



Incubating Active Transportation & Healthy Urban Design – In Winnipeg, Ottawa & Halifax

June 17, 2014 - 1:00 – 2:30 pm Eastern Time

Advisors on Tap:

Sarah Prowse, Physical Activity Promotion Coordinator, Winnipeg Regional Health Authority.
Andrew Ross, Planner, Urban Planning Divisions, City of Winnipeg
Inge Roosendaal, Professional Planner & Program Development Officer, Ottawa Public Health
Ali Shaver, Planning Facilitator, Capital Health
David MacIsaac, Transportation Demand Management Program Supervisor, Halifax RM Municipality.

Moderators:

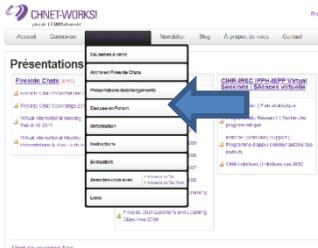
Dot Bonnenfant, CHNET-Works! *Animateur/Animatrice*
Kim Perrotta, HCBD Knowledge Translation & Communications, Heart & Stroke Foundation



www.chnet-works.ca

Population Health Improvement Research Network
University of Ottawa

Housekeeping : how a fireside chat works...



Step #1 : *Backup PowerPoint Presentation*

▪ www.chnet-works.ca

Step #2 : Teleconference

All Audio by telephone

- If your line is ‘bad’ – hang up and call back in
- Participant lines muted
- Recording announcement



Step #3: The Internet Conference (*via 'ADOBE CONNECT'*)

From our computer to yours

No audio via internet



A transmission delay of 1-2 seconds is normal

Difficulties? Firewalls - slow reception, disconnection :

Use the Backup PowerPoint Presentation (Instruction Step #1)

For assistance: animateur@chnet-works.ca

Healthy Canada by Design CLASP Initiative

Moderator:

Kim Perrotta

HCBD Knowledge Translation &
Communications Lead
Heart & Stroke Foundation

Lead Agency:

Heart and Stroke Foundation

Funder:

Canadian Partnership Against Cancer
*Coalitions Linking Action and Science
for Prevention (CLASP) Program*



Healthy Canada by Design CLASP Initiative

5 National Organizations:

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



11 Health Authorities from 7 Provinces:

- ❖ British Columbia & Ontario & Quebec
- ❖ Saskatchewan & Manitoba
- ❖ Newfoundland, New Brunswick & Nova Scotia



Several Academic Institutions:

- ❖ Simon Fraser University
- ❖ University of Montreal
- ❖ Dalhousie University
- ❖ Memorial University



2 Non-Government Organizations:

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

Healthy Canada by Design

Vision:

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.



Advisors on Tap



Sarah Prowse is a **Physical Activity Promotion Coordinator** with Population Public Health at the **Winnipeg Regional Health Authority**. She has experience in individual, community and population level health interventions.



Andrew Ross is a **Planner** in both long range and development planning in the **City of Winnipeg's Urban Planning Division**. Andrew has experience in planning for new communities, citywide policy and by-law development, strategic planning and development proposals.

Advisors on Tap



Inge Roosendaal is a registered professional planner with a Masters in Urban and Regional Planning. With over 10 years experience working in public health, she is currently a Program Development Officer at **Ottawa Public Health** where she is working on the built environment and health, as well as other strategic initiatives.



Ali Shaver is the **Planning Facilitator** with **Capital Health** in Halifax where she is developing relationships with Halifax Regional Municipality and collaborating on a number of healthy built environment policies and initiatives. Prior to joining Capital Health, Ali worked as a Community Planner with the Cities & Environment Unit at Dalhousie University.



David MacIsaac is the **Transportation Demand Management** Program Supervisor at **Halifax Regional Municipality**. Before joining Halifax, David worked for 10 years with Transport Canada as the Manager of Urban Transportation Programs. He has a Bachelor of Arts in Political Science and a Master's degree in Environmental Studies.

