

50th International Making Cities Livable Conference June 23-27, 2013

Dr. David McKeown
Medical Officer of Health





City of Toronto:

- 2.7 million population
- 50% immigrants
- 50% visible minority

Toronto Public Health:

- Municipal Public Health Service Agency
- Board of Health

Top Ten Causes of Death in 1900:

- Flu or Pneumonia
- Tuberculosis
- Gastrointestinal infections
- Heart disease
- Stroke
- Kidney disease
- Accidents
- Cancer
- Dementia
- Diphtheria



Public Health Progress

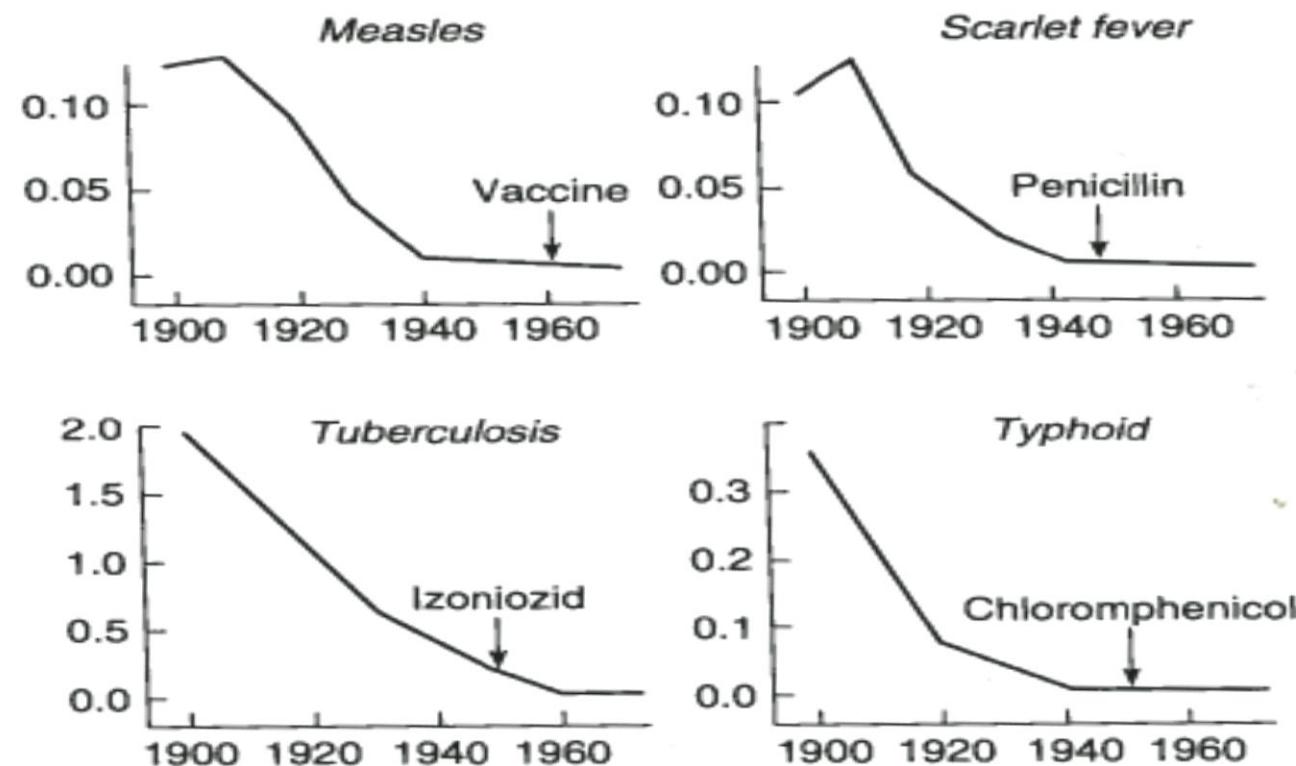


FIGURE 4.2 Fall in the standardized death rate per 1,000 population for four common infectious diseases, in relation to specific medical measures, for the United States.

Source: McKinlay and McKinlay (1977).



Photo: Parent, Worldneighbourhoods.com

Top 10 Causes of Death (2009):

- Heart disease
- Dementia
- Lung cancer
- Stroke
- Cancer of colon
- Respiratory disease
- Diabetes
- Cancer of lymph & blood
- Influenza and pneumonia
- Kidney disease

