



# **Healthy Canada by Design CLASP Initiative**

**APCPS Pre-Conference Workshop**

**Regina, Saskatchewan**

**Kim Perrotta, Knowledge Translation & Communications, HCBD CLASP**

**September 16, 2013**



## **Built environment affects health & well-being by influencing:**

- ❑ Modes of transportation & VKT
- ❑ Levels of physical activity – utilitarian & recreational
- ❑ Emissions of air pollutants & GHG
- ❑ Number of vehicle-related injuries & deaths
- ❑ Access to jobs, services, healthy & unhealthy foods
- ❑ Access to parks, green space & recreational facilities
- ❑ Time & opportunity for social interaction



# HCBD CLASP 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 activity**)



# Physical Activity & Built Environment

- ❑ Most Canadians do not get the exercise needed to maintain health
- ❑ Physical inactivity linked to Diabetes, Stroke, hypertension & some cancers.
- ❑ **\$5.3 billion in health-related costs/year for Canada**
- ❑ Studies – Built Environment affects the levels of physical activity:
  - Population density & Mixed land use
  - Connectivity of roads & sidewalks
  - Presence of bike paths & bike lanes
  - Presence of parks & recreational facilities



# HCBD CLASP 1 2009-2012



## Four National Organizations

- ❖ Heart & Stroke Foundation
- ❖ National Collaborating Centre Healthy Public Policy (NCCHPP)
- ❖ 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 I – Example – Peel Region



## Peel Region:

- ❖ **Healthy Development Index –**  
Developed health-based criteria to guide neighbourhood design in Peel Region
- ❖ **Relationship-Building –**  
Developed relationships with Planners at the Region & in the local municipalities

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



## Canadian Institute of Planners Healthy Communities Committee:

- ❑ Collaborated with Heart and Stroke Foundation to produce the [Healthy Communities Practice Guide](#)
- ❑ Collaborated with Heart and Stroke Foundation, the Canadian Institute of Health Information & the Public Health Agency of Canada to produce three 12-page briefs on:
  - [Active Transportation, Health and Community Design](#)
  - [Active Living, Children & Youth](#)
  - [Health Equity and Community Design](#)
- ❑ Assisted the Heart and Stroke Foundation, the Urban Public Health Network, the National Collaborating Centre for Environmental Health to an [On-Line Inventory of Built Environment Reports](#).

# HCBD CLASP I - Lessons Learned

- ❖ Health authorities & Planners **can affect change in policies** when they collaborate
- ❖ Collaboration between sectors needed to overcome **barriers**
- ❖ Need to bring **transportation** professionals into the collaboration
- ❖ Need more **knowledge translation** to accelerated uptake of policies and programs in other jurisdictions



