

Healthy Toronto by Design: The role of public health in shaping a healthy city

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Ronald Macfarlane

No relationships to disclose

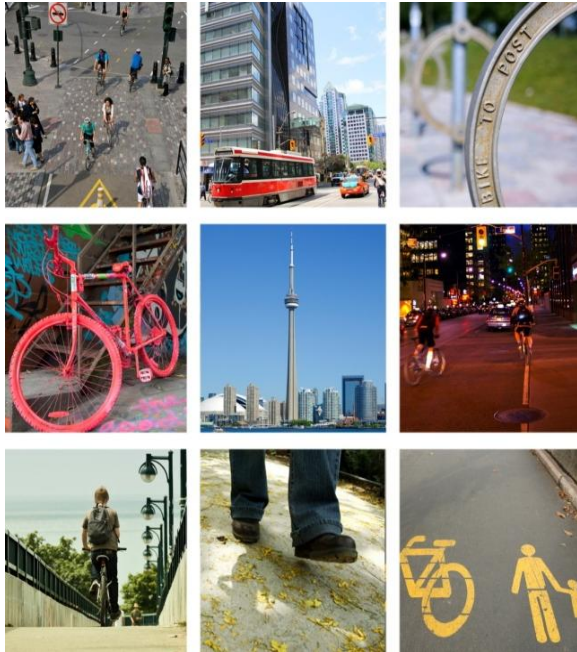
Acknowledgements

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The logo for the Ontario Healthy Communities Fund, featuring a stylized leaf icon to the left of the text "Ontario Healthy Communities Fund".The logo for Healthy Canada by design, featuring a stylized red maple leaf icon above the text "HEALTHY CANADA by design".The logo for the Canadian Partnership Against Cancer, featuring a stylized orange and blue figure icon above the text "CANADIAN PARTNERSHIP AGAINST CANCER" and "PARTENARIAT CANADIEN CONTRE LE CANCER".The logo for the Heart & Stroke Foundation, featuring a red heart icon with a white flame inside, above the text "HEART & STROKE FOUNDATION".

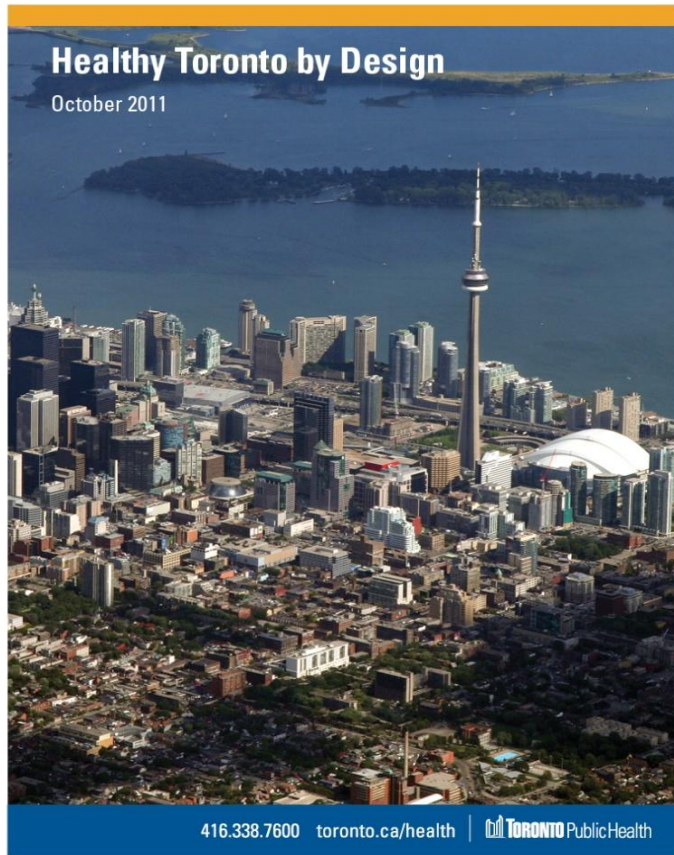
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- The Toronto Context
- The Challenge
 - Active Transportation
 - Transit
 - Planning
- Conclusion

