



Healthy Canada by Design CLASP II

Active Transportation in Rural Communities

Presentation for New Brunswick

Kim Perrotta, Knowledge Translation & Communications, HCBD CLASP

February 2014



Partners – HCBD CLASP I (2009-2012)



Four National Organizations

- ❖ Heart & Stroke Foundation
- ❖ 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 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.



HEALTHY CANADA
by design



HCBD CLASP I - Lessons Learned

- ❖ Health authorities & Planners **can affect change in policies** re: community design when they collaborate
- ❖ Collaboration is needed to overcome **barriers**
- ❖ Need to bring **transportation** professionals into the process
- ❖ Need more **knowledge translation** to help implement the policies and programs in other jurisdictions



Aspirations – HCBD CLASP II (2012-2014)

- ❖ Work to affect policy change re: community design in **new jurisdictions** & provinces
- ❖ Pilot effective approaches for policy changes in **rural contexts**
- ❖ Address **challenges** identified in HCBD CLASP I re: data limitations & road design
- ❖ Bring **transportation** professionals into the process
- ❖ Deepen **knowledge translation** to increase efficacy



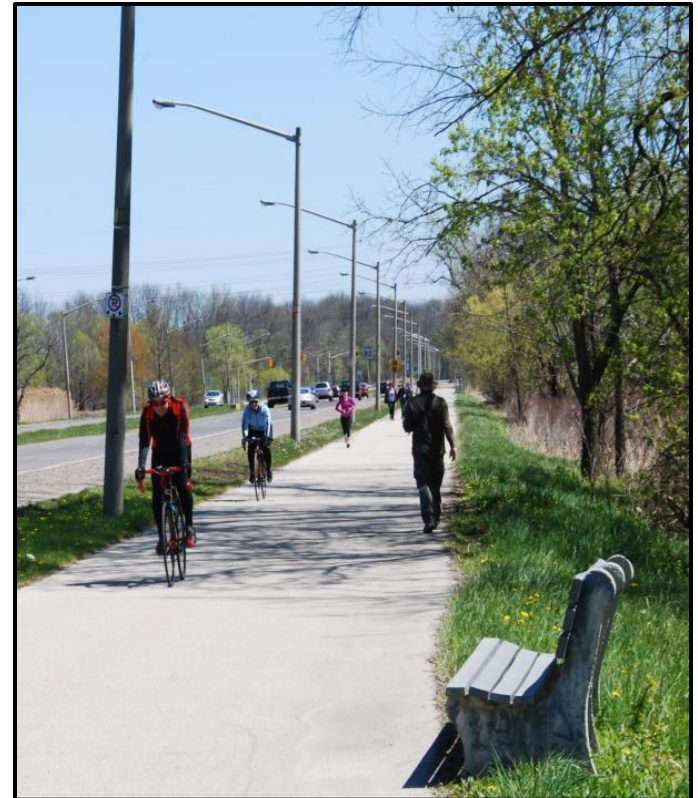
New Partners – HCBD CLASP II

National Partner

- ❖ Canadian Institute of Transportation Engineers

Health Authorities

- ❖ 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



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., 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.](#)*

Public Health Interest in the Built Environment

Improve Mental Health & Reduce Health Inequities

- ❑ Increase social cohesion *
- ❑ Increase access to public spaces & green spaces *
- ❑ Improve safety of neighbourhoods & streets *
- ❑ Increase access to healthy foods *
- ❑ Reduce Risk of heat-related impacts **

* *Maller et al, 2010; Grind & Patil, 2009; Abraham et al., 2010; Williams & Pocock, 2012; Bodor et al., 2008; as cited by [Kent, Thompson & Jaludin. Healthy Built Environments: A review of the Literature. 2011.](#)*

** *[Toronto Public Health. Protecting Vulnerable People from Health Impacts of Extreme Heat. 2011.](#)*



Interventions in Rural Areas & Small Urban Area

Supporting Active Transportation across Highways

- ❑ Ensuring that highways do not prevent access across communities by pedestrians & cyclists
- ❑ e.g. Culvert in Cloverleaf in Sudbury when highway was twinned