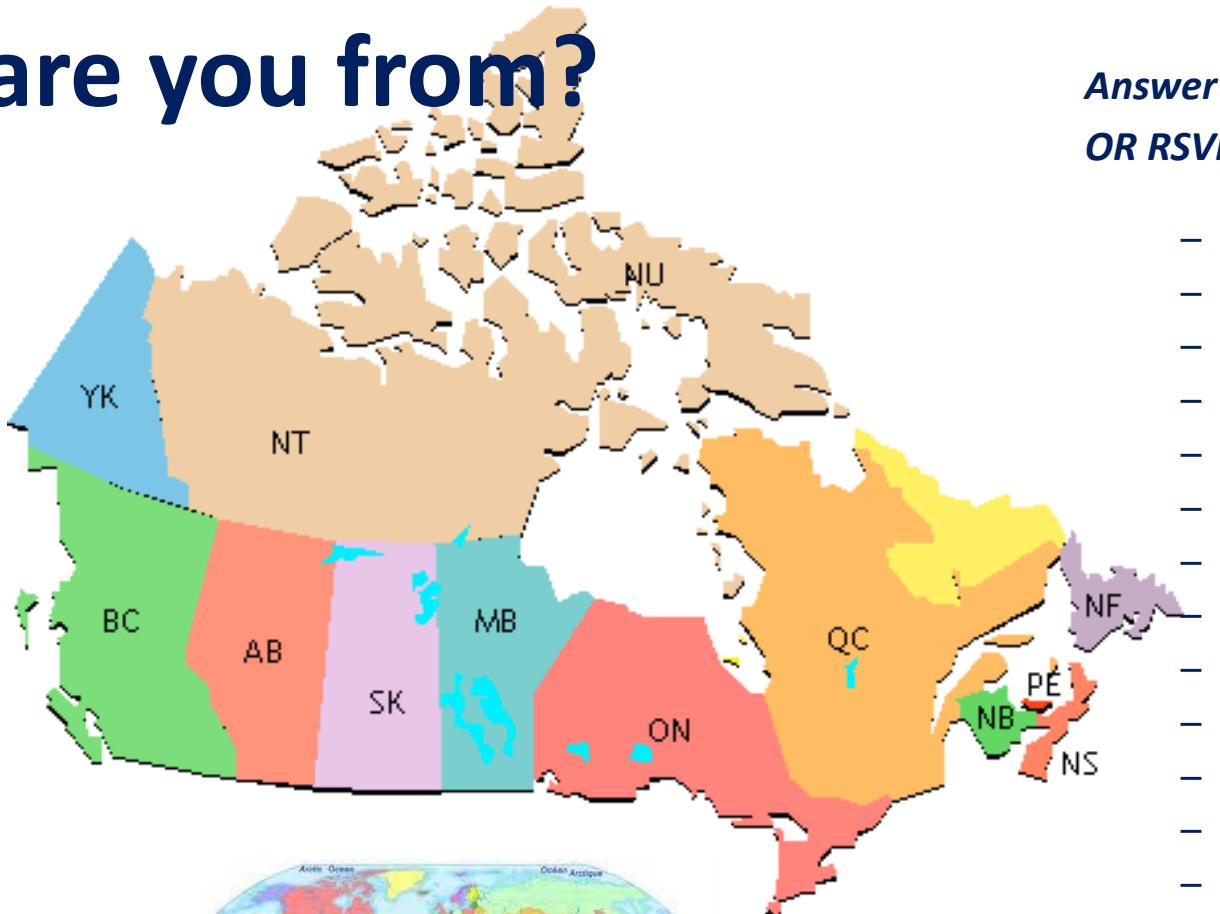
What is your role?

✓ Use the Adobe Connect Poll to enter your response!

Or... RSVP to the access instructions email

- **Public Health Professional**
- **Planning Professional**
- **Transportation Professional**
- **Non-Governmental Organization Staff or Volunteer**
- **Community Organization Staff or Volunteer**
- **Academic Researcher**
- **Other**

What province/territory are you from?