Healthy Toronto by Design



*“Healthy cities don’t
just happen...”*

*They happen by
design.*

*Toronto Public Health
October 2011*



City of Toronto

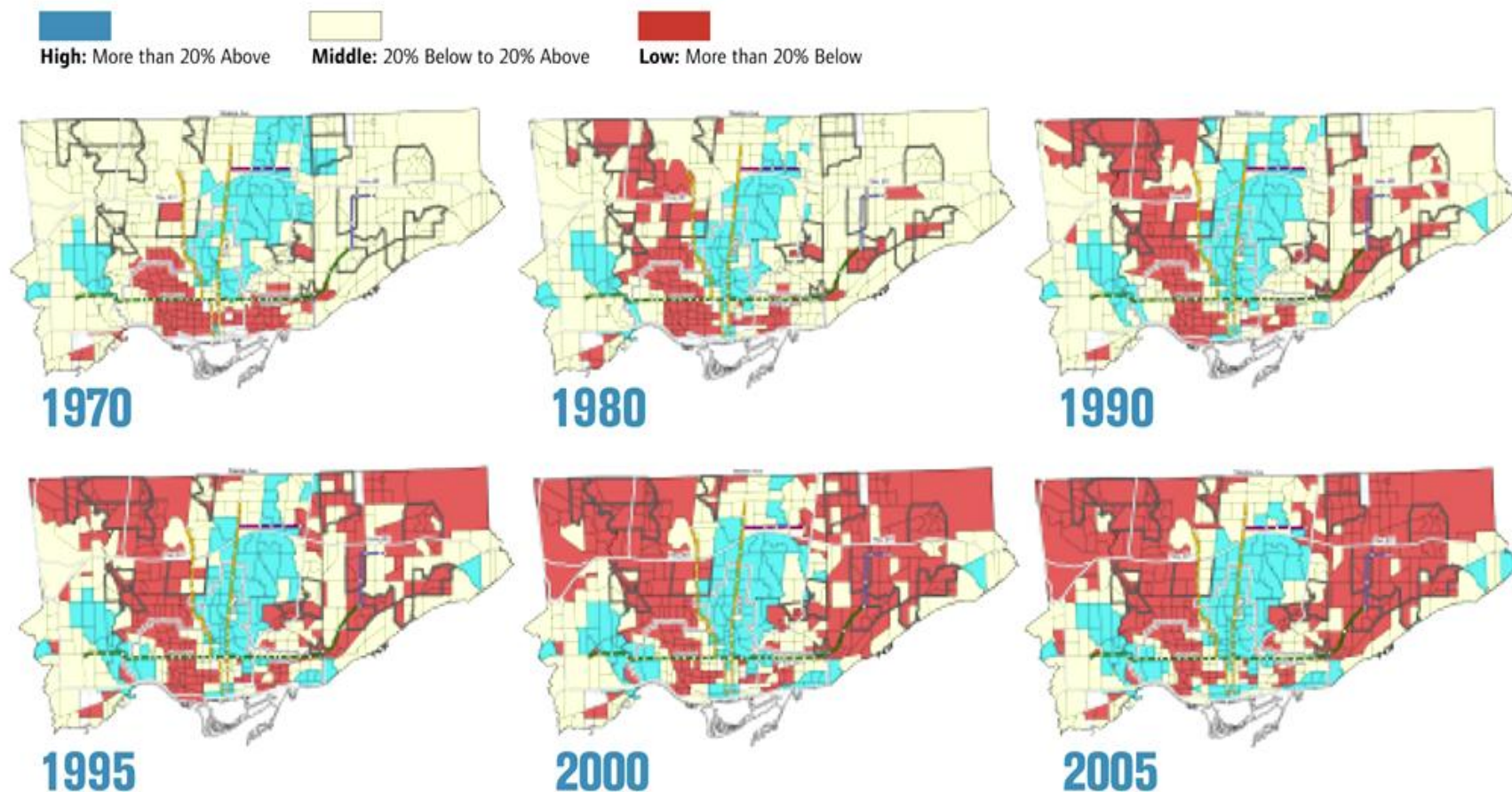
- ~ 2.8 million population (5.5 in the Greater Toronto Area)
- ~ 50% born outside Canada
- ~ 50% visible minority

Toronto Public Health:

- Local Board of Health
- Municipal Agency

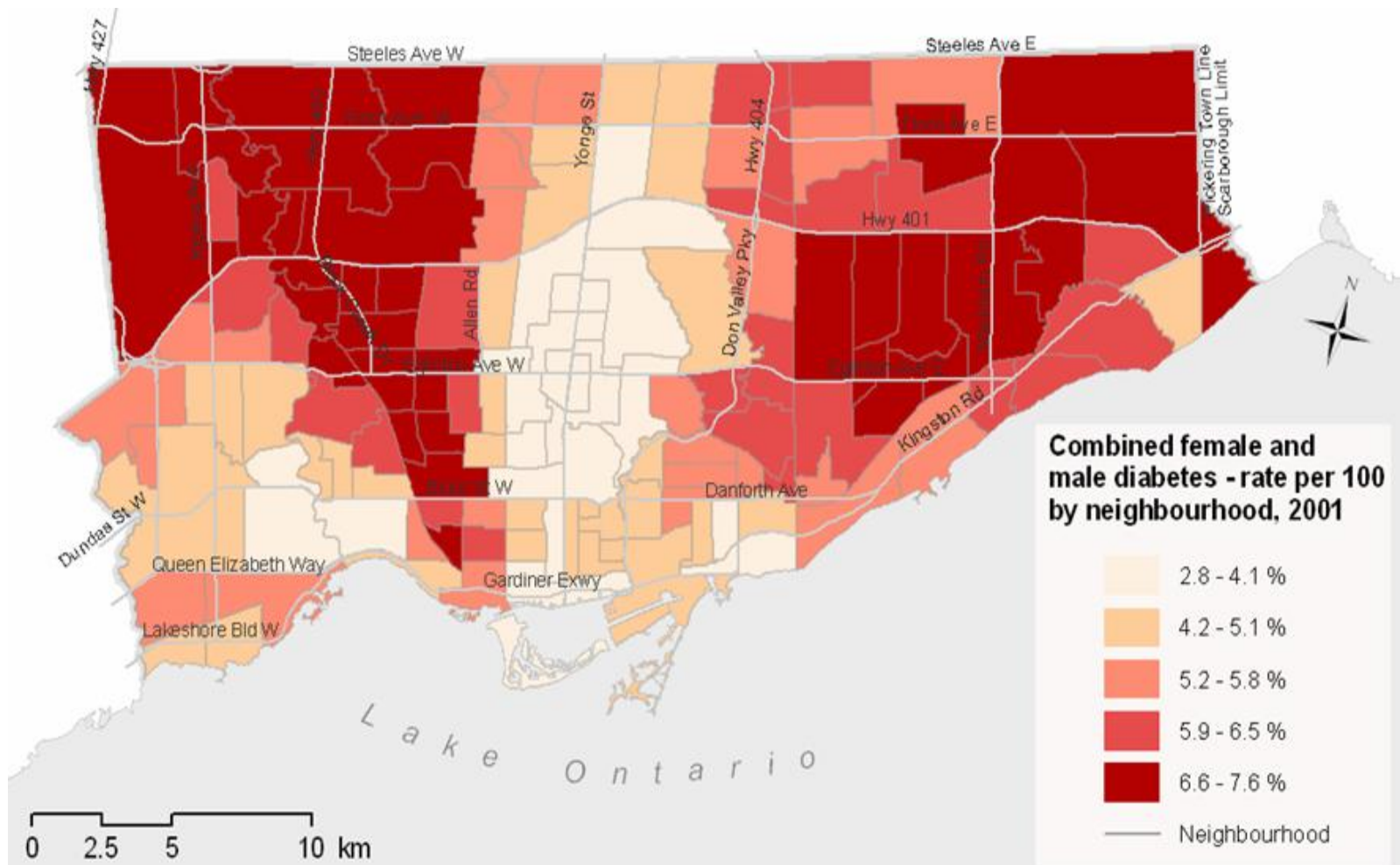
Income Distribution in Toronto

AVERAGE INDIVIDUAL INCOME, CITY OF TORONTO, RELATIVE TO THE TORONTO CMA, 1970-2005

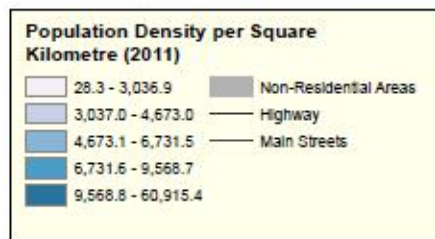


Source: The Three Cities Within Toronto
Income Polarization Among Toronto's Neighbourhoods, 1970-2005
By J. David Hulchanski, University of Toronto

