

Health in Official Plans: A toolkit

2018 Submission to the City & County Official Plan Reviews

**Presentation to: Sustainable
Peterborough Steering
Committee**

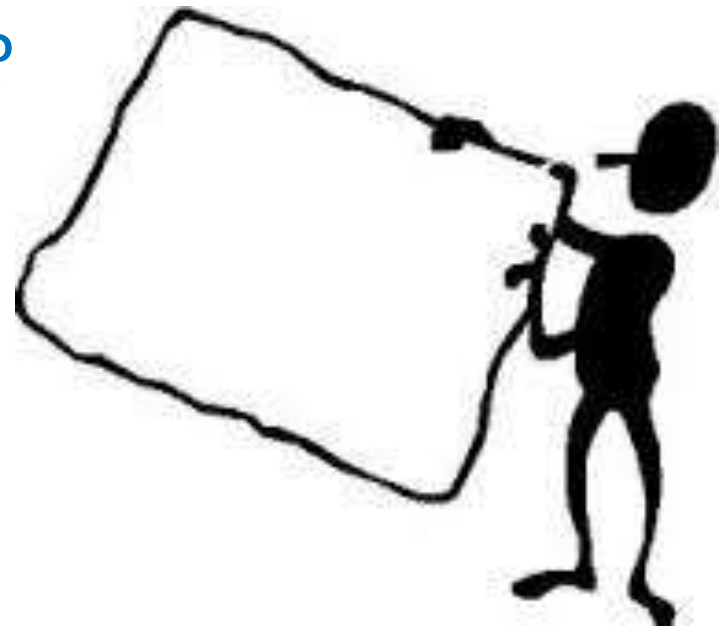
December 4, 2018

Janet Dawson, Health Promoter



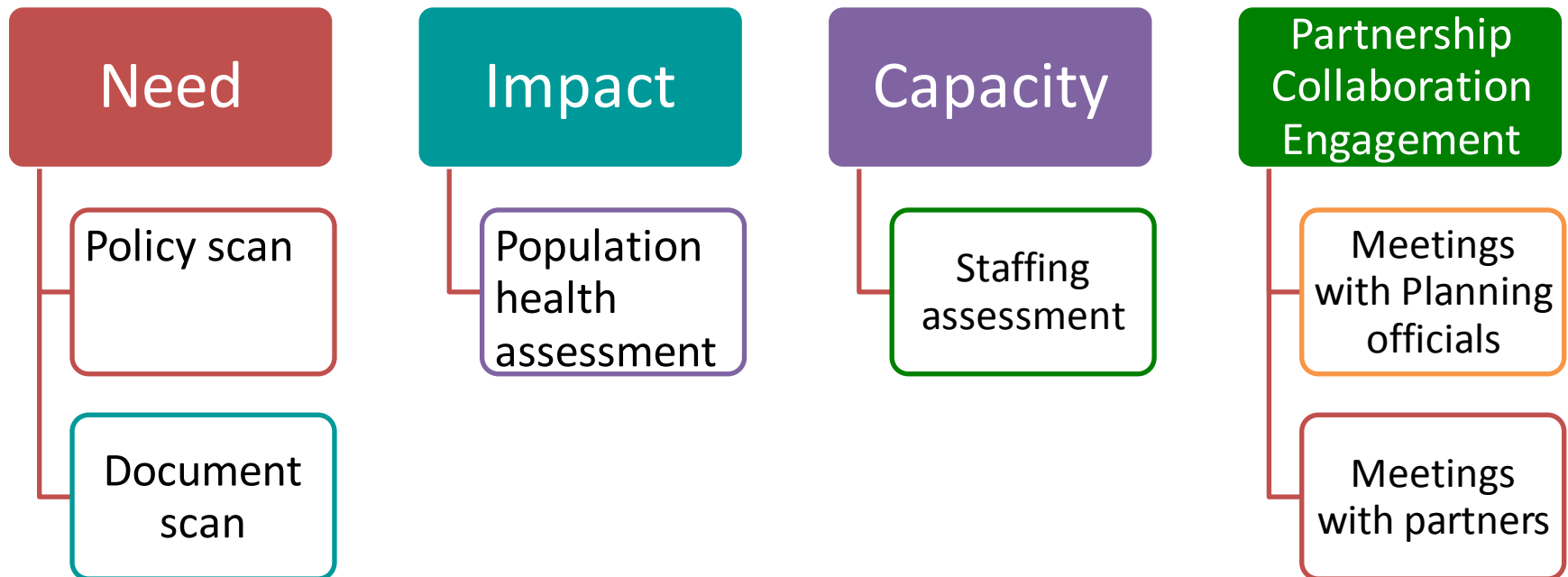
Scope of the Presentation

- Background about this project
- A detailed review of each recommendation:
 - Why does this matter?
 - How does this impact health?
 - How can this be done?
- Next steps for the project
- Take away messages



Background

Where to begin?



Background

- ***Health in Official Plans: A toolkit*** is PPH's submission to the City, County, and Townships for the Official Plan reviews.
- This submission is a requirement of the Ontario Public Health Standards.
- The report is grounded in evidence from the Healthy Built Environment Linkages document from BC.
- The report uses 5 themes to focus the recommendations.



Background

- Each recommendation contains:
 - ✓ Why does this matter in the City and/or County of Peterborough?
 - ✓ How will this impact health?
 - ✓ What can be done to implement the recommendation?
 - ✓ How does the recommendations fit with the PPS and the GPGGH?
 - ✓ Are there local policies and plans supportive of this recommendation?
 - ✓ Examples of Official Plans
 - ✓ Examples of tools to implement Official Plan policies



Healthy Community Design

Why does this matter?

- By 2041, approximately 20,200 new residents are expected to move to the County.
- Current and new residents need healthy places to live, grow, work, and play.
- For every community design feature, there is a direct and indirect impact that relates to health.
- Consistent healthy community design is needed to ensure that all neighbourhoods are equitable.