*Answer via Adobe Connect : Poll
OR RSVP to access instruction email*

- BC
- AB
- SK
- MB
- ON
- QC
- NB
- NS
- PEI
- NL
- YK
- NWT
- NU
- Other



Collaborating to Foster Active Transportation in Urban Settings: Winnipeg's story

Sarah Prowse

Winnipeg Regional Health Authority (Physical Activity Promotion Team)

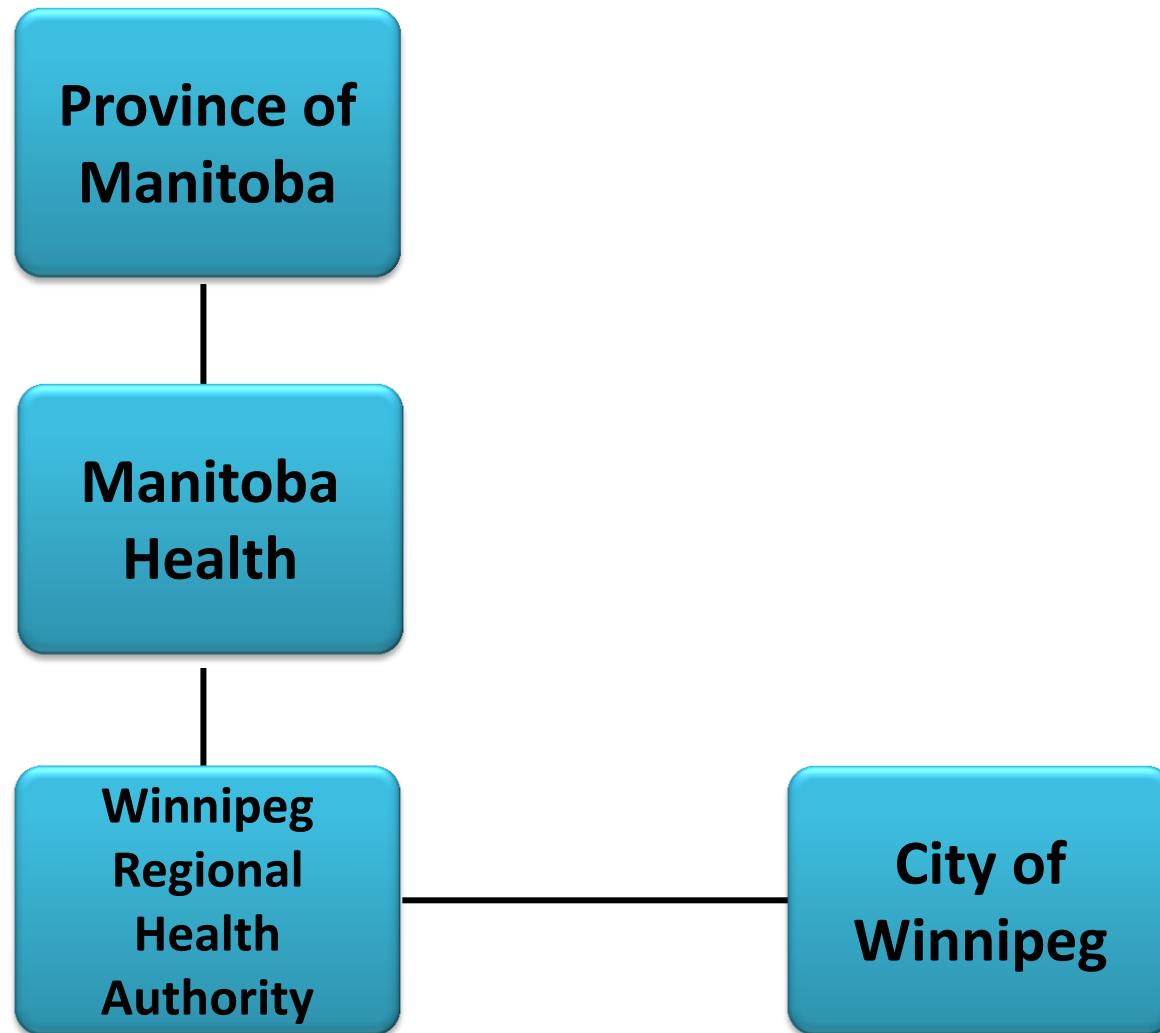
Andrew Ross

City of Winnipeg (Planning, Property and Development Department)