Diabetes Prevalence in Toronto Neighbourhoods

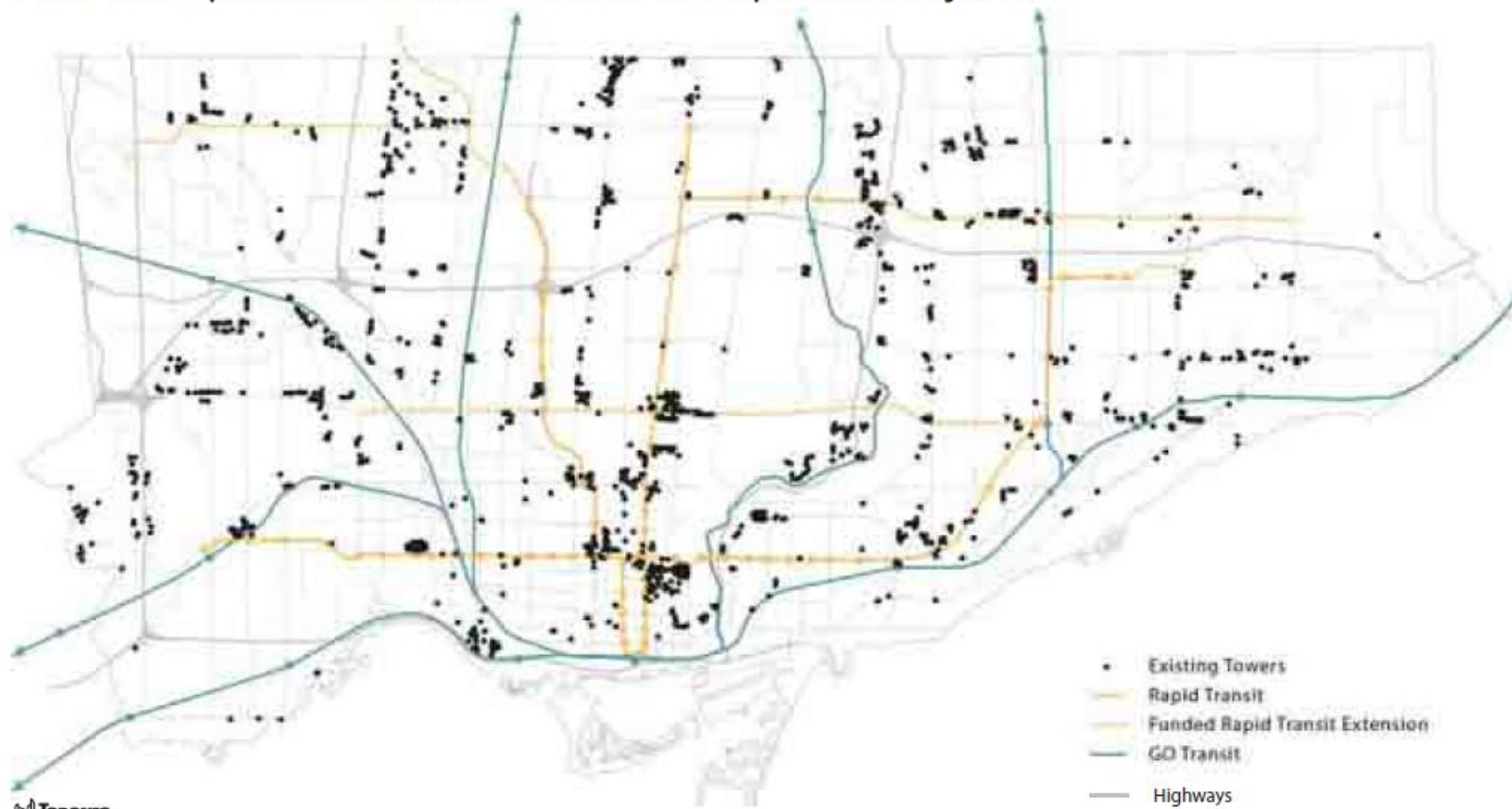


Source: Booth GL, Creatore M, Gozdyra P and Glazier R. Patterns of Diabetes Prevalance, Complications and Risk Factors In: In: Glazier RH, Booth GL, Gozdyra P, Creatore MI, Tynan AM, editors. Neighbourhood Environments and Resources for Healthy Living—A Focus on Diabetes in Toronto: ICES Atlas. Toronto: Institute for Clinical Evaluative Sciences; 2007. p. 23.



