



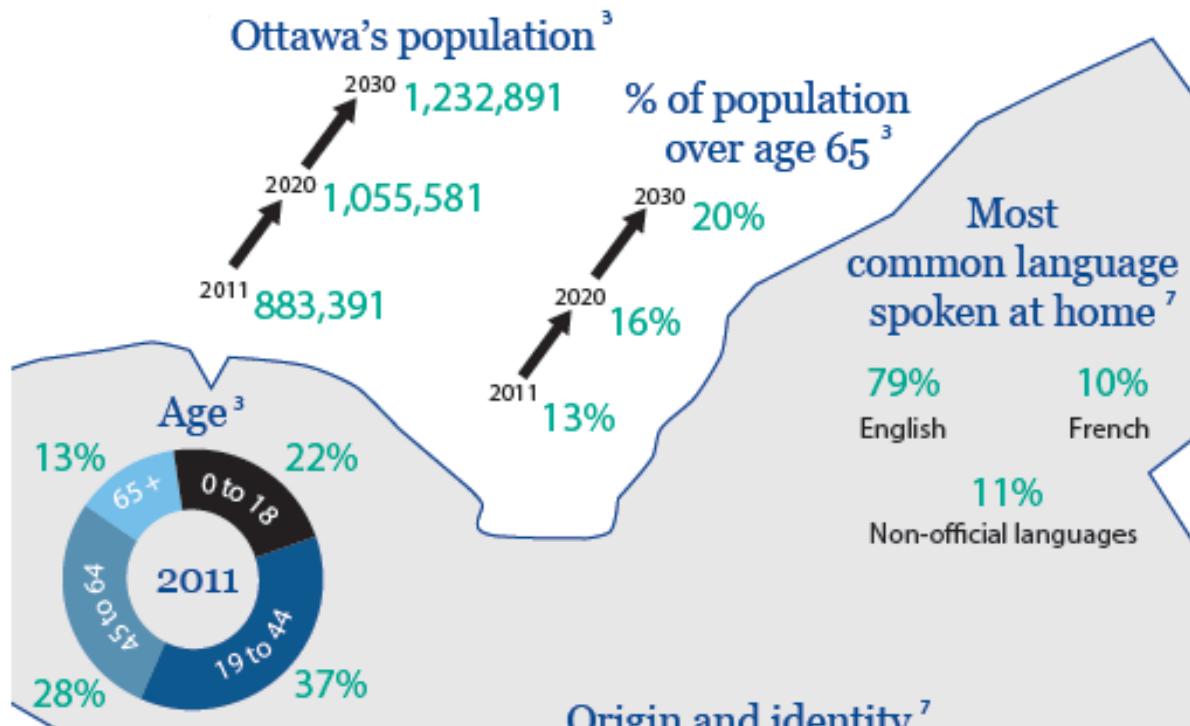
Public Health
Santé publique



Healthy Ottawa by Design

Inge Roosendaal
Program Development Officer
Ottawa Public Health
July 11, 2014

Ottawa's Population



Ottawa is growing, aging, and becoming increasingly diverse

Health in Ottawa



1 in 4

grade 7 to 12 students meet the Physical Activity Guidelines of 60 minutes per day

19%
of grade 7 to 12 students
walk or cycle to school

30%
of adults are active during
their leisure time



10%
of residents walk or
cycle to work

People who report being overweight or obese^{74, 84}

23% Middle and high school students

47% Adults

From the Ontario Ministry of Health and Long-Term Care...

Strategic Goal #4:

Promote healthy built environments

“Wicked” Public Health Problems:

- Childhood and adult obesity rates are on the rise. If nothing changes, the cost of obesity will overwhelm the healthcare system.

Intersectoral Collaboration:

- “Our success depends on our collective ability to build relationships and work across sectors to create communities and environments that promote health.”



