

Supporting Active, Healthy Community Design

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- *Undergrad:* Recreation, Leisure, Tourism, Sport and Health Studies (University of Alberta)
- *Experience:* Recreation Planning (Alberta & Saskatchewan)
- *Master's* in Urban & Regional Planning (Queen's University)
- *Experience:* City of Regina (Planner & Policy Analyst), Consultant writing Official Community Plans in Saskatchewan, and ***Healthy Canada By Design*** CLASP Initiative – Public Health & Community Planner

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- *Undergrad:* Bachelor of Health Studies (University of Regina)
- *Experience:* Public Health Agency of Canada as a Junior Policy Analyst, Saskatchewan ***in motion*** as a Community Consultant, Heart & Stroke Foundation as Community Action Specialist.

The Health Impacts: Why Should We Be Concerned?

Heart Disease & Stroke

- ❑ 1.5 million Canadians living with the effects
- ❑ Canada's leading cause of death for both men and women
- ❑ One death every seven minutes
- ❑ \$22 billion annual in direct and indirect costs



Promoting Heart Health

- ❑ Up to 80% of premature heart disease and stroke could be prevented by reducing risk factors
- ❑ Physical inactivity is one of the most common risk factors for heart disease and stroke in Canada



How Much do you Need?

- ❑ Adults: 30 to 60 minutes a day*
- ❑ Children: 90 minutes per day*



* Most days of the week

Physical Inactivity & Overweight/Obese



❑ Percent not physically active enough:

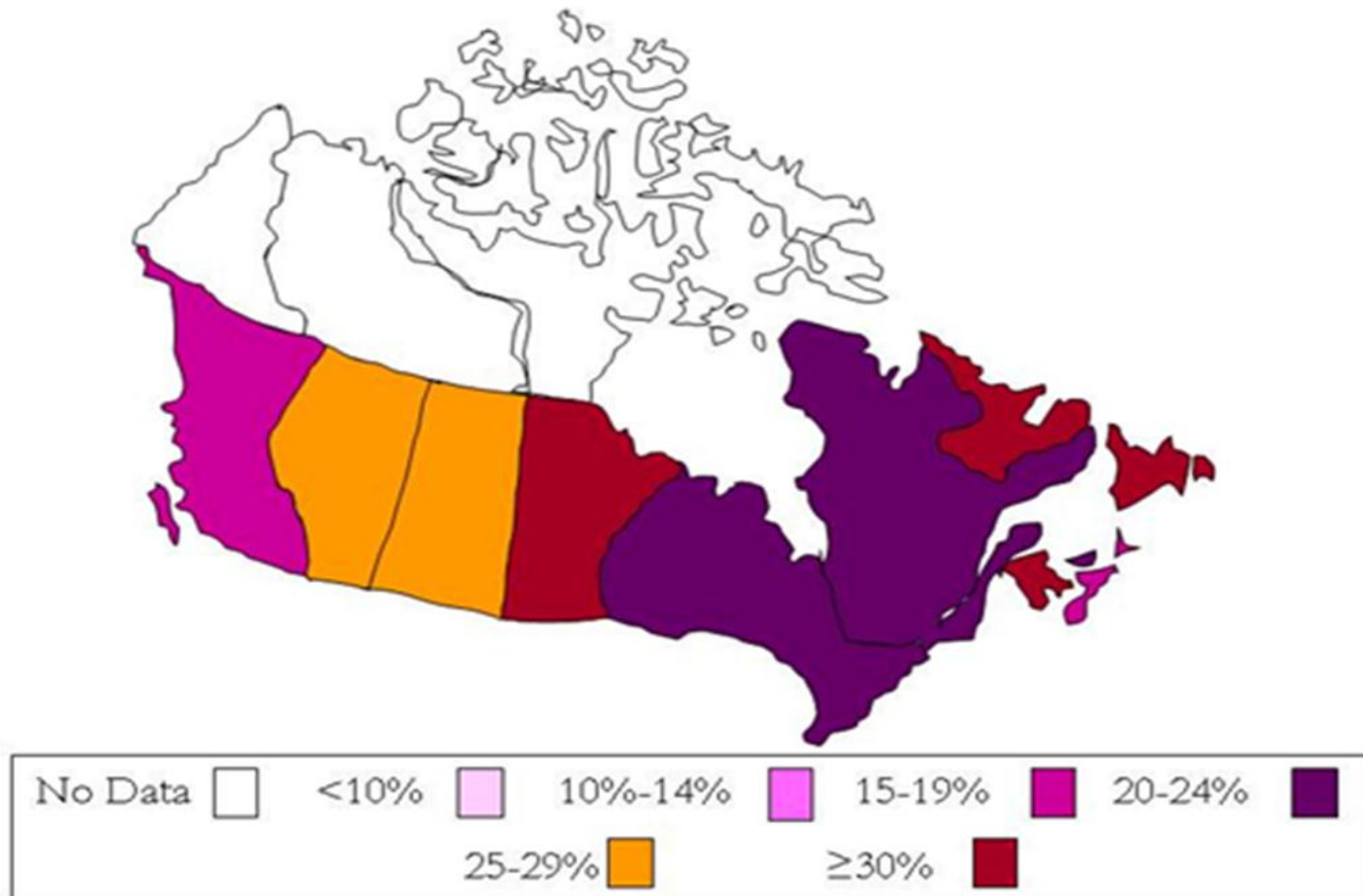
- 51% of Canadian adults
- 91% of Canadian children and youth