Photos: Burgess Hawkins, Sudbury and District Health Unit; provided to [K. Perrotta for Public Health and Land Use Planning. 2011.](#)



Interventions in Rural Areas & Small Urban Area

Supporting Active Transportation along Highways

- ❑ Providing paved shoulders on secondary highways to connect communities
- ❑ e.g. MTO agreed to provide paved shoulders on Manitoulin Island in Ontario



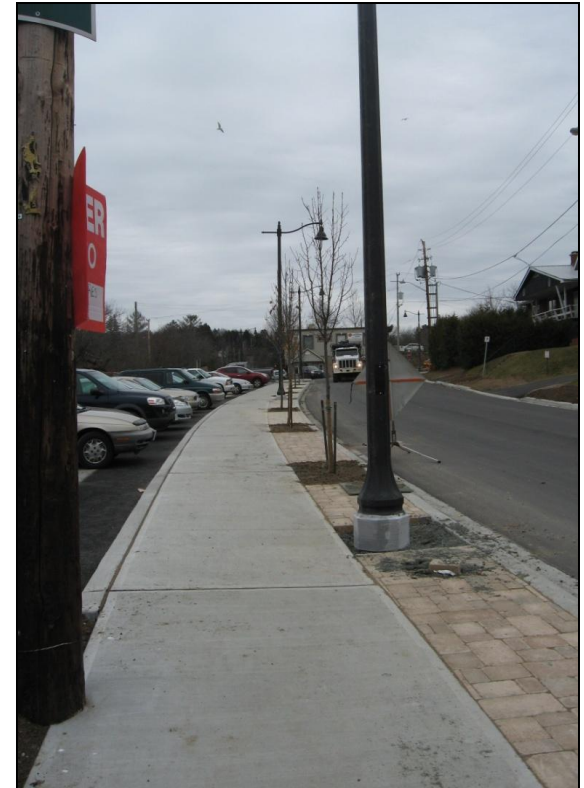
Photos: K. Perrotta & Sue Shikaze; as cited by [Perrotta, Public Health and Land Use Planning. 2011](#)

Interventions in Rural Areas & Small Urban Areas

Providing Pedestrian Infrastructure to Encourage Walking in Small Towns

Example:

Re-designed street in Village of Haliburton, based on Streetscape Plan



*Photos: Sue Shikaze, HKPR;
cited in [Perrotta, Public Health
and Land Use Planning. 2011.](#)*

Interventions in Rural Areas & Small Urban Areas

Ensuring Connectivity of Infrastructure towns to Support Walking & Cycling

Examples:
Pedestrian culvert &
stairway in Owen
Sound



Photos: K. Perrotta

Interventions in Rural Areas & Small Urban Areas

Using urban design to encourage walking

- ❑ Pedestrian-scale development
- ❑ Providing pedestrian furniture to support pedestrians
- ❑ Provide flowers for aesthetics
- ❑ Provide trees for shade
- ❑ Provide bike racks

