The Heart & Stroke Foundation’s Healthy Canada by Design CLASP

Alice Miro
Project Manager, CLASP Initiative
Heart and Stroke Foundation
FCM SC Conference
Ottawa, February 10, 2012
History of HSF work in this field

2005:

- Obesity Policy Statement and Action Plan – Healthy Community Design Position Statement
- National Think Tank on the built environment and obesity
- February report card on heart health focused on built environment
- Excellence in healthy community planning Award with Ontario Professional Planners Institute
History of HSF work in this field

2007-2011:
Funded 12 built environment & health research projects in regions across Canada
History of HSF work in this field

2009-2012: Led the Healthy Canada by Design CLASP initiative
Together, we are:

1. **Piloting and evaluating** different approaches to translating the latest research into the needed **tools**, **policies** and **processes** to support policy-makers and practitioners in creating healthier built environments.

2. **Exchanging** knowledge and lessons learned, and seeking out opportunities to adapt practices from one city or region to another.

3. **Cultivating** the building of a cross-sectoral community of practice.
Healthy Canada by Design CLASP
— tool development

-- A framework to integrate health impact studies into the development application review process (Peel);

-- A software tool to evaluate the extent to which proposed developments either promote or hinder public health (Toronto);

-- An analysis of consumer demand for more walkable residential developments (Greater Toronto and Greater Vancouver);

-- Summaries of the latest Canadian research on health and the built environment (Regions across Canada);

-- Results of the evaluation of grassroots initiatives to promote green, more walkable neighbourhoods (Montreal);

-- A training & technical assistance program to support Health Authorities in promoting healthy built environments (Vancouver Victoria).

-- A workshop kit to facilitate stakeholder engagement around built environment issues in communities across the country;

...And, more!
How many of you have come across challenges with residents’ perception and understanding of your proposed land use and transportation development plans or projects?
Before our CLASP initiative...

- Development of the Heart and Stroke Foundation’s Built Environment Toolkit.

Available for free download:

www.heartandstroke.ca/healthycommunities
Toolkit Objectives:

1. To provide tools to educate and mobilize champions across Canada and help them promote the building of active, healthy communities.

2. To engage community members, planners and other stakeholders, and put this issue on the agenda in Canadian communities.

3. To be an information and action resource on planning healthy communities for Canadians.
Overview of Content:

→ how community design affects heart health

→ “what works” in active, healthy community design

→ local planning processes and opportunities for community input

→ Canadian communities that are implementing active, healthy design

→ what the Heart and Stroke Foundation is doing to support active, healthy design

→ tips and tools for taking action to encourage active, healthy design in your own community

Neighbourhood Checklist!
Overview of the Walkability Checklist

2) Neighbourhood active, healthy design checklist.

"Active, healthy community design means making local environments supportive of walking, cycling and other aspects of active living. This includes things like locating homes within walking distance of workplaces, shops and schools, providing efficient and well-maintained walking and cycling routes, ensuring access to recreational facilities, parks and trails and making sure children have safe routes to school and good outdoor play areas.

Go for a walk with this checklist to see how well your neighbourhood supports active, healthy living. Take notes along the way to document any problems with getting around without a car and being active in your neighbourhood. You can also take pictures if you have a camera. When you’re finished, add up the ratings for each section to get your neighbourhood's active, healthy design score.

Walking route
(Where did you walk (i.e., starting point, end point, streets taken)?)

Connectivity
Check off all that apply, then fill in the overall connectivity rating.

- Streets in your neighbourhood have a “grid pattern” with short blocks that make routes more direct.
- Cul-de-sacs and other more circular streets are linked by pedestrian walkways ("connectors”).
- Bike paths and lanes connect the neighbourhood with key destinations, and bike paths and lanes are well marked.
- Bike racks are available.
- Public transit service connects the neighbourhood with key destinations, and stops are within easy walking distance of homes.
- Transit service is frequent.
- Bus shelters are provided at stops.

Notes:

Connectivity rating (please select one)

1 2 3

- Poor
- Good
- Excellent

*Adapted from the WHO “How walkable is your community?” checklist.*
Through the CLASP initiative...