❑ Percent overweight or obese:

- 60% of Canadian adults
- 26% of Canadian children and youth

Obesity Trends

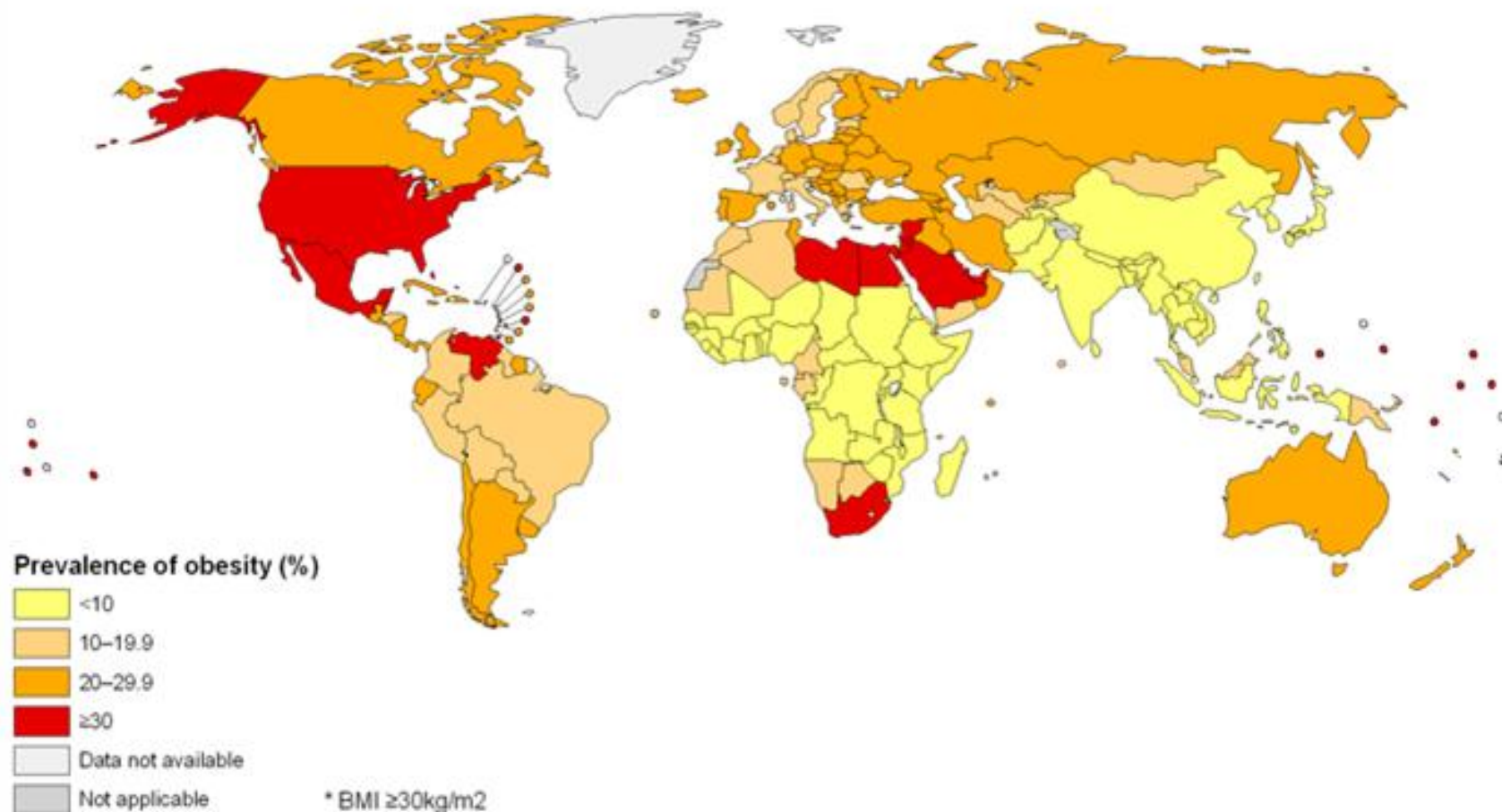
Obesity Trends Among Canadian Adults CCHS, 2004 (MEASURED height & weight)



