INTEGRATED PLANNING GUIDE

For a healthy, sustainable and resilient future

Version 3.2

FIVE WAYS TO WELLBEING

CONNECT — TALK & LISTEN, BE THERE, FEEL CONNECTED

Give — Your time, your words, your presence

TAKE NOTICE — REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING — EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

BE ACTIVE — DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.
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Ē TAHI ARA E RIMA KI TE NGĀKAU ORA

ME WHAKAWHANAUNGA — ME KŌRERO, ME WHAKARONGO, ME WHAKAWĀTEA I A KOE, ME RONGO I TE WHANAUNGATANGA

TUKUA — TE WĀ KI A KOE, Ō KUPU, KO KOE TONU

ME ARO TONU — ME ARO TONU KI NGĀ MEA MĀMĀ NOA, I NGĀKAU HARIKOA AI KOE

ME AKO TONU — AWHITIA TE WHEAKO HOU, KIMIHIA NGĀ ARA HOU, ME OHORERE KOE I A KOE ANŌ

ME KORI TONU — WHĀIA TE MEA KA TAEA E KOE, KIA PĀREKAREKA TĀU I WHAI AI, KIA PAI AKE Ō PIROPIRO

WHAKATŌKIA NGĀ RAUTAKI MĀMĀ NEI KI TŌ AO KIA RONGO AI KOE I NGĀ PAINGA
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Foreword

A resource for planning healthy, resilient and sustainable communities

The evidence base linking individual and community health to where we live, work and play is strong and growing. We know that all plans, policies and developments can potentially affect the physical and psychological health of people for good or ill.

As Canterbury continues to rebuild, develop and grow, we have an opportunity to think explicitly about how our urban planning decisions affect our communities' health and wellbeing. The Integrated Planning Guide has been developed to help all of those involved in community development projects to bring into reality planned aspirations for the future health and wellbeing of our communities. The potential uses of the guide are limitless – ranging from providing a desktop exercise through to supporting a full consultative process.

Structured around the building blocks of health, the IPG can be used for policy projects, community projects and all built environment projects, such as District Plans and council strategies, new buildings and plans.

The guide includes sets of questions by theme to help you consider what the impact of your project is and how to add value to it in a way that is a 'win-win' for all groups involved. The Greater Christchurch Partnership is delighted to endorse this guide, which ultimately aims to achieve more sustainable spaces, better health outcomes and greater wellbeing for all members of our communities.

Bill Wasley
Chair
Greater Christchurch Partnership Committee (2007-2021)

Greater Christchurch Partnership
Te Tira Tū Tahi
One Group, Standing Together

A thinking tool

Taking time to reflect on a project or policy from a holistic perspective is a vital component for successful outcomes. The Integrated Planning Guide (IPG or the guide) helps you consider a wide array of forces and interrelationships that shape our communities and the impact your decisions can have. It aims to improve community health and wellbeing by strengthening the links between social, economic and environmental factors.

The IPG offers sets of questions that give structure to conversations around the building blocks of health – otherwise known as the determinants of health. Using the IPG is a practical way to capture information that feeds into planning, as well as to improve understanding, communication and relationships with other organisations.

Who should use this guide

Integrated planning supports a collaborative approach and encourages different stakeholders to work together to consider the health impacts of projects, plans, policies and development proposals. As such, the IPG can be used by:

» Planners – to help identify and address the health, wellbeing and sustainability impacts of plans and development proposals

» Public health and environmental health professionals – to comment on and scrutinise policy, plans and proposals

» Neighbourhood forums, community groups and housing associations – to comment on plans or to help foster community engagement

» Developers – to screen and scope the health impacts of development proposals

» Others involved in transport, housing, environmental and health policy and planning, and

» You!

If you are reading this guide, chances are you have a project, plan or policy that will benefit from integrated planning.

Section 1

Getting started with Integrated Planning

About integrated planning

Integrated planning involves taking a holistic approach to addressing the needs of communities in order to determine the most appropriate course of action. It prompts its users to consider wellbeing impacts and take account of them in plans, policies and projects alongside other important considerations.

Integrated planning for community wellbeing helps us think about the building blocks, or social determinants, of health – the range of behavioural, socio-economic and environmental factors that influence the health status of individuals or populations. This focus ensures that we consider all the economic, social and environmental costs and benefits so that we can find the best options or solutions. The concept of sustainable development recognises the interlinked nature of these factors. This multi-dimensional view of wellbeing is reflected in local government's four wellbeing outcomes (Figure 1) and the Treasury's Living Standards Framework.[1]

The IPG builds on existing work of the Canterbury District Health Board and the Christchurch City Council.[2] Targeted questions aim to enhance constructive thinking and encourage innovation. It is designed to help you:

- » 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.

Figure 1. The four wellbeings – Local authorities play the central role in promoting the social, economic, environmental and cultural wellbeing of communities, also considered to be the pillars of sustainability

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1. https://www.treasury.govt.nz/information-and-services/nz-economy/higher-living-standards/our-living-standards-framework
    See also References and Resources for more information.

2. Health Promotion and Sustainability Through Environmental Design: A Guide for Planning (HPSTED) and the Integrated Recovery Planning Guide Version 2.0 (IRPG). See the appendix for more information.

Why focus on wellbeing?

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

Figure 2. The building blocks of health and wellbeing

Whether you recognise it or not, you are a 'health worker' in that, one way or another, your projects affect health outcomes.

Our health, or wellbeing, is shaped much more by social and environmental conditions – where we live, work, learn and play – than by the medical care we receive. The better our living circumstances, the greater our chance of having good health and a long life. Building blocks that help to determine how healthy we are include the quality and sustainability of the natural environment (eg., clean air and water), quality housing, safe and well-designed neighbourhoods, economic development (secure employment and income), easy access to transport and recreation, good public services (i.e. sanitation, education and access to a high-quality healthcare system), and access to nutritious food (Figure 2). Most of these factors are generally considered to be the responsibility of local and regional governments. By actively considering these building blocks, as well as the links between them, we can improve the health and wellbeing of the people in our communities.

> **To create healthy communities, we need to build a culture of health, where health is integrated into decisions made in all sectors of society.**

Healthy communities are easy to recognise as they are, by and large, the places where people want to live. To create healthy communities, we need to build a culture of health, where health is integrated into decisions made in all sectors of society.

The design of our environments can influence, directly and indirectly, the health and wellbeing of individuals and communities. Investing in the health of the population will also lead to comprehensive benefits not only for individual wellbeing but for productivity, social connectedness and economic growth.

While planners, designers and policy-makers may already be aware that the built environment can impact people's behaviour and health, they often face competing interests. Restricted timescales, insufficient funding, and lack of data and buy-in from other organisations or professionals can all create barriers to integrated planning.