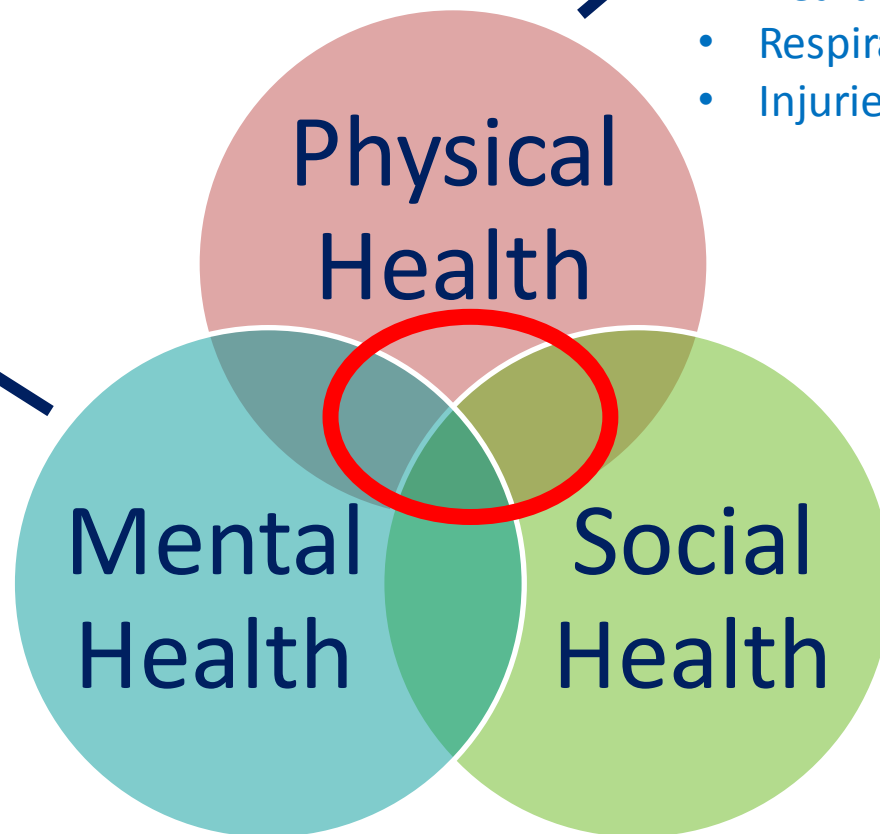




Healthy Community Design

How does this impact health?

- Level of mental health
- Mood disorders
- Anxiety disorders



- Cancer
- Cardiovascular Disease
- Heart Disease
- Respiratory Disease
- Injuries

- Sense of community belonging





Healthy Community Design

Recommendation #1

Build healthy, complete, compact, and equitable communities and settlement areas across the County of Peterborough.



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Healthy Community Design

How to do this?

- Require healthy/ sustainable development.
 - Intensification
 - Density
 - Mixed use
 - Zoning regulations to limit unhealthy options
 - Robust public engagement
- Ensure consistent application by using a healthy development checklists for all applications.



Healthy Transportation Systems

Why does this matter?

Traffic Congestion



Air Quality



Safety & Equity





Healthy Transportation Systems

How does this impact health?

- Improves physical activity levels
- Reduces injuries and deaths
- Improves social and mental health
- Improves air quality
- Improves equity
- Saves money





Healthy Transportation Systems

Recommendation #2

Enable walkability for every age and ability level in all settlement areas.

Recommendation #3

Reduce automobile dependence by creating a well-connected and safe active transportation network.

Recommendation #4

Use a Complete Streets design approach to prioritize safety for all transportation users.





Healthy Transportation Systems

How to do this?

- Follow the **Active Transportation Master Plan!**
- Strengthen the ATMP by putting supportive policy language in the OP.
- Use tools to make sure implementation happens consistently.
 - E.g., walkability audits; sidewalks, trail, bike lane policies; Complete Street design guidelines.



Healthy Housing

Why does this matter?

- Availability challenges (1% vacancy rate).
- Affordability problems for renters and owners.
- Homelessness challenges.
- Aging population with special needs.





Healthy Housing

How does this impact health?

Three key ways:

- Quality, safety, and physical state of housing.
- Stress of housing insecurity.
- Cost of housing impacts other health-supporting expenditures.





Healthy Housing

Recommendation #5

Increase access to affordable, high quality housing through the provision of diverse housing forms and tenure types.





Healthy Housing

How to do this?

- Increase the range and mix of housing types.
- Ensure high quality building design.
- Develop accessible, inclusive, and supportive housing.
- Make construction of affordable housing more financially viable, and set ambitious targets.





Healthy Housing

How to do this?

Ministry of Municipal
Affairs and Housing



Ministry of Municipal Affairs and Ministry of Housing

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You are here > [Home](#) > [Your Ministry](#) > [Housing](#) > Municipal Guide for Facilitating Affordable Housing

Municipal Guide for Facilitating Affordable Housing

[Email this page](#)

This guide is intended as a general overview. It does not include all details and does not take into account local facts and circumstances. It also reflects laws and practices that are subject to change.

Municipalities are responsible for making their own decisions and for complying with any applicable legislation. For these reasons, the guide should not be relied on as a substitute for professional or legal advice in connection with any particular matter.

We suggest early liaison with staff from the Ministry of Municipal Affairs and the Ministry of Housing. We also suggest speaking with other municipalities where appropriate. Finally, we strongly recommend consulting with your own legal advisors or other experts when appropriate.