- Development of the Built Environment Toolkit’s Workshop

Available for free download:

www.heartandstroke.ca/healthycommunities
Workshop Objectives:

To assist the Heart and Stroke Foundation and community champions to:

1. Build awareness of the links between community design, physical activity & health

2. Introduce the Heart and Stroke Foundation’s *Shaping Active, Healthy Communities Toolkit*

3. Show how people can shape and influence their community’s design to support more active, healthier living.
Success Stories

Parry Sound, Ontario
Success Stories…

County of Lanark, Ontario

Making Carleton Place a more walkable community

CARLETON PLACE – A local graduate student is urging Carleton Place town council to stand up to developers and tell them that they can build, but only if it makes the town a more walkable community.

“Carleton Place is at time when people want to move here, they want to build here,” said Kerry Hamilton, after a special meeting of town council July 7. “You’re in a prime time to say, ‘No, we want it this way’. You can take a step back and not say yes to everything.”

Hamilton, a lifelong Carleton Place resident, pointed out that a proposed Wal-Mart in Cobourg, Ont., was delayed until the proposals were changed to make the new development more pedestrian friendly and green.

Hamilton is a graduate student at Queen’s University in Kingston, and is an MSc. candidate pursuing studies in health promotion and the “built environment.”

She did commend council for encouraging paths along the side of McNeely Avenue as a way to keep people moving and active, and to offer an alternative to the car to get up and down the street.

“Hamilton’s speech was to highlight how an area’s built environment could impact – positively and the health of the people in that area. If a child has no place to exercise, then they will not exercise, for

has done a lot with their new developments, so I commend them for that,” said Hamilton.

of Hamilton’s speech was to highlight how an area’s built environment could impact – positively and the health of the people in that area. If a child has no place to exercise, then they will not exercise, for

sex building a lot of parking lots instead of pedestrian walks,” said Hamilton. “We’ve been building a lot of roadways, but not a lot of walkways. … We’re promoting physical activity but not a physical environment.”
Success Stories…

Nova Scotia

• Building on signature walking program – Heart&Stroke Walkabout

“We were able to generate momentum leading to the proclamation of June as Active Transportation Month by the Nova Scotia Government. In addition, Walkabout and its partners were provided with funding to support local active transportation events and awareness campaigns throughout June.”

Christina MacLeod
Policy and Government Relations Coordinator

• NS Government will be passing the “one-metre rule for cyclists.”
First of its kind in Canada.
Vancouver Coastal Health and Heart and Stroke Foundation’s “Shaping Active, Healthy Communities” Dinner & Walkabout!
With advice from local community planners, organized dinner and walkabout event at Lynn Valley Town Centre– October 25, 2011

Invited Heart and Stroke Foundation volunteers, Canadian Cancer Society volunteers, neighbourhood residents, community agency stakeholders

Events’ agenda:
- Free dinner and mingling
- Brief introduction by HSF, celebrating achievements to date
- Keynote address by Medical Health Officer
- Walkabout guided by local planners
- Scoring walkability of existing neighbourhood
“Shaping Active, Healthy Communities”
Dinner and Walkabout

Alice Miro (HSF) offers a take home message

Dr. Brian O’Connor (VCH) delivers keynote address

Participants appreciate Dr. O’Connor’s address

Walkabout tour group assembles - DNV leaders Tom & Christina

Walkabout tours assemble

Walkabout tour group assembles - DNV leader Phil
Outputs and outcomes

- About 90 people attended the event, including local Council members
- Council enthusiastic; wants more of these!
- Planners enthusiastic; want to do more!
- 43 local residents signed up for e-mail updates by local planners/HSF
- Participants enthusiastic!

One said, “I’ve lived in this neighbourhood 35 years and had no clue all of this great stuff was happening! I’m so proud of my community. Great event! I learned a lot and didn’t feel preached at. I look forward to future involvement opportunities.”
Production of this presentation has been made possible through a financial contribution from Health Canada, through the Canadian Partnership Against Cancer.

The views expressed in this presentation represent the views of Healthy Canada by Design and do not necessarily represent the views of the project funder.
Thank you.

P.S. Sign up for our e-mail list!

amiro@hsf.ca

604-340-6828