



An initiative of:



Healthy Canada by Design: Incubating Healthy Communities in Urban & Rural Contexts

Kim Perrotta, HCBD Knowledge Translation & Communications
Heart and Stroke Foundation

Canadian Institute of Planners, Fredericton, NB, July 11, 2014



Public Health Interest in the Built Environment

Increase Physical Activity

- ❑ Physical inactivity linked to Diabetes, Stroke, hypertension & some cancers
- ❑ 85% of adults & >90% of children do **not** get the activity needed *
- ❑ **\$5.3 billion in health-related costs/year for Canada****
- ❑ Built Environment affects the levels of physical activity: Design, Density, Diversity & Infrastructure***



* Colley et al., *Health Reports*, 2011a & 2011b

** *Canadian Fitness & Lifestyle Research Institute*, 2005

*** Humpel et al, 2002; Saelens, Sallis & Frank 2003; Lee & Moudon, 2004; as cited by Perrotta, *Public Health & Land Use Planning*, 2011.

Public Health Interest in the Built Environment

Increase Healthy Eating

- ❑ Obesity linked to Diabetes, Stroke, hypertension & some cancers
- ❑ **\$1.8 billion in health-related costs/year for Canada ***
- ❑ Linked to consumption of low-nutrient "fast-foods" and/or processed foods & physical inactivity **
- ❑ Access to fresh foods impacts eating patterns & weight ***



* *Katzmarzyk & Ardern, CJPH, 2004*

** *Raine. Overweight & Obesity in Canada. CIHI. 2004.*

*** *Morland 2002; Block et al. 2004; Maddock 2004; as cited by Perrotta, Public Health & Land Use Planning, 2011*

Public Health Interest in the Built Environment

Reduce Vehicle-Related Injuries & Deaths

- ❑ \$3.7 billion in health-related costs/year for Canada *
- ❑ Greatest # of injuries & deaths happen to drivers & passengers
- ❑ BUT Cyclists & pedestrians have higher risk of collision per VKT
- ❑ Transit oriented communities & Active Transportation Infrastructure can reduce vehicle-related deaths & injuries

* *Public Health Agency of Canada. 2011.*

** *Litman, 2005; Frank, 2008; Pilkington, 2000; Retting et al, 2003. as cited by Perrotta, Public Health and Land Use Planning, 2011.*



Slow Climate Change & Reduce Climate-Related Health Impacts

- ❑ Climate change expected to affect human health across Canada by:
- ❑ Increasing the frequency & severity of:
 - heat waves, smog episodes & extreme weather events
- ❑ Increasing the risk of:
 - tick & insect-borne diseases & water-borne diseases *
- ❑ Built environment affects emissions of greenhouse gases & adaptation *



** Lemmen et al. From Impacts to Adaptation: Canada in a Changing Climate 2007 & IPCC, 2007 as cited by Perrotta, Public Health & Land Use Planning, 2011.*

Public Health Interest in the Built Environment

Reduce Air Pollution & Exposure to Localized Sources of Air Pollution

- ❑ Acute & chronic health impacts including heart disease, lung cancer & asthma.
- ❑ **\$8 billion/year for acute health effects alone – Canada ***
- ❑ Built Environment influences emissions & exposures:
 - Walkability of neighbourhoods
 - Efficiency of transit service
 - Proximity to high volume traffic corridors

**

* *Canadian Medical Association, 2008*

** *Friedman, 2001; Frank & Chapman, 2004; Brugge et al., 2007; as cited by Perrotta, Public Health & Land Use Planning, 2011.*



Vision Statement:

Health officials, planners, engineers and NGOs in communities across Canada collaborate seamlessly to:

- ❑ ensure built environments are designed to promote health and well-being,
- ❑ thus contributing to the reduction of risk factors for chronic diseases (with a particular focus on **physical inactivity**).



