



COALITIONS LINKING ACTION
& SCIENCE FOR PREVENTION

An initiative of:

CANADIAN PARTNERSHIP
AGAINST CANCER



PARTENARIAT CANADIEN
CONTRE LE CANCER

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.*

Public Health Interest in the Built Environment



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.

HCBD CLASP Vision Statement



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

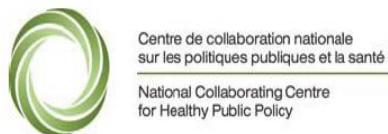


Six Health Authorities:

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



URBAN PUBLIC HEALTH NETWORK
RÉSEAU CANADIEN POUR LA SANTÉ URBAINE



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)

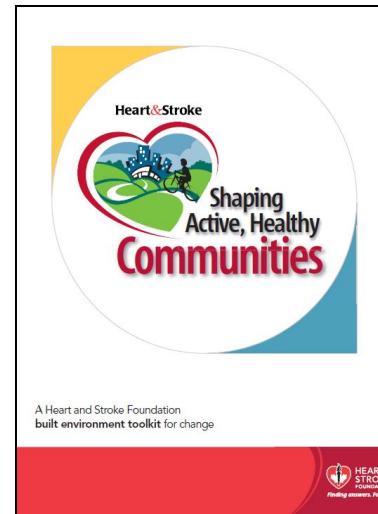
HCBD CLASP – First Round of Funding



Capacity Building Tools/Methods:

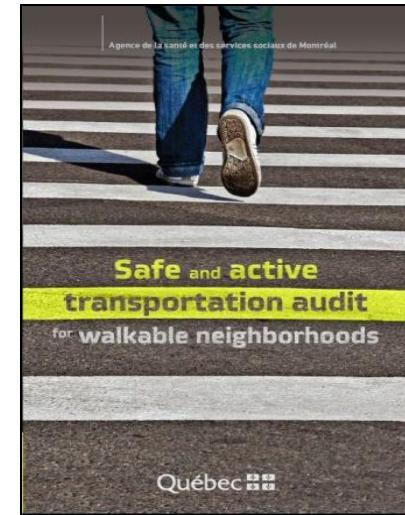
Heart and Stroke Foundation:

- Shaping Active, Healthy Communities Toolkit



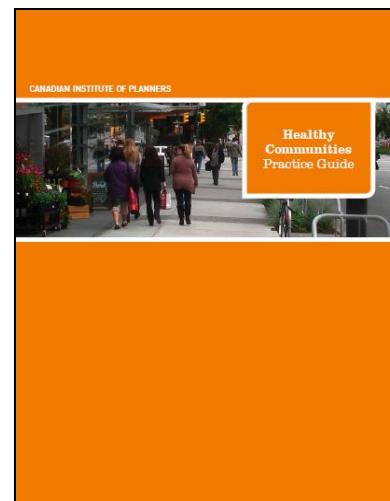
Montreal Public Health:

- Transportation Audit
- Mapping community groups



Canadian Institute of Planners:

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

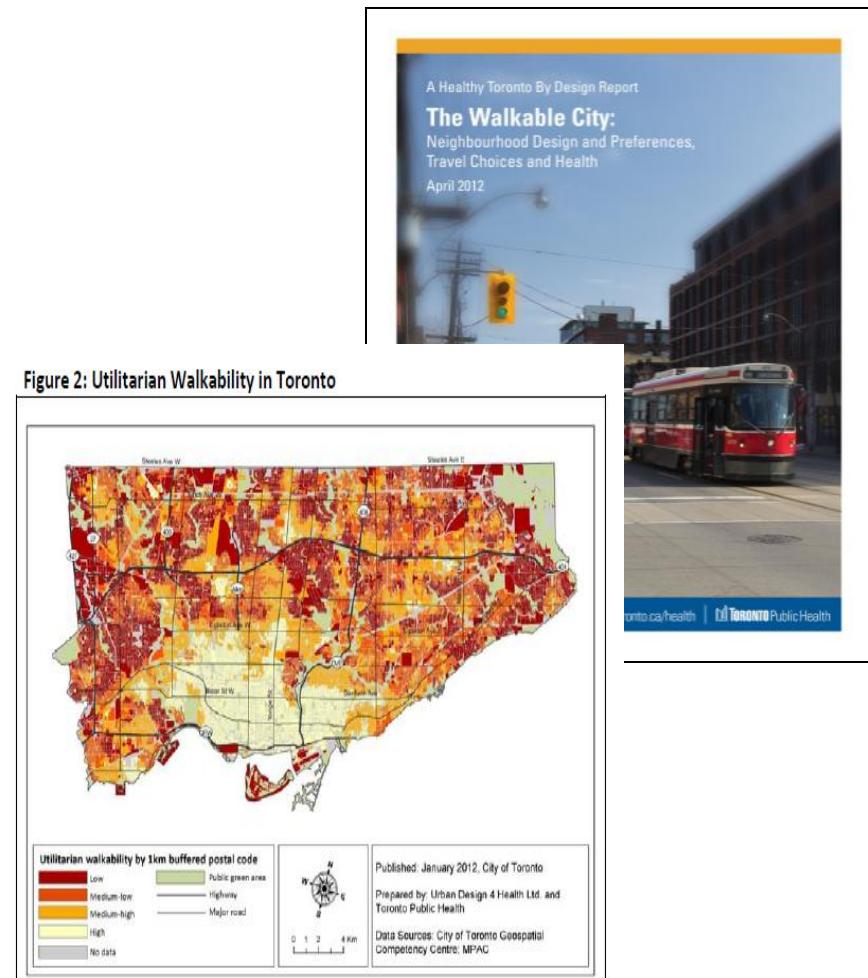


3 BC Health Authorities



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



HCBD CLASP – First Round of Funding



Health Impact Assessment Tools:

- 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

Region of Peel Health Background Study USER GUIDE
April 1, 2011
Prepared by The Planning Partnership

Land Use Mix

Why does land use mix matter?

Land use mix refers to the composition of housing types, services, and employment in an area. Housing types include single-detached, semi-detached and duplex houses, townhouses, and apartment buildings and condominiums. Common non-residential land uses provide services and employment in a community and can include retail, office, restaurants, parks, open space, and "mixed use" (where both non-residential and residential uses are included in an area or on a site).

Complete communities provide housing options and a mix of services for a diversity of people as their needs change throughout the life span.

Providing a range of housing options creates more equitable communities and allows residents to live where they work, where they commute, as a couple, as a family, with or without children, or as seniors. Proximity of housing options allows extended families of all kinds to remain close, which can improve mental health outcomes and reduce costs, especially for seniors.

Land Use Mix Standards

There is no "ideal" proportion for each type of land use for health. Recognizing that land use is closely associated with service proximity and density, the tool allows users to compare the land uses that are designed to the former elements. In general, the objective of the land use mix element and standards is to promote a broad mix of land uses that are conveniently sited and connected by safe and comfortable routes to residential areas that provide a variety of housing options. These standards apply uniformly to greenfield and infill development.

Study area
Study area (population-weighted)
Impacted area (population-weighted)

Active Tips

416.338.7600 | toronto.ca/health |

The image shows a software interface for a Health and Environment Enhanced Land Use Planning Tool. It features a map of a study area with various land use zones and a legend. On the left, there are bar charts for "Active Tips" and "Sedentary Tips" across different categories. A red arrow points to a specific bar in the "Active Tips" chart.

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

The image shows the front cover of a white report. At the top is the Healthy Canada logo with a red stylized 'H' and the text "HEALTHY CANADA by design". Below the logo is the title "Health and active transportation: an inventory of municipal data collection and needs in the Lower Mainland of B.C." in a smaller, black, sans-serif font. At the bottom of the cover, the names "Erna van Balen, MSc, MPhil" and "Meghan Winters, PhD" are listed. The background of the slide is red, and the report is centered in a white rectangular box.



Community Engagement & Active Transportation:
Two Demonstration Projects in Toronto

A white rectangular box containing several logos. In the top right corner is the "tcat" logo with the text "toronto centre for active transportation" and an icon of a person walking and a bicycle. In the bottom left corner is the "Clean Air Partnership" logo with an icon of a city skyline and a factory. At the bottom are logos for "TORONTO Public Health", "HEART & STROKE FOUNDATION OF CANADA", "CANADIAN PARTNERSHIP AGAINST CANCER", "PARTNERNAIT CANADIEN CONTRE LE CANCER", and "HEALTHY CANADA by design".

