dfgh

by Fg Df

Submission date: 07-Aug-2023 08:48PM (UTC+0300)
Submission ID: 2142740571
File name: 397268034-_sustainable_communities.docx (2.53M)
Word count: 3228
Character count: 17483

Sustainable Communities

7
Student's Name

University; Department

Course Code: Name of Course

The Professor's Name

Date of Submission

Sustainable Communities

Contents

1.0 Introduction

1.1 Background

Urban design significantly influences the overall well-being and quality of life within communities. The configuration of urban areas, residential districts, and communal environments directly influences individuals' engagement with their environment, exerting effects on various aspects ranging from physical well-being to social relationships. Research by the University of Melbourne underscores the imperative of enhancing urban design to foster healthier urban environments. In the precepts, the researchers argue that the accessibility and availability of parks, walkways, and recreational spaces in urban settings promote physical activity, combat obesity, and improve the overall health of residents. A publication by CSIRO underpins the research by presenting the significance of thoughtful urban design in promoting physical activity, psychological well-being, and interpersonal engagement. The authors argue that sufficient green spaces have a positive impact on stress reduction and the promotion of community cohesion. Furthermore, the World Health Organization report highlights the direct impact of urban design on health disparities and environmental sustainability. Implementing inclusive and barrier-free designs plays a crucial role in promoting equitable access for all community members, thereby enhancing both physical and mental health outcomes. Comparing two suburbs in Gold Coast, Australia, Surfers Paradise & Pimpama, the paper deduces the fact that implementing sustainable practices in urban design can mitigate pollution and positively influence air quality. Urban design is crucial in promoting the development of healthier and more dynamic communities through facilitating physical activity, improving mental health, promoting inclusivity, and supporting environmental well-being.

1.2 Methodology

The study focused on collecting a comprehensive database encompassing various aspects such as demographics, indicators of economic growth, and environmental metrics for Surfers Paradise and Pimpama. The study utilized a variety of data sources, including official government records, census data, and locally conducted surveys. Additionally, the research employs different mathematical formulae to compute population growth rates to visualize the changing demographic trends.

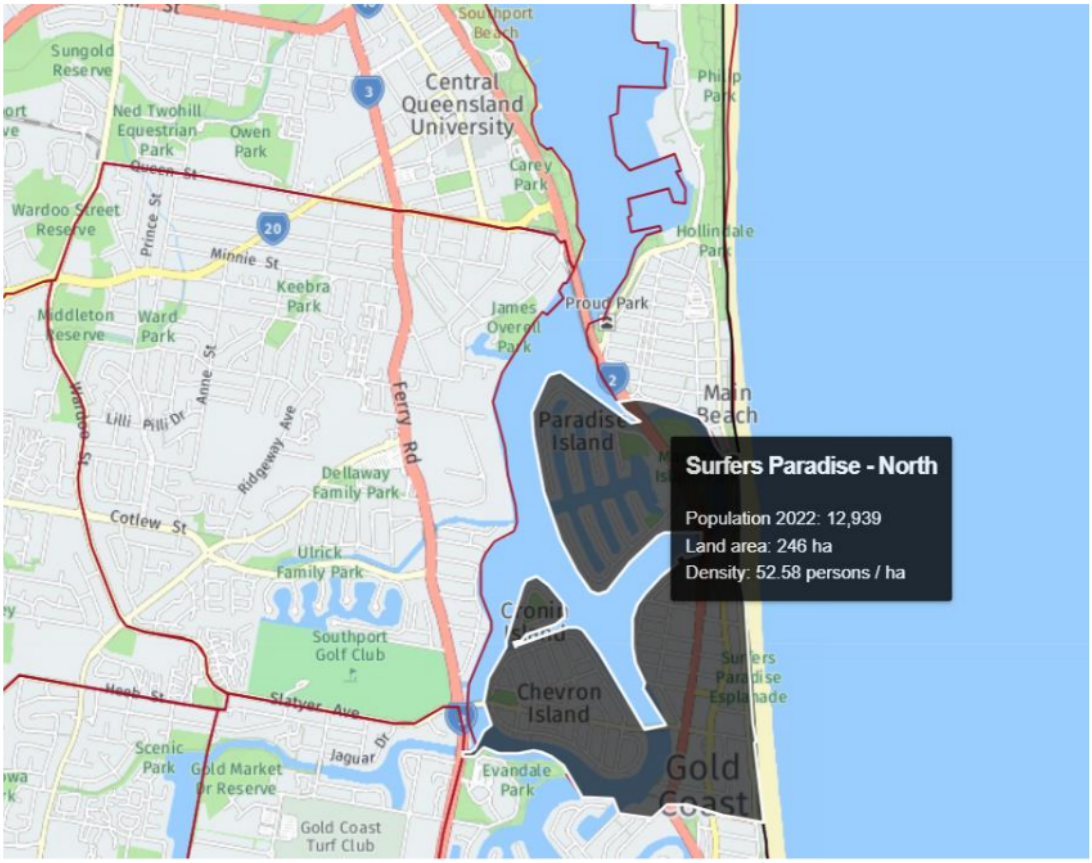
2.0 Sustainable Community Factors

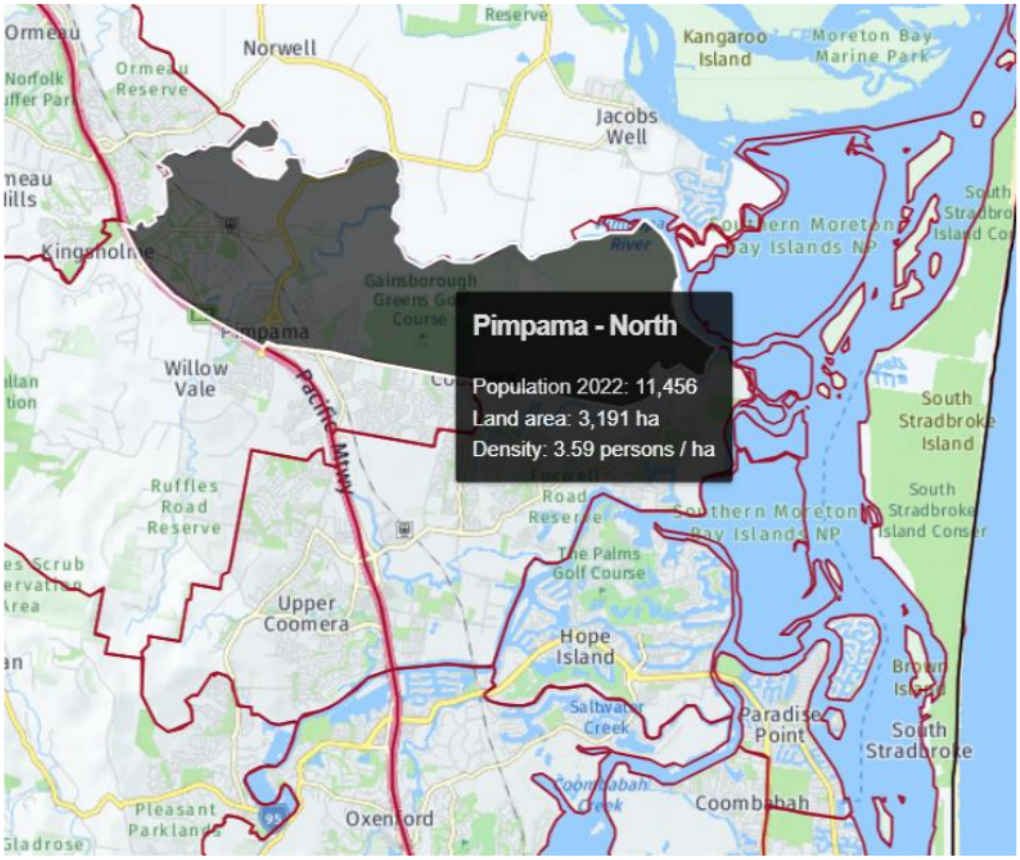
2.1 Population Density

2.1.1 Theory Overview

The population density of a region is a quantitative indicator of the human concentration in that region. To achieve sustainability, urban planning must balance overcrowding and under crowding. The equilibrium allows for more effective resource management, the growth of necessary infrastructure, and the enhancement of social conditions. Increases in population density have been shown to affect walkability, public transit, and land use positively. Lower population densities, on the other hand, allow for more open space and less traffic.

