



Are you interested in a walkable, liveable Tarneit?

Join our research project exploring how more housing can support health and wellbeing

Image: Andy Fergus

Liveable neighbourhoods are healthy neighbourhoods

Liveable neighbourhoods are healthy neighbourhoods. They provide residents with a range of local shops, services, and amenities that are walkable, bikeable and well connected by frequent public transport. Liveable places also provide affordable and diverse housing choices and support sustainability by being close to public open spaces, education, employment, leisure and recreation options. All of these features of liveable places are directly influenced by urban planning decisions and have a big influence on long-term health outcomes.

Are you interested in what Tarneit might look like as a liveable, healthy neighbourhood for more people?

Density describes how many people or houses there are per unit of land. Increasing housing density in existing, liveable and well-serviced suburbs supports well-connected cities that encourage active transport and healthy lifestyles. Higher residential density is linked to increased walking for transport across all ages, increased physical activity, and better cardiovascular, respiratory and mental health.

We might be looking for you!

Are you interested in sharing your opinions on what makes a healthy place to live? We are investigating how city planning and residential density scenarios in Tarneit might influence the way people live and how this impacts their health. We are looking for people who would like to share their opinions on different ways that more housing could be built in Tarneit and help us understand how each scenario would influence health and wellbeing. Ideally, you will be someone with knowledge of Tarneit or be interested in living there in the future.

What will I be asked to do?

- You will be invited to two workshops of 2 hours each and you will be invited to keep a diary for a week.
- In the first workshop you will tell us about how you use your current suburb and you will brainstorm what features of your suburb are important to your health.
- You will keep a diary for a week, recording how you spend time and travel through Tarneit. We will provide you with an app that you can run on your smartphone to make this task easy to complete.
- In the second workshop you will be presented different visual scenarios of what a liveable Tarneit with higher housing density might be like. You will tell us how you imagine this environment will impact on your health.

How might this benefit me?

Our aim is to help planners and policy makers plan healthier suburbs in the future by informing them about the impacts their decisions have on people's everyday choices and health. You might enjoy learning about planning and the influence of residential neighbourhood features on health.

You will also receive a \$50 Coles Myer gift card for each of the three components.

Why is this research important?

Finding homes for Victoria's growing population requires additional housing. The Victorian government is encouraging increased density and building new homes in existing, highly liveable suburban areas. This research project will investigate how densification can be done well in existing suburbs to support health and wellbeing, learning from the experiences of everyday people. Findings from the research will help to inform future densification planning that promotes health.

How can I get involved?

Please click the link or follow the QR code for further information and to register your interest in participating.

Future Urban Planning Scenarios for Better Health



[Click here to register](#)



Project Funding

VicHealth (Victorian Health Promotion Foundation)

Further Information

If you have any questions, please contact:
Dr Emma McRae emma.mcrae@rmit.edu.au or
Professor Andrew Butt andrew.butt@rmit.edu.au
at the Centre for Urban Research at RMIT University.