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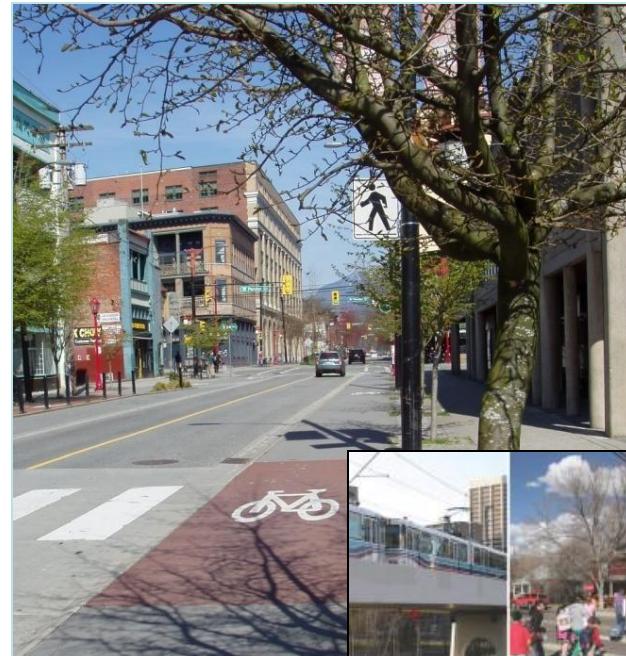
Theme 1 – Deepening Impact:

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

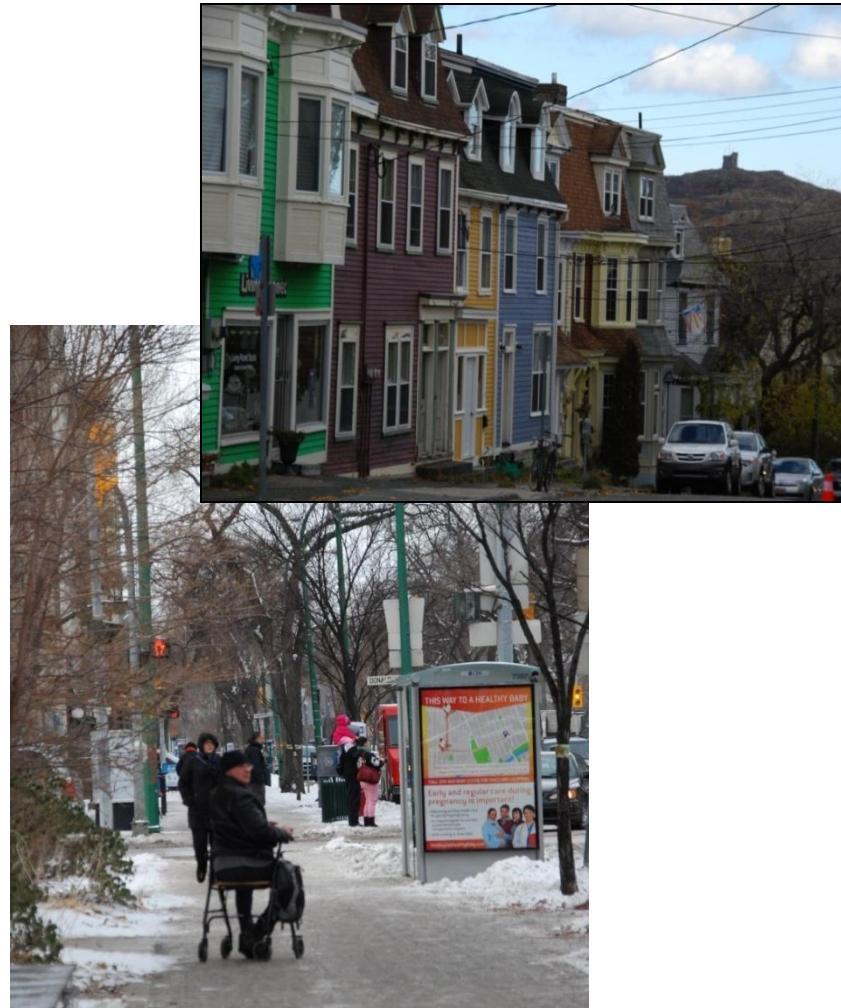


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Theme 2 - Broadening Impact

- 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



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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