Given the complexity of responding to the needs of a rapidly evolving region, planners and consultants need tools to help them incorporate multiple issues into their work. Unlike many planning instruments, which focus on the physical and economic infrastructure of cities, this guide is concerned with integrating the physical and social building blocks of health. Taking these into account and planning together will result in better outcomes, as well as placing individuals and organisations in a better position to address issues as they arise. Ideally, integrated planning will become business as usual.

Integrating Māori Perspectives

"The achievement of equitable health outcomes
for Māori is a responsibility of all sectors"
– Waitangi Tribunal WAI 2575 Report

It is essential for the public sector to work alongside the citizens of Canterbury, including Ngāi Tahu, as tangata whenua, Ngā Maata Waka and all community groups as we plan together. Integrating Māori knowledge, values and perspectives into planning and decision making is necessary to achieve equitable health outcomes for Māori.

Engagement and collaboration with tangata whenua should be guided by the articles and principles of te Tiriti o Waitangi. Here te Tiriti refers to the Māori text of the agreement signed at Waitangi in 1840. Te Tiriti provides for hapū, iwi and Māori to exercise tino rangatiratanga (full authority) over their own affairs. It encompasses rights to manage relationships in accordance with tikanga (Māori law and norms), and in accordance with values such as manaakitanga (care for people), and kaitiakitanga (care for the natural and physical worlds).

Te Tiriti o Waitangi

Article 1	Article 2	Article 3	Declaration
Kāwanatanga	Tino Rangatiratanga	Ōritetanga	Ritenga Māori
Discusses concepts of kāwanatanga/governance, and mana motuhake/sovereignty. The right of the tangata te Tiriti (i.e. the Crown) to govern is qualified by an obligation to protect Māori interests and supported shared benefits.	Provides for tangata whenua to exercise authority and autonomy in respect of their own affairs, including their lands and taonga, resources and cultural practices	Requires equitable outcomes for tangata whenua.	This declaration (sometimes referred to as the fourth article) upholds the importance of tangata whenua belief systems, worldviews, and values

The Tiriti articles are articulated through an evolving set of principles. The principles below have been expressed and recognised through a range of courts and the Waitangi Tribunal. They are not exhaustive, and it is recognised that other principles may be developed with time. With regard to health, the current understanding of the principles is relevant:

» **Tino rangatiratanga** – Providing for Māori self-determination and mana motuhake.

» **Equity** – Being committed to achieving equitable outcomes for Māori.

» **Active protection** – Acting to the fullest extent practicable to achieve equitable outcomes for Māori. This includes ensuring that the Crown, its agents and its Treaty partner under Te Tiriti are well informed on the extent, and nature, of Māori outcomes and efforts to achieve Māori equity.

» **Options** – Providing for and properly resourcing kaupapa Māori, including places and services that recognise and support the expression of te ao Māori.

» **Partnership** – Working in partnership with Māori in the governance, design, delivery and monitoring of projects and services.

Local government also has regard to reciprocity, mutual benefit, right of development, redress and informed decision making. Te Tiriti principles should be considered as a whole rather than separately due to the overlaps and synergies between them.

It is clear that the originally agreed partnership has fallen short both in terms of Māori rights and in terms of expectations of mutual benefit and equity. Māori experience disparities in outcomes compared to the rest of the population across nearly all areas of health due to inequity in determinants of health, including considerably higher levels of social and economic deprivation than non-Māori.[3]

In a fully functioning Treaty relationship, local government, health and iwi are natural partners: all are deeply concerned with wellbeing of people and places, and have intergenerational responsibilities.[4] As the Waitangi Tribunals 2019 Hauora report notes, the achievement of equitable health outcomes for Māori is a responsibility of all sectors, not just the health sector.[5] This means that in your work you must consider what the impact of your project is likely to be on issues of equity and you must prioritise the achievement of equity where you can.

To support better integration of Māori perspectives, the principles of Te Pae Māhutonga, a model for health promotion planning, and other models of good health such as Te Whare Tapu Whā, are reflected in the questions related to the various building blocks of health. These are by no means exhaustive.

Tools to Support a Health in All Policies Approach gives further information on Te Pae Māhutonga and a selection of other Māori models of health. (See the References and Resources section).

Te Pae Māhutonga brings together elements of modern health promotion

3.   https://www.health.govt.nz/system/files/documents/publications/wai-2575-maori-health-trends-report-04mar2020.pdf

4.   Paraphrased from https://www.futureforlocalgovernment.govt.nz/assets/Uploads/DIA_16724_Te-Arotake-Future-of-Local-Government_Interim-report_22.pdf, p 33.

5.   Waitangi Tribunal (Te Rōpū Whakamana i te Tiriti o Waitangi). Hauora: Report on Stage One of the Health Services and Outcomes Kaupapa Inquiry. WAI 2575. Wellington: Department of Justice, 2019. https://waitangitribunal.govt.nz/inquiries/kaupapa-inquiries/health-services-and-outcomes-inquiry/

Getting the most from this guide

Using this tool

How you use this guide depends on your role and your project. It can be a roadmap, a brainstorming tool or a checklist. In all cases, it should help you identify the building blocks of health or impacts that you may not have previously considered, as well as prompting you to talk to more people.

Achieving joined-up planning is as much about people and motivation as it is about processes. There will be no one right way of doing it, but taking the building blocks of health into account can improve both the project and the outcomes.

The IPG is divided into themes – 14 building blocks of health. Each theme contains a set of questions that provide key considerations for that topic. Prioritise the issues according to your own project, plan or policy. Not all questions may be relevant to your project. Among those that are relevant, you may not be able to answer some – this should be a prompt to take a different perspective or seek further advice.

It is important to consider the themes together rather than in isolation from each other. The intention is to achieve good integrated planning that will promote all of the themes in a holistic manner.

Whether you choose to systematically answer all the questions for each building block or use them to stimulate discussion, your approach to integrated planning involves the following basic steps:

> » Consider each dimension one at a time; or look at two or more together. For example, how might you link active lifestyles and economic development creatively 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.

» Consider: What do you already know? What other knowledge, research or information do you need? What concerns have already been raised?

» Consider how the planned action or idea fits with the overall vision.

» Establish what the next steps or actions will be.

When to use the IPG

While the IPG is adaptable to many uses, it was developed primarily with two main areas of application in mind: project management and plan development.

During planning

The earlier you use the IPG in the planning process, the better. However, you can use it at various points in the process or weave it throughout.

» **Preparatory planning phase** – use the IPG during problem definition and exploration, and when choosing policy instruments and scoping.

» **Feasibility, policy formation and master planning phase** – explore alternatives or solutions to different issues raised in the guide.

» **Design and implementation phase** – assess the final design against the building blocks.

» **Evaluation phase** – use the IPG to compare outcomes with anticipated results.

