and wind technologies
- Do recovery plans promote the protection of water quality? e.g. through minimising water use and waste, and by separating storm-, grey- and potable water
- Do recovery plans minimise the use of non-renewable resources and energy, encourage waste reduction and promote re-use and recycling?

# Community resilience

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Resilient communities are those that plan and prepare for inevitable and significant risks. As we prepare for extreme weather events, peak oil, influenza epidemics, tsunamis, earthquakes and sea-level rise we are assisting our community to be more adaptable and resilient to future disasters and climatic changes. All these risks pose significant health impacts as well as social, economic and environmental effects.

- Do recovery plans consider how do make our community better connected and more robust in the face of our next disaster?
- Do plans consider how to promote climate stability and minimise greenhouse gases?
- How can we use what we have learned post-quake to inform our disaster planning?

# Food security

Food security is access to enough appropriate food, by all people, to support an active healthy lifestyle. The availability of good quality, reasonably priced food can improve nutrition particularly for families, the elderly and those on low and fixed incomes.

- Do recovery plans promote access to wholesome, affordable, locally-produced food?
- Can productive soils be safe-guarded from residential and industrial development?
- Can new vacant sites be prioritised for community food production?
- Do plans creatively address the issues for communities with the loss of many dairies and local strip shopping areas?

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# Notes

# Section 05



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# Integrated recovery planning: a thinking tool

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## Using this tool

- Consider each dimension; or two or more together e.g. How might Active Lifestyles and Economic Development be creatively linked to support employment opportunities and improve food security?
- Prioritise and group ideas, looking for both opportunities and challenges
- Take time to consider the various alternatives
- Be informed by different viewpoints; seek the opinions of others
- Consider the possible consequences; positive, negative and unintended
- What is already known? What other knowledge, research or information is required?
- Consider how the planned action/idea fits with the overall vision
- Establish what the next steps or actions will be

Equity	Neighbourhood Amenity	Communication
Public Services	Cultural Diversity	Natural Capital
Active Lifestyles	Housing Stock	Resource Sustainability
Transport	Economic Development	Food Security
Social & Community Capital	Community Safety	Community Resilience

Priorities

Challenges

Consequences

Next steps



Opportunities

Viewpoints / community feedback

What else do we need to know?

Does this fit with the vision?

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# Notes

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# Reference



# Additional Resources

## **Health Promotion and Sustainability Through Environmental Design: A Guide for Planning (2008)**

<http://resources.ccc.govt.nz/files/HPSTED.pdf>

*The original document...Designed to help provide a structure for the Christchurch City Council planners in assessing the likely health impacts of developments on the Christchurch community...*

## **Adelaide Statement on Health in all Policies, WHO, Government of South Australia (2010)**

[http://www.who.int/social\\_determinants/hiap\\_statement\\_who\\_sa\\_final.pdf](http://www.who.int/social_determinants/hiap_statement_who_sa_final.pdf)

*Taking account of health means more effective government, more effective government means improved health...*

## **Christchurch City Council Sustainability Policy (2008)**

<http://www.ccc.govt.nz/thecouncil/policiesreportsstrategies/policies/groups/sustainability/sustainabilitypolicy.aspx>

*At the heart of a democratic society is the responsibility for community leaders to make decisions on behalf of, and in the best interests of, present and future generations...*

## **Greater Christchurch Urban Development Strategy (2007)**

<http://www.greaterchristchurch.org.nz/>

*The strategy is a bold and ambitious plan for managing urban development that protects water, enhances open spaces, improves transport links, creates more livable centres and manages population growth in a sustainable way.*

## **The New Zealand Urban Design Protocol (2005)**

<http://www.mfe.govt.nz/issues/urban/design-protocol/>

*Context Character Choice Connections Creativity Custodianship Collaboration Communicating...*

## **Sustainable Development: The key to tackling health inequalities (2010)**

[http://www.sd-commission.org.uk/data/files/publications/health\\_inequalities.pdf](http://www.sd-commission.org.uk/data/files/publications/health_inequalities.pdf)

*Drawing on a significant body of research from a range of disciplines, this report sheds light on the close links between unsustainable development and health inequalities and promotes the co-benefits of spreading responsibility for health beyond the health care community...*

## **Te Pae Mahutonga Implementation Guide**

[http://www.nsu.govt.nz/files/NCSP/te\\_pae\\_mahutonga.pdf](http://www.nsu.govt.nz/files/NCSP/te_pae_mahutonga.pdf)