Tools for Affordable Housing

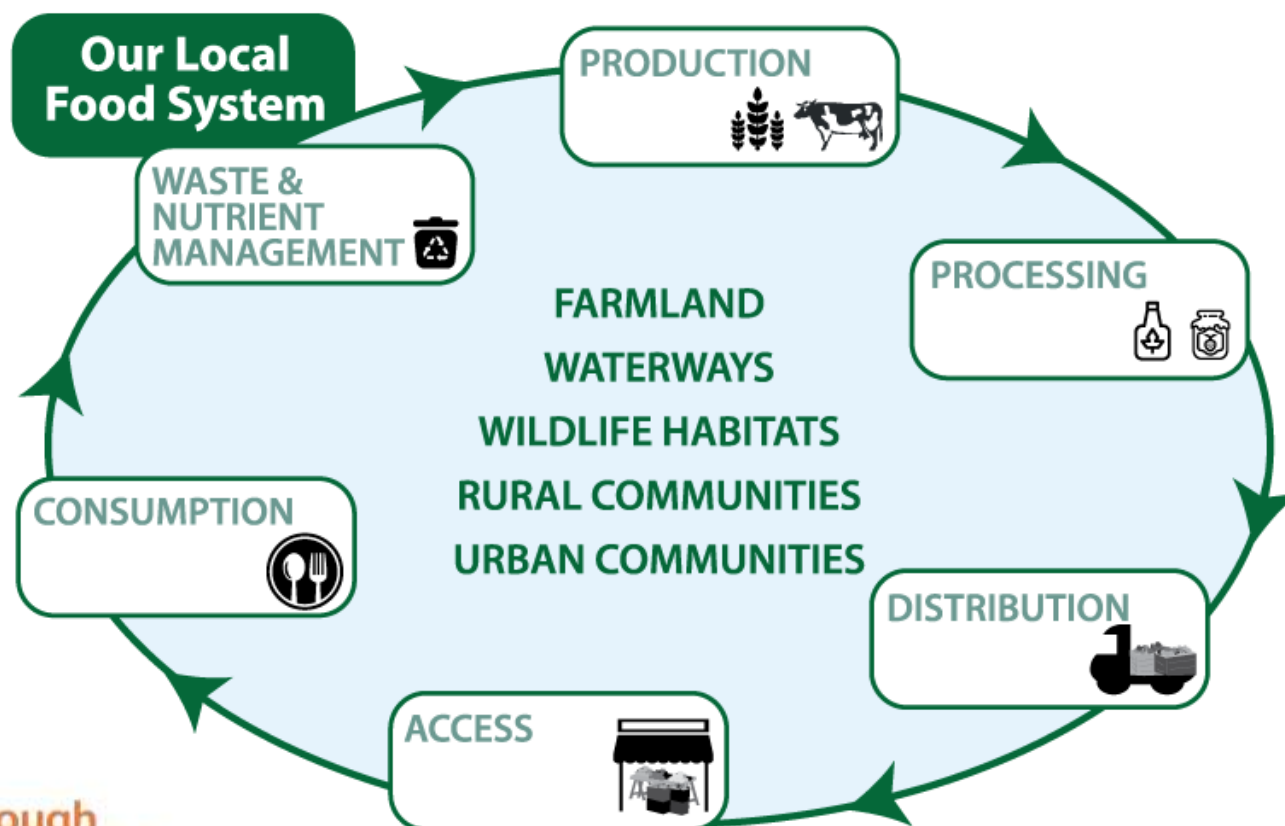


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Healthy Food Systems

What is a food system?





Healthy Food Systems

Why does this matter?

- Agriculture is a vital sector in the County of Peterborough, but less land is being farmed.
- 16% of local households are food insecure, compared to only 12% for Ontario.
 - 38% of low-income households are food insecure.
- “In 25 years, we will feed ourselves sustainably with local, healthy foods” – GPA Community Sustainability Plan (2012).