June 17, 2014

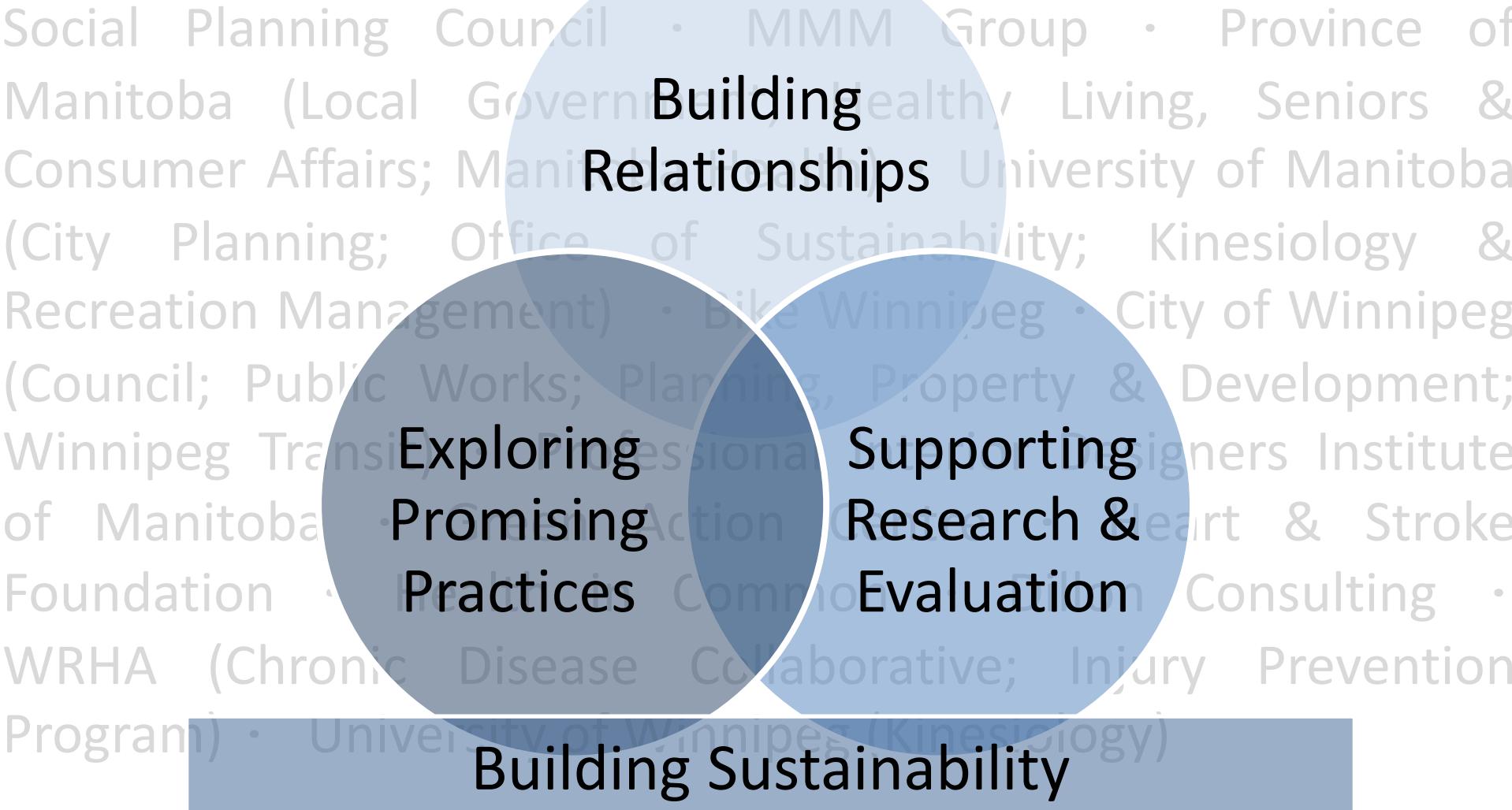
Context

Organizational Relationships



Context

Winnipeg Approach



Context

Winnipeg Action Plan Outcomes

Short-term Outcome (1 year CLASP initiative)

Increased awareness and understanding across local organizations, professionals and stakeholders about the link between health and the built environment is achieved. Local collaboration opportunities related to maximizing health impacts of the local built environment have been identified.

Medium-term Outcome (2-3 years)

Promising practices and tools that support healthy built environments are explored, and associated collaborative working groups become increasingly stable and common.

Long-term Outcome (beyond)

Local decisions that impact the built environment include community health as standard practice. Tools and practices that support such decision making have been institutionalized within organizational structures and practices.