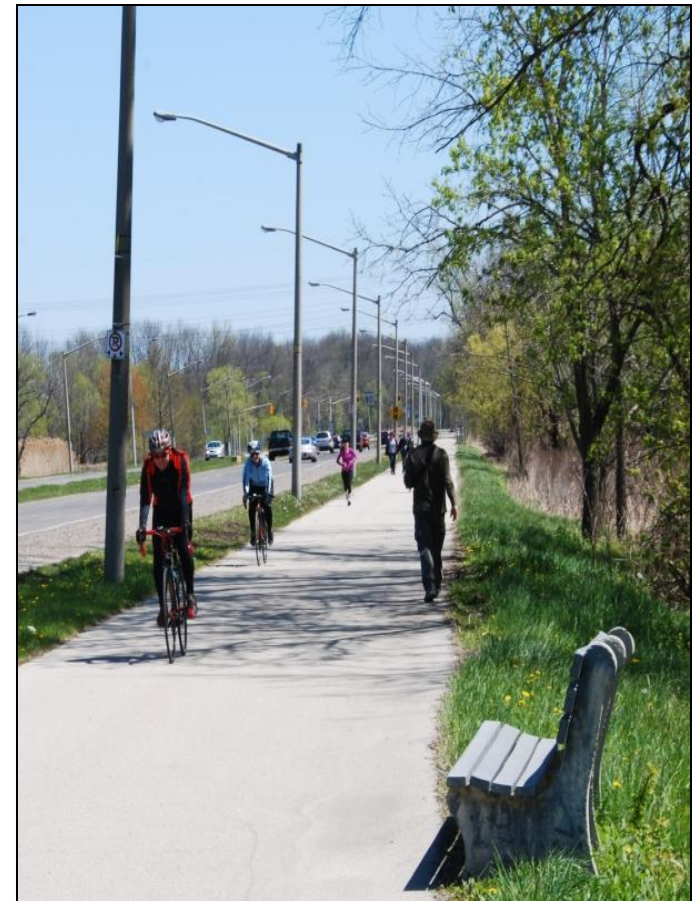


## New National Partner

- ❖ Canadian Institute of Transportation Engineers (CITE)

## New Health Authority Partners

- ❖ Newfoundland and Labrador Provincial Wellness Advisory Council/Eastern Health Region
- ❖ Capital District Health, Nova Scotia
- ❖ New Brunswick Health
- ❖ **Regina Qu'Appelle Health Region**
- ❖ Winnipeg Region Health Authority
- ❖ Ottawa Public Health



# HCBD CLASP II Objectives: Theme 1

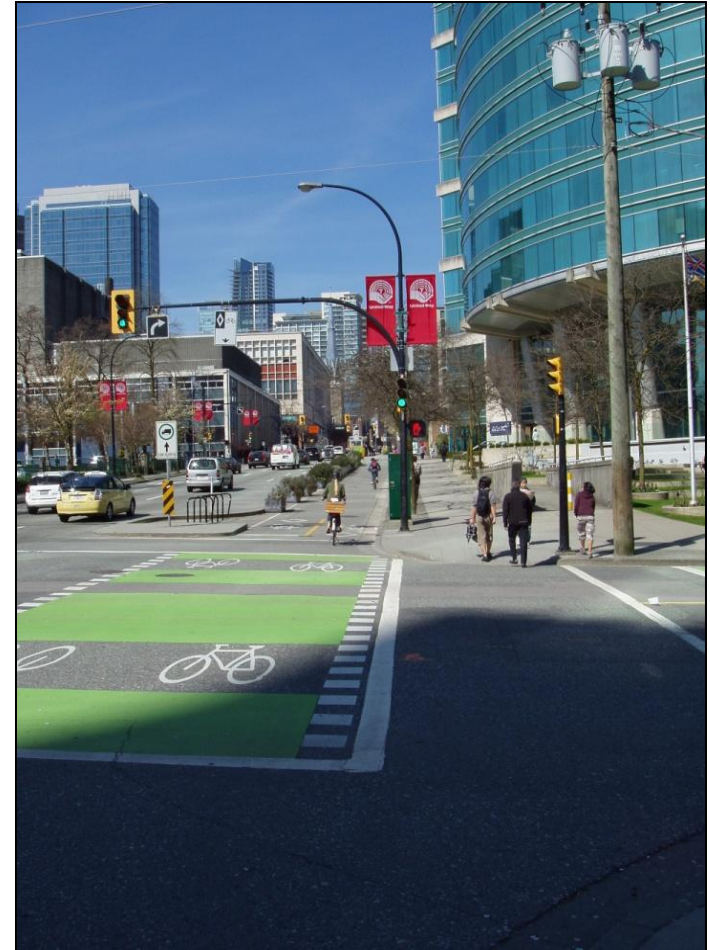
## Broadening Partnership into New Jurisdictions & Rural Context

- ❖ Support 6 Health Authorities to engage in land use &/or transportation planning processes
- ❖ Improve the built environment
  - ❖ 1 new in Ontario
  - ❖ 2 Prairie Provinces
  - ❖ 3 Atlantic Provinces
  - ❖ 4 of 6 have significant rural populations