It is especially useful to review the IPG with a group at the outset in brainstorming or storyboarding a planning project and then use it later to check the plan has taken those initial thoughts into consideration.
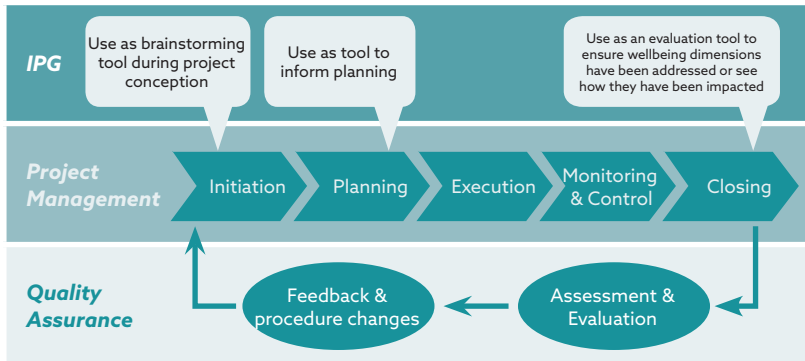
During planning

Figure 4. You can use the IPG during various stages of the project management process. We encourage including evaluation and quality assurance in the process to ensure that health and wellbeing are integrated into future decision making.

The following are some examples of how you can use the guide at various points during a project:

- » During the initiation phase, the IPG can be useful as a group brainstorming tool. You might include it in the development of the storyboard or scope so that the building blocks of health or wellbeing can be reflected in the outcomes, especially for larger projects.
- » You can use the IPG to inform project planning, for example to identify risks and resources, to define deliverables or to assist with communication planning.
- » Towards the end of a project, you can use the IPG as an audit tool to see what is missing or check what the impact of the project on the building blocks has been.
- » You can use the IPG to inform evaluations under the Resource Management Act or similar, especially in identifying and assessing anticipated social, cultural and environmental effects.

Assessing outcomes

Measuring the performance of healthy community initiatives can be a powerful tool. Project managers should create metrics to measure and evaluate the success of their plans and other projects or policies.

As a starting point, this guide suggests some measurements or indicators to gauge a project's impact on the relevant building blocks of health and wellbeing.

Organisations are also encouraged to develop a quality assurance framework to review how health, sustainability and resilience are integrated into decision making. Such frameworks can help identify priorities, create better working practices and policies and, ultimately, enrich the communities they serve. See Figure 4 for a suggestion on how a quality assurance framework can fit into the project timeline.

Case studies

The previous guides – *Health Promotion and Sustainability Through Environmental Design: A Guide for Planning* (HPSTED) and the *Integrated Recovery Planning Guide Version 2.0* (IRPG) – have each been used in a variety of ways. These include project planning, recovery planning, and giving less formal feedback on community resources or structured feedback on area plans.

For case studies and examples of integrated planning with these earlier guides, visit https://www.cph.co.nz/your-health/health-in-all-policies/ways-of-working/

Engagement

Urban and land use planning demands thoughtful coordination of effort, effective communication and clear strategic leadership. A vital part of this process is to engage and communicate effectively with individuals, family and whānau and the many connected social networks, agencies and communities.

Engagement promotes sustainable decisions by recognising and communicating the needs and interests of all participants, including decision makers. Consider how to access or involve existing community engagement and community consultation teams in central and local government. While increasing participation means participants have a stronger impact on the decision, the appropriate level of participation also depends on the goals, timeframes and resources available. Consider where engagement currently sits on the spectrum of public participation (inform, consult, involve, collaborate or empower) and where it should be for your project.[6]

Transparent processes and accountability of all involved are essential for credibility. Demonstrate and safeguard these through all activities.
It helps to keep asking these questions:

Who do we talk to next? What do we need to say? What do we need to know (to ask)?	**Are we applying best practice in consultation and communication?** Do communication plans reach the right audience? Are they using a variety of media and languages? Are there non-formal community leaders who can assist with communication?
Who will be affected? Are they included in planning and decision making?	
Are there other ways of looking at the situation?	**How will the plan lead to healthier, more sustainable and resilient communities?** How will we measure or indicate success? Have we checked back or communicated the outcomes with the community after the project?
What are the options?	

6.   International Association for Public Participation (IAP2) Public Participation Spectrum. https://www.iap2.org/?page=pillars

Section 3

Applying the Building Blocks

of Health and Wellbeing to Integrated Planning

Key points and questions for each building block

The building blocks of health and wellbeing were first presented in *Health Promotion and Sustainability Through Environmental Design: A Guide for Planning* (HPSTED) and reiterated in the *Integrated Recovery Planning Guide Version 2.0* (IRPG).

This section presents each building block along with some key points and questions that planners and project managers need to consider in an integrated planning process. Rather than being an exhaustive list, these questions are a starting point for innovative planning. Consider the links between the different building blocks as well.

Note: While in general we have used the word 'project', we encourage you to replace it as needed with 'plan', 'policy', 'programme' or another word that suits your circumstances.

Social and community capital

Strong communities have strong social connections.

» Does the project help communities work together for the common good by building social capital[7] and/or supporting social cohesion?[8]

» Does the project provide opportunities for social interaction, leisure activities, especially for rural or less connected communities?

» Does the project present opportunities for shared decision making? Whose agenda are you working to? Can communities be involved in proposed solutions?

» How will community involvement build trust and engender cooperation?

More specific questions:

» Does the project support voluntary action and provide opportunity to grow community skills?

» How does it support and involve existing community networks such as service and volunteer groups, communities of faith, marae, clubs and sports groups?

» Can use of shared facilities or resources (eg., greenspace) be increased through local communities taking up or sharing management of local areas?

» Can transport planning increase social connectivity (eg., location of bus stops and routes, work/school travel planning, cycling safety)?

» Does the project present opportunities to improve the physical environment? (See the Healthy Streets Indicators™ for examples.[9])

Performance measure examples

» % of people who feel a sense of community with others in their neighbourhood

» % of people who are members of sports (and other?) clubs

» % of people who are volunteering

» See social capital indicators in the Canterbury Wellbeing Index[10]

» See Ngā Tūtohu Aotearoa indicators for social connection and social capital[11]

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7.   **Social capital:** trust, connectivity and shared values.
8.   **Social cohesion:** participation of, and mutual understanding between all groups in the community.
9.   https://healthystreets.com/
10.   https://www.canterburywellbeing.org.nz/our-wellbeing/social-capital/
11.   https://statisticsnz.shinyapps.io/wellbeingindicators/

Equity

While equality is the effect of treating all people in the same way, equity refers to more than just equal access or support. Equity recognises that people with different levels of advantage require different approaches and resources to get equitable (fair) outcomes. Equity is focused on ensuring that efforts and resources are used wisely to improve outcomes for those most in need. Providing more opportunities for educational success, addressing income inequities and unemployment and improving housing standards are all measures that directly improve health outcomes.

