

# Designing Healthy Living

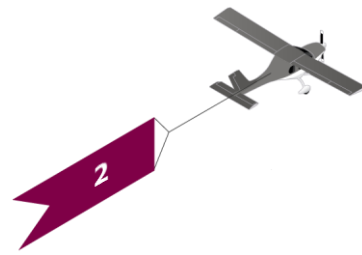
CITE, June 5<sup>th</sup>, 2018

Dr. David Mowat  
For the  
Chief Public Health Officer



# Presentation Outline

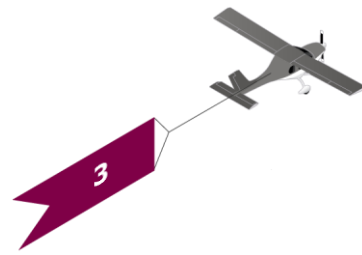
- Chronic Disease in Canada
- How the built environment can influence healthy living
  1. Active neighbourhoods
  2. Access to healthy food
  3. Supportive environments
- Review of important considerations when making decisions about designing and building communities
- Call to action



# Canada's Chief Public Health Officer

The Chief Public Health Officer is the federal government's lead public health professional

- Provides science-based advice;
- Works with other governments, jurisdictions, agencies, organizations, and countries on health matters;
- Provides an annual report to the Minister on the state of public health in Canada for tabling in Parliament; and
- Speaks to Canadians, health professionals, stakeholders, and the public

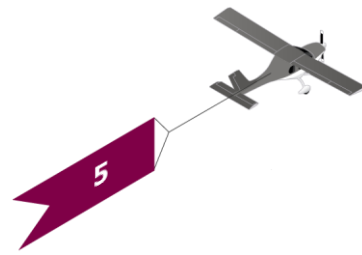


Changing the Built Environment has great potential for helping Canadians live healthier lives.



# Where we live matters: Where Canadians are living in 2016

- Canada has a diversity of communities in size and nature
- In 2016 Canada's population reached more than 35 million people
- 80% of Canadians live in or near urban settings



# CHRONIC DISEASES IN CANADA

## PREVALENCE of OBESITY

13.1% of children aged 5-17 (2014-15)

28.1% of adults aged 18+ (2014-15)



Highest in adults aged 50-64

## PREVALENCE of DIAGNOSED MOOD & ANXIETY DISORDERS

12.2% of Canadians aged 12+ (2015)



Highest in adults aged 15-59

## PREVALENCE of DIABETES

(Type 1 & 2 combined)

0.3% of children and youth (2013-14)