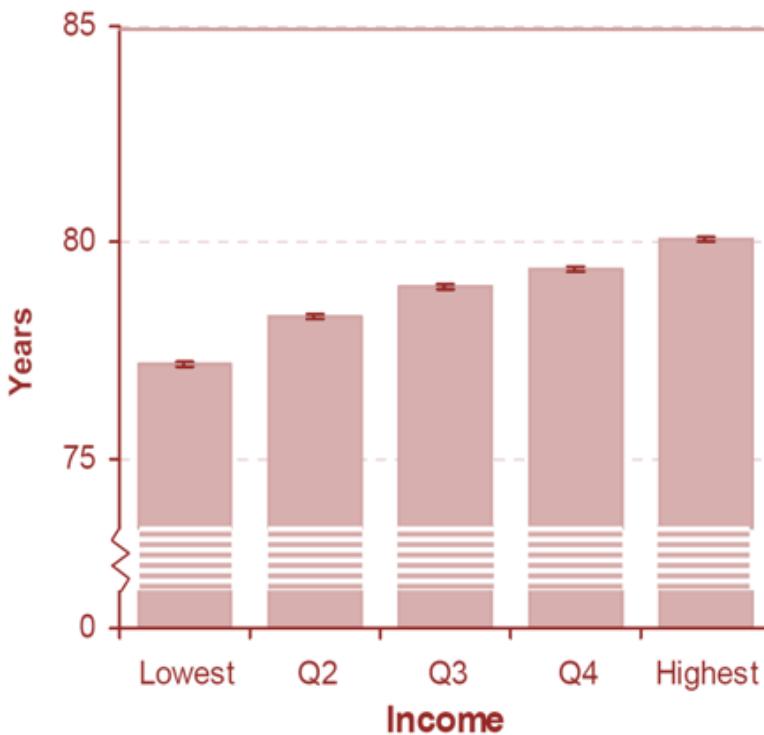
Health Status in Toronto



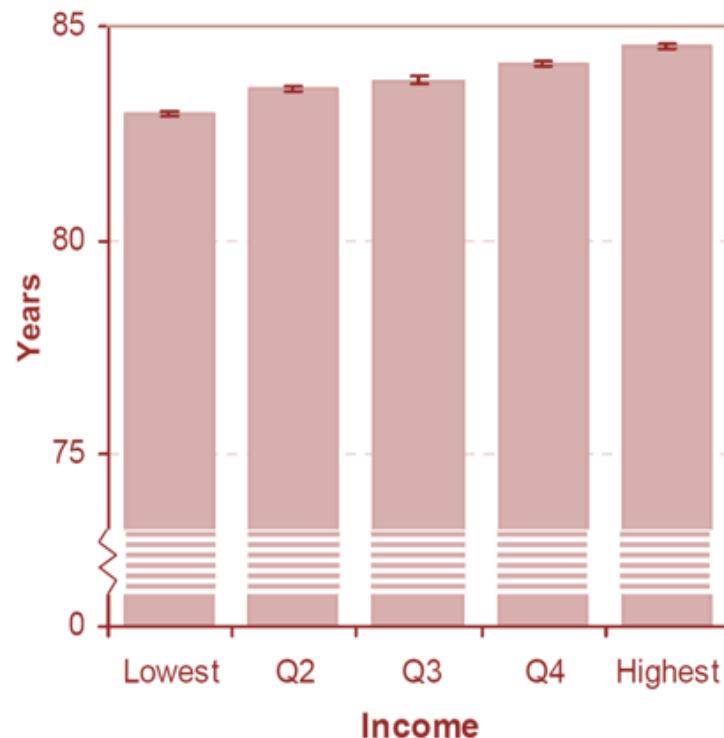
- 40% eat the recommended servings of vegetables and fruits (2008)
- 4 out of 10 adults & 1 in 5 teenagers – overweight (2008)
- 40% of Torontonians met recommended physical activity (2008)

Health Inequities

Life Expectancy at Birth, by Income¹,
Males, Toronto, 2001, 2003 & 2004
Combined²



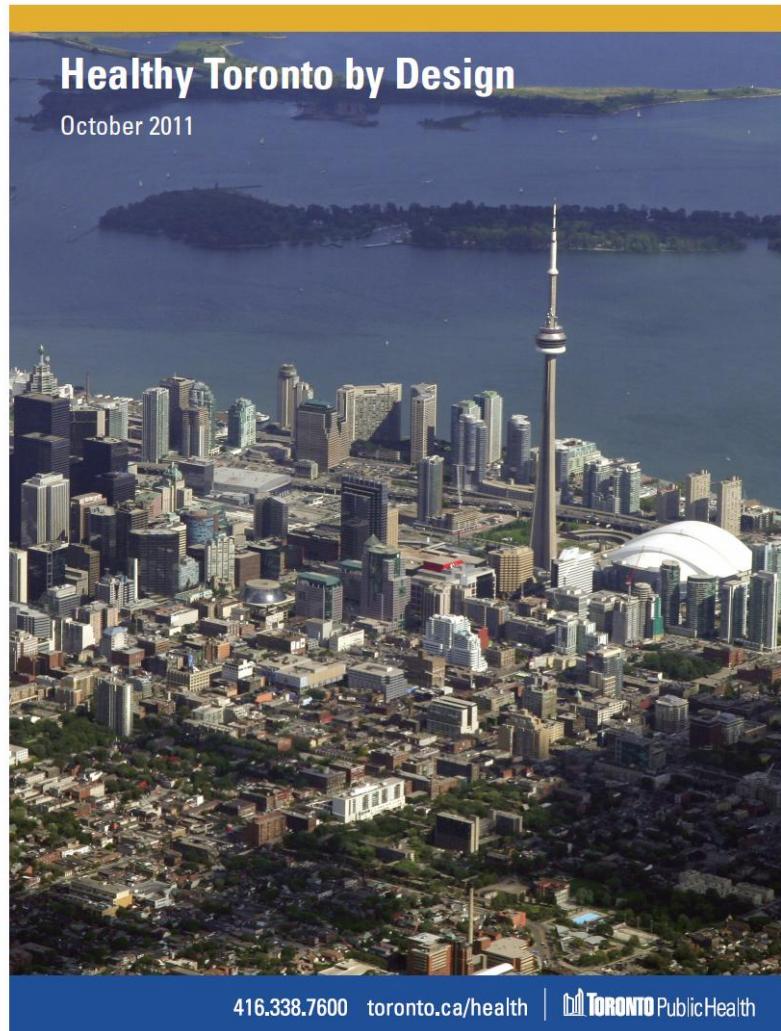
Life Expectancy at Birth, by Income¹,
Females, Toronto, 2001, 2003 & 2004
Combined²



¹ Income is the population quintile by proportion of the population below the LICO in census tracts.

² Mortality data are used from 2001, 2003 and 2004 as these years contain the most current and complete data for postal code. Three years of data are required for this type of analysis.