> » What do you already know about existing inequities in relation to the issue you are considering?
> » Does the project exacerbate existing inequities?
> » Have you identified those with the greatest need to ensure they receive appropriate assistance? Have you considered the needs of all groups?
> » What might need to change to ensure all current and future members of our community feel the project has appropriately addressed their needs?

More specific questions:

> » Does the project present opportunities to improve housing conditions and incorporate universal design principles?[12]
> » Can you identify ways to support employment and educational opportunities for all groups in the community?
> » Can you identify opportunities to facilitate access to Te Ao Māori – the Māori world?

Performance measure examples

> » Does your project promote the achievement of equity?
> » Can you measure difference in uptake for any information?
> » Check the Canterbury Wellbeing Index for breakdowns of data by ethnicity, gender, income, age and disability for indicators relevant to the project such as education, employment, housing and quality of life, and He Tohu Ora indicators[13]
> » See Ngā Tūtohu Aotearoa for indicators related to health, education and justice equity, or income inequality[14]

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12.   Universal design principles are concerned with designing products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialised design.
13.   www.canterburywellbeing.org.nz
14.   https://statisticsnz.shinyapps.io/wellbeingindicators/

Community resilience

Resilient communities are those that plan and prepare for inevitable and significant risks. By preparing for extreme weather events, epidemics, tsunami, earthquakes and sea-level rise, we assist our community to be more adaptable and resilient to future disasters and climatic changes. All these risks bring the potential for significant health impacts as well as social, economic and environmental effects.

When communities are resilient, they gain benefits above and beyond disaster management, such as social capital and cohesion. Planning for resilience can also result in spaces for public use and environmental protections.

» How does the project impact on resilience and community assets?

» Does the project consider how to connect communities better and make them more robust in the face of future disasters?

More specific questions:

» Does the project consider how to promote climate stability and minimise greenhouse gases?

» Does the project build on community relationships and spirit (whanaungatanga)? Does it encourage ways of strengthening personal, household and community resilience and integrate them into planning?

» Can you find ways of identifying people who need help but may not show it?

» How are circumstances different for rural communities? Can you find other, more effective ways of communicating with rural communities?

» Does the project assist communities to take ownership of outcomes and be part of delivering them?

» Does the project consider how social institutions involved would be affected or have to adapt in the face of a disaster?

» Has your disaster planning taken account of past learnings?

Performance measure examples
- » % of population living in 100-year and 500-year floodplain area
- » % of population living within coastal areas vulnerable to sea-water impacts, soil erosion and mud slides
- » % of plans that fully integrate meaningful climate change data with recommended counter-measures and impact mitigations
- » Social vulnerability indicators for natural hazards[15]

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15.   https://www.ehinz.ac.nz/indicators/population-vulnerability/social-vulnerability-to-natural-hazards/

Cultural diversity

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

Cultural values are often perceived as being intangible, hard to define or difficult to assign a quantifiable measure. To help define them it is important to engage, empower and enable iwi, hapū and other cultural groups and work together to articulate how a cultural value of meaning, importance and significance might be impacted upon by a project.

» What opportunities have tangata whenua and other cultural groups had to contribute to planning?

» Has the project appropriately engaged with the principles of Te Tiriti o Waitangi – the Treaty of Waitangi?

» Do decision makers recognise the status of iwi and hapū as tangata whenua and Tiriti partners, not 'just' a stakeholder?

More specific questions:

» Have other ways of knowing and relating to the environment been investigated and accommodated?

» Do the plans identify sites of cultural significance (eg., heritage headstones, wāhi tapu and archaeological sites) and consider restoring and safeguarding them for the future?

» Has the project taken into account existing strategies and plans prepared by local iwi? How does it reflect the values and tikanga of local iwi?

» How will the project bring people together in a way that positively impacts on wellbeing?

» How does the project enable cultural expression and endorsement across a range of groups and communities?

» Does the project take a multicultural approach to features such as signage and symbols?

» Do decision-maker panels have expertise in Te Ao Māori and mātauranga Māori?

» Would a more in-depth cultural impact assessment improve project outcomes?

Neighbourhood amenity

Well-designed public amenities encourage local residents to use them and increase social and emotional wellbeing and connection.

» Is the project consistent with the New Zealand Urban Design Protocol[16] and best-practice urban design?[17]

» How does the project/site connect with other nearby amenities (eg., public transport, cycleways, recreation spaces, greenspaces, shops and community facilities)?

» Does the project respect and contribute to neighbourhood identity? Does it maintain and future-proof any heritage features?

More specific questions:

» Are there opportunities to build or redevelop local services and community meeting places to promote a wider variety of uses? Can you co-locate business with key services?

» Can you increase use of public space by providing improved facilities (eg., toilets, accessible pathways, improved landscaping)?

» Have you considered building access and usability for everyone?[18]

» Are there opportunities to create attractive streetscapes (eg., street trees and diverse plantings, enhanced biodiversity)?[19]

» Are there opportunities for stopping and resting? Are these pleasant spaces (peaceful, safe, shady)? Will they be available at all times of day and year?

Performance measure examples

» 10 Healthy Streets Indicators™[20]

» Network distance to park entrances and other usable public open spaces

» % of sites implementing shared use

» Access to transport[21]

» Cities and settlements indicators in Ngā Tūtohu Aotearoa[22]

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16. The New Zealand Urban Design Protocol provides a platform to make New Zealand towns and cities more successful through high-quality urban design.
17. See *Creating New Neighbourhoods: A Design Guide for Christchurch or Selwyn District Council Subdivision Design Guide*.
18. See the Ministry for Business, Innovation and Employment's guide, Buildings for Everyone: Designing for access and usability https://www.building.govt.nz/building-code-compliance/d-access/accessible-buildings
19. See *Creating New Neighbourhoods: A Design Guide for Christchurch or Selwyn District Council Subdivision Design Guide*.
20. https://healthystreets.com/home/about/
21. https://www.canterburywellbeing.org.nz/our-wellbeing/environment/access-to-transport/
22. https://statisticsnz.shinyapps.io/wellbeingindicators/_w_48918e2c/?page=indicators&class=Environment&type=Cities%20and%20settlements

Public services

Good-quality, accessible public services (particularly social, educational, recreational and health facilities) have a positive effect on wellbeing. When members of the public engage in operating and managing these services, it has a positive effect on the greater community.

» Does the project present opportunities to improve access to public services and facilities such as schools, libraries, health services, cultural facilities (places of worship, halls) and sports facilities?

» Does it present opportunities to co-locate community services, facilities and businesses?

More specific questions:

» How will the future housing stock affect infrastructure needs in the area? How might this impact in turn affect long-term prioritisation of infrastructure?

» How can infrastructure protect and secure water quality and quantity (eg., using low-impact urban design approaches)?

» How can you minimise resource use? Can you manage repairs and upgrades together so the project uses fewer resources in the long term? Can you recycle materials?