Context

Project Overview

Applying a Health Lens to Public Facility Design



Healthy & Active Communities Data Collaborative



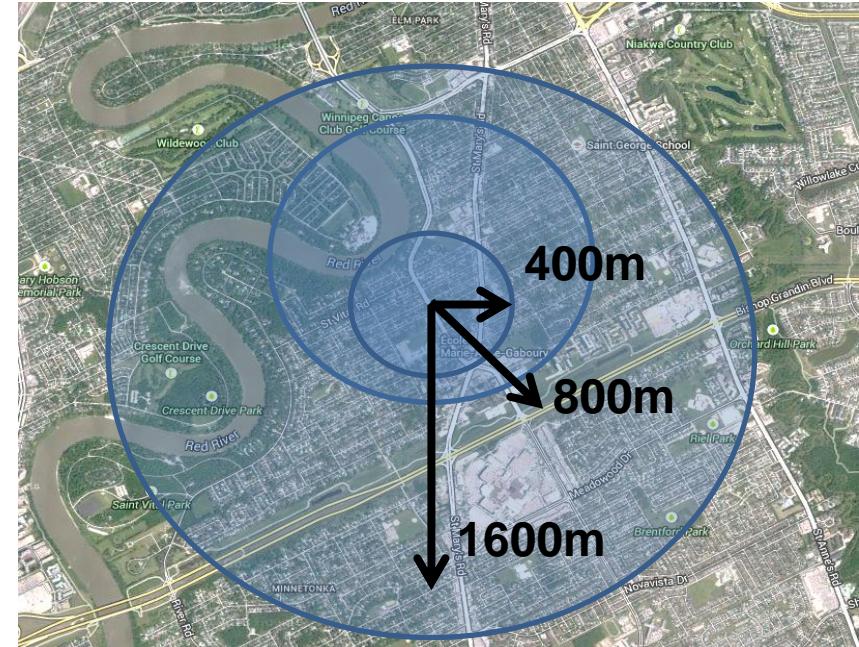
Context

Project Overview

Synopsis of Winnipeg Workplace Transportation Demand Management Strategies



Impact of School Site Selection on Active Transportation and Active Recreation



Applying a Health Lens to Public Facility Design

Issue Identification - WRHA Access River East



WRHA QuickCare Clinic



Project Outcomes:

- Establishing **collaboration mechanisms** with strategic partners
- Exploring **opportunities and challenges**
- Understanding points in public facility **decision-making processes**

Active Design Checklist for Public Facilities:

- Uses criteria
- Provides guidance for ways to design public facilities in order to promote active access



Partnerships

- Winnipeg Regional Health Authority
- City of Winnipeg
- University of Manitoba
- Reh-Fit Centre (medical fitness facility)



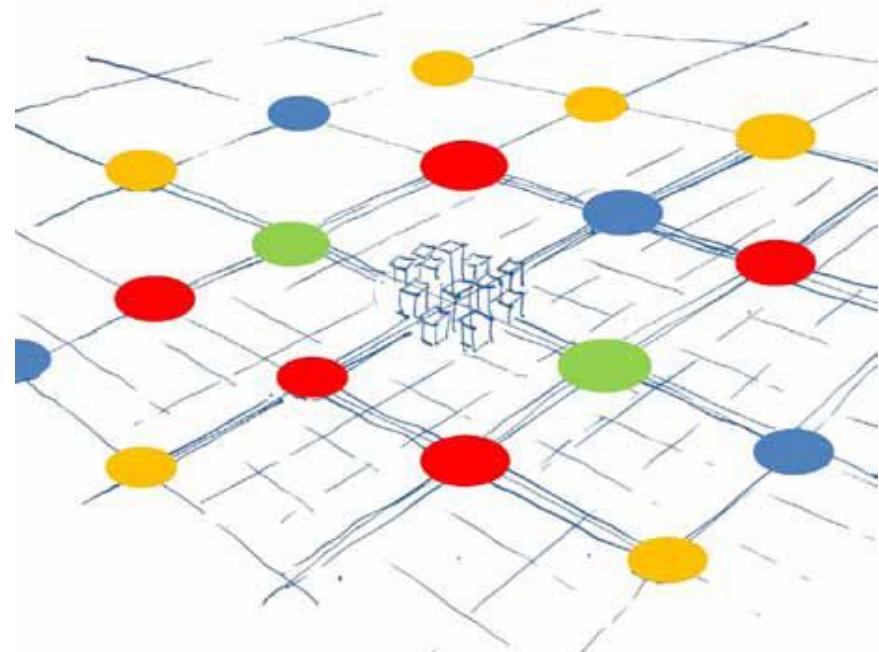
Active Design Checklist- Overview

1. Site Selection
2. Building Placement & Orientation
3. Site Design
4. Pedestrian Access & Amenities
5. Bicycle Access & Amenities
6. Building Design & Context