HCBD CLASP I Partners (2009-12)



Four National Organizations:

- ❑ Heart & Stroke Foundation (Lead)
- ❑ National Collaborating Centre Healthy Public Policy
- ❑ Canadian Institute of Planners
- ❑ Urban Public Health Network



URBAN PUBLIC HEALTH NETWORK
RÉSEAU CANADIEN POUR LA SANTÉ URBAINE



Centre de collaboration nationale
sur les politiques publiques et la santé
National Collaborating Centre
for Healthy Public Policy

Region of Peel
Working for you
Public Health

Six Health Authorities:

- ❑ Montreal Public Health
- ❑ Toronto Public Health
- ❑ Peel Public Health
- ❑ Vancouver Coastal Health
- ❑ Fraser Health Authority
- ❑ Vancouver Island Health Authority



Toronto
Public Health



HCBD CLASP Partners (2012-14)



5 National Organizations:

- ❑ Heart & Stroke Foundation (Lead)
- ❑ National Collaborating Centre
Healthy Public Policy
- ❑ Canadian Institute of Planners
- ❑ Urban Public Health Network
- ❑ Canadian Institute of
Transportation Engineers

2 NGOs:

- ❑ Toronto Centre for Active
Transportation
- ❑ Montreal Urban Ecology Centre

Academic Partner:

- ❑ Simon Fraser University
- ❑ Several informal partners

Health Authorities:

- ❑ Montreal Public Health
- ❑ Toronto Public Health
- ❑ Peel Public Health
- ❑ Vancouver Coastal Health
- ❑ Fraser Health Authority
- ❑ Newfoundland and Labrador
Provincial Wellness Advisory
Council/Eastern Health Region
- ❑ Capital District Health, Halifax
- ❑ New Brunswick Department of
Health
- ❑ Regina Qu'Appelle Health Region
- ❑ Winnipeg Region Health Authority
- ❑ Ottawa Public Health (unfunded)

HCBD CLASP – First Round of Funding

Capacity Building Tools/Methods:

❑ Heart and Stroke Foundation:

- Shaping Active, Healthy Communities Toolkit

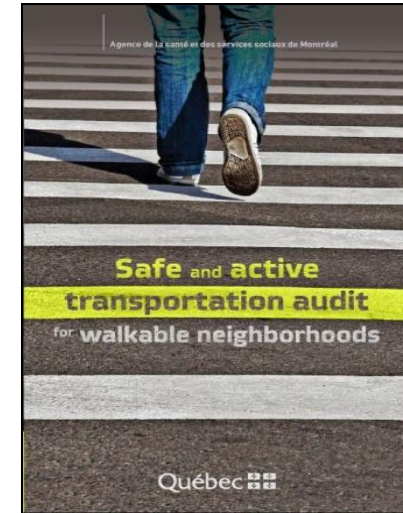
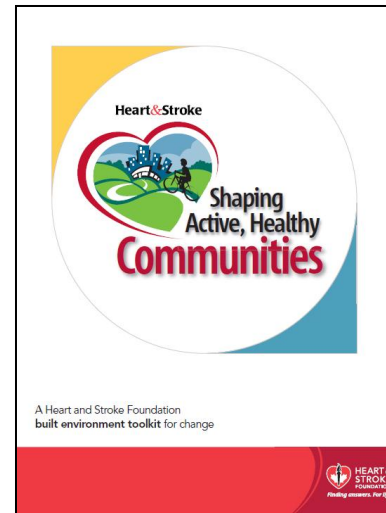
❑ Montreal Public Health:

- Transportation Audit
- Mapping community groups

❑ Canadian Institute of Planners:

- Healthy Communities Practice Guide
- 3 Research Briefs with CIHI, PHAC & HSF based on Canadian Evidence

❑ 3 BC Health Authorities



Applied Research – Residential Preferences Survey:

- ❑ UD4H with 4 HCBD Health Authorities in BC & Ontario
- ❑ Residents' Preferences for Walkable or Auto-oriented neighbourhoods
- ❑ Impact of neighbourhood design & neighbourhood preferences on travel choices, physical activity, VKT & BMI
- ❑ TPH Report – GTA results
- ❑ UD4H Report – Metro Vancouver