Performance measure examples

» % of green infrastructure investments relative to total dollars invested

» Walking distance to shops, library etc.

» Walk Score[23]

» Canterbury Wellbeing Index data on community, recreational and cultural facilities[24]

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23.   See www.walkscore.com
24.   https://www.canterburywellbeing.org.nz/our-wellbeing/environment/community-facilities/ and
       https://www.canterburywellbeing.org.nz/our-wellbeing/environment/recreational-and-cultural-facilities/

Community safety

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

» Does the project present opportunities to use better planning to improve community safety?

» Can you apply the principles of Crime Prevention Through Environmental Design (CPTED)?[25]

» Can you identify opportunities to enhance the design of streets and neighbourhoods through improving infrastructure?

» What strategies have you identified to address risk at the community level?

More specific questions:

» Do buildings provide safe access for pedestrians, including children?[26]

» Can you use traffic calming techniques? Are innovative solutions (eg., Dutch-style roundabouts) appropriate?

» Can you improve the layout of commercial areas, using new spaces and creating new accessways?

» Do streets remain accessible to people walking, cycling and using public transport during road works and construction activity?

» What are the opportunities to improve safety around waterways and greenspaces?

Performance measure examples

» Number of property-related offences

» Number of assaults in public places

» Road traffic accidents in which people are hurt

» See safety indicators in Canterbury Wellbeing Index[27]

» See safety indicators in Ngā Tūtohu Aotearoa[28]

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25.   http://www.mfegovt.nz/publications/towns-and-cities/national-guidelines-crime-prevention-through-environmental-design-new
26.   See the Ministry of Business, Innovation and Employment's guide, Buildings for Everyone: Designing for access and usability
       https://www.building.govt.nz/building-code-compliance/d-access/accessible-buildings
27.   https://www.canterburywellbeing.org.nz/our-wellbeing/safety/
28.   https://statisticsnz.shinyapps.io/wellbeingindicators/_w_48918e2c/?page=indicators&class=Social&type=Safety

Active lifestyles

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 enables people to exercise regularly.

» Does the project support active transport modes?
» Are the spaces or sites accessible to all? Consider needs related to, for example, mobility scooters, prams, language, and visual and intellectual disabilities.
» How does the project identify risks to health? Risks of inactivity are as significant as safety risks.

More specific questions:

» Does the project improve opportunities for play and exercise?
» Does it present opportunities to increase the variety of open places and spaces?
» Does it present opportunities to encourage people to cycle and walk to work, school or shops?
» Is it easy to walk around a site or locality?
  » Are there direct, attractive walking routes to building entrances?
  » Can the project improve access generally (eg., walking routes to neighbouring sites)?
» Are routes safe and do they give walkers and cyclists priority?
» Are there clear links to public transport routes?

Performance measure examples

» Commute mode share
» Network distance to park entrances and other usable public open spaces
» Hectares of park land per 1,000 population
» % of walkable perimeter blocks below 800m / average size of walkable block
» Access to natural environment[29]

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29.   https://www.canterburywellbeing.org.nz/our-wellbeing/environment/access-to-natural-environment/

Transport

Communities need a variety of transportation choices—high-quality public transportation, safe and convenient biking and walking infrastructure, and well-maintained roads. Active transport options such as cycling and walking have a range of environmental benefits, including that they produce no air pollution, noise pollution or greenhouse gases. By encouraging active forms of transport, we can also reduce the impact of obesity, cardiovascular disease and diabetes on our community.

» Does the project make the most of opportunities to promote active and public transport?

» Does it give enough priority to the needs of pedestrians or cyclists?

» Have you considered accessibility for all (including people with disabilities, youth, older people, families with young children, and lower-income earners)?

More specific questions:

» Will communities be able to access important public services using frequent, reliable and affordable public transport?

» Does the project present opportunities in residential, commercial and industrial areas to improve safety and encourage active travel (including: providing better links to pedestrian, cycle and public transport networks; improving road safety; and improving urban design)?

» How will the location of residential homes affect (positively or negatively) household travel and public transport routes (eg., access to business centres, schools, work and other community activities, bus routes and cycleways)?

Performance measure examples

» Commute mode share or travel time by mode of transport[30]

» Ratio of footpath or bike lane to roadway (km)

» % of population within walking distance of transit

» Active transport to and from school

» Street intersection density

» Reduction in deaths/hospitalisations due to road traffic injuries

» Access to transport   » Air quality

» Number of motor vehicles

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30.   https://www.ehinz.ac.nz/indicators/transport/main-mode-of-transport-to-work/ and https://commuter.waka.app/

Housing stock

Housing that is affordable, secure, dry and warm is critical for ensuring good health outcomes. The housing options available in a community will also influence peoples' economic opportunities, costs of living, and how much time they spend commuting each day. Having a diversity of housing options for all life stages and income levels can give everyone more choices about where to live.

» Does the project present any new opportunities to use land for housing efficiently?

» Does the project support and promote universal design, as well as affordable, energy efficient, sustainable and high quality building?

» Will new housing provide for and encourage a diversity of housing stock and cater for a range of population groups?

» Will the project improve existing housing and living conditions?

More specific questions:

» Is housing stock being built to sustainability and universal design standards (eg., Green Star[31], Lifemark®[32])?

» Will the location of new housing have easy links to employment, schooling, shops, community facilities and public transport?

» Can you identify opportunities to strategically relocate people from inadequate and poorly positioned housing?

» Can you identify opportunities to use alternative housing models (eg., prefabrication, tiny houses, re-locatable houses, housing co-ops)?

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31.   https://www.nzgbc.org.nz/greenstar
32.   http://www.lifemark.co.nz/

Performance measure examples

» Affordability of rental accommodation – the number of bonds lodged for rental properties that cost under ($$) per week, as an indicator of affordability of low-cost rental properties

» Housing cost relative to income

» Acute medical admissions for conditions related to living in cold housing

» Number of insulation installations through Warmer Kiwi Homes or other similar programmes

» Satisfaction with physical housing quality[33]

» Household crowding

» See Ngā Tūtohu Aotearoa housing quality and affordability indicators[34]

33.   https://www.canterburywellbeing.org.nz/our-wellbeing/housing/housing-quality/
34.   https://statisticsnz.shinyapps.io/wellbeingindicators/_w_48918e2c/?page=indicators&class=Environment&type=Cities%20and%20settlements

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).

- » What ecological values does the project express?
- » Does the project consider optimal ecological requirements for wildlife and maximise the experience of natural heritage in the region?
- » Does the project present opportunities to improve or increase access to recreational and natural areas and parks?
- » Does the project optimise opportunities to support biodiversity (eg., expand open and green spaces, treatment wetlands, trees for shelter and carbon sinks, community gardens, restored habitat or green corridors)?