Apartment Neighbourhoods

Post-War Apartment Towers + Urban Transportation Systems



A Challenge

Post-war neighbourhoods

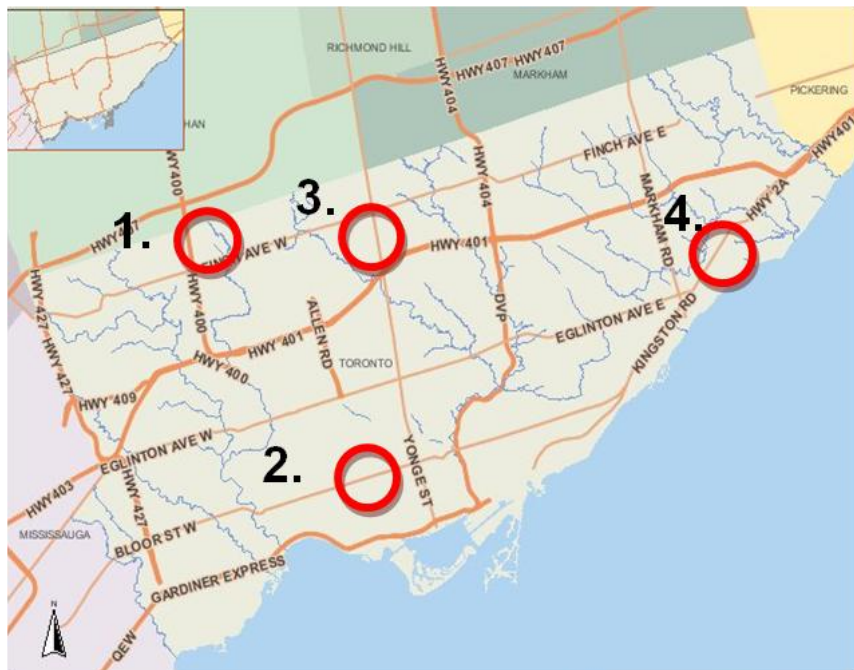
- Built around the car
- Now home to growing number of people living on low-income
- Large number of newcomers
- Deteriorating buildings
- Poorer overall health
- Includes many “stable neighbourhoods”