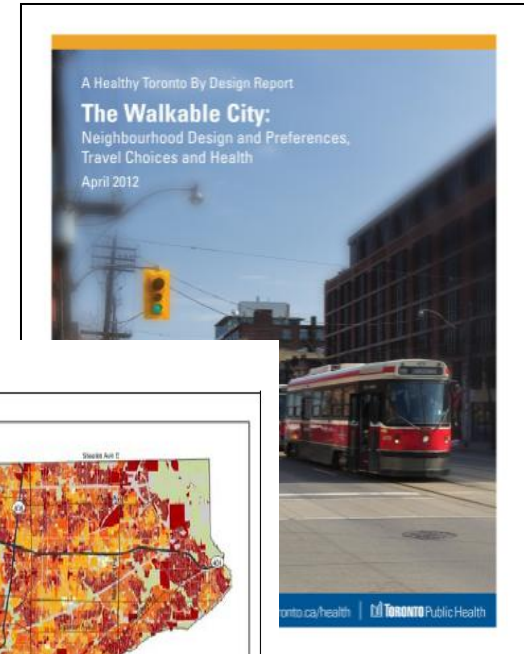
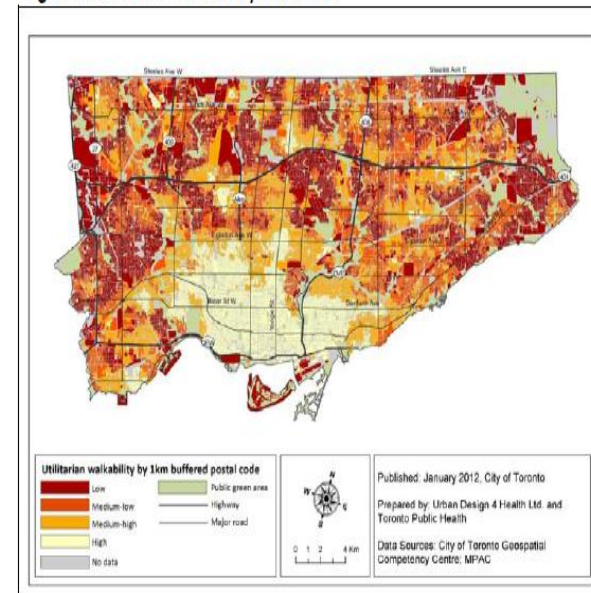
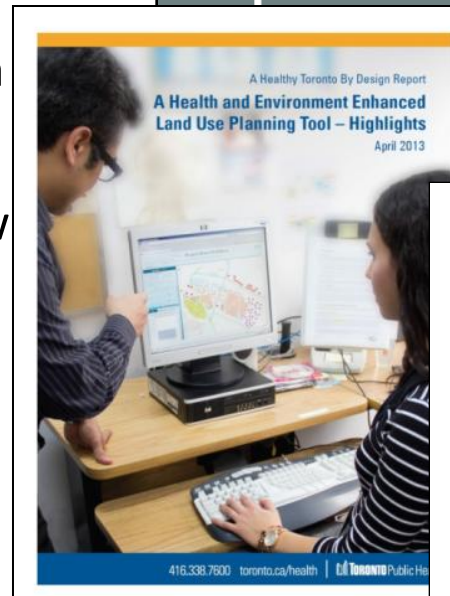


Figure 2: Utilitarian Walkability in Toronto



- ❑ **Peel Health**
- ❑ **Healthy Development Index**
 - Health-based criteria to guide neighbourhood design
- ❑ **Toronto Public Health**
- ❑ Software tool to predict how neighbourhood design will affect travel choices, physical activity & VKT