More specific questions:

- » Do building plans address future risks such as sea-level rise, earthquakes and flooding?
- » Can sites be converted for natural uses (eg., use vulnerable land and areas of managed retreat for restoration of the natural ecosystem or habitat and recreation)?
- » Does the project recognise the importance of the natural environment to Māori and other communities, such as kaitiakitanga principles (eg., in relation to surface water)?
- » Does the project protect or enhance mahinga kai sites (traditional food-gathering places and resources)?
- » How does the project improve the connection of residents and tourists with the natural environment?

Performance measure examples

- » Increase or decrease in area (hectares) of afforested or planted land
- » Area of vegetation that provides a noise reduction service
- » Area of parks, woodland, and other natural land cover types (including water bodies) that can provide urban cooling on hot days
- » Access to natural environments[35]
- » Ngā Tūtohu Aotearoa natural capital indicators[36]

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35.   https://www.canterburywellbeing.org.nz/our-wellbeing/environment/access-to-natural-environment/
36.   https://statisticsnz.shinyapps.io/wellbeingindicators/_w_48918e2c/?page=indicators&class=Environment&type=Natural%20capital

Resource sustainability

The quality of air, water and soil, and the productivity of land underpin the health and prosperity of our society. The quality of environmental and green space is positively associated with health. Reducing the reliance on fossil fuels, sequestering carbon and absorbing toxins reduces the health impacts of air pollution and greenhouse emissions.

- » How does the project identify environmental health risks?
- » How does the project promote sustainability best practice? Does it go beyond minimum requirements?
- » How does the project encourage balance between development and environmental protection?

More specific questions:

- » Does the project minimise the use of non-renewable resources and energy, encourage waste reduction and promote reuse and recycling?
- » Does the project optimise opportunities to improve air quality (eg., through supporting residents to install modern heating, insulation, and solar and wind technologies)?
- » Does the project help to protect water quality (eg., through minimising water use and waste, and by separating stormwater, grey water and potable water)?
- » Does the project present opportunities to reuse and recycle building materials? Can it use local materials?
- » What are the opportunities for future-proofing infrastructure and using soft engineering techniques (eg., in response to climate change and more frequent extreme weather events, sea-level rise, peak oil, tsunami and earthquake)?

Performance measure examples

- » Number of days the particulate level exceeds the daily level for particulate matter (PM10 of 50μg/m3) each year
- » % of green infrastructure investments relative to dollars invested
- » Suitability for swimming of freshwater and coastal sites
- » Energy consumed by fuel type and sector
- » Ngā Tūtohu Aotearoa environmental indicators[37]

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37.   https://statisticsnz.shinyapps.io/wellbeingindicators/_w_3d495013/?page=indicators&class=Environment

Economic development

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

- » Does the project present opportunities to encourage new businesses or ways of supporting existing businesses?
- » Does the project encourage business opportunities for residents and local businesses?
- » Can the project include opportunities for training and employment?

More specific questions:

- » Can the project stimulate the local economy by giving preference to the use of local skills, materials and businesses?
- » How will the prioritisation of infrastructure affect businesses?
- » Can you identify innovative business opportunities (eg., products focused on resilience and sustainability such as water reuse and solar energy systems; public–private partnerships)?
- » How are you promoting the project or area (eg., to residents and visitors; creatively using both traditional and social marketing; and linking to active and public transport routes)?

Performance measure examples
- » Rates of employment, unemployment and participation
- » Number of jobs created
- » Number of visitors to the project or the project area
- » Economic wellbeing indicators[38]

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38.   https://www.stats.govt.nz/tools/environmental-indicators
https://statisticsnz.shinyapps.io wellbeingindicators/_w_3d495013/?page=indicators&class=Economic

Food security

Food security means that all people have access to enough appropriate food to support an active, healthy lifestyle. Having good-quality, reasonably priced food available can improve nutrition, particularly for families, the elderly and those on low and fixed incomes.

» Does the project promote access to wholesome, affordable, locally produced food?

» Can the project safeguard productive soils from residential and industrial development?

» Can the project prioritise new sites for community food production?

» Does the project present opportunities to creatively address the issues related to food security (eg., by promoting development of local strip shopping areas or farmers' markets)?

Performance measure examples

» % of low-income population living in urban areas that are not within walkable distance of full-service supermarket

» % of dairies and other local shops that have healthy food options

» Density of fast food outlets

» Number of sites in urban areas that are currently in use as, or have potential for, community gardens or urban agriculture

» Agricultural and horticultural land use[39]

» Access to safe water for recreation and food gathering[40]

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39.   https://www.stats.govt.nz/indicators/agricultural-and-horticultural-land-use/
40.   https://statisticsnz.shinyapps.io/wellbeingindicators/_w_48918e2c/?page=indicators&class=Environment&type=Water%20and%20sanitation&indicator=Safety%20of%20water%20for%20recreation%20and%20food%20gathering

Your space

Priorities

Challenges

Consequences

Next steps

Opportunities

Viewpoint / community feedback

What else do we need to know?

Does this fit with the vision?

References and
Resources

International context
Sustainable Development Goals

The Sustainable Development Goals (SDGs) are a collection of 17 interrelated goals set by the United Nations to end poverty, protect the planet and ensure prosperity for all. As a global, national and local social contract, in which communication, participation and partnership are key, the SDGs demand fresh attention to governance where multi-stakeholder and multi-dimensional approaches and collaboration are the norm. Almost all the SDGs are directly related to health and wellbeing or will indirectly contribute to improving health.

Figure 5. The 17 Sustainable Development Goals of the United Nations' 2030 Agenda for Sustainable Development

National context
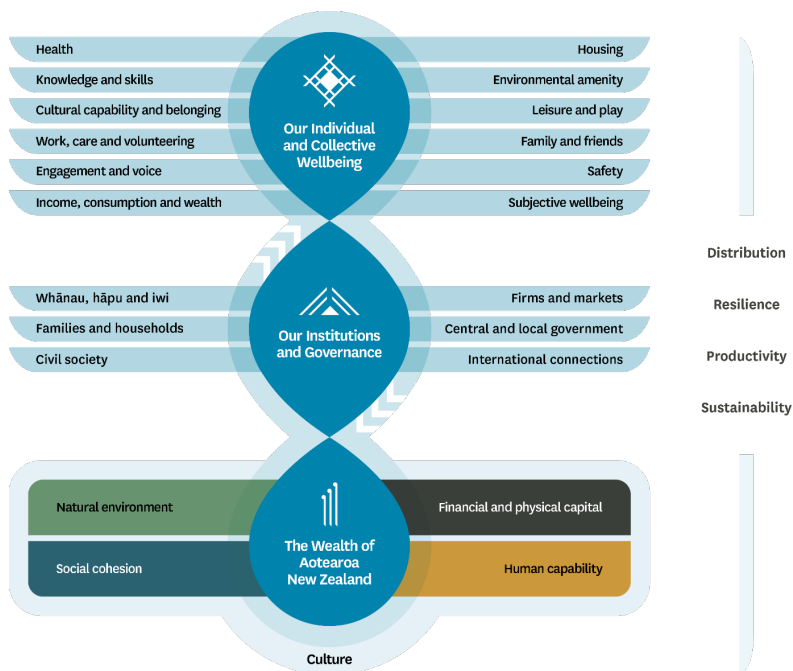## Living Standards Framework

Figure 6. Treasury's Living Standards Framework (2021)

Over recent years, Treasury has increasingly focused on using a Living Standards Framework (LSF) to assess the drivers of wellbeing and to consider the broader impacts of government policy in a systematic and evidenced way.