Healthy Canada by Design

September 2013

Updates from the Healthy Canada by Design (HCBD) CLASP Partnership

HCBD CLASP Initiative Renewed
In June 2013, the Healthy Canada by Design (HCBD) CLASP Initiative was renewed by the Heart & Stroke Foundation of Canada through the Canadian Partnership Against Cancer's CLASP program. With this round of funding, we have expanded the partnership to include six additional health partners from three Canadian provinces, a national partner, one academic institution and two non-profit organizations. For more information on the second phase of the HCBD CLASP Initiative see: [HCBD About Us](#)

New HCBD report - transportation & health data
Our new HCBD partner, Simon Fraser University released a report examining the availability of transportation and health data that are needed to bring health considerations into transportation planning decisions in the mainland of British Columbia. Read the report at [New Transportation & Health Data Report](#).

Healthy communities workshop - Newfoundland
Our new HCBD partner, Newfoundland and Labrador Provincial Wellness Advisory Council, organized a project to examine the Healthy Communities workshop on May 20th that drew 70 public health and planning professionals from across the Newfoundland. See the workshop report at [Newfoundland Workshop Report](#).

Active design workshop - Winnipeg
Working in collaboration with Planners from several organizations, our new HCBD partner, the Winnipeg Regional Health Authority, convened an active design workshop as a pre-conference workshop to the Manitoba Planning Conference in March 2013. For more information, see [Winnipeg Workshop Post](#).

Creating a more active city - New York City
Three senior staff from New York City described for HCBD partners the work they have done over the last few years to make New York City a more active and healthy city. The presentation and a recording of the session are available at [HCBD Presentations](#).

Road design & public health - NCCCHPP
The National Collaborating Centre for Healthy Public Policy (NCCCHPP) convened a workshop for HCBD partners on May 10th to discuss how traffic corridors can be made safer and more attractive for pedestrians and cyclists. For more information on the event, contact Clivie at olivier.bellefleur@nccchpp.ca.

Creating healthy communities in Ontario
Staff from three health authorities in Ontario described for HCBD members the strategies and approaches they have employed to create communities that foster physical activity, active transportation and improved health on July 23rd. Their presentations and a recording of that session are available at [HCBD Presentations](#).

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

Healthy Canada by Design CLASP



— Healthy Canada by Design - Root Camp Creating Active Communities in New Brunswick —

Health-Enhanced Land Use Planning Software Tool

Posted on January 22, 2013

Toronto Public Health has released a new report, [Health and Environment Enhanced Land Use Planning Tool - Highlights](#), which describes the planning and policy tools of a health-enhanced land use planning tool that was developed under the Healthy Canada by Design CLASP 1 Initiative with funding provided by the Canadian Partnership Against Cancer (CPAC), Toronto Public Health (TPH) engaged Urban Design + Health Limited (UD+H) to create a land use planning tool that could be used to estimate health-related outcomes associated with various land use planning scenarios for the City of Toronto. Researchers from Simon Fraser University, the University of Victoria, and the University of Guelph will present two projects directed at health and transportation.

Join us to hear about:

- What Simon Fraser researchers discovered, and how it can be applied to health into transportation planning
- The approach that Montreal researchers have developed to assess the health impacts associated with transportation

Who should attend?

Professionals in public health, planning and transportation, and transportation planning processes.

Advisors on Tap:

 Meghan Winters is an Assistant Professor with the Faculty of Health Sciences at Simon Fraser University. She is an Epidemiologist interested in the link between health, transportation, and city design.

 Audrey Smargiassi has a PhD in Environmental Sciences. She is an Associate Professor at the School of Public Health at the University of Montreal. She is a spokesperson for a team of researchers and practitioners from Montreal Public Health, the University of Montreal, and McGill University, including Patrick Moragay, Louis Roppon, Céline Plante, Louis-François Tetralet, Sophie Goudreau, Marianne Matopoulos, and Lise Gauvin.

 CHNET-WORKS! is a project of Population Health Improvement Research Network (PHIRN) University of Ottawa 



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