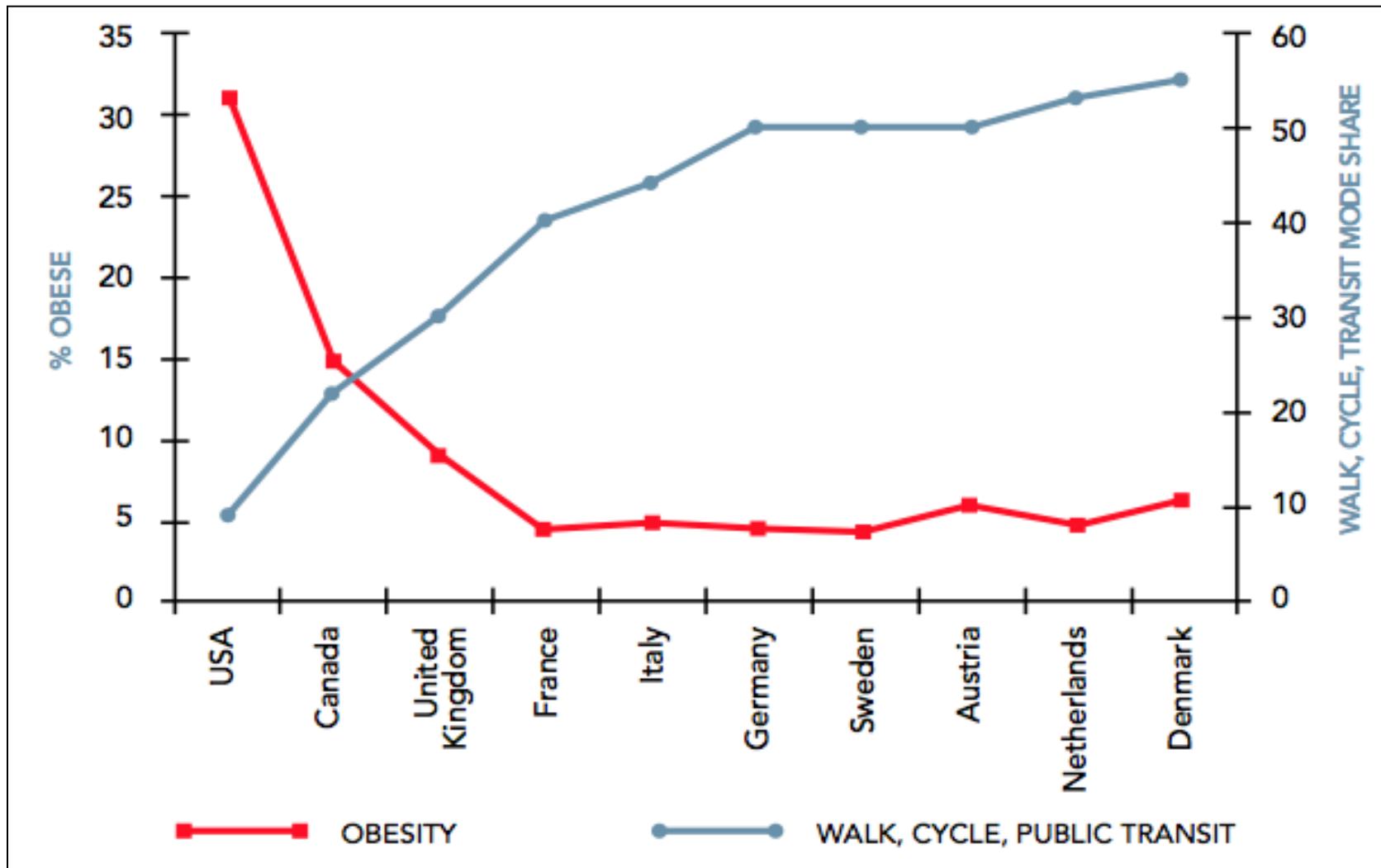
Healthy Toronto by Design



Urban Environments Influence:

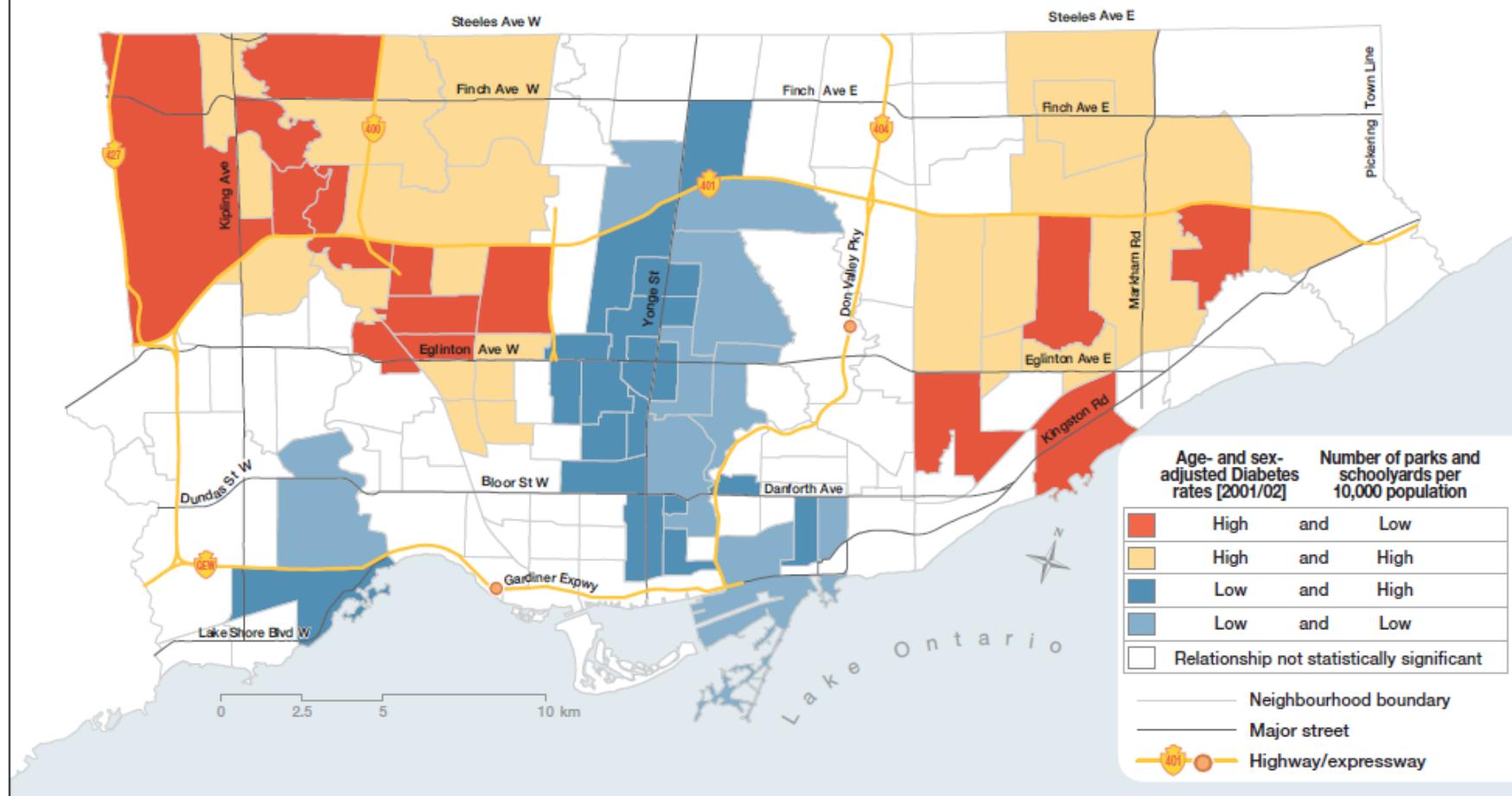
- Levels of physical activity
- Rate of vehicle-related collisions
- Access to nutritious food
- Access to jobs, services,
- Air quality
- Urban heat
- Neighbourhood safety
- Social inclusion

Transportation and Obesity



Diabetes and Green Space Access

Spatial Relationship Between Diabetes Prevalence Rates and Parks and Schoolyards per Capita

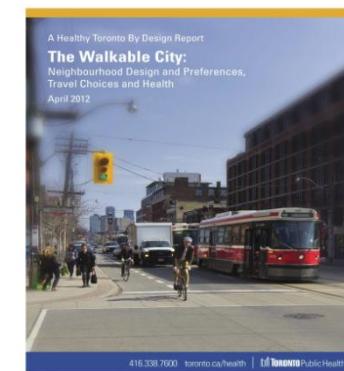
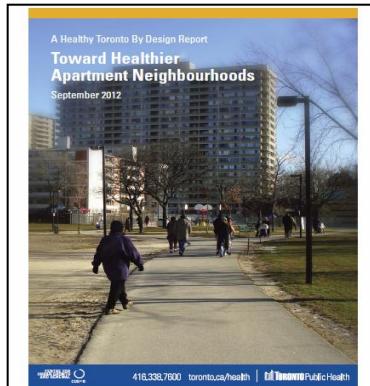
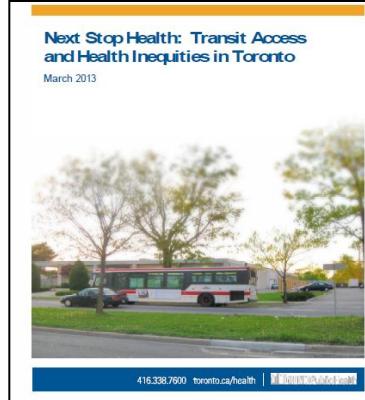
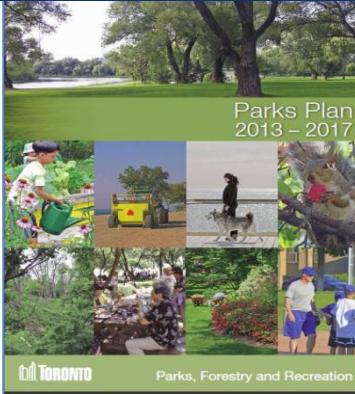
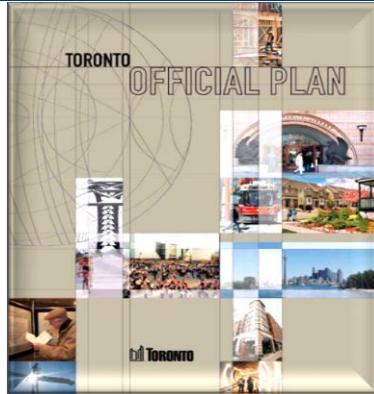