Initially drawing on the Organisation of Economic Co-operation and Development's (OECD) analysis of wider indicators of wellbeing and the four capitals model, the LSF has evolved to better reflect current economic advice, better reflect culture and children's wellbeing, including being more compatible with Te Ao Māori and Pacific cultures. The 2021 LSF includes three levels:

» **Our Individual and Collective Wellbeing:** This level captures the resources and aspects of our lives that have been identified by research or public engagement as important for our wellbeing as individuals, families, whānau and communities.

» **Our Institutions and Governance:** This level captures the role our institutions and organisations play in facilitating the wellbeing of individuals and collectives, as well as safeguarding and building our national wealth.

» **The Wealth of Aotearoa New Zealand:** This captures how wealthy we are overall, including aspects of wealth not fully captured in the system of national accounts such as human capability and the natural environment.

The LSF Dashboard is a measurement tool that complements the LSF by providing a range of indicators for wellbeing outcomes.

For more information, see https://www.treasury.govt.nz/information-and-services/nz-economy/higher-living-standards/our-living-standards-framework

Regional context
Greater Christchurch Partnership

Greater Christchurch Partnership

Te Tira Tū Tahi
One Group, Standing Together

The Greater Christchurch Partnership aims to provide long-term direction and consistency to planning in the Christchurch urban area. It is a collaboration between:

» Christchurch City Council
» Waimakariri District Council
» Selwyn District Council
» Environment Canterbury
» New Zealand Transport Agency
» Te Rūnanga o Ngāi Tahu
» Te Whatu Ora - Waitaha Canterbury
  (formerly Canterbury District Health Board).

This collaboration is based on a series of important planning documents that provide long-term direction and enable consistent, effective and efficient decision making. These documents include the Greater Christchurch Urban Development Strategy and Resilient Greater Christchurch Plan.

Visit http://greaterchristchurch.org.nz/for more details

Principles of integrated planning for health and wellbeing

The following principles underpin and provide the context for this guide. They come from HPSTED, the IPRG and the Greater Christchurch Urban Development Strategy and reflect the building blocks of health.

» **Participation.** Engaging communities and encouraging participation in planning and actions will build stronger, more resilient communities.

» **Good design.** Well-designed, safe and accessible places and spaces support good health, wellbeing and a sense of belonging.

» **Communication.** Establishing and maintaining effective communication links with the community is essential.

» **Social connectedness.** People who enjoy and identify with their local neighbourhoods are more likely to engage in community activities and establish social connections.

» **Environmental health.** The quality of our air, water, soil and biodiversity underpins the health and economic prosperity of our society.

» **Sustainability.** Incorporating sustainability considerations helps achieve economic, social and environmental goals simultaneously.

» **Active transport.** Promoting safe, direct and attractive cycling and walking networks enables people to choose active transport options, encouraging active lives.

» **Healthy housing.** Housing that is affordable, secure, dry and warm is critical to achieve good health outcomes, particularly for the very young and elderly.

» **Prosperity.** Prosperous businesses, good-quality employment and job security can make it easier to pursue a healthy lifestyle.

Additional resources

Other planning guides and resources developed by Canterbury District Health Board

Tools to Support a Health in All Policies Approach (2018)
https://www.cph.co.nz/wp-content/uploads/HiAPToolkit.pdf
Produced by the Health in All Policies (HiAP) team at Te Mana Ora/ Community and Public Health, Canterbury District Health Board, the toolkit features several tools that have been used in Canterbury as a way of explicitly considering health and wellbeing in plans and policies.

Integrated Recovery Planning Guide Version 2.0 (2011)
https://www.cph.co.nz/wp-content/uploads/integratedrecoveryguidev2-jun11.pdf
The Integrated Recovery Planning Guide builds on the work of the HPSTED with a focus on planning for recovery following the Canterbury earthquakes. Targeted questions aim to enhance constructive thinking and encourage innovation.

Health Promotion and Sustainability Through Environmental Design: A Guide for Planning (2008)
https://ccc.govt.nz/assets/Documents/The-Rebuild/Strategic-Plans/ HPSTED.pdf
This is the original document in Canterbury's integrated planning work. It is the result of a joint Christchurch City Council and Canterbury District Health Board project designed to help provide a structure for Christchurch City Council planners in assessing the likely health impacts of developments on the Christchurch community.

Health in All Policies – Te Mana Ora/Community and Public Health
https://www.cph.co.nz/your-health/health-in-all-policies/
The HiAP team at Te Mana Ora/Community and Public Health is involved in building strong partnerships and working collaboratively with other sectors to ensure all policy, planning and decision making processes explicitly address health, wellbeing, sustainability and equity issues. The webpage has information on the HiAP approach and HiAP work in Canterbury, with links to local and international resources.

Local resources

Greater Christchurch Urban Development Strategy Update (2016)
http://www.greaterchristchurch.org.nz/projects/strategy
The strategy is an ambitious plan for managing urban development that protects water, enhances open spaces, improves transport links, creates more liveable centres and manages population growth in a sustainable way.

Matapopore Urban Design Guide (2015)
https://matapopore.co.nz/wp-content/uploads/2019/10/Matapopore-UDG-Finalv3-18Dec2015_Email-Version.pdf
This guide articulates Ngāi Tūāhuriri identity, culture and narratives in Christchurch City.

Creating New Neighbourhoods: A Design Guide for Christchurch
https://www.ccc.govt.nz/assets/Documents/The-Council/Plans-Strategies-Policies-Bylaws/Urban-Design/Creating-New-Neighbourhoods-Design-Guide.pdf
This design guide helps landowners, developers and their consultants when planning and designing developments in the Residential New Neighbourhood (RNN) Zone in Christchurch.

Christchurch City Council sustainability resources
https://www.ccc.govt.nz/environment/sustainability
These resources focus on how to live sustainably, as a way to think about the choices we make now and to act responsibly, with the earth and future generations in mind.

Urban design

Healthy Built Environment Checklist (2020)
https://www.health.nsw.gov.au/urbanhealth/Pages/healthy-built-enviro-check.aspx
Produced by NSW Health in Australia, this guide is a practical tool to help deliver quality local environments. It has been developed to consider health in development policies, plans and proposals.