HCBD CLASP – Second Round of Funding

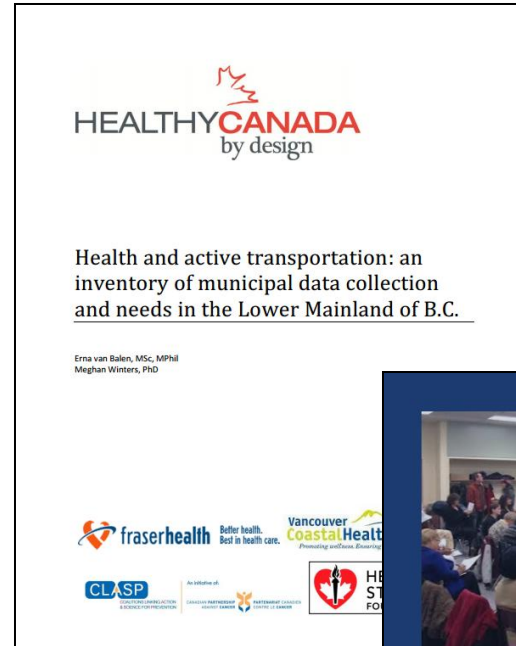
Theme 1 – Deepening Impact:

❑ Transportation & Health Data Projects

- Simon Fraser University & BC Health Authorities
- Montreal Public Health, University of Montreal & McGill University

❑ Community Engagement & Active Transportation

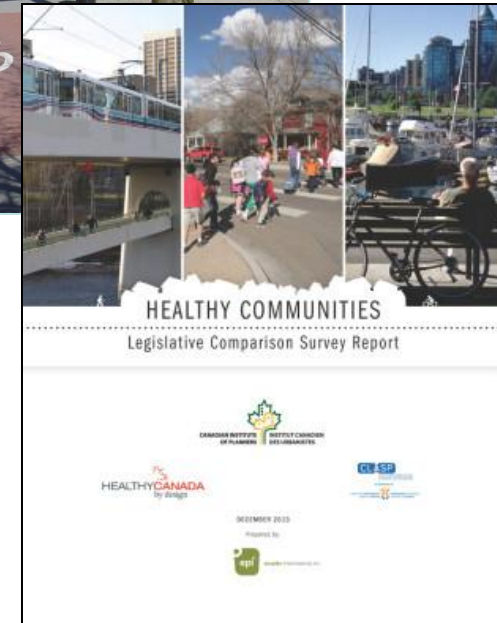
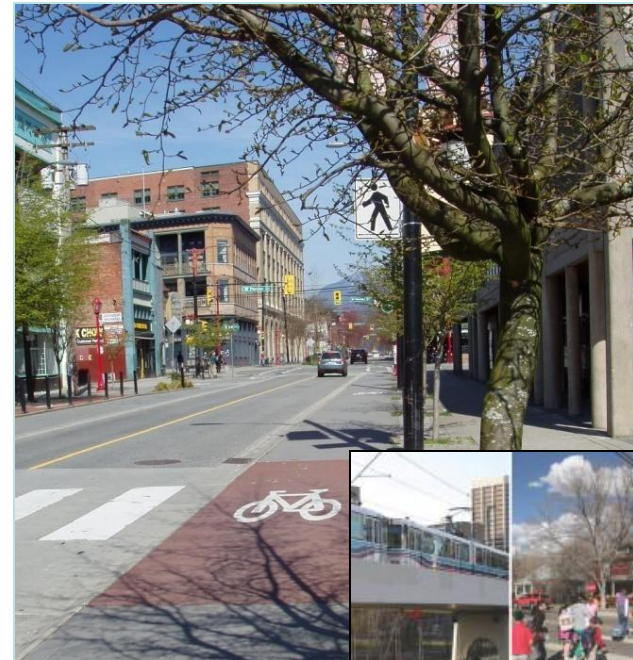
- Toronto Centre for Active Transportation & Toronto Public Health with Montreal Urban Ecology Centre