Key Strategies to Create an Active City:

- Higher densities
- Shorter distances to destinations
- Connectivity
- Walkable neighbourhoods
- Cycling & pedestrian infrastructure
- Open spaces and recreational facilities
- Public Transit

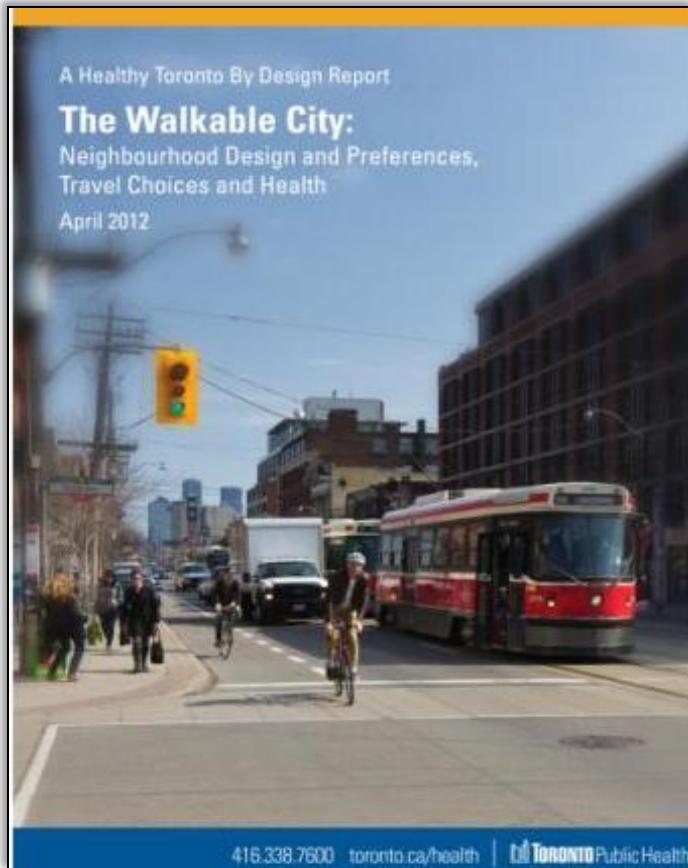
Healthy Toronto by Design



Advancing Health Through:

- Building evidence
- Municipal collaboration
- Civic engagement
- Public policy development

Improving Walking and Cycling



- **Walking** is the number one physical activity
- **Lack of time** is the most common barrier to walking
- **Active transportation**, such as utilitarian walking or cycling, allows people to accomplish two tasks at the same time

Walkable Compared to Less Walkable Neighbourhoods

Figure 5: Utilitarian Walking & Walkability - Toronto

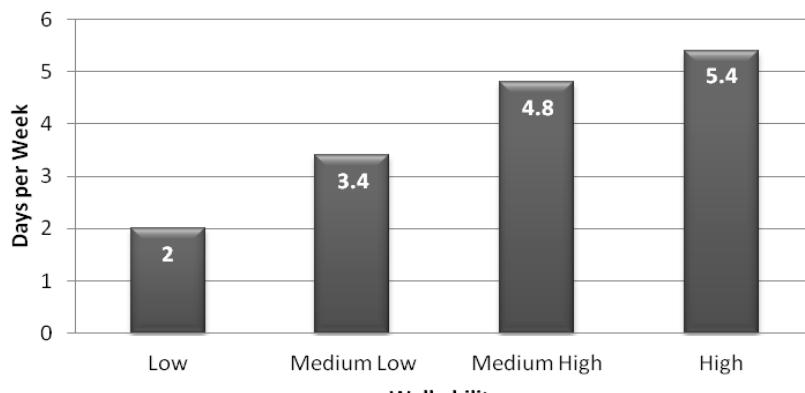
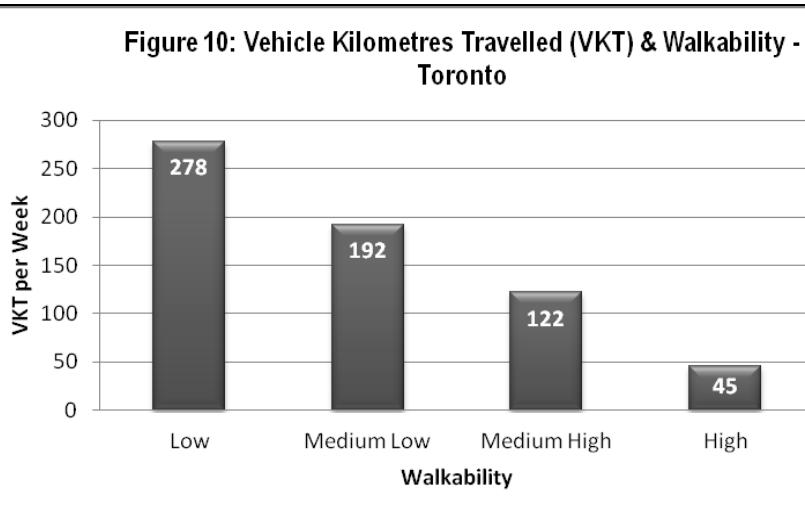


Figure 10: Vehicle Kilometres Travelled (VKT) & Walkability - Toronto



Most Walkable vs. Least Walkable Neighbourhoods:

- Utilitarian walking 2.7 times as often
- Use transit 2.5 times as much
- Drive 4 times less often
- Drive 45 vs. 278 km/wk
- BMI – one point lower