Healthy Food Systems

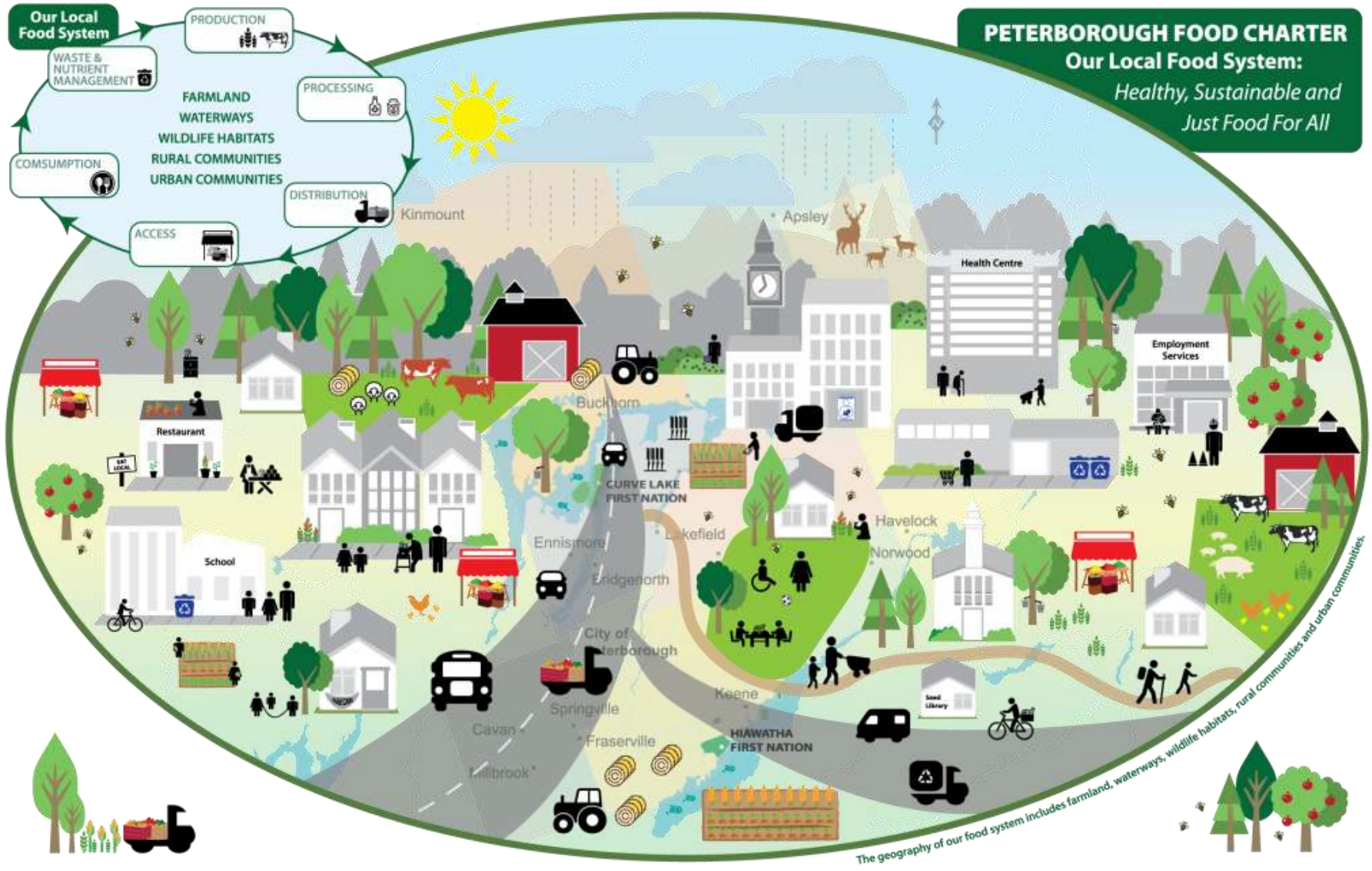
How does this impact health?