*Good health depends on many factors, but among indigenous peoples the world over, cultural identity is considered to be a critical prerequisite...*

## **Mental Wellbeing Impact Assessment (2011) Access from:**

<http://www.apho.org.uk/resource/item.aspx?RID=95836>

*Having a way of building our collective resilience to manage through these tough times and emerge in good and even better shape is something that this toolkit can help us achieve...*

## **WHO Checklist of Essential Features of Age-Friendly Cities (2007)**

[http://www.who.int/ageing/publications/Age\\_friendly\\_cities\\_checklist.pdf](http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf)

*In assessing a city's strengths and deficiencies, older people will describe how the checklist of features matches their own experience of the city's positive characteristics and barriers...*

**Active Design Guidelines – New York City (2010)** Access from:

[http://www.nyc.gov/html/ddc/html/design/active\\_design.shtml](http://www.nyc.gov/html/ddc/html/design/active_design.shtml)

*Provides architects and urban designers with a manual of strategies for creating healthier buildings, streets, and urban spaces, based on the latest academic research and best practices in the field...*

**Design of Streets: A reference handbook for high quality streets (2009)**

<http://www.northshorecity.govt.nz/Services/TransportAndRoads/TransportStrategy/Documents/design-of-streets-handbook.pdf>

*Streets make up the majority of the public realm in our towns and cities. How we feel about and value a place has much to do with how we move around it and perceive it at ground level. A city is its streets.*

**What is Crime Prevention Through Environmental Design (CPTED)?**

<http://resources.ccc.govt.nz/files/CPTED-docs.pdf>

*Careful environmental design can help make places less susceptible to crime and enable people to feel more comfortable outdoors...*

**Nga hua papakainga: Habitation design principles (2009) Shadrach Rolleston and Shaun Awatere**

<http://www.review.mai.ac.nz/index.php/MR/article/viewFile/241/241>

*Using a social science approach this paper identifies Maori principles to help influence the design of papakainga (sustainable habitation) within urban environments...*

**Universal Design Principles**

<http://www.ncsu.edu/project/design-projects/udi/>

*The design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialised design...*

The Canterbury District Health Board is committed to working in a 'health in all policies' way and is delighted to support the development and distribution of the Guide. This 'quake edition' gives us an opportunity to work together to build resilient, healthy and flourishing communities by positively impacting the environments in which we all live, learn, work and play.

We look forward to working with you at this critical time.



**David Meates** - CEO  
Canterbury District Health Board

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha

## How the guide was developed

After the September 2010 Christchurch earthquake there was a call for an updated 'quake specific' version of the 2008 planning document 'Health Promotion and Sustainability Through Environmental Design' (HPSTED). HPSTED was designed primarily to assist Christchurch City Council planning staff to integrate, in an explicit way, outcomes thinking relevant to health, wellbeing and sustainability into their policy and plan making.

A scoping meeting led by Dr Anna Stevenson (CCC/CDHB) was held on 24 September 2010 and was attended by representatives from the Urban Development Strategy staff, Christchurch City Council, Environment Canterbury, Community and Public Health, a sustainability advisor and a graphic designer. The need for a quake version of HPSTED was unanimously agreed on together with an outline for the content and design of the new version. Karen Banwell, Adair Bruorton (CCC) and Nicola Laurie (C&PH, CDHB) worked with numerous staff members from the attending agencies to pull together the draft version of the newly named Integrated Recovery Planning Guide (The Guide) which was released for comment and peer review in hard copy and online mid October. The Guide was circulated widely for review and we thank the many individuals and groups who took the time to provide very useful and generally, highly supportive feedback. A targeted review of potential users was undertaken over January and February 2011 and all feedback collated.

A second draft was released for peer review electronically early in March 2011. This final version was collated by Nicola Laurie and Anna Stevenson and reflects careful consideration of all feedback, formal and informal that has been received. The Guide is intended to be a living document and we continue to welcome all feedback. Please send your comments and thoughts to [irgfeedback@cdhb.govt.nz](mailto:irgfeedback@cdhb.govt.nz)

If you would like to utilise the guide in your work, training can be tailored to your situation. Please send requests for training to [irgfeedback@cdhb.govt.nz](mailto:irgfeedback@cdhb.govt.nz)

Rebuilding Christchurch with lego  
at the Share an Idea Community  
Expo, May 2011



[www.cph.co.nz/files/IntegratedRecoveryGuideV2\\_Jun11.pdf](http://www.cph.co.nz/files/IntegratedRecoveryGuideV2_Jun11.pdf)