Transportation Planning for a Healthy Toronto

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



November 2007

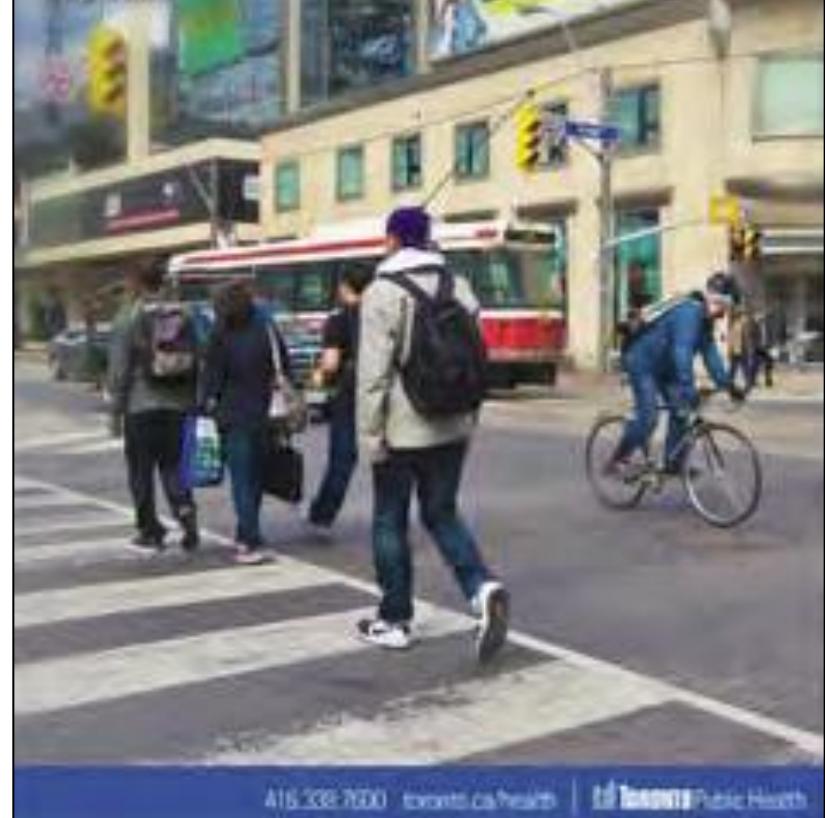
Dr. David McKeown
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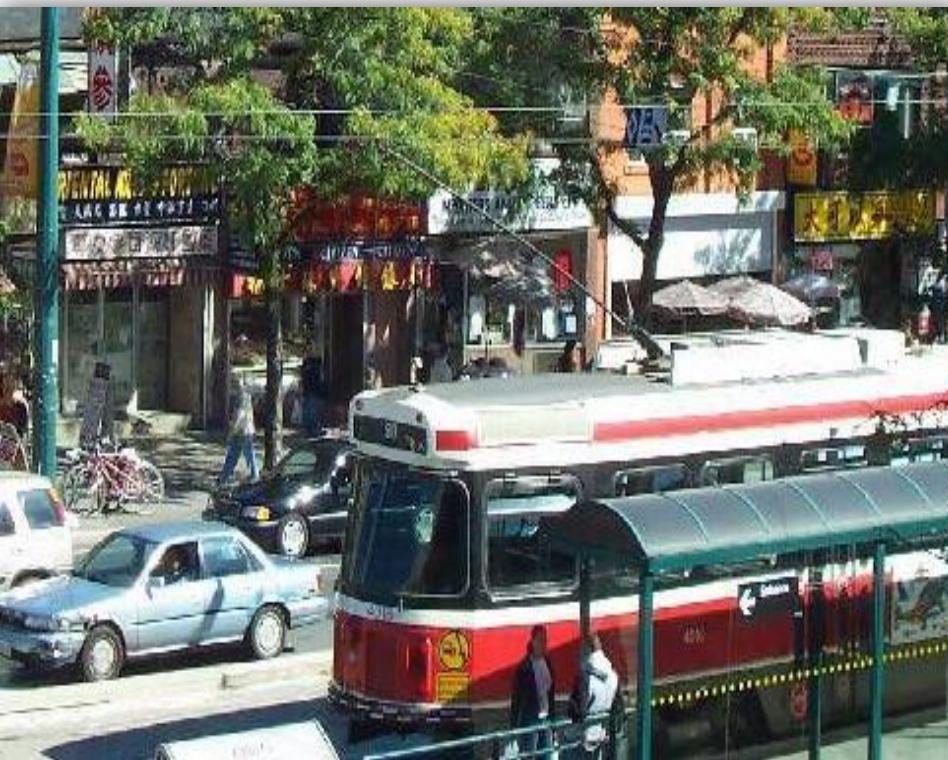
A Healthy Toronto By Design Report

Road to Health: Improving Walking and Cycling in Toronto

April 2012



Health Equity and Transportation



- Neighbourhood design has a greater impact on the health and well-being of low income populations
- Walkable & transit-supported neighbourhoods can **reduce health inequities by increasing access** to jobs, health services, food stores and recreational facilities

Photo: Ontario Growth Secretariat, Ministry of Infrastructure

Active Transportation Demonstration Projects



Goals:

- Demonstrate that active transportation interventions are feasible and effective
- Build strong partnerships and work to improve active transportation in Toronto
- 4 sites selected
 - An area-wide approach is proposed

Toronto Food Strategy



Cultivating Food Connections:

**Toward a Healthy
and Sustainable
Food System
for Toronto**

May 2010

Toronto Food Strategy

25 Food Connections to the City of Toronto



Diverse Suburban Neighbourhoods

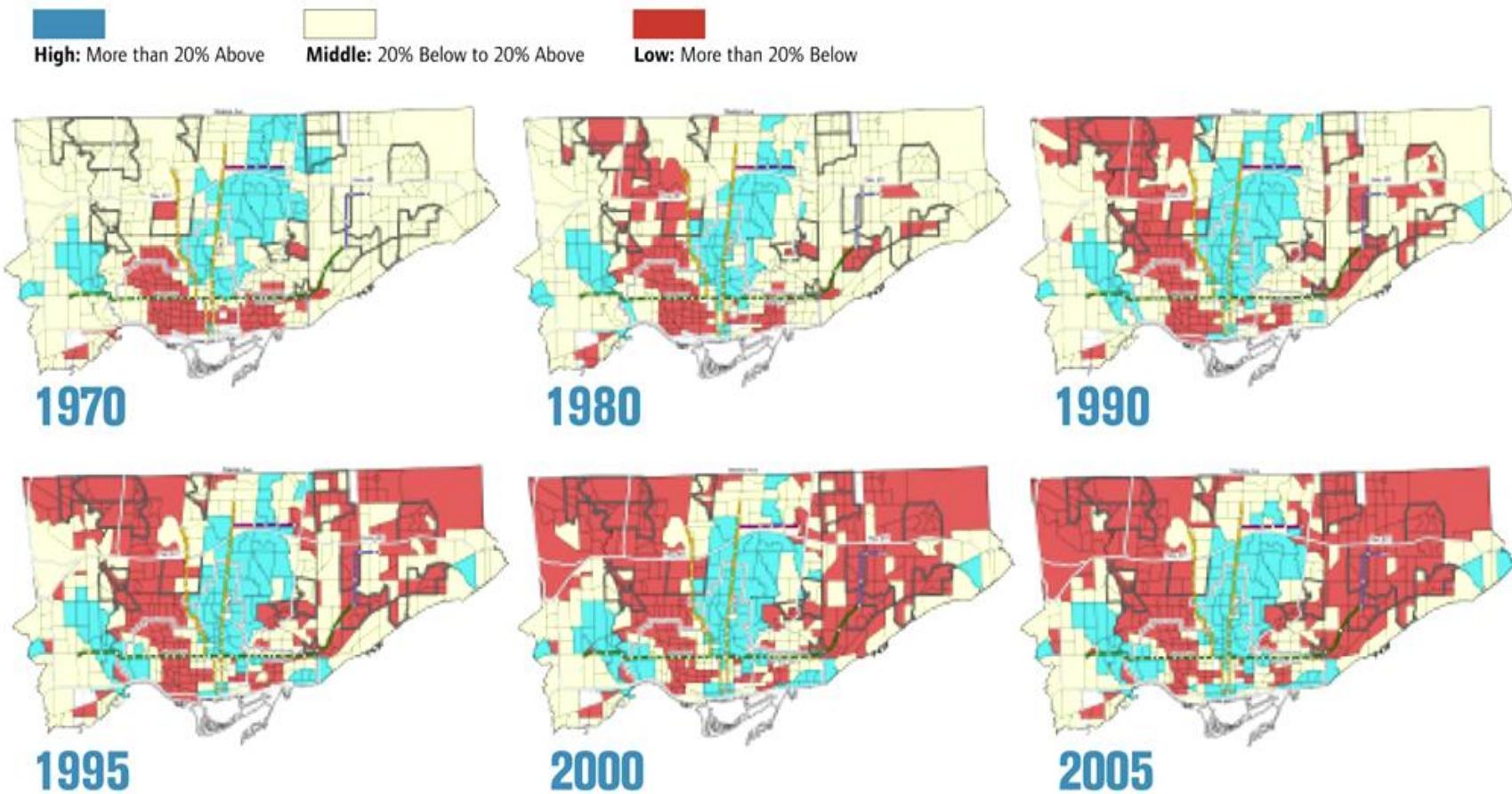


Photo: CUG+R / ERA Architects



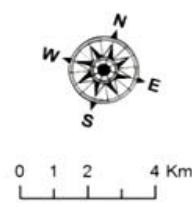
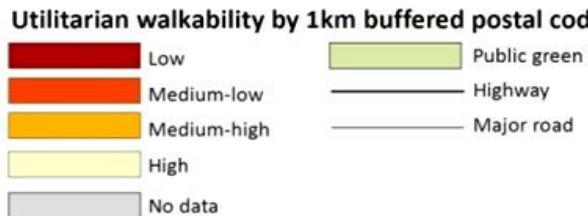
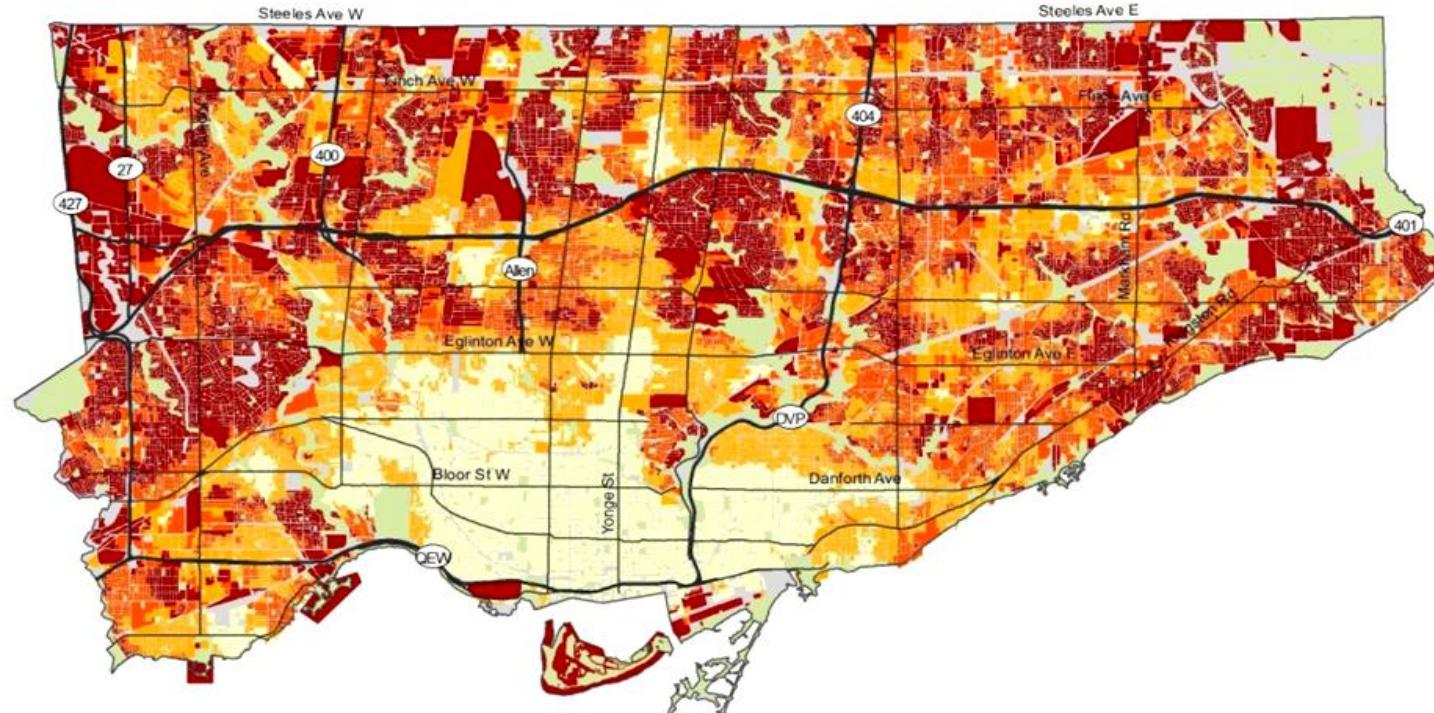
Income Distribution in Toronto