Source: M Tjepkema & M Shields, Statistics Canada. June 2005

Prevalence of Obesity

Ages 20+, age standardized, both sexes (2008)



The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

**Data source: WHO Map
Production: Public Health
Information and Geographic
Information Systems (GIS)
WHO**



How Can We Make Our Built Environments Healthier?



Built Environment

- ❑ Where we *Live, Work & Play*
- ❑ Make up our cities, towns, villages, hamlets and resorts
- ❑ Vary from large-scale urban areas to rural development
- ❑ Indoor & outdoor spaces



The Role of the Built Environment

- ❑ The design of our local environment can encourage or discourage...
 - Active Travel
 - Recreational – playing outside or going for a leisurely walk, cycle or “roll”
 - Utilitarian – walking or cycling to school, work, and shopping instead of driving
 - More activity can mean less “screen time” (i.e. computers, televisions, smart phones, etc...)
 - Active & healthy living – for a higher quality of life

Not Yet the Norm

- ❑ Only 12% of Canadians' home-based trips (e.g., grocery store, work or school) on foot or bicycle
- ❑ CMHC study showed suburban developments still generally car-oriented with poor walkability
- ❑ Many Canadians do not live within easy walking distance of a grocery store and other amenities – e.g., Waterloo study:
 - 71% of the urban population in the region do not live within walking distance of a large grocery store
 - 47% are not within walking distance of a large grocery store, retail food outlet or convenience store

The Link Between Policy, Community Design, Physical Activity & Health



Policies – provincial initiatives, regional and municipal plans, zoning and development regulations

Urban Form Patterns – density mix, transportation options, access to parks and schools

Individual Behaviour – amount of physical activity (walking, cycling, etc...), social isolation, food choices, recreation

Population Health Impacts – chronic disease prevalence, pollution exposure, traffic crashes, social cohesion

Does the Design foster or inhibit an active lifestyle???

Benefits of Active, Healthy Community Design



- ❑ Increase community physical activity rates
- ❑ Obesity levels
- ❑ Environmental
 - Improved air and water quality
- ❑ Quality of life
 - Mental & social health, traffic safety, lower noise levels, access to natural features (e.g. trees, grass, etc...)
- ❑ Economic
 - Energy savings, cost (capital and operational) savings on infrastructure, community economic development, lower costs for individual households

What Can Healthy Community Design Look Like?