2.1.2 Data


Surfers Paradise - North
Population 2022: 12,939
Land area: 246 ha
Density: 52.58 persons / ha
Central Queensland University
Paradise Island
Chevron Island
Southport Golf Club
Dellaway Family Park
Ulrick Family Park
Keebra Park
Ward Park
Owen Park
Carey Park
James Overell Park
Evandale Park
Scenic Park
Gold Coast Turf Club
Ferry Rd
Minnie St
Cotlew St
Slatyer Ave
Jaguar Dr
Ridgeway Ave
Anne St
Prince St
Queen St
Lilli Pilli Dr
Main Beach
Surfers Paradise Esplanade
Gold Coast



Region	Population	Land Area (ha)	Density (persons/ha)
Surfers Paradise North	12939	246	52.58
Pimpama North	11456	3191	3.59

2.1.3 Analysis

Surfers Paradise's concentrated urban structure, which serves both residents and visitors, contributes to the area's comparatively high population density. Because of how densely people live there, everything from grocery stores to movie theaters is only a short walk away. Although this strategy may have its advantages, it is not without possible pitfalls, such as the prospect of escalating traffic problems and a depletion of current resources. On the other hand, Pimpama is characterized by a relatively lower population density, making it an attractive choice for families searching for a peaceful suburban environment. While the scenario above may present advantages such as increased availability of expansive natural areas and reduced population density, it may also entail a greater reliance on automobiles and restricted accessibility to specific amenities.

2.2 Age Diversity

2.2.1 Theory Overview

Age diversity describes individuals from different age groups in a particular community. Appropriate age diversity promotes social cohesion, encourages interactions between different generations, and facilitates knowledge sharing (Williams, 2017). In other words, a community that has a diverse age structure has the potential to improve its resilience and inclusivity by leveraging the different perspectives and experiences of its members.

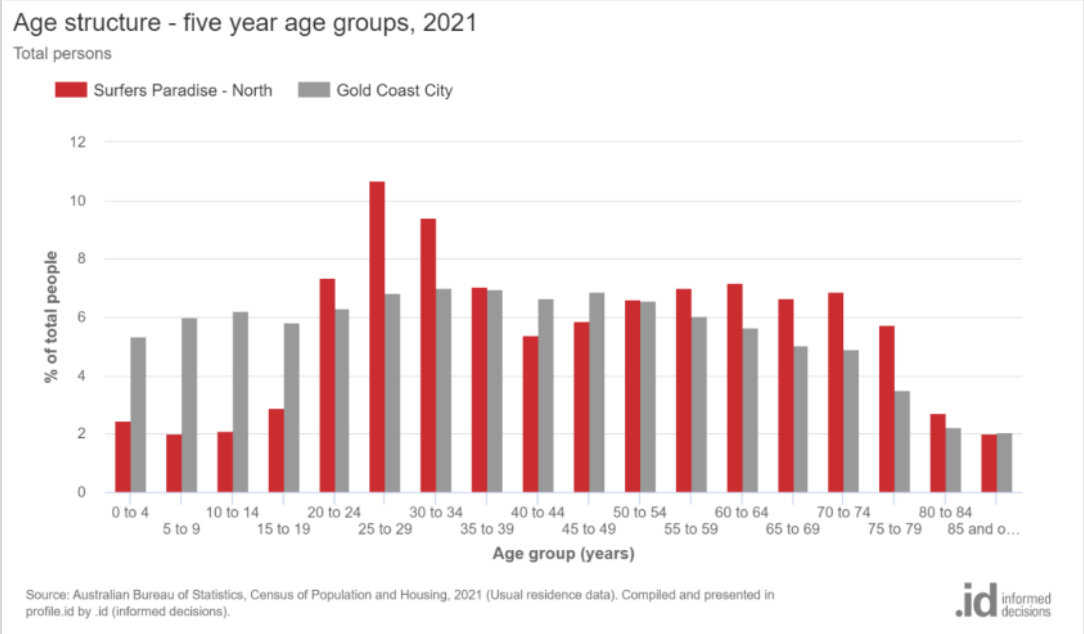
2.2.2 Present Data and Images

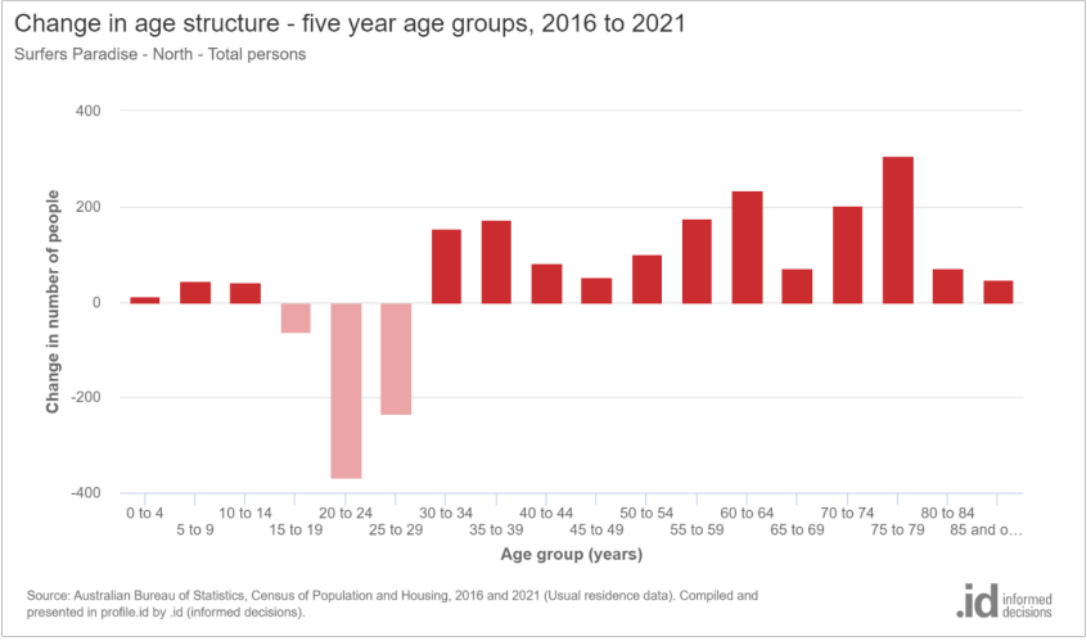
Age structure - Five-year age groups

Surfers Paradise - North - Total	**2021**	**2016**	**Change**

persons (Usual residence)							
Five-year age groups (years)	Number	%	Gold Coast City %	Number	%	Gold Coast City %	2016 to 2021
0 to 4	299	2.5	5.4	286	2.6	5.9	+13
5 to 9	244	2.0	6.0	199	1.8	6.3	+45
10 to 14	254	2.1	6.2	213	1.9	5.9	+41
15 to 19	354	2.9	5.8	418	3.8	6.1	-64
20 to 24	898	7.4	6.3	1,267	11.4	6.7	-369
25 to 29	1,304	10.7	6.8	1,537	13.9	6.8	-233
30 to 34	1,145	9.4	7.0	991	8.9	6.9	+154
35 to 39	860	7.1	7.0	687	6.2	6.7	+173
40 to 44	654	5.4	6.6	573	5.2	7.1	+81
45 to 49	713	5.9	6.9	661	6.0	7.0	+52
50 to 54	805	6.6	6.6	705	6.4	6.5	+100
55 to 59	852	7.0	6.1	676	6.1	6.1	+176
60 to 64	875	7.2	5.7	640	5.8	5.4	+235
65 to 69	812	6.7	5.1	741	6.7	5.4	+71
70 to 74	840	6.9	4.9	638	5.8	4.1	+202
75 to 79	701	5.8	3.5	394	3.6	2.9	+307
80 to 84	329	2.7	2.2	258	2.3	1.9	+71