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

Walkability in Toronto

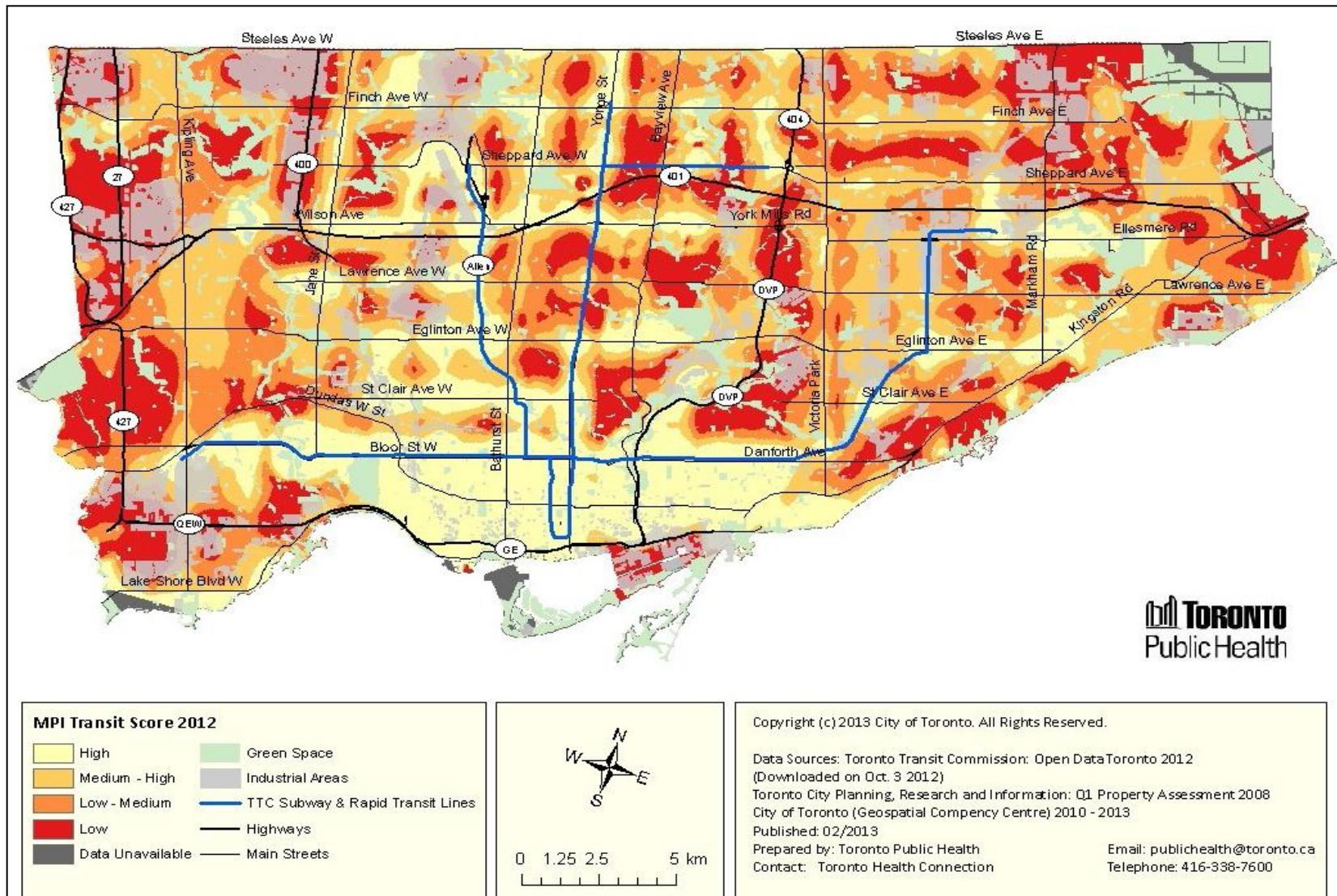


Published: January 2012, City of Toronto

Prepared by: Urban Design 4 Health Ltd. and
Toronto Public Health

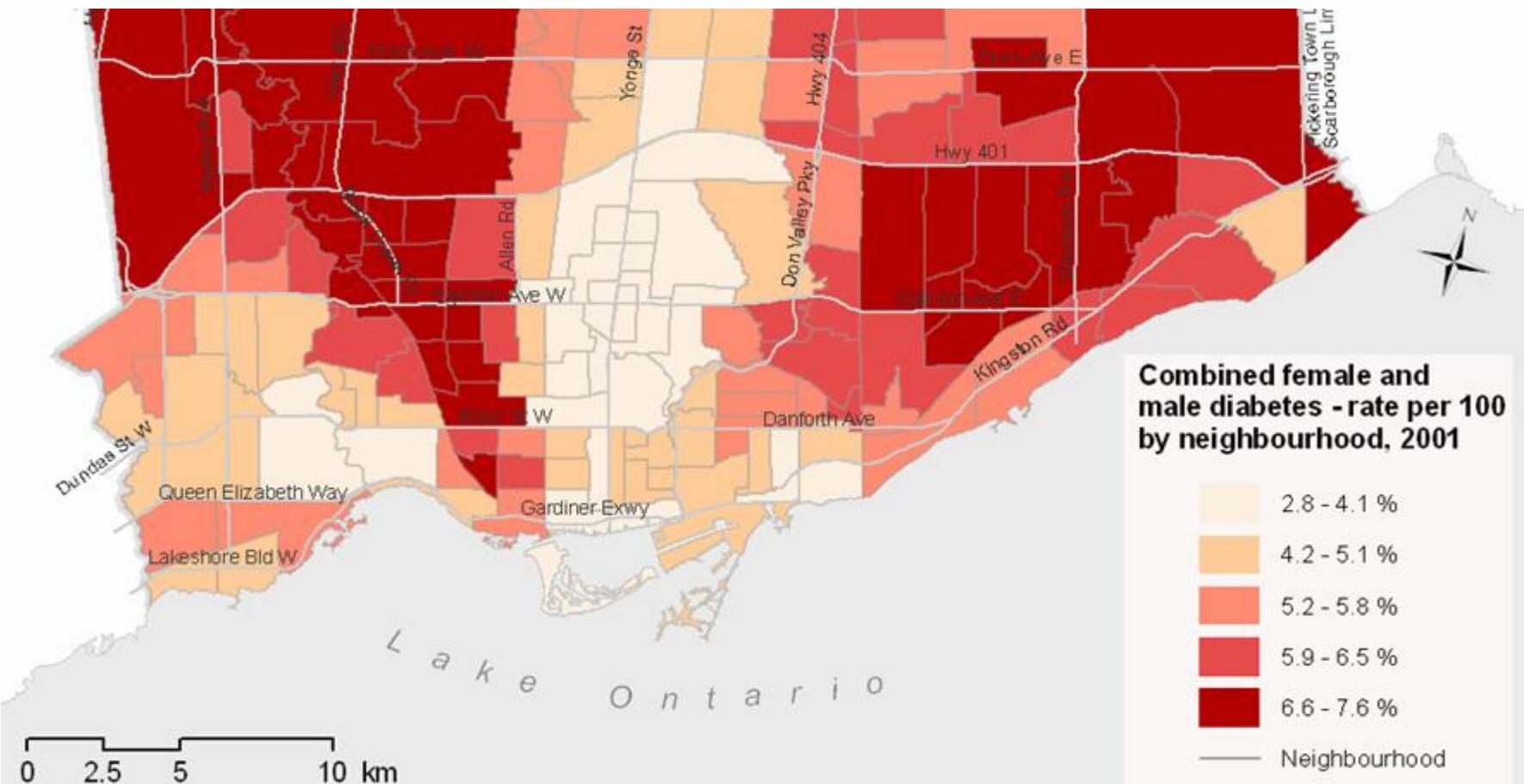
Data Sources: City of Toronto Geospatial
Competency Centre; MPAC