1. Site Selection

Location is important to ensure easy access to the facility and its services for all users

- ✓ Mixed use center/ corridor & building
- ✓ Close to pedestrian and AT routes
- ✓ Maintain or preserve land uses that contribute to physical activity



2. Building Placement & Orientation

Buildings that face the street support direct and easy access for all users

- ✓ Close to street yet set far back enough to allow for pedestrian activities
- ✓ Entrances located at or close to the sidewalk and no more than 400 m from a transit stop
- ✓ Pedestrian routes from entrance to sidewalk

3. Site Design

Directly impacts on the ability of staff and users to access the facility through active means

- ✓ Minimize points of conflict between vehicles and pedestrians/cyclists
- ✓ Off street parking is located away from the street (e.g. behind buildings)
- ✓ Small parking lots with traffic calming
- ✓ Preferential parking for accessibility, car pool/share and bike parking



4. Pedestrian Access & Amenities

Provision of universally accessible, safe, direct, continuous and clearly defined pedestrian routes

- ✓ Universally accessible pedestrian routes and entrances
- ✓ Properly signed crossings (texture, appearance)
- ✓ Lighting, weather protection, benches
- ✓ Landscaped

5. Bicycle Access & Amenities

Provision of safe, direct, continuous and clearly defined cycling routes and amenities

- ✓ Connection to AT network and/or public streets
- ✓ Well lit, sheltered bicycle parking at entrance
- ✓ Lockers, showers, change rooms



6. Building Design and Context

Design of a street-oriented facility that supports multiple modes of transportation

- ✓ Consistent with the form and character of the local context
- ✓ Situated in an existing building with a traditional storefront orientation
- ✓ High degree of transparency (windows and entrances) visible from public sidewalk

Key Informant Interviews

1. Current processes and tools used for new builds?
2. Active Design Checklist
 - Utility of the checklist?
 - Criteria that were easy/a challenge to consider or incorporate?
 - Criteria that prompted you to plan your facility differently?
3. Opportunities for integrating the checklist criteria into existing processes and tools?

Preliminary Findings:

Opportunities

- Apply select criteria at:
 - RFP stage
 - Selection stage
- Policy development, audits, prioritization of capital improvements
- Stand alone tool for planners

Preliminary Findings:

Opportunities

- Internal champions
- Checklist can increase understanding of active design concepts and their importance
- Illustrations in checklist could be helpful
- Expansion of checklist- *building interior*
- Parking stall expense is an opportunity!

Preliminary Findings:

Challenges

- Difficult to adjust well established tools and processes
- Timing is important
- Some criteria are already incorporated; others will be a challenge
- Bureaucratic realities (e.g. funding delays)

Contact Information:

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Healthy Ottawa by Design

Inge Roosendaal
Program Development Officer
Ottawa Public Health
June 17, 2014

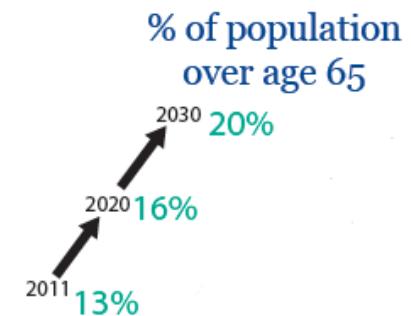
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Ottawa's Population



- Ottawa is growing, aging and becoming increasingly diverse

Ottawa's population



Health in Ottawa

Physical Activity

- 19% of students walk or bike to school
- 10% of people walk or cycle to work

Overweight & Obesity

- 47% adults
- 23% middle and high school students



Context



Ottawa's Growth:

- Intensification, containment of urban boundaries
- Infrastructure to support alternative transportation modes and transit
- Policy language around complete communities and complete streets

Ottawa Public Health:

- Independent Board of Health
- OPH Healthy Eating, Active Living Strategy
 - Including school-based active transportation strategy