- Half of the calories consumed in Canadian diets come from ultra-processed foods.
- Only 16% of local household food expenditures are on vegetables and fruit.
 - 36% of local residents report eating 5 or more vegetables and fruit each day.
- A focus on increasing local food production and access to healthy, minimally processed foods will support a ***healthy food system*** and the health of all residents.



Peterborough Food Charter

For All Residents of Curve Lake, Hiawatha First Nations and the County & City of Peterborough





Healthy Food Systems

Recommendation #6

Enhance agricultural capacity and the agri-food sector to impact the local food system.

Recommendation #7

Increase access to healthy, local foods for all residents in all communities.

Recommendation #8

Improve community scale infrastructure to support the local food system.





Healthy Food Systems

How to do this?

- Ensure sufficient land is designated for agricultural purposes.
 - Follow the provincial recommendations.
- Support urban agriculture.
- Increase access points for healthy food options.
- Limit access points for unhealthy options.
- Designated land appropriate for community food hubs.





Healthy Natural Environments



Why does this matter?

- Need biodiversity and a healthy ecosystem.
- Exposure to nature (blue and green spaces) is essential to human health.
- Vibrant, adequate, diverse and accessible natural environments.





Healthy Natural Environments

How does this impact health?

- Sustainability
- Physical Health
- Mental Health
- Social and Community Health
- Spatial Equity



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Healthy Natural Environments

Recommendation #9:

Ensure **greater quantity and quality of green and open spaces** including environmentally sensitive areas.

Recommendation #10:

Ensure green and open spaces are **comfortable for human use** which includes improving air quality and mitigating against heat.

Recommendation #11:

Ensure that green and open spaces are **accessible for all ages and abilities.**





Healthy Natural Environments

How to do this?

- Urban Forest Strategy (for designated growth areas):
 - ✓ setting minimum targets for shade canopy.
 - ✓ conducting regular shade audits.
 - ✓ tree replacement policy (using native species).



Shade Audit Information Guide + Tool

A Guide for Creating Shady Outdoor Spaces

Brought to you by the Waterloo Region Shade Work Group



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Healthy Natural Environments

How to do this?

■ Master Plans with audits

Table 2. Green space and recreation needs assessment questions.

Impacts:	Suggested questions to pose to establish the information:
Environmental/ ecological impacts	<ul style="list-style-type: none">• What is the impact of the urban green space on air quality, noise or urban heat exposure?• Does it support water management and reduce risk of flooding?• Does it support contact to nature?• Does it enhance biodiversity?
Lifestyle impacts	<ul style="list-style-type: none">• Does the green space support/increase physical activity levels?• Does it enable active transport by foot or bike?• Does it increase the time people spend outdoors?• Are more people using the green space?• Does it support healthy lifestyles and active recreation?
Social impacts	<ul style="list-style-type: none">• Does the green space support or enhance social cohesion?• Does it promote social interaction and exchange?• Does the development of a green space support gentrification processes leading to displacement of local residents?
Equity impacts	<ul style="list-style-type: none">• Do all population groups make use of and benefit from the green space?• If not, who are those groups that benefit least or even face disadvantages?• Does the green space enable different functions for different user groups?



Next Steps for this project

- Presentation to other Committees/Councils/Groups as needed.
- Share with other partners and public health colleagues across the province.
- Support policy writing phase of OP review.
- Update as new content/evidence becomes available.
- Evaluate



Take away message...

- Information is relevant for many projects, not just the Official Plan.
- Toolkit = use the entire document or only the relevant sections depending on your needs.
- Information provided is supported by research.
 - 275 references and links to references provided.
- Review of health information shows only a snap shot of key areas of focus.
- The document is continuously being updated; use online version.



For more information please contact:

Janet Dawson, Health Promoter

Peterborough Public Health

705-743-1000, ext. 392

jdawson@peterboroughpublichealth.ca