



# **Healthy Canada by Design CLASP II**

## **Active Transportation in Rural Communities**

**Presentation for New Brunswick**

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# Partners – HCBD CLASP I (2009-2012)

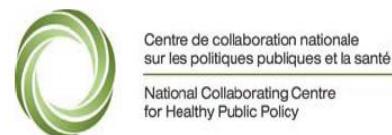


## Four National Organizations

- ❖ 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



## Six Health Authorities

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

# 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.



# 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

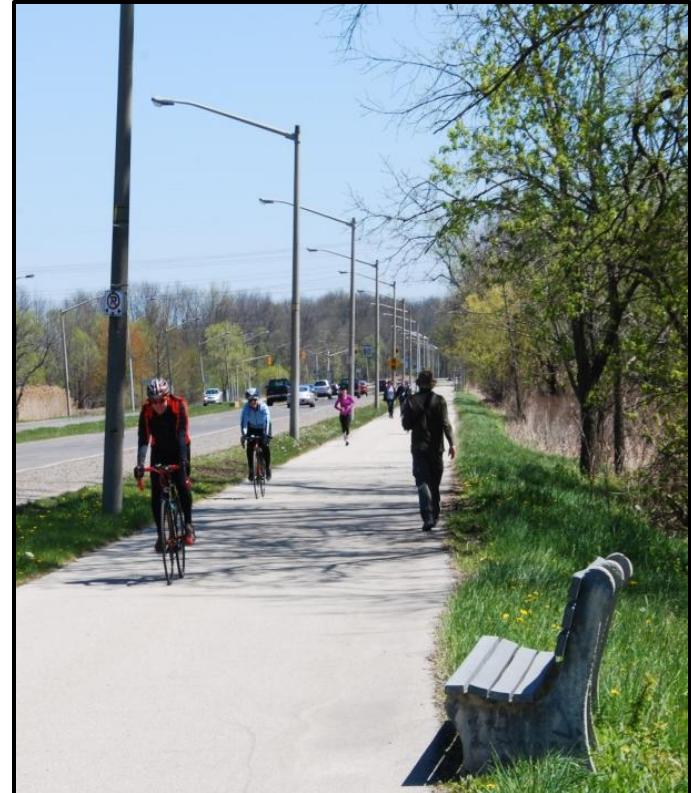


## National Partner

- ❖ 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.](#)*

# 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., 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 Health. 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](#)*

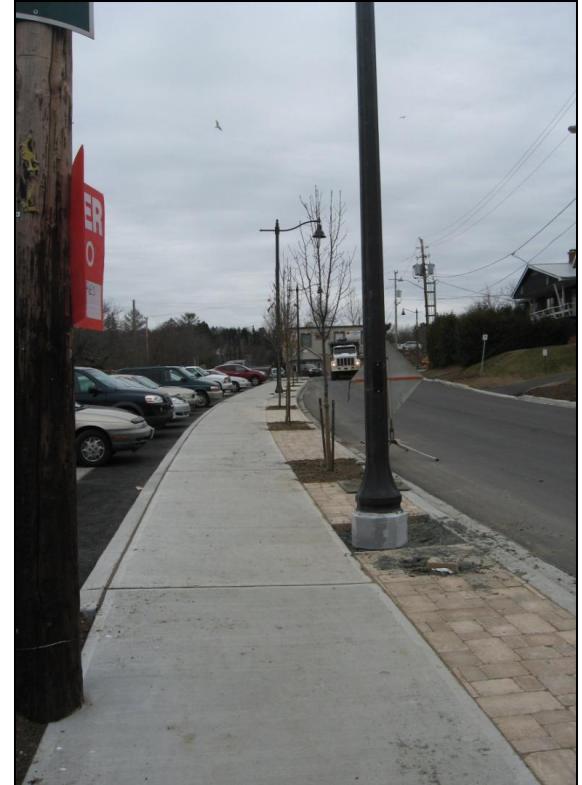
# Interventions in Rural Areas & Small Urban Areas



## 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



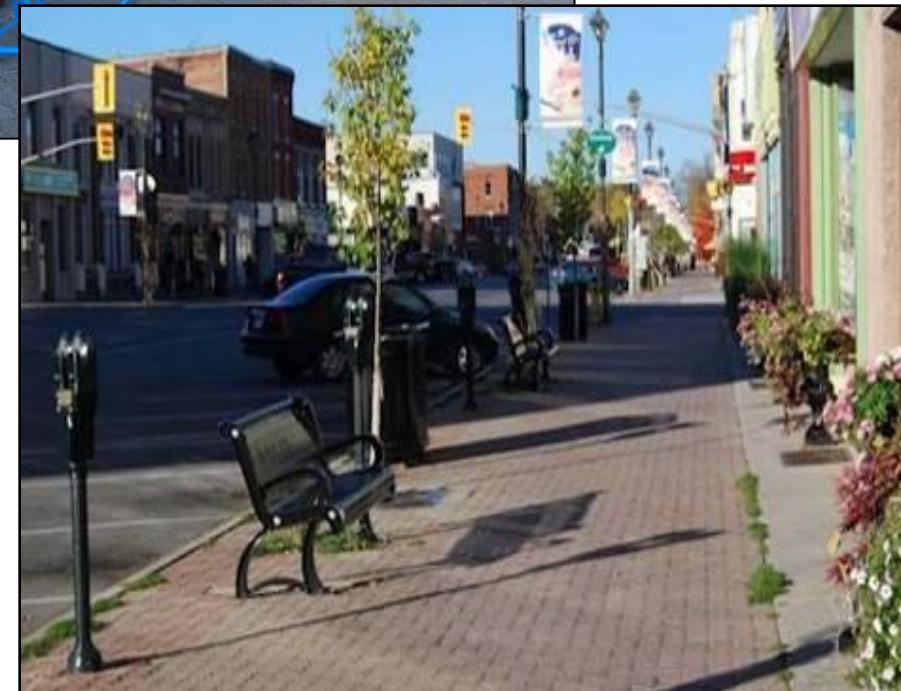
*Photos: K. Perrotta*

# 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.](#)*



## Contact Information

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