85 and over	243	2.0	2.0	197	1.8	2.1	+46
Total population	**12,182**	**100.0**	**100.0**	**11,081**	**100.0**	**100.0**	**+1,101**

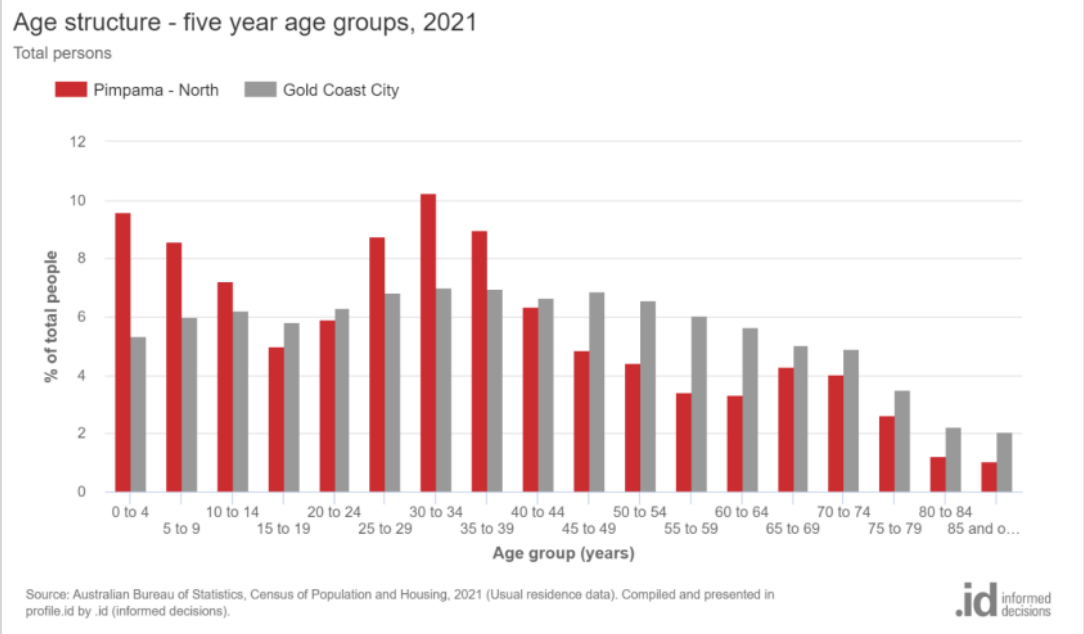


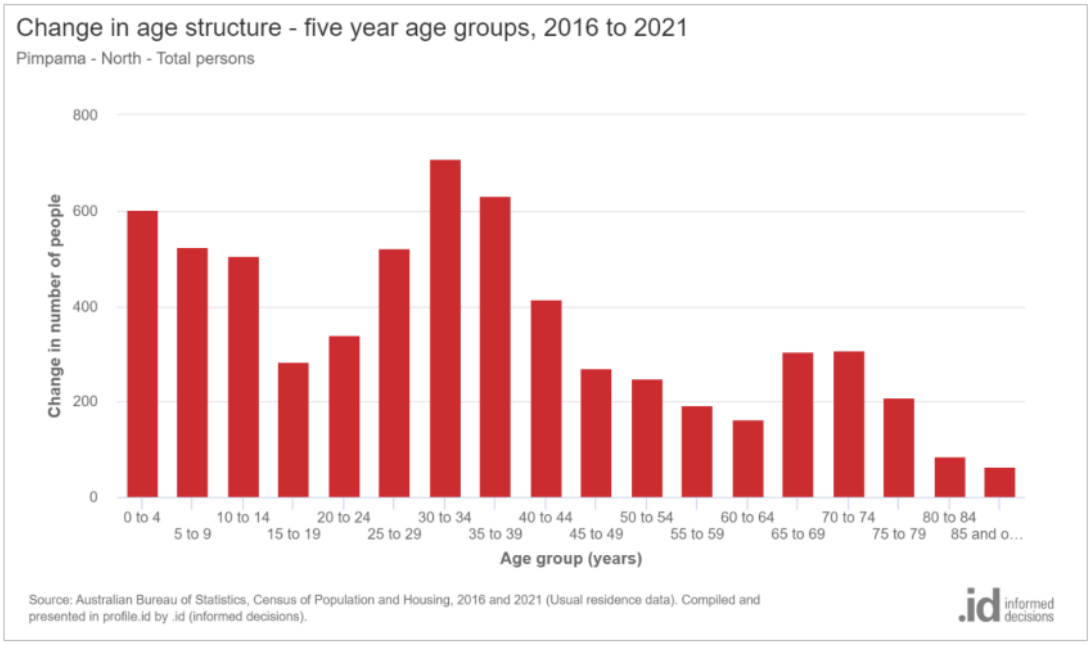


Age structure - Five-year age groups

Pimpama - North - Total persons (Usual residence)	2021			2016			Change
Five-year age groups (years)	Number	%	Gold Coast City %	Number	%	Gold Coast City %	2016 to 2021
0 to 4	953	9.6	5.4	351	9.9	5.9	+602
5 to 9	852	8.6	6.0	327	9.3	6.3	+525
10 to 14	715	7.2	6.2	209	5.9	5.9	+506
15 to 19	495	5.0	5.8	212	6.0	6.1	+283
20 to 24	588	5.9	6.3	247	7.0	6.7	+341
25 to 29	870	8.8	6.8	347	9.8	6.8	+523
30 to 34	1,015	10.2	7.0	305	8.6	6.9	+710
35 to 39	892	9.0	7.0	261	7.4	6.7	+631
40 to 44	631	6.4	6.6	216	6.1	7.1	+415
45 to 49	482	4.9	6.9	213	6.0	7.0	+269
50 to 54	440	4.4	6.6	190	5.4	6.5	+250
55 to 59	338	3.4	6.1	146	4.1	6.1	+192
60 to 64	330	3.3	5.7	168	4.8	5.4	+162
65 to 69	426	4.3	5.1	120	3.4	5.4	+306
70 to 74	400	4.0	4.9	93	2.6	4.1	+307

75 to 79	261	2.6	3.5	52	1.5	2.9	+209
80 to 84	122	1.2	2.2	36	1.0	1.9	+86
85 and over	104	1.0	2.0	41	1.2	2.1	+63
Total population	**9,914**	**100.0**	**100.0**	**3,534**	**100.0**	**100.0**	**+6,380**




Change in age structure - five year age groups, 2016 to 2021
Pimpama - North - Total persons
800
600
400
200
0
Change in number of people
0 to 4
5 to 9
10 to 14
15 to 19
20 to 24
25 to 29
30 to 34
35 to 39
40 to 44
45 to 49
50 to 54
55 to 59
60 to 64
65 to 69
70 to 74
75 to 79
80 to 84
85 and o…
Age group (years)
Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 and 2021 (Usual residence data). Compiled and presented in profile.id by .id (informed decisions).
.id informed decisions

2.2.3 Analysis

The age diversity of Surfers Paradise follows its urban dynamics and transient characteristics. Surfers Paradise North exhibits a lower proportion of individuals belonging to the younger age cohorts (below 15 years) and a corresponding high proportion of individuals within the older age cohorts (65 years and above). In general, 6.5% of the total population fell within the age range of 0 to 15 years, while 24.0% were 65 years and above. In contrast, the age diversity in Pimpama is characterized by a strong focus on family-centric values, emphasizing community services, educational institutions, and recreational areas that cater to the needs of various age groups. The demographic composition of Pimpama exhibited a relatively greater representation of individuals in the younger age cohorts (below 15 years) and a comparatively lower representation of individuals in the older age cohorts (65 years and above). In general, 25.4% of the total population fell within the age range of 0 to 15 years, while 13.2% were 65.