❑ Appealing streetscapes

Canopies
&
Awnings



Windows

Public Art

Snow
Clearing

Trees

People

Safety

Wider
sidewalks

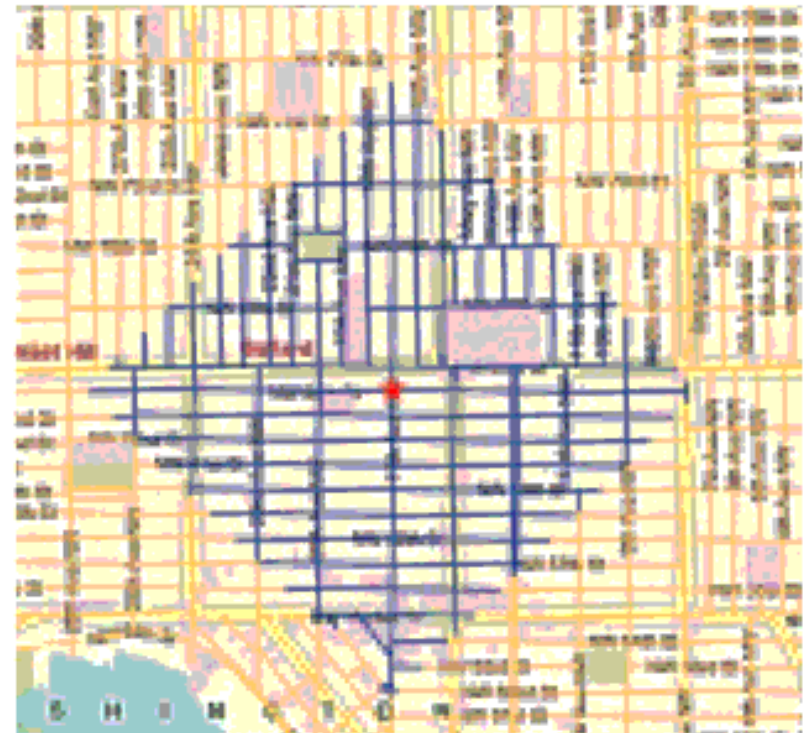


Places to rest

Climate
Conscious
Design

What Can Healthy Community Design Look Like?

- ❑ Connectivity (continuous and direct routes)



IMAGES AND MAPPING COURTESY OF URBAN DESIGN 4 HEALTH

What Can Healthy Community Design Look Like?

❑ Streets designed for cycling



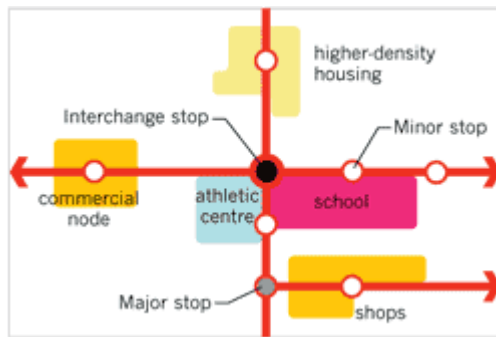
▲ Bike Boxes



▲ Separated Bike Lanes

What Can Healthy Community Design Look Like?

❑ Accessible and efficient public transit



Digital bus stop sign showing route information:

1 Route number	2 Destination	3 Next bus
CURRENT TIME: 11:39		
16	Island Lakes	1 min
18	Tuxedo	1 min
44	Downtown	4 min
29	Logan	4 min
47	Downtown	6 min
19	Windsor	8 min
Park via Autumnwood		



What Can Healthy Community Design Look Like?



Active & Safe ROUTES TO SCHOOL



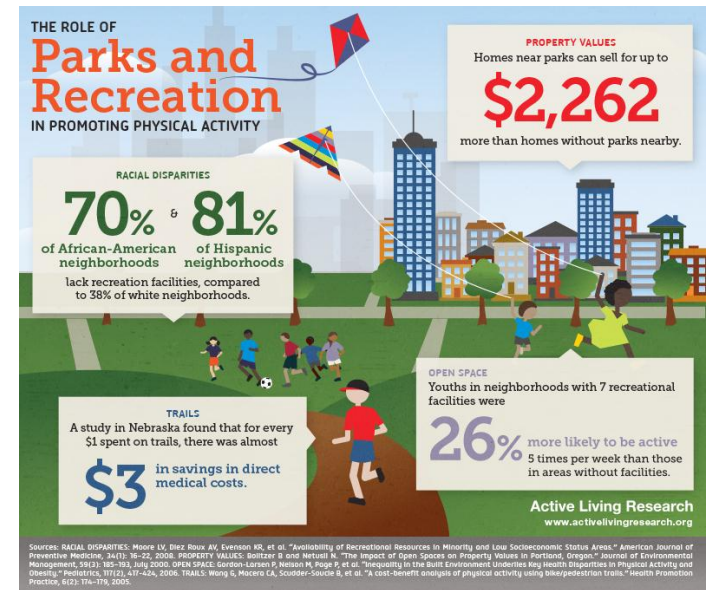
What Can Healthy Community Design Look Like?