Healthy Eating Active Living
Saine alimentation et vie active

Framework for Health and the Built Environment

Built Environment Elements *

Density
Service Proximity
Land-Use Mix
Street Connectivity
Road Network & Sidewalk Characteristics
Parking
Aesthetics & Human Scale

Health Implications

- Encouraging healthy habits including physical activity and healthy eating
- Promoting safety and reducing injuries
- Improving local air and water quality
- Reducing health inequities and promoting social cohesion

Public Health Roles

- Disseminate current research and innovative approaches
- Provide health evidence, data and indicators
- Promote partnerships and collaboration
- Integrate health perspectives into built environment decision-making

Build healthy public policy

Strengthen community awareness and engagement

Create Supportive Environments

Board of Health Report on Health and the Built Environment:

January 2013



REPORT RECOMMENDATIONS

That the Board of Health for the City of Ottawa Health Unit approve:

1. Ottawa Public Health's Framework for Health and the Built Environment as outlined in this report
2. That Ottawa Public Health staff continue working with municipal partners, including the City of Ottawa Planning and Growth Management and Public Works departments to:
 - a. Support the development of health-promoting, complete communities;
 - b. Identify opportunities to integrate health perspectives in planning policies, reports, and decision-making processes; and
 - c. Enhance the health perspective in the review of the Official Plan, Transportation Master Plan, Ottawa Pedestrian Plan and Ottawa Cycling Plan.

<http://ottawa.ca/calendar/ottawa/citycouncil/obh/2013/01-21/Report%20F%20-%20Health%20and%20the%20Built%20Environment.pdf>

Building Capacity



- Building OPH staff capacity through presentations, mentoring, learn-by-doing.
- Branding OPH as a relevant stakeholder in the built environment
- Developing relationships with staff, including Planning & Growth Management and Public Works



Taking Advantage of Policy Windows: The Big Plans

■ City of Ottawa Official Plan

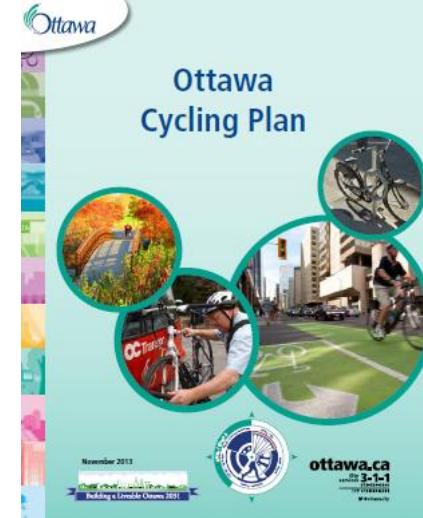
- Participated in the launch of the OP review through a public presentation on the health impacts of place
- Provided public health perspectives, including statements that describe the health significance of the built environment



Taking Advantage of Policy Windows: The Big Plans

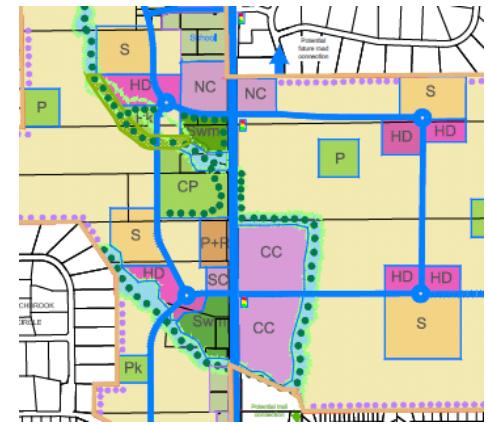
■ Transportation Master Plan, Cycling Plan and Pedestrian Plan

- Contributed chapter content
- Applied the WHO Health Economic Assessment Tool
- Supported the new Complete Streets policy



The Application of the Big Plans

- OPH is participating in City Technical Advisory Committees for:
 - Community Design Plans
 - Subdivision Design Guidelines
- OPH draws on the public health evidence-base to frame feedback



Lessons Learned

- Building relationships between the sectors is critical for moving forward
- Continue identifying opportunities to support the City and promote healthy urban design
- Use learnings to contribute to the evolution of this new field
- Continue to build internal capacity



Thank you!

- Any questions, feel free to contact me:

inge.roosendaal@ottawa.ca