2.3 Health

2.3.1 Theory Overview

Health plays a crucial role in creating and long-term sustainability of communities. As mentioned, factors such as the provision of healthcare services, availability of green spaces, presence of recreational facilities, and maintenance of clean air positively impact the physical and mental well-being of residents (Wheeler, 2011). Additionally, the presence of aesthetically pleasing and properly maintained environments has been shown to positively impact individuals' mental well-being, reducing stress levels and improving their overall psychological perspective (Australian Institute of Health and Welfare. 2016).

2.3.2 Present Data and Images

Key indicators of health status, comparison of Queensland with Australia and Australia with OECD			
Health status	GCHHS relative to Qld	Queensland relative to Australia	Australia relative to OECD
Median age of death 2011	+1 years	-1.2 years	n/a
Median age of death (Indigenous) 2011	+8 years		
-males		+1.9 years	n/a
-females		+0.5 years	n/a
Avoidable death rate (2009-2011)	21% lower	7% higher	n/a
CVD death rate 2010	18% lower	5% higher	3rd lowest of 33 countries
Cancer death rate 2010	12% lower	similar	10th lowest of 33 countries
Injury death rate 2010	13% lower	9% higher	n/a
Potentially preventable hospitalisation (PPHs) rate 2011-12	20% lower	8% higher	n/a
Smoking (daily) 2010	1% lower	4% higher	3rd lowest of 17 countries
Obesity (adults) 2011-12	16% lower	10% higher	3rd highest of 33 countries
Alcohol consumption (risky lifetime) 2010	same	16% higher	18th highest of 40 countries
BreastScreen participation 2011-2012	7% lower	5% higher	n/a
Immunisation (5-year milestone) 2013	2% lower	0.5% lower	n/a

(Queensland Health)

Condition, GAI	Count	Population	Crude Rate	Age Standardised Rate	Lower Confidence Limit	Upper Confidence Limit
All cause	9307	1557197	597.68	520.93	510.31	531.72
Asthma	16	1557197	1.03	**	**	**
COPD	347	1557197	22.28	19.57	17.55	21.76
Communicable diseases	236	1557197	15.16	13.03	11.41	14.82
Communicable, maternal and neonatal	320	1557197	20.55	18.63	16.62	20.81
Coronary heart disease	1469	1557197	94.34	80.25	76.16	84.49
Diabetes	199	1557197	12.78	11.01	9.52	12.67
Maternal and neonatal conditions	84	1557197	5.39	5.6	4.46	6.94
Non communicable diseases	8337	1557197	535.39	463.16	453.19	473.3
Parkinson's disease	101	1557197	6.49	5.67	4.61	6.91
Pneumonia and influenza	111	1557197	7.13	5.88	4.83	7.09
Road traffic accidents	70	1557197	4.5	4.35	3.38	5.5
Selected chronic conditions	8005	1557197	514.06	445.09	435.3	455.03
Stroke	787	1557197	50.54	42.69	39.74	45.8

Chronic Conditions	Gold Coast		
	Estimate Number	Estimate Percentage	ASR per 100
Diabetes	20,224	4.79%	4.8
High blood cholesterol	129,156	30.93%	30.9
Mental & behavioural problems	77,913	14.46%	14.5
Aged 2 years + with circulatory system diseases	98,694	18.62%	18.6
Hypertensive disease	54,841	10.05%	10.1
Respiratory system diseases	145,203	26.98%	27
Asthma	51,926	9.68%	9.7
Chronic obstructive pulmonary disease	14,207	2.62%	2.6
Musculoskeletal system diseases	145,793	26.84%	26.8
Arthritis	73,586	13.50%	13.5

Source: Public Health Information Development Unit, University of Adelaide, 2014

(Queensland Health)

2.3.3 Analysis

The health of Surfers Paradise could potentially experience positive effects due to the convenient availability of healthcare services. However, the transient population in this area may present difficulties in ensuring consistent adherence to health-promoting behaviors. The family-oriented atmosphere of Pimpama may catalyze engaging in outdoor activities, thereby potentially enhancing the well-being of its residents. Nevertheless, it is imperative to prioritize healthcare accessibility and the promotion of active lifestyles among individuals of all age groups in suburban areas to enhance their overall sustainability in terms of health.

2.4 Walkability

2.4.1 Theory Overview

Walkability pertains to the convenience and accessibility of pedestrian facilities in a specific community. Indeed, a walkable environment offers numerous benefits, including decreasing reliance on cars, promoting higher levels of physical activity, and fostering community interactions (Frost, 2018; Price, 2017; Schaefer, 2005).

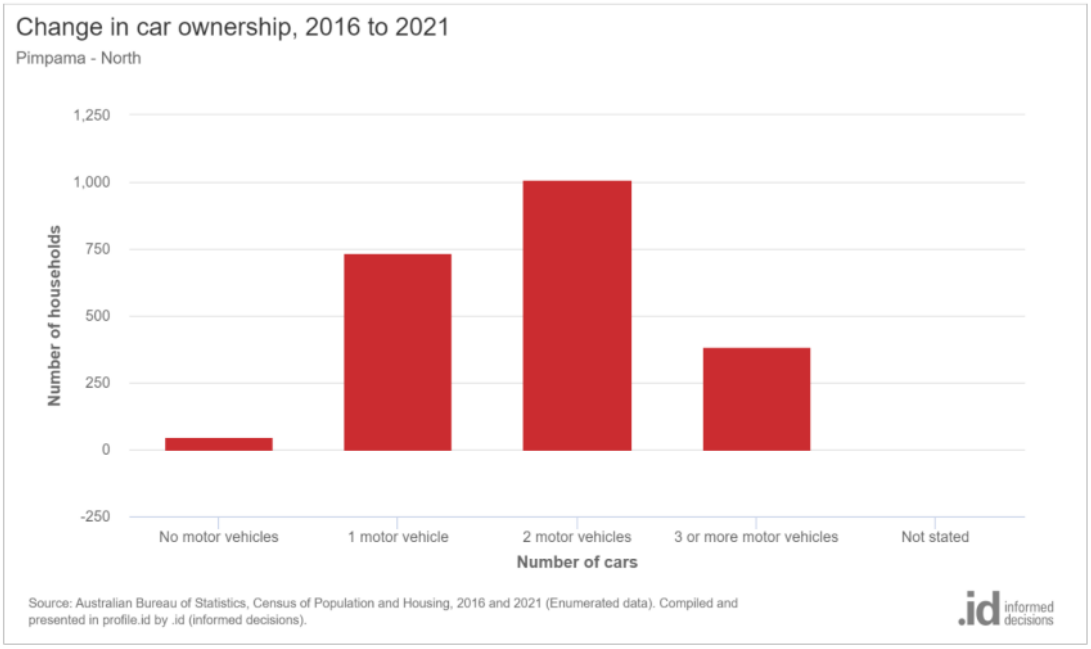
2.4.2 Present Data and Images

Region	Walk Score
Surfers Paradise	78
Pimpama	13

Car ownership

Pimpama - North - Households (Enumerated)	2021			2016			Change
Number of cars	Number	%	Parkwood %	Number	%	Parkwood %	2016 to 2021
No motor vehicles	59	1.8	2.7	10	0.9	2.4	+49
1 motor vehicle	989	29.8	21.6	252	22.0	22.2	+737
2 motor vehicles	1,480	44.6	41.5	472	41.3	41.3	+1,008
3 or more motor vehicles	638	19.2	29.4	254	22.2	26.8	+384
Not stated	154	4.6	4.7	156	13.6	7.3	-2

Total households	**3,320**	**100.0**	**100.0**	**1,144**	**100.0**	**100.0**	**+2,176**



Car ownership

Surfers Paradise - North - Households (Enumerated)	**2021**			**2016**			**Change**
Number of cars	**Number**	**%**	**Parkwood %**	**Number**	**%**	**Parkwood %**	**2016 to 2021**
No motor vehicles	755	12.0	2.7	703	12.9	2.4	+52
1 motor vehicle	3,160	50.2	21.6	2,457	45.1	22.2	+703

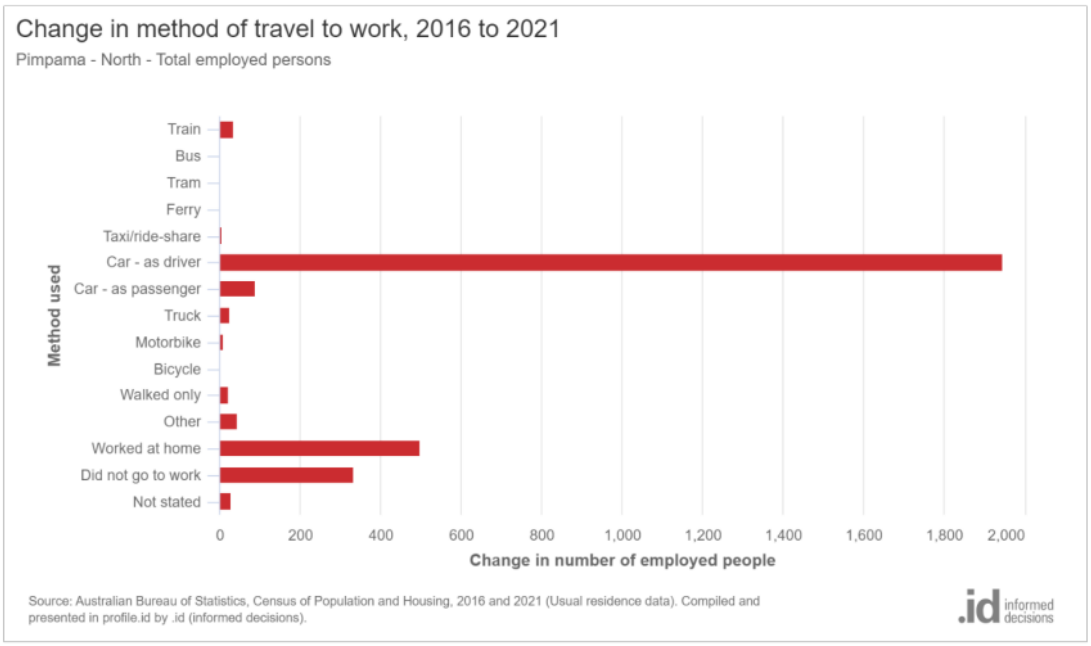
2 motor vehicles	1,285	20.4	41.5	1,093	20.1	41.3	+192
3 or more motor vehicles	416	6.6	29.4	317	5.8	26.8	+99
Not stated	684	10.9	4.7	879	16.1	7.3	-195
Total households	**6,300**	**100.0**	**100.0**	**5,449**	**100.0**	**100.0**	**+851**

Method of travel to work

Pimpama - North - Employed persons (Usual residence)	**2021**			**2016**			**Change**
Main method of travel	**Number**	**%**	**Gold Coast City %**	**Number**	**%**	**Gold Coast City %**	**2016 to 2021**
Train	89	2.0	1.1	54	3.6	1.8	+35
Bus	20	0.4	1.0	16	1.1	1.6	+4
Tram	0		0.5	0		0.6	0
Ferry	0		0.0	0		0.0	0
Taxi/ride-share	7	0.2	0.2	0		0.1	+7
Car - as driver	3,000	65.9	62.9	1,055	70.0	68.9	+1,945
Car - as passenger	167	3.7	3.9	78	5.2	4.8	+89
Truck	41	0.9	0.7	17	1.1	0.8	+24
Motorbike	20	0.4	0.6	12	0.8	0.8	+8

Bicycle	3	0.1	0.7	0		0.8	+3
Walked only	34	0.7	2.0	12	0.8	2.6	+22
Other	64	1.4	1.3	18	1.2	1.5	+46
Worked at home	583	12.8	13.8	83	5.5	5.9	+500
Did not go to work	493	10.8	10.9	160	10.6	8.9	+333
Not stated	32	0.7	0.5	3	0.2	0.8	+29
Total employed persons aged 15+	**4,553**	**100.0**	**100.0**	**1,508**	**100.0**	**100.0**	**+3,045**

(*Demographic resources*)

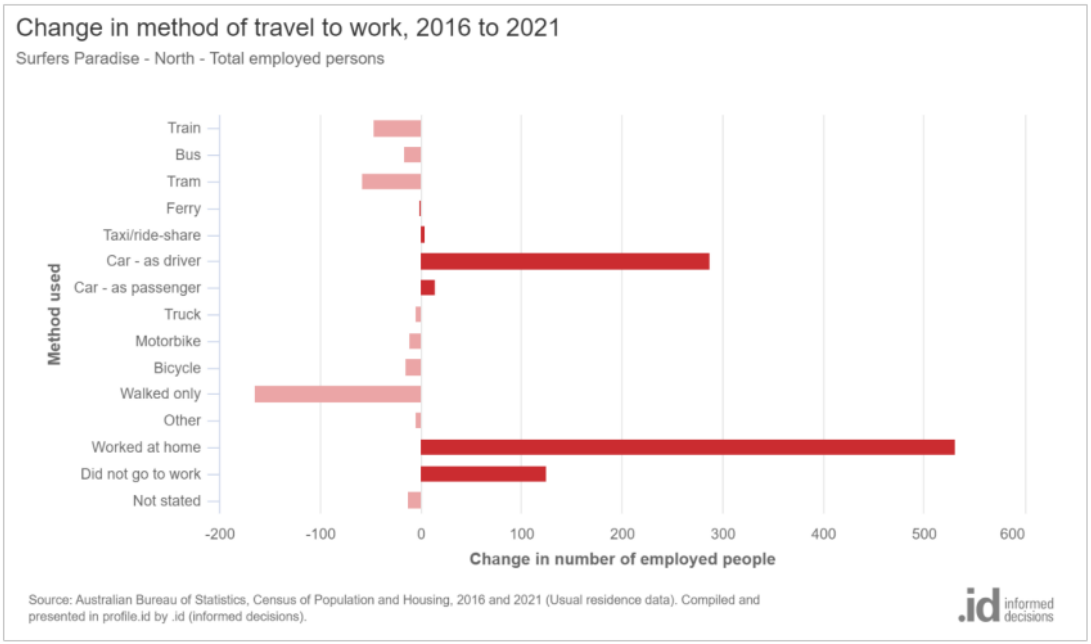


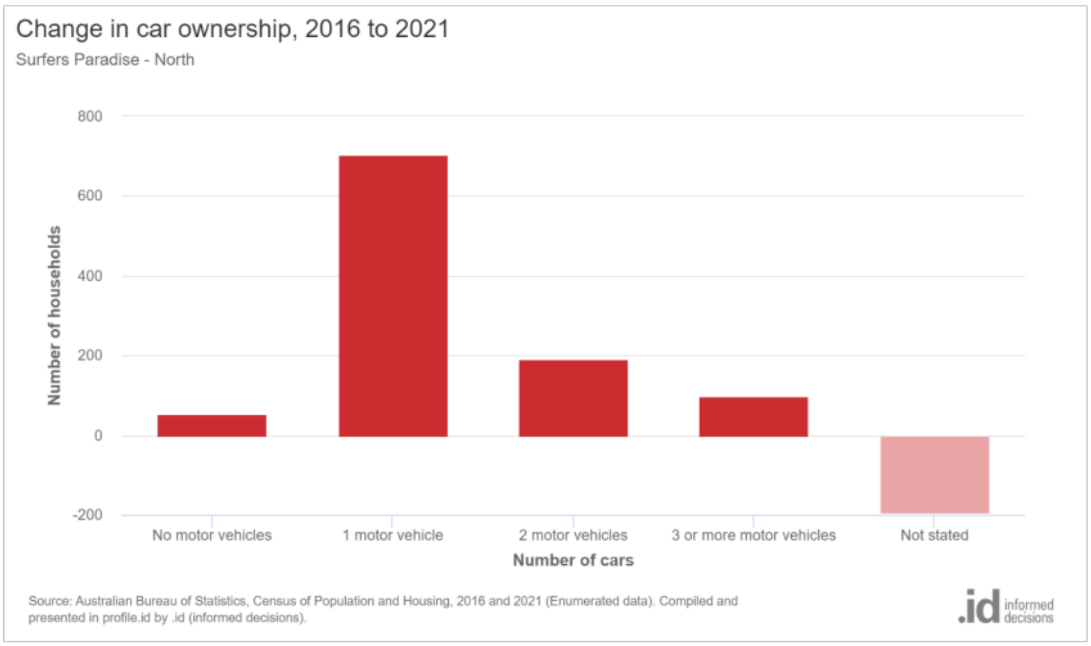
Method of travel to work

Surfers Paradise - North - Employed persons (Usual residence)	2021			2016			Change
Main method of travel	Number	%	Gold Coast City %	Number	%	Gold Coast City %	2016 to 2021
Train	88	1.5	1.1	134	2.6	1.8	-46
Bus	152	2.6	1.0	168	3.2	1.6	-16
Tram	212	3.6	0.5	270	5.2	0.6	-58
Ferry	3	0.1	0.0	3	0.1	0.0	0
Taxi/ride-share	18	0.3	0.2	14	0.3	0.1	+4
Car - as driver	2,811	48.4	62.9	2,524	48.7	68.9	+287
Car - as passenger	209	3.6	3.9	194	3.7	4.8	+15
Truck	13	0.2	0.7	17	0.3	0.8	-4
Motorbike	40	0.7	0.6	51	1.0	0.8	-11
Bicycle	70	1.2	0.7	84	1.6	0.8	-14
Walked only	598	10.3	2.0	763	14.7	2.6	-165
Other	85	1.5	1.3	90	1.7	1.5	-5
Worked at home	864	14.9	13.8	333	6.4	5.9	+531
Did not go to work	613	10.6	10.9	488	9.4	8.9	+125

Not stated	34	0.6	0.5	46	0.9	0.8	-12
Total employed persons aged 15+	**5,810**	**100.0**	**100.0**	**5,179**	**100.0**	**100.0**	**+631**

(*Demographic resources*)





2.4.3 Analysis

Surfers Paradise is a very walkable community. It is ranked as the second most walkable area. Most errands in the region can be accomplished by foot due to its proximity to various amenities. On the other hand, Pimpama is a car-oriented region. Pimpama ranks as the 52nd most walkable neighborhood in the Gold Coast region, as determined by its Walk Score 13. The majority of errands in the Pimpama area of the Gold Coast necessitate the use of an automobile. The suburban design of Pimpama has the potential to foster a reliance on automobiles, which could have implications for the physical activity levels of its residents.

2.5 Type of Housing (dwelling structure)

2.5.1 Theory Overview

Housing diversity encompasses a broad spectrum of residential structures designed to cater to different households' diverse requirements and dimensions. The presence of diverse housing options plays a significant role in fostering social inclusivity and enhancing the vibrancy of neighborhoods (Kleeman et al.).

2.5.2 Present Data and Images

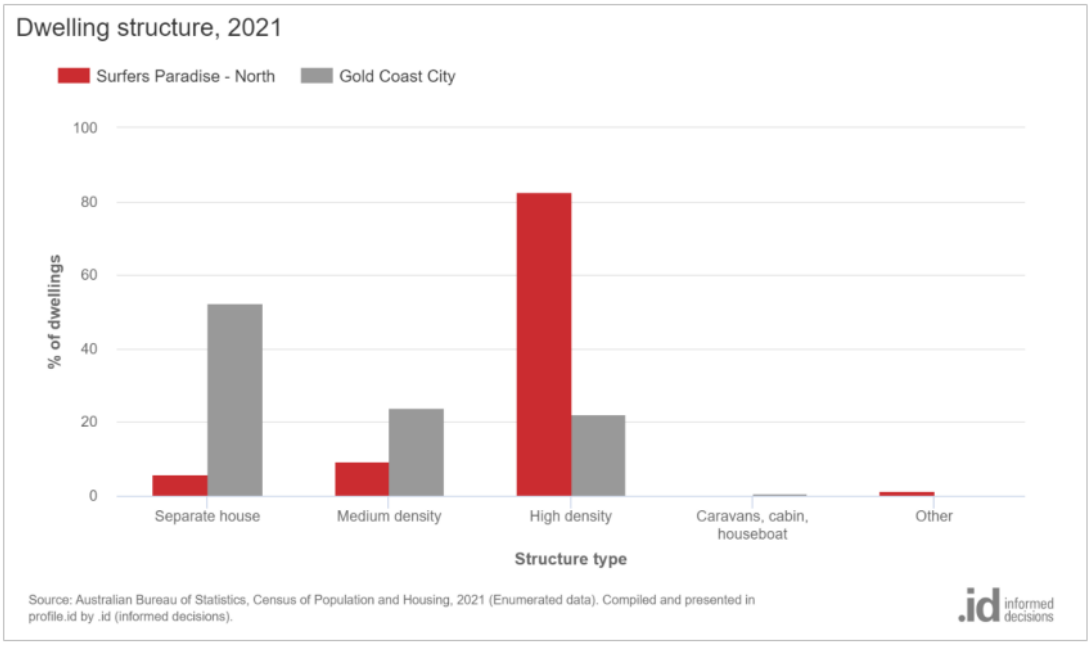
Dwelling type

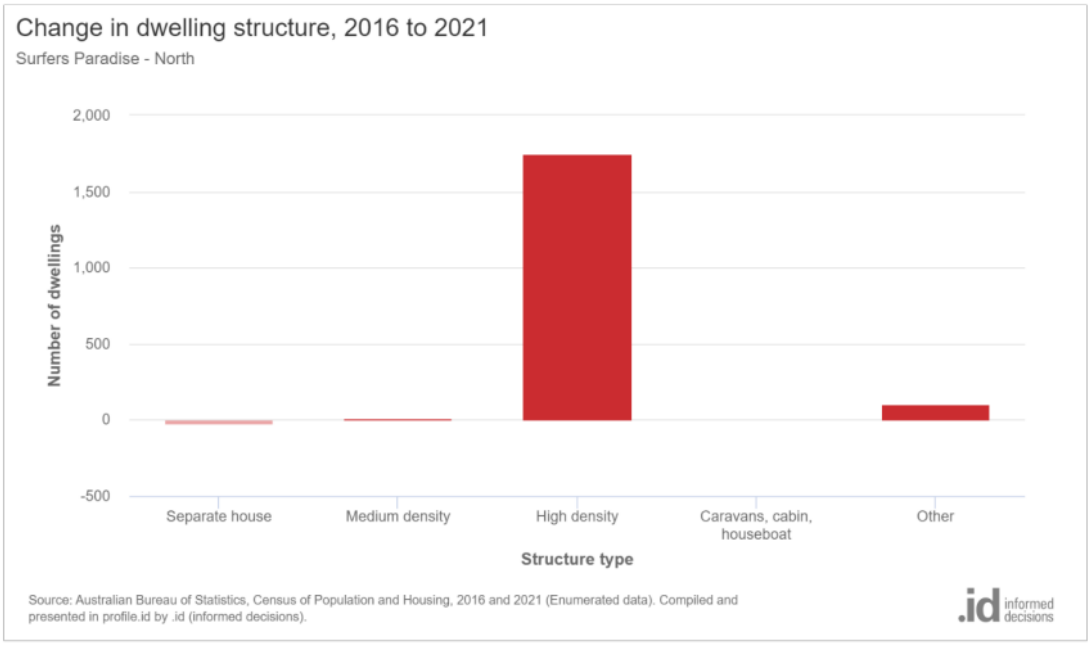
Surfers Paradise - North	**2021**			**2016**			**Change**
Dwelling type	**Number**	**%**	**Gold Coast City %**	**Number**	**%**	**Gold Coast City %**	**2016 to 2021**

Occupied private dwellings	6,299	68.4	89.9	5,505	74.9	90.0	+794
Unoccupied private dwellings	2,857	31.0	9.9	1,790	24.4	9.7	+1,067
Non private dwellings	56	0.6	0.2	53	0.7	0.2	+3
Total dwellings	**9,212**	**100.0**	**100.0**	**7,348**	**100.0**	**100.0**	**+1,864**

Dwelling structure

Surfers Paradise - North - Dwellings (Enumerated)	**2021**			**2016**			**Change**
Dwelling type	**Number**	**%**	**Gold Coast City %**	**Number**	**%**	**Gold Coast City %**	**2016 to 2021**
Separate house	553	6.0	52.4	578	8.0	54.5	-25
Medium density	855	9.3	24.1	847	11.7	24.6	+8
High density	7,556	82.6	22.3	5,805	79.8	19.1	+1,751
Caravans, cabin, houseboat	0		0.7	0		1.2	0
Other	121	1.3	0.2	17	0.2	0.2	+104
Not stated	61	0.7	0.3	23	0.3	0.5	+38
Total Private Dwellings	**9,146**	**100.0**	**100.0**	**7,270**	**100.0**	**100.0**	**+1,876**


Dwelling structure, 2021
Surfers Paradise - North
Gold Coast City
100
80
60
40
20
0
% of dwellings
Separate house
Medium density
High density
Caravans, cabin, houseboat
Other
Structure type
Source: Australian Bureau of Statistics, Census of Population and Housing, 2021 (Enumerated data). Compiled and presented in profile.id by .id (informed decisions).
.id informed decisions


Change in dwelling structure, 2016 to 2021
Surfers Paradise - North
2,000
1,500
1,000
500
0
-500
Number of dwellings
Separate house
Medium density
High density
Caravans, cabin, houseboat
Other
Structure type
Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 and 2021 (Enumerated data). Compiled and presented in profile.id by .id (informed decisions).
.id informed decisions

Dwelling structure

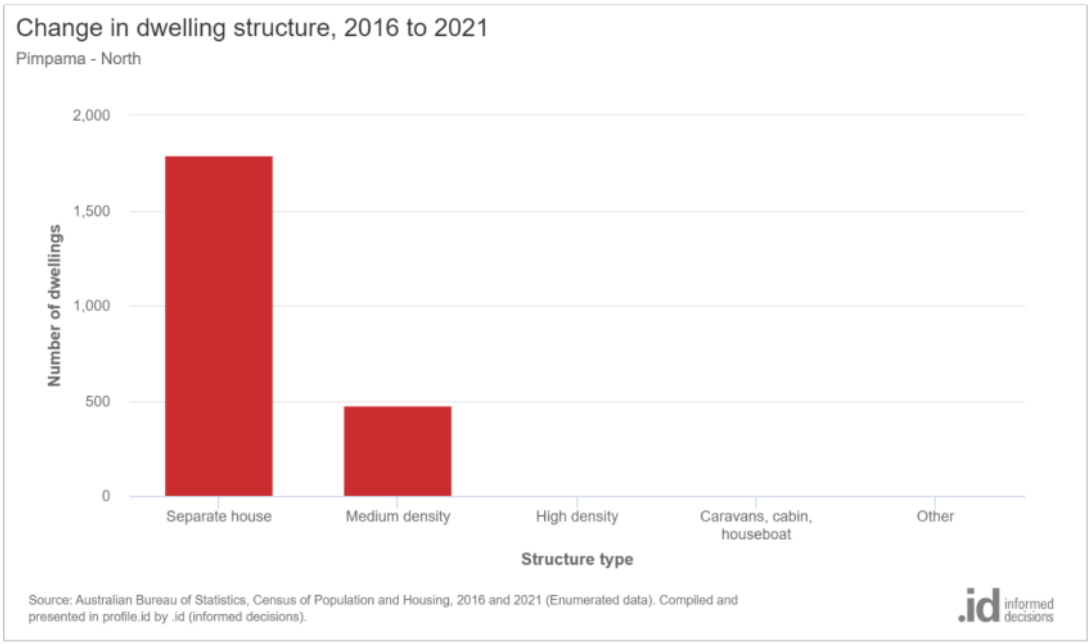
Pimpama - North - Dwellings (Enumerated)	2021			2016			Change
Dwelling type	**Number**	**%**	**Gold Coast City %**	**Number**	**%**	**Gold Coast City %**	**2016 to 2021**
Separate house	2,732	79.3	52.4	939	80.3	54.5	+1,793
Medium density	708	20.5	24.1	230	19.7	24.6	+478
High density	0		22.3	0		19.1	0
Caravans, cabin, houseboat	0		0.7	0		1.2	0
Other	0		0.2	0		0.2	0
Not stated	6	0.2	0.3	0		0.5	+6
Total Private Dwellings	**3,446**	**100.0**	**100.0**	**1,169**	**100.0**	**100.0**	**+2,277**

Dwelling type

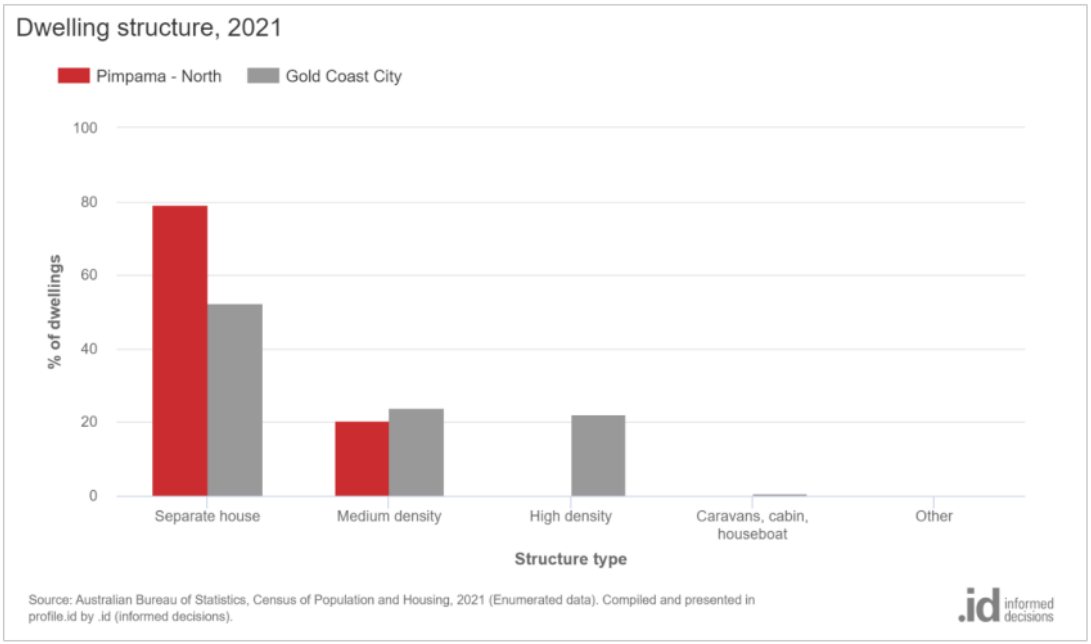
Pimpama - North	2021			2016			Change
Dwelling type	**Number**	**%**	**Gold Coast City %**	**Number**	**%**	**Gold Coast City %**	**2016 to 2021**

Occupied private dwellings	3,318	96.1	89.9	1,136	97.2	90.0	+2,182
Unoccupied private dwellings	136	3.9	9.9	33	2.8	9.7	+103
Non private dwellings	0		0.2	0		0.2	0
Total dwellings	**3,454**	**100.0**	**100.0**	**1,169**	**100.0**	**100.0**	**+2,285**

(*Demographic resources*)



(*Demographic resources*)



2.5.3 Analysis

Surfers Paradise, noted for its high-density residential development, is anticipated to offer many housing choices. However, it may encounter difficulties in catering to the needs of larger households. The family-centric atmosphere of Pimpama may contribute to the prevalence of single-family residences. Nevertheless, there is potential for enhancing the housing landscape by incorporating a wider range of options to accommodate a more diverse demographic. The enhancement of housing diversity in suburban areas can be achieved by promoting mixed-use developments, implementing accessory dwelling units, and providing affordable housing options. These measures contribute to the creation of sustainable and inclusive communities.

3.0 Challenges that Each Suburb Face

3.1 Surfers Paradise.

Surfers Paradise exhibits a transient community characterized by a high turnover of tourists, which may impede the establishment of a robust sense of community and enduring social connections. Besides, the high population density in the region perpetuates a strain on infrastructure, resulting in challenges such as traffic congestion and overcrowding in public areas. Finally, the heavy tourism industry can contribute to heightened waste generation, housing costs, and carbon emissions.

3.2 Pimpama

The expansion of Pimpama may surpass the progress of necessary services and amenities, leading to difficulties in adequately catering to the diverse age demographic. Concerning car dependency, suburban areas' spatial arrangement may foster reliance on automobiles, resulting in heightened traffic congestion, air pollution, and diminished opportunities for pedestrian mobility. Lastly, Pimpama exhibits high community fragmentation characterized by the presence of diverse age groups, which can potentially result in social isolation.

4.0 Recommendations for Each Suburb

Surfers Paradise

1. Promote initiatives to foster connections between tourists and permanent residents to cultivate a more robust sense of community engagement.
2. Adopting sustainable tourism practices entails the implementation of policies aimed at effectively managing the environmental impact of tourism activities. These policies encompass various strategies, such as waste management and carbon reduction, designed to mitigate tourism's negative effects on the environment.

3. The proposed solution entails investing in transportation and public space enhancements to address the challenges posed by a high population density and alleviate traffic congestion.
4. Promote Economic Diversification: Foster the expansion of industries beyond the tourism sector to enhance employment stability for local inhabitants.

Pimpama

1. The objective of comprehensive planning is to formulate a master plan that effectively facilitates the timely provision of essential services and amenities to accommodate the increasing population growth.
2. Promoting walkable neighborhoods entails prioritizing the development of pedestrian-friendly infrastructure, such as sidewalks and cycling lanes, to diminish reliance on automobiles and foster active lifestyles.
3. Intergenerational programs promote community cohesion by facilitating activities that foster interactions among individuals from diverse age groups.
4. Sustainable growth entails striking a harmonious equilibrium between urban development and preserving green spaces and open areas, safeguarding suburban regions' inherent natural charm while addressing the infrastructure requirements.
5. By acknowledging and tackling these obstacles and adopting the suggested approaches, the Gold Coast City Council can strive towards fostering greater sustainability and resilience within Surfers Paradise and Pimpama communities.

5.0 Bibliography

Kleeman, A., Gunn, L., & Giles-Corti., B. (n.d.). *Housing diversity*. heart foundation. https://www.healthyactivebydesign.com.au/design-features/housing-diversity

Wheeler, A. (2011). *Planning for Urban Health: An Analysis of Metropolitan Strategic Planning in Australia*. University of New South Wales. https://courses.ssc.qld.edu.au/content/enforced/14747-11GEO0/Topic%203%20Files/Healthy_Metro_Planning_in_Australia.pdf?_&d2lSessionVal=bDsLv3qGLQ81CSlkSBlQCHiKY&ou=14747

Australian Institute of Health and Welfare. (2016). *Australia's health 2016*. https://www.aihw.gov.au/getmedia/ca0b4c1b-a675-472e-942d-06774c058d27/AH16-1-1-what-is-health.pdf.aspx

Queensland Health. The health of Queenslanders 2018. Report of the Chief Health Officer Queensland. Queensland Government. Brisbane 2018

Demographic resources. (n.d.). .id (informed decisions). https://home.id.com.au/demographic-resources

Schaefer, A. (2005, October 1). *Commuting takes its toll*. Scientific American. https://www.scientificamerican.com/article/commuting-takes-its-toll/

Williams. (2017, January 30). *Age diversity for social cohesion*. Child in the City. https://www.childinthecity.org/2017/01/30/age-diversity-for-social-cohesion/?gdpr=accept

Price, A. (2017, December 14). *The negative consequences of car dependency*. Strong Towns. https://www.strongtowns.org/journal/2017/11/2/the-negative-consequences-of-car-dependency

Frost, N. (2018, October 13). *For the good of all, make your city more walkable*. Quartz. https://qz.com/1421323/for-the-good-of-all-humankind-make-your-city-more-walkable

dfgh

ORIGINALITY REPORT

24%	13%	0%	17%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	profile.id.com.au Internet Source	9%
2	Submitted to Saint Stephen's College Student Paper	6%
3	Submitted to Navitas Professional Institute Pty Ltd Student Paper	4%
4	Submitted to St Augustine's College Student Paper	2%
5	www.parliament.wa.gov.au Internet Source	1%
6	Submitted to Griffth University Student Paper	1%
7	Submitted to University of Maryland, University College Student Paper	<1%
8	Submitted to University of South Australia Student Paper	<1%
9	apo.org.au	

Internet Source

<1%

10 www.abs.gov.au
Internet Source

<1%

Exclude quotes	Off	Exclude matches	Off
Exclude bibliography	On		