HCBD CLASP – Second Round of Funding

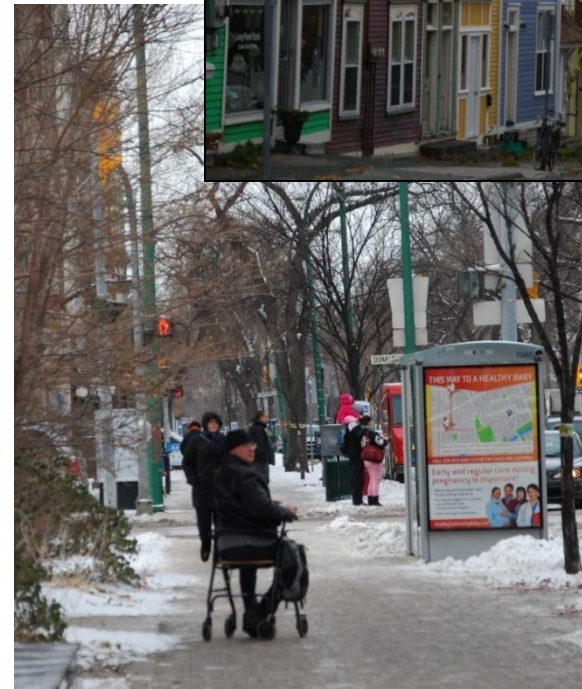
Theme 1 – Deepening Impact:

- ❑ **Fostering Innovative Street Designs**
 - National Collaborating Centre for Healthy Public Policy – Town in Quebec
 - Heart and Stroke Foundation – Town of Clearwater
 - Canadian Institute of Transportation Engineers
- ❑ **Fostering Healthy Communities**
 - Canadian Institute of Planners
 - Examine Provincial Legislation across the country



Theme 2 - Broadening Impact

- ❑ 6 new health authorities in 5 additional provinces
- ❑ Extend work to rural & remote contexts
- ❑ **Planner work with each team**
- ❑ Bring health into local policies to foster physical activity & active transportation
- ❑ **Twin Goals:**
 - Affect policy at a local level
 - Build Capacity within Health Authorities



Theme 3 – Knowledge Translation & Communications

- ❑ **Building a Multi-Community Collaborative - Health Authorities**
 - **Speaker** - Access to a prominent speaker to build support with local stakeholders
 - **Peer to Peer Sessions** with guest speakers – resources, tools, strategies & interventions
 - **Informal Peer to Peer Sessions**
 - Support **Information-sharing** with members only pages on website



HCBD CLASP – Second Round of Funding



Theme 3 – Knowledge Translation & Communications

❑ Building a Multi-Sectoral Community of Practice

- **Face to Face Meeting** – 2 day meeting for presentations & networking
- **Peer Mentoring Sessions** - For HCBD members plus Guests from partner organizations - Multi-Sectoral Guest Speakers
- **E-Newsletters** - Keep HCBD members & decision-makers within partner's organizations informed about work of the Coalition



HCBD CLASP – Second Round of Funding



Theme 3- Knowledge Translation & Communications

❑ Communicating with Broader Network

- HCBD Website Articles & Twitter
- 17 Articles – 450 hits each
- HCBD Webinar Series
- 12 HCBD projects – 4 Webinars
- Panels at National Conferences
- 12 HCBD projects – 3 national conferences - CPHA, CITE & CIP
- CJPH Supplement
- Peer reviewed articles on projects from first round of funding

The image shows two documents. On the right is a screenshot of the "Healthy Canada by Design CLASP" website. The website has a red header with the title and a navigation menu. The main content area features a large image of people walking, a section titled "Health-Enhanced Land Use Planning Software Tool" with a map of Toronto, and a sidebar with a "Follow Blog via Email" form and a "Newsletters" section. On the left is a flyer for a "Fireside Chat (webinar) - a pan-Canadian discussion Bringing Health into the Transport". The flyer includes the "HEALTHY CANADA by design" logo, the date "April 24, 2014 - 1:00 - 3:00 pm Eastern Time", and a list of speakers: Meghan Winters, Audrey Smargiassi, Patrick Morneau, Louis Desrochers, and Louis-François Tetreault. It also mentions the "CHNET-Works!" project and the "PHIRN" network.



An initiative of:



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