Photo credit: CUG+R / ERA Architects



Road to Health: Improving Walking & Cycling in Toronto

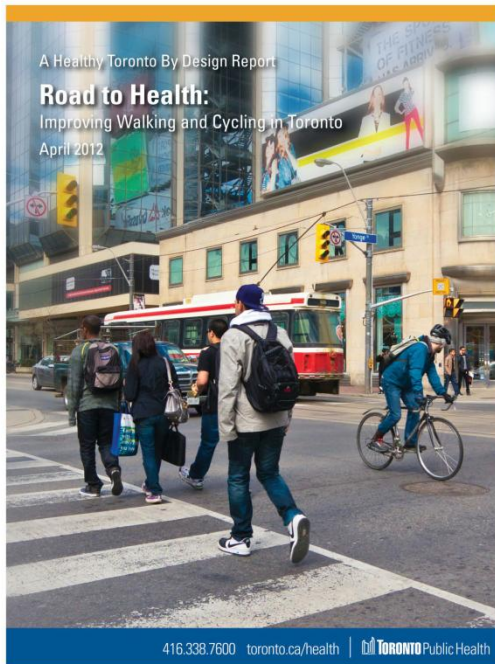


- 1) Black Creek
- 2) Annex
- 3) North York Centre
- 4) Cliffside

Active Transportation Demonstration Projects

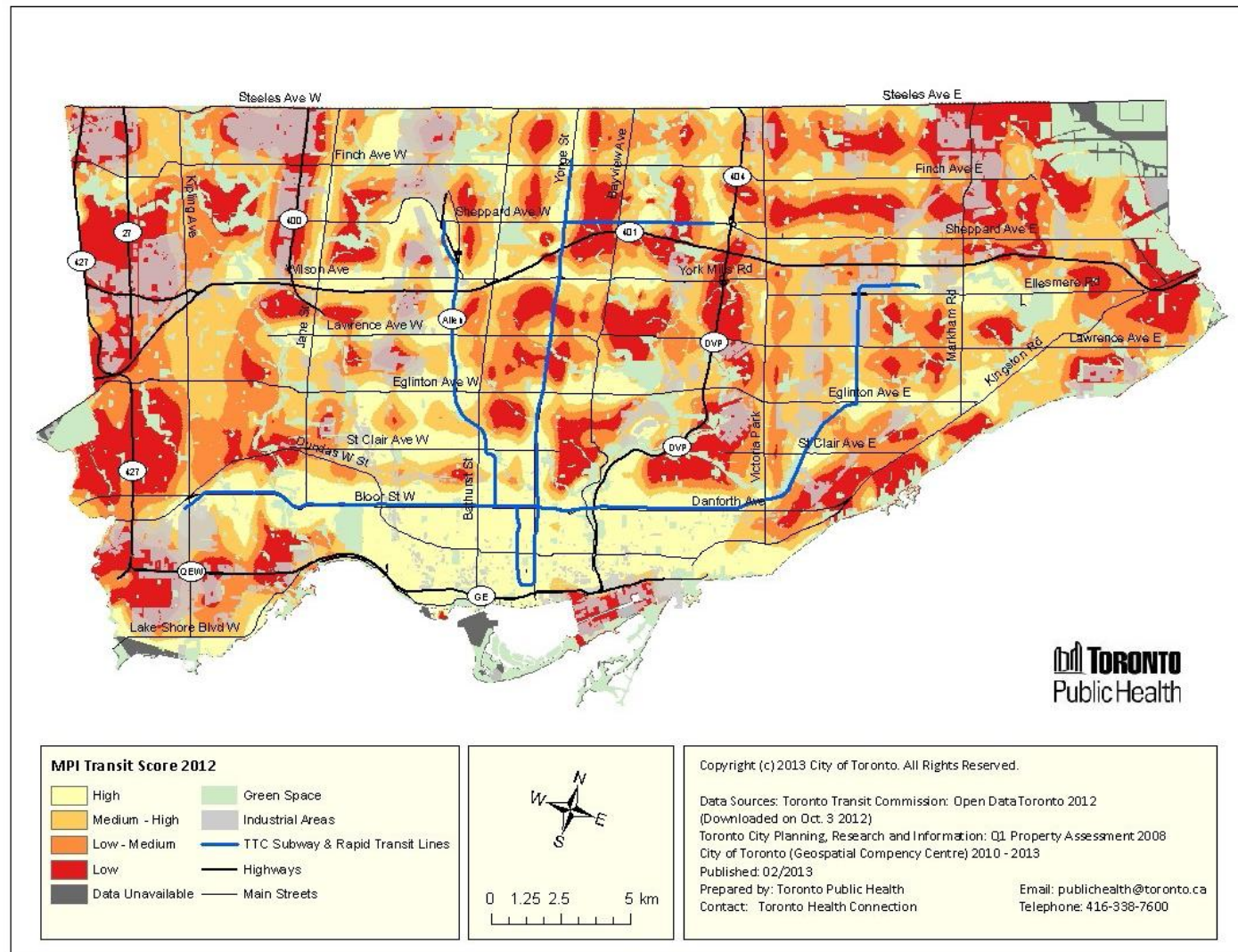
- To demonstrate that active transportation interventions are feasible and effective
- Uses an area-wide approach
- Building community partnerships
- In collaboration with Transportation Services

Complete Street Guidelines



- Planning and Growth Committee requests Deputy City Manager to develop Complete Streets Guidelines (May 2013)
- Toronto Public Health reviewing health impacts of complete streets design elements

Next Stop Health: Transit Access and Health Inequities in Toronto



Improving Transit

Air Pollution Burden of Illness from Traffic in Toronto Problems and Solutions



November 2007

Dr. David McKeown
Medical Officer of Health

**THE
BIG
MOVE.**



FEELING CONGESTED?

What's At Stake?

Have Your Say

You Can Win

REMINDER

STAY TUNED FOR PHASE 2 OF FEELING CONGESTED STARTING IN JUNE 2013

FEELING CONGESTED?