# HCBD Health Authority Projects

- ❖ **Each Project Team** is supported by a Planning Facilitator who will:
  - ❖ Identify strategic opportunities to influence active transportation & active design at a local level
  - ❖ Facilitate relationship building between sectors
- ❖ **Twin Goals:**
  - ❖ Affect policy at a local level
  - ❖ Build Capacity within Health Authorities





# HCBD CLASP II Objectives: Theme 2

## Building on Lessons Learned & Addressing Challenges from Phase I

- ❖ One directed at Community Engagement re: active transportation – Toronto
- ❖ Two directed at stimulating innovative street designs that support active transportation – CITE & NCCHPP
- ❖ Two directed at the data needed to support transportation planning decisions – Montreal & BC

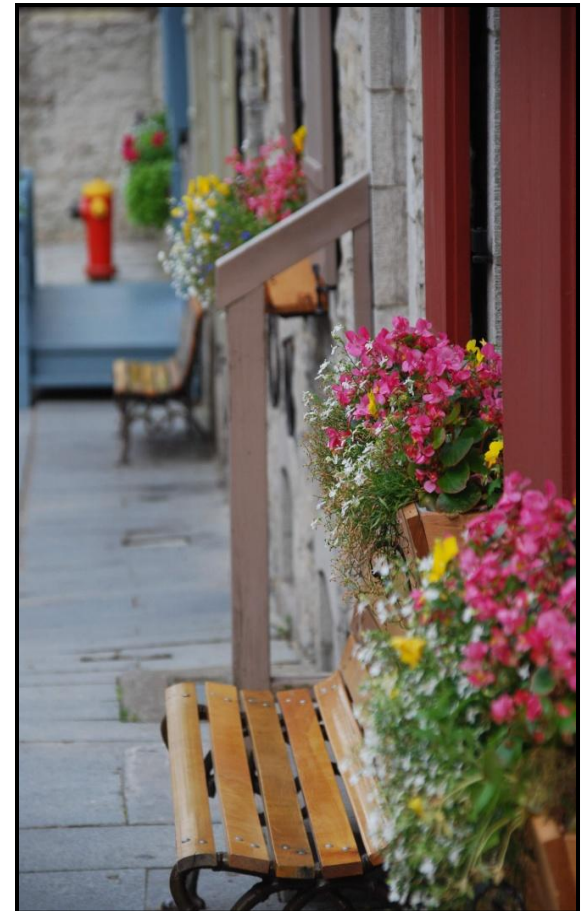


## Peer to Peer Mentorship

- ❖ Strategic & technical advice from CLASP staff & peers
- ❖ Supported by consultant, Dr. Karen Lee, Built Environment Advisor, NYC
- ❖ Peer to Peer Sessions

## Community of Practice (CofP)

- ❖ Cultivate relationships across partners & disciplines
- ❖ Convene CLASP-wide teleconferences with guest speakers
- ❖ Convene Face to Face Meeting





## Webinar Series for Broader Sectors

- ❑ Showcase HCBd CLASP II Projects to planners, public health, health & transportation professionals across the country in 2014
- ❑ Share interventions employed, challenges encountered & lessons learned

## Use Social Media to Share

- ❑ Hub Website to share resources & information
- ❑ Use Blogs & twitter to communicate with broader network



- ❑ **CITE** – Producing a report on case studies – Innovative Street Design
- ❑ **CIP** – Establishing a Student Award Program to encourage collaboration between public health & planning students at University
- ❑ **SFU & UofM** – Producing reports on ways of bringing health considerations into transportation planning processes
- ❑ **Case study reports** on all of the six health authority projects





## Contact Information

Kim Perrotta, Knowledge Translation & Communications

[kperrotta@hsf.ca](mailto:kperrotta@hsf.ca) 905-627-2157

Gene Chin, Project Manager [gchin@hsf.ca](mailto:gchin@hsf.ca) 604-685-7036

<http://hcbd-clasp.com/>

[Twitter@hcbdclasp](https://twitter.com/hcbdclasp)

