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Foundation®

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Research Director  
Infrastructure, Planning and Natural Resources Committee  
Parliament House  
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Dear Dr Dewar

### **Heart Foundation submission on Cross River Rail Delivery Authority Bill 2016**

The Heart Foundation is making a submission to the Cross River Rail Delivery Authority Bill 2016 Parliamentary Inquiry, because we strongly support the delivery of a Cross River Rail project for Queensland. We don't have comment on the model of statutory framework to deliver on this project, we simply support the need to deliver.

The Heart Foundation's interest in the Cross River Rail is its potential to support and improve the health and wellbeing of people living, working and playing in South East Queensland. Not only will the Cross River Rail deliver economic benefits through job creation, it will ease congestion on our roads, reduce pollution and deliver on many health benefits by supporting people to be more physically active through active transport.

The Heart Foundation has been on the Advisory Committees for the Cross River Rail and BAT projects in the past so we know action on a long term solution is required now.

We vigorously promote the need for Queenslanders to be more physically active, with inactivity a largely under-recognised risk factor. One estimate suggests it is responsible for a disturbing 16,000 premature deaths in Australia each year. Active transport (walking, cycling and public transport) will support increased physical activity levels in our community. With nearly 65% of Queenslanders being overweight or obese<sup>1</sup>, the increased use of incidental physical activity through active travel is crucial. We know from our recently released Heart Maps that 60% of Brisbane residents are insufficiently active for a health benefit - <https://heartfoundation.org.au/for-professionals/australian-heart-maps>. It has been proven that people who use public transport walk at least 30 minutes more a day compared to people who drive private vehicles<sup>2</sup>.

A healthy economic future for Queensland will be shaped by the health and wellbeing of the population<sup>1</sup>. That is why we need a coordinated, systems approach across whole-of-government and industry to prevent and manage chronic diseases and a focus on sustaining health and wellbeing for all. This includes both physical infrastructure and social infrastructure that enhances productivity, the economy and the community.

Car dependent and sedentary behaviours are significant contributing factors to the prevalence of preventable chronic disease. The built environments in which we live, work, shop, play, learn and pray need to be conducive to healthy living by being walkable, closer together and intermingled, not spread apart<sup>3,4</sup>.

The design and layout of destinations should reward rather than punish people for arriving without a car<sup>5</sup>. Features such as buildings up next to the footpath, with parking on-street or behind the building rather than a giant car park between the street and the building, make it more inviting and safer to walk, bike, or step off the bus. Street trees, benches, pedestrian lighting and bicycle racks, once considered "amenities", are now recognised as functional and important street furnishings for users of all ages and abilities<sup>6</sup>.

Understanding the relationship between design and people's physical activity levels will be important in the Cross River Rail station designs. The designs will need to proactively support high patronage by people walking or cycling to the stations. Access and adequate end of trip facilities should be of high priority. We envisage the stations and the surrounding streets will be vibrant hubs with world class liveable public spaces to make walking and cycling to and from the area easy and enjoyable.

The Cross River Rail will bring increased volumes of pedestrians to the CBD and this opens up an excellent opportunity to improve the "walkability" of the CBD and allow for the safe passage of extra pedestrians. It is an exciting prospect to provide for the 'right of way' of pedestrians to facilitate increased walking and actively discourage car use in the CBD.

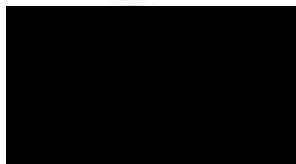
Useful strategies for positive pedestrian flow that we hope to see included are:

- pedestrian positive street crossings with timers
- wider footpaths
- traffic restraints
- 30 kph speed limits
- pedestrian boulevards
- reallocation of road assets (car park resumption)
- points of interest
- destination hooks, signage/maps

We support a 'streets for people' approach. Well-designed, quality street environments that promote walking, cycling and public transport not only support increased physical activity but are also good for business. Our report, [Good for Business](#) shows creating better environments for walking and cycling not only increases the property values for the area, but also encourages people to spend time outside, increase footfall and potentially generate more local business.

We look forward to receiving updates on the progress of the Cross River Rail project and appreciate the opportunity to have positive input.

Yours sincerely



**Stephen Vines**  
Chief Executive Officer

**Contact:**

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**References**

- <sup>1</sup> Queensland Health (2014). *The Health of Queenslanders 2014. Fifth report of the Chief Health Officer Queensland*. Queensland Government. Brisbane.
- <sup>2</sup> Bus Association Victoria (2010). *Briefing Paper, Public Transport use a Ticket to Health*.
- <sup>3</sup> National Heart Foundation (2014) *Does Density matter? The role of density in creating walkable neighbourhoods. Discussion Paper*
- <sup>4</sup> Queensland Government and Heart Foundation (2010). *Active, healthy communities: A resource package for Local Government to create supportive environments for physical activity and health eating*. [www.activehealthycommunities.com.au](http://www.activehealthycommunities.com.au); Accessed 21 October 2016.
- <sup>5</sup> Fenton, M. (2015). *Building a World for Free Range Kids*. National Physical Activity Plan Alliance Commentaries on Physical Activity and Health, 1(3).
- <sup>6</sup> Dept. of Health and Human Services, *Step it Up*, The Surgeon General's Call to Action on Walking and Walkability. <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/exec-summary.html>; Accessed 21 October 2016.