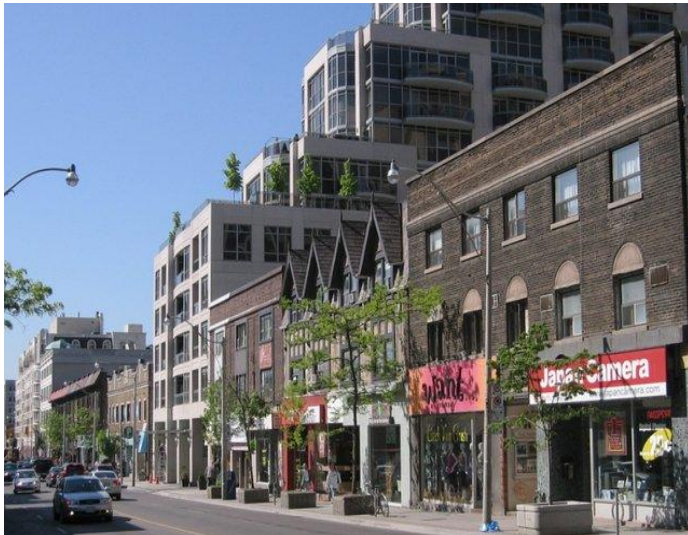
THAT'S WHY WE'RE TALKING TRANSPORTATION.

WHAT'S AT
STAKE

HAVE YOUR
SAY

Creating a Healthy Toronto Through the Official Plan

Strengthening the Official Plan to support health:



Photos: Parent, worldneighbourhoods.com

- Access to nutritious food
- Walkable, bike-able and transit focussed neighbourhoods
- Affordable housing
- Vibrant public space
- Easy access to green space, parks
- Protection from extreme weather
- Employment
- Healthier apartment neighbourhoods

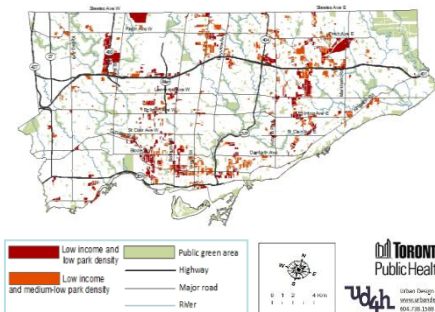
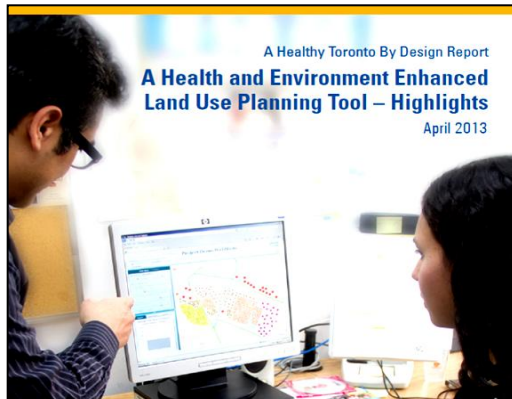
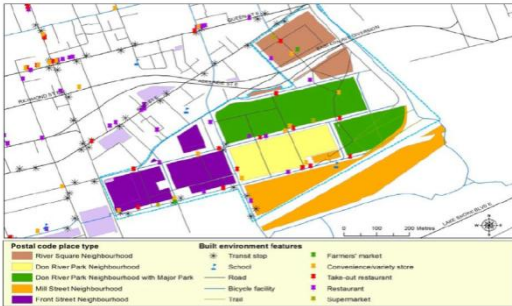
Toward Healthier Apartment Neighbourhoods



Photo: Tower Renewal Office & Recipe for Community, St James Town

- A collaboration between Toronto Public Health and the Centre for Urban Growth and Renewal
- Builds on earlier work of the United Way of Toronto
- Engaged City Planning, Tower Renewal Office
- 2013: City Council adopted a new zoning designation: **Residential Apartment Commercial**
- Pilot projects

Input to planning decisions



- Evaluating health and environmental benefits of neighbourhood design
- Reducing Health Inequities Through the Parks Plan
- Active City Protect
 - Review of barriers
 - 10 principles for making Toronto an Active City for All

Moving Forward



Core public health functions in support of building a healthy city:

- Provide health evidence
- Identify health promoting options
- Encourage adoption of these options

Transportation is a key issue for the future of a healthy Toronto:

- Decisions made today will impact a generation
- Right choices will support a healthy active city

For More Information

Healthy Public Policy

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Ontario Healthy Communities Fund

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HEALTHY CANADA
by design

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AGAINST CANCER
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HEART & STROKE
FOUNDATION



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