❑ Outdoor play areas







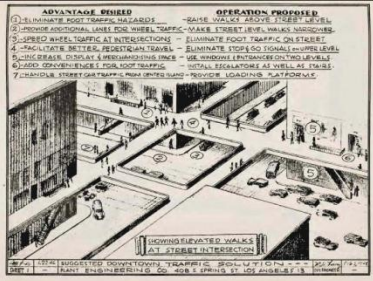
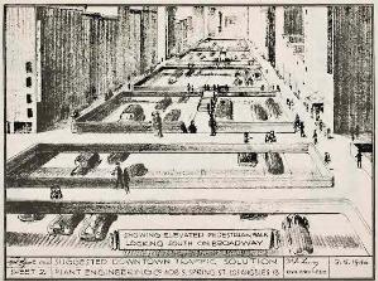

What Can Healthy Community Design Look Like?

❑ Recreational facilities



What Can Healthy Community Design Look Like?

❑ Maintenance of design

Maintenance Item:	For Example:		
Snow Clearing			
Infrastructure Upgrades			
Adaptations to needs			

Collaborating for Success: Who Should Be Involved?



Where Will We Go from Here?

Local policies and decisions shape the built environment...

- ☐ Official community plans
- ☐ Application for development, redevelopment, zoning change, etc.
- ☐ Transportation planning
- ☐ Public transportation initiatives
- ☐ Active transportation infrastructure (sidewalks, trails, bike paths)
- ☐ Parks and recreation planning

Who is Involved?

- ☐ Urban planners
- ☐ Engineers & other City Administration
- ☐ Elected Officials
- ☐ Developers/Land Owners
- ☐ Health organizations
- ☐ Public

Communities Responding

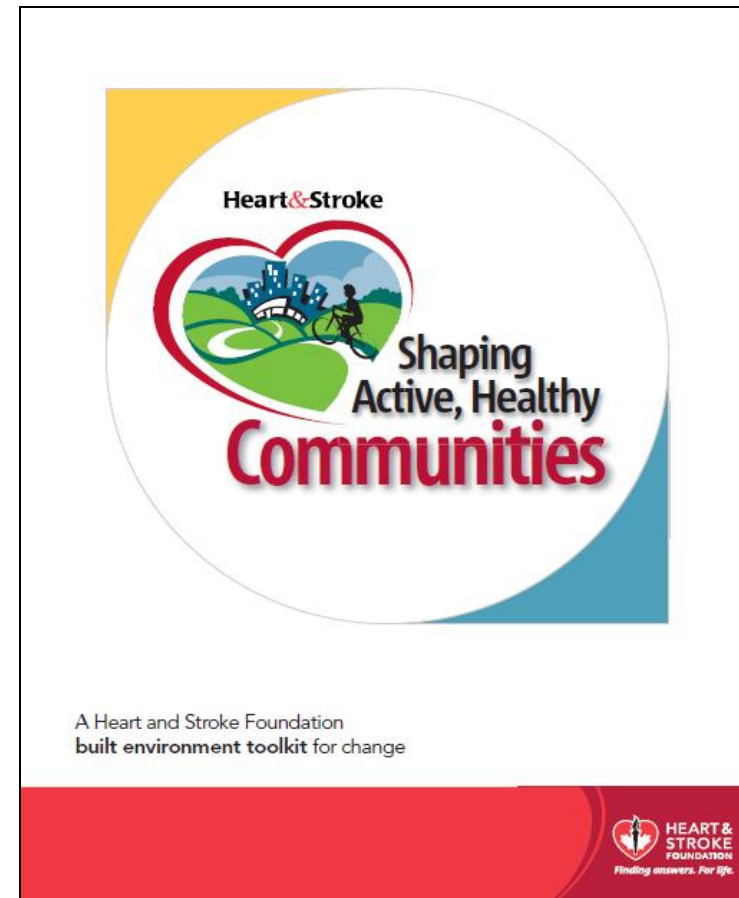
- ❑ Improving connectivity of walking and cycling networks
- ❑ Active transportation strategies
- ❑ Public transit system improvements
- ❑ Recreational infrastructure
- ❑ Active, healthy design into new developments
- ❑ Urban planning design guidelines



Shaping, Active Healthy Communities

Heart & Stroke Foundation Built Environment Toolkit for Change

- ❑ How community design affects heart health
- ❑ “What works” in active, healthy community design
- ❑ Local planning processes and opportunities for community input
- ❑ Tips and tools for taking action to encourage active, healthy design in your own community
- ❑ Canadian communities that are implementing active, healthy design
- ❑ What the Heart and Stroke Foundation is doing to support active, healthy design
 - Healthy Canada By Design CLASP Initiative
 - Community Action Specialist



Group Activity: Walking tour

Shaping, Active Healthy Communities

Neighbourhood Active, Healthy Design Checklist

2) Neighbourhood active, healthy design checklist*

"Active, healthy community design" means making local environments supportive of walking, cycling and other aspects of active living. This includes things like locating homes within walking distance of workplaces, shops and schools, providing efficient and well-maintained walking and cycling routes, ensuring access to recreational facilities, parks and trails and making sure children have safe routes to school and good outdoor play areas.