**MAKE
NO
LITTLE
PLANS**

Ontario's Public Health
Sector Strategic Plan





Context



Ottawa's Growth:

- Intensification
- Alternative transportation infrastructure. New Light Rail transit
- Policies supporting complete streets and communities



Ottawa Public Health:

- Independent Board of Health
- OPH Healthy Eating, Active Living Strategy
 - Including school-based active transportation strategy

Healthy Eating Active Living
Saine alimentation et vie active

Framework for Health and the Built Environment

Built Environment Elements *

Density
Service Proximity
Land-Use Mix
Street Connectivity
Road Network & Sidewalk Characteristics
Parking
Aesthetics & Human Scale

Health Implications

Encouraging healthy habits including physical activity and healthy eating
Promoting safety and reducing injuries
Improving local air and water quality
Reducing health inequities and promoting social cohesion

Public Health Roles

Disseminate current research and innovative approaches
Provide health evidence, data and indicators
Promote partnerships and collaboration
Integrate health perspectives into built environment decision-making

Build healthy public policy

Strengthen community awareness and engagement

Create Supportive Environments

Board of Health Report on Health and the Built Environment: January 2013



REPORT RECOMMENDATIONS

That the Board of Health for the City of Ottawa Health Unit approve:

1. Ottawa Public Health's Framework for Health and the Built Environment as outlined in this report
2. That Ottawa Public Health staff continue working with municipal partners, including the City of Ottawa Planning and Growth Management and Public Works departments to:
 - a. Support the development of health-promoting, complete communities;
 - b. Identify opportunities to integrate health perspectives in planning policies, reports, and decision-making processes; and
 - c. Enhance the health perspective in the review of the Official Plan, Transportation Master Plan, Ottawa Pedestrian Plan and Ottawa Cycling Plan.

<http://ottawa.ca/calendar/ottawa/citycouncil/obh/2013/01-21/Report%20F%20-%20Health%20and%20the%20Built%20Environment.pdf>

Building Capacity

- Building OPH staff capacity through presentations, mentoring, learn-by-doing.
- Branding OPH as a relevant stakeholder in the built environment
- Developing relationships with city staff, including Planning & Growth Management and Public Works



Taking Advantage of Policy Windows: The Big Plans

■ City of Ottawa Official Plan

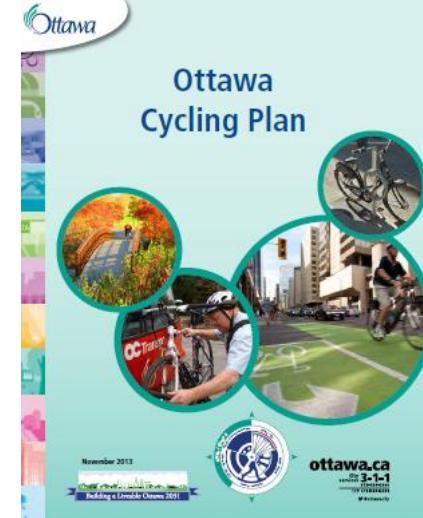
- Participated in the launch of the OP review through a public presentation on the health impacts of place
- Provided public health perspectives, including statements that describe the health significance of the built environment



Taking Advantage of Policy Windows: The Big Plans

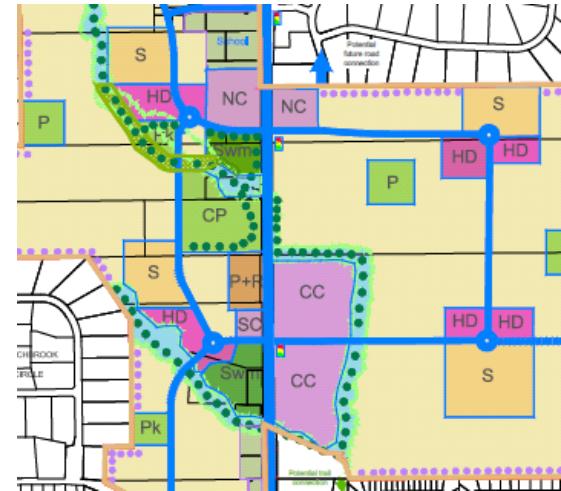
■ Transportation Master Plan, Cycling Plan and Pedestrian Plan

- Contributed chapter content
- Applied the WHO Health Economic Assessment Tool
- Supported the new Complete Streets policy



Application of the Big Plans

- OPH participates in City Technical Advisory Committees for:
 - Community Design Plans
 - “Building Better and Smarter Suburbs” study
- OPH draws on the public health evidence-base to frame feedback including:
 - Peel Healthy Development Index
 - BC Toolkit for Design, Planning and Health



Lessons Learned



- Building relationships between the sectors is critical for moving forward
- Continue identifying opportunities to support the City and promote healthy urban design
- Use learnings to contribute to the evolution of this new field
- Continue to build internal capacity





- Any questions, feel free to contact me:

inge.roosendaal@ottawa.ca