Access to Public Transit



Martin Prosperity Institute (MPI) Transit Score 2012, Toronto

Diabetes Prevalence in Toronto Neighbourhoods



Booth GL, Creatore M, Gozdyra P and Glazier R. Patterns of Diabetes Prevalence, 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

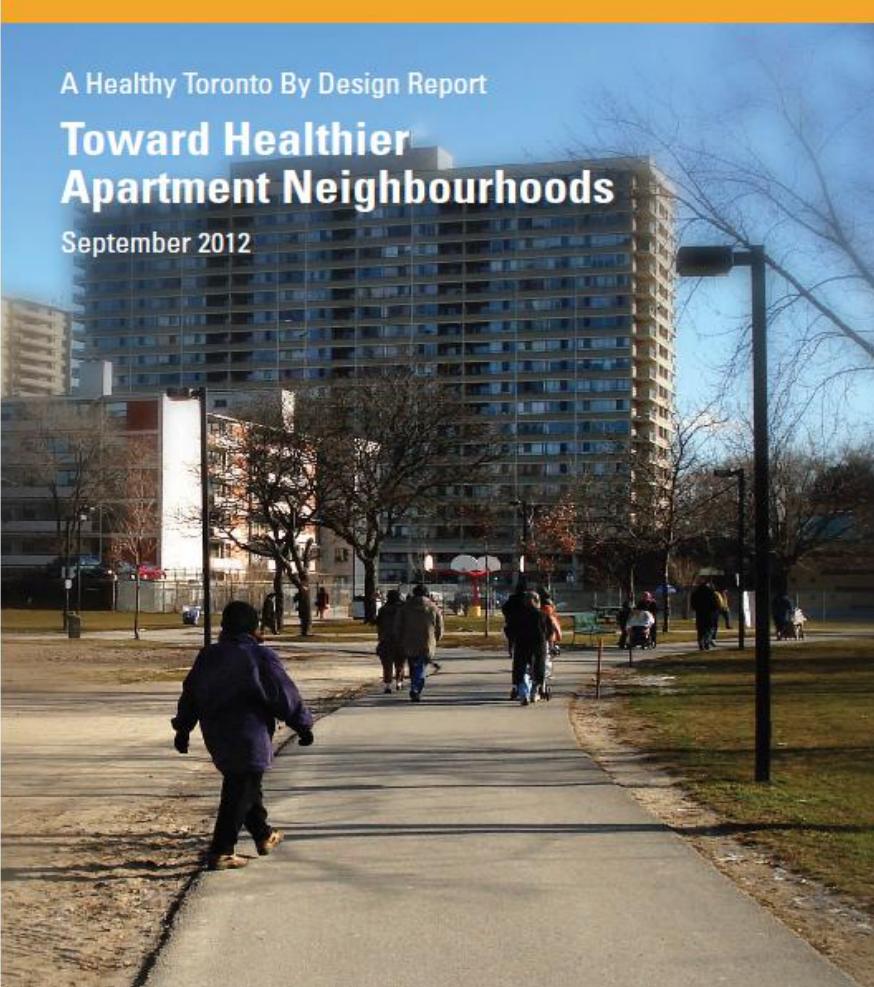


Apartment Neighbourhoods

A Healthy Toronto By Design Report

Toward Healthier Apartment Neighbourhoods

September 2012



CENTRE FOR URBAN GROWTH AND RENEWAL CUG+R

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Apartment Neighbourhoods



Photo: CUG+R / ERA Architects

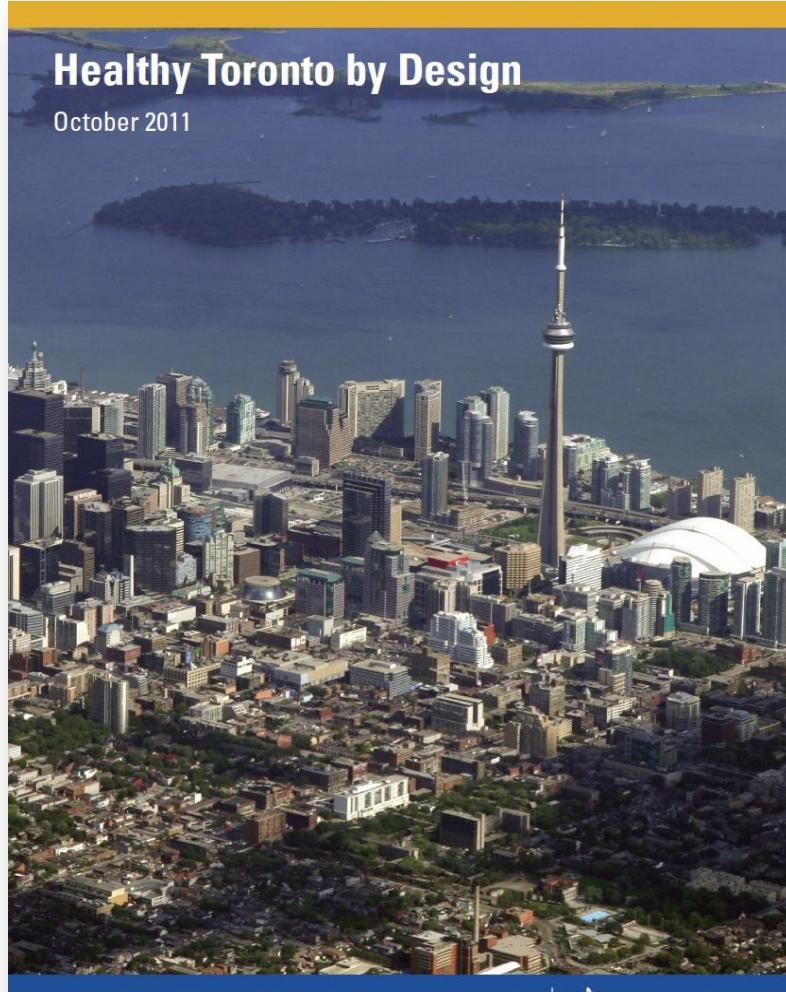


Photo: CUG+R / ERA Architects

Improve Apartment Neighbourhoods:

- Commercial activities
- New building structures
- Reallocation of parking space
- Access to green space
- Infrastructure for walking & cycling
- Urban agriculture
- Accessible public space

New Residential Apartment Commercial (RAC) Zoning



Healthy Toronto by Design
October 2011

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"Healthy Cities don't just happen.... They happen by design – through intentional and thoughtful investment and provision of infrastructure, programs and services with health in mind."

www.toronto.ca/health