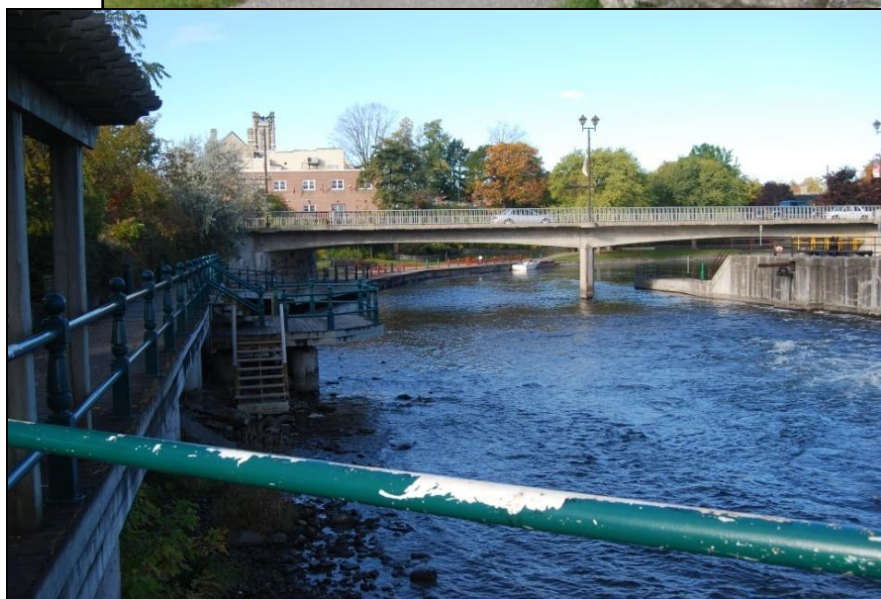
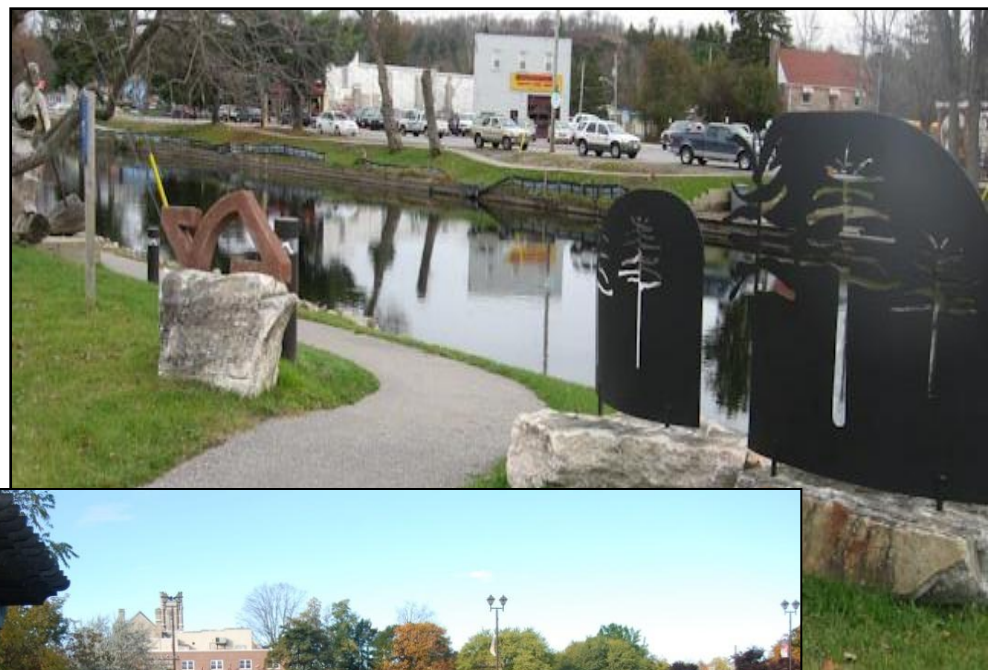


Photos: K. Perrotta

Interventions in Rural Areas & Small Urban Areas

Provide parks, recreation centres & walking trails in community hubs

- ❑ Use water for trails & parks
- ❑ Provide signage to increase awareness & motivation
- ❑ Provide benches & shade to encourage use
- ❑ E.g. Haliburton, Kawartha Lakes



*Photos: Sue Shikaze, HKPR, & K. Perrotta;
used in [Perrotta, Public Health and Land
Use Planning, 2011](#)*

Strategies Employed in Rural Areas

Official Plan Policies

- ❑ Support development patterns that support active transportation
- ❑ Support provision of pedestrian & cycling infrastructure, furniture & signage
- ❑ Support provision of parks, trails & recreation centres
- ❑ Support the preservation & productivity of farmland
- ❑ Review of wells & sewage to protect water supplies

Photos: K. Perrotta



Strategies Employed in Rural Areas

Public Health & Community groups collaborating to:

- ❑ Develop Active Transportation, Cycling & Streetscape Plans with grants
- ❑ Review of Official Plans, Site plans & subdivision plans
- ❑ Review Environmental Assessments
- ❑ Organize community events that promote physical activity
- ❑ Organize campaigns to promote walking & cycling



"I want to be part of a healthy community where vehicles and cyclists share the road."

I'm going to speak up for a healthier community..."

Photos: Healthy Living Niagara & Grey Bruce Health Unit; as used in [Perrotta, Public Health and Land Use Planning, 2011.](#)



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