Healthy Placemaking (2018)
https://www.designcouncil.org.uk/fileadmin/uploads/dc/Documents/
Healthy_Placemaking_Report.pdf
Design Council UK's report explores the attitudes and behaviours of
built environment practitioners towards healthy placemaking. It makes a
valuable contribution to the evidence base, highlighting the barriers that
UK built environment practitioners face in creating places that reduce
cases of preventable disease and early death.

The Case for Healthy Places (2016)
https://www.pps.org/product/the-case-for-healthy-places#:~:text=The%20
Case%20for%20Healthy%20Places%20is%20a%20free%20report%20
of,Kaiser%20Permanente%20and%20Anne%20T.
A person's postal code can be a more reliable determinant of health than
their genetic code. This report of peer-reviewed research from the Project
for Public Spaces offers evidence-based guidance, recommendations and
case studies to help create and support healthy placemaking initiatives.

Guide to Healthy Streets Indicators (2017)
https://healthystreets.com/2017/11/21/guide-to-the-healthy-streets-
indicators/
The Guide to the Healthy Streets Indicators should be the first stop for
anyone who wants to quickly identify what could make a street healthier
and how to qualitatively assess the indicators.

Active Design Guidelines – New York City (2010)
https://www1.nyc.gov/site/ddc/about/active-design.page
These guidelines provide 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 practice in the field.

New Zealand Urban Design Protocol (2005)
http://www.mfegovt.nz/publications/towns-and-cities/new-zealand-
urban-design-protocol
The New Zealand Urban Design Protocol provides a platform to make
New Zealand towns and cities more successful through high-quality
urban design.

Universal design principles
http://universaldesign.ie/What-is-Universal-Design/
Universal design involves designing and creating an environment so that everyone can access, understand and use it to the greatest extent possible, regardless of their age, size, ability or disability.

What Is Crime Prevention Through Environmental Design (CPTED)?
https://www.healthychristchurch.org.nz/media/22394/cpted-docs.pdf
Careful environmental design can help make places less susceptible to crime and enable people to feel more comfortable outdoors.

Māori resources

Te Pae Mahutonga Implementation Planning Guide
https://www.healthychristchurch.org.nz/media/22388/te_pae_mahutonga.pdf
Good health depends on many factors, but among indigenous peoples the world over, cultural identity is seen as a critical prerequisite.

Ngā Hua Papakāinga: Habitation Design Principles (2009)
http://www.review.mai.ac.nz/mrindex/MR/article/view/241/241.html
Using a social science approach, this paper identifies Māori principles to help influence the design of papakāinga (sustainable habitation) within urban environments.

Other resources

Healthy Communities Policy Guide (2017)
https://planning.org/policy/guides/adopted/healthycommunities/
The American Planning Association's Healthy Communities Policy Guide identifies policy ideas for local, state and federally elected officials aimed at improving community health and quality of living through planning.

Mental Wellbeing Impact Assessment (2011)
https://q.health.org.uk/document/mental-wellbeing-impact-assessment-a-toolkit-for-wellbeing/
Mental Wellbeing Impact Assessment is a helpful tool for anyone who is looking for a systematic and evidence-based approach to improving and measuring the impact of a project on mental wellbeing.

WHO Checklist of Essential Features of Age-friendly Cities (2007)
https://apps.who.int/iris/handle/10665/43755
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.

International Association for Public Participation (IAP2) – P2 Pillars
www.iap2.org
With broad international input, the IAP2 Federation has developed three pillars for effective public participation (P2) processes that cross national, cultural and religious boundaries. The pillars form the foundation of P2 processes that reflect the interests and concerns of all stakeholders.

Environment Health Indicators New Zealand (EHINZ)
http://www.ehinz.ac.nz
Massey University's environmental health indicators have information and statistics on how the environment affects the health of the New Zealand human and animal populations.

Fitwel Standards
https://fitwel.org/
This certification system provides guidelines on how to design and operate healthier buildings. The Fitwel Scorecards include 55+ evidence-based design and operational strategies that enhance buildings by addressing a broad range of health behaviours and risks.

Appendix

How the guide was developed

Recognising that the health and wellbeing of our communities are determined by factors that lie outside of the health sector, key organisations in Canterbury have been working in partnership to ensure their work explicitly addresses its impact on health and wellbeing. This Health in All Policies approach has supported increased collaboration and relationship building, as well as joint action to address health determinants to create a heathier, more liveable and resilient region.

The IPG has its origins in *Health Promotion and Sustainability Through Environmental Design* (HPSTED) and the Integrated Recovery Planning Guide Version 2.0 (IRPG). It summarises and rewords the building blocks or dimensions of health that contribute to community wellbeing, as introduced in HPSTED. Sample questions provide a basis for developing and evaluating planning proposals and projects, so that you can integrate the principles of health and sustainability into planning.

HPSTED was designed primarily to assist Christchurch City Council planning staff to integrate outcomes thinking relevant to health, wellbeing and sustainability into their policies and plans. After the September 2010 Canterbury earthquake, a call went out for an updated 'quake-specific' version of HPSTED – which became the Integrated Recovery Planning Guide. Led by representatives of Te Mana Ora/ Community and Public Health within the Canterbury District Health Board and Christchurch City Council, multiple other agencies – including the Urban Development Strategy staff, Environment Canterbury, a sustainability advisor and a graphic designer – contributed to the IRPG Version 2.0 released in 2011. The IRPG was well received by other agencies. For example, the Ministry of Civil Defence and Emergency Management stated it was an exemplar of how to undertake recovery planning and the Canterbury Earthquake Recovery Authority endorsed the use of the IRPG in its recovery strategy.

This updated guide recognises the need for a streamlined tool where the focus is broader than recovery. It would not have been possible without

the input of staff across several organisations: Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Greater Christchurch Partnership and Regenerate Christchurch. Thank you to all who freely gave their time, expertise, technical advice and support for the development of this guide.

The IPG version 3.0 was reviewed and pilot tested in 2018. This updated version 3.2 was published in 2022. A special thanks to Hector Matthews for his input in updating the *Integrating Māori* perspectives section.

The guide is intended to be a living document and we welcome all feedback.

A training package is in development. If you would like to use the guide in your work, training can be tailored to your situation.

Please send your comments and thoughts or requests for training to:

Health in all Policies Team
Te Mana Ora / Community and Public Health
Te Whatu Ora - Waitaha Canterbury
310 Manchester Street
PO Box 1475
Christchurch

Email: hiap@cdhb.health.nz

Guide available online via the Te Mana Ora Community and Public Health website:
https://www.cph.co.nz/your-health/health-in-all-policies/

Greater Christchurch Partnership
Te Tira Tū Tahi
One Group, Standing Together

Te Whatu Ora
Health New Zealand

Community
& Public Health