Go for a walk with this checklist to see how well your neighbourhood supports active, healthy living. Take notes along the way to document any problems with getting around without a car and being active in your neighbourhood. You can also take pictures if you have a camera. When you're finished, add up the ratings for each section to get your neighbourhood's active, healthy design score.

Walking route

(Where did you walk (i.e., starting point, end point, streets taken)?

Connectivity

Check off all that apply, then fill in the overall connectivity rating.

- ☐ The neighbourhood is connected with key destinations (like shopping and services) by sidewalks and/or walkways, which are:

- ☐ present on both sides of the street.
- ☐ continuous (they don't suddenly stop).
- ☐ in good repair.
- ☐ wide enough for two or three people to walk side by side.
- ☐ clear of obstacles such as bushes and garbage.
- ☐ easily navigated with wheelchairs or strollers.

- ☐ Streets in your neighbourhood have a "grid pattern" with short blocks that make routes more direct.
- ☐ Cul-de-sac and other more circular streets are linked by pedestrian walkways ("connectors").
- ☐ Bike paths and lanes connect the neighbourhood with key destinations, and:
 - ☐ bike paths and lanes are well marked.
 - ☐ bike racks are available.
- ☐ Public transit service connects the neighbourhood with key destinations, and:
 - ☐ stops are within easy walking distance of homes.
 - ☐ transit service is frequent.
 - ☐ bus shelters are provided at stops.
 - ☐ buses are equipped with racks for transporting bikes.

Notes:

Connectivity rating (please select one)

- ☐ 1 ☐ 2 ☐ 3
☐ Poor ☐ Good ☐ Excellent

* Adapted from the walkON "How walkable is your community?" checklist.

Proximity and access to amenities

Check off all that apply, then fill in the overall proximity/access rating.

- ☐ There are enough people living in the neighbourhood to support a variety of businesses and services.
- ☐ Homes are within walking distance of:
 - ☐ shopping.
 - ☐ grocery store.
 - ☐ services (e.g., doctor, dentist, bank).
 - ☐ schools.
 - ☐ parks and playgrounds.
 - ☐ recreation facilities (e.g., tennis courts, public pool, skating rink, soccer field).
 - ☐ workplaces.
- ☐ There is a mix of homes, businesses, stores and schools in the neighbourhood.
- ☐ There are different styles of housing (apartments, townhomes, single family) in the neighbourhood.

Notes:

Proximity and access to amenities rating (please select one)

- ☐ 1 ☐ 2 ☐ 3
☐ Poor ☐ Good ☐ Excellent

Aesthetics

Check off all that apply, then fill in the overall aesthetics rating.

- ☐ The walking route is attractive and pleasant.
- ☐ The walking route is not broken up by lots of vacant space (e.g., parking lots, empty buildings).
- ☐ The landscaping is attractive (e.g., trees and flowers).
- ☐ There are benches and other places to rest along the walking route.
- ☐ There are interesting things to look at along the way.
- ☐ Stores in the neighbourhood are generally occupied and well maintained.

Notes:

Aesthetics rating (please select one)

- ☐ 1 ☐ 2 ☐ 3
☐ Poor ☐ Good ☐ Excellent

□ Things to think about on the Tour:

- Refer to Checklist
 - Connectivity
 - Proximity & Access to Amenities
 - Aesthetics
 - Safety
- What works in the area?
- What could be improved in the area?
- Potential obstacles to the improvements?
- Return
 - Debrief
 - Q & A

❑ <http://hcbd-clasp.com/clasp-i-resources-tools/>

- Heart & Stroke Foundation of Canada
 - Shaping Active, Healthy Communities Toolkit
- Canadian Institute of Planning
 - Healthy Communities Practice Guide
- National Collaborating Centre for Healthy Public Policy
- Urban Public Health Network
- Montreal Public Health
- Peel Region Health
- Toronto Public Health
- Vancouver Coastal Health & Fraser Health
- Vancouver Island Health Authority

Wrap Up:

Questions and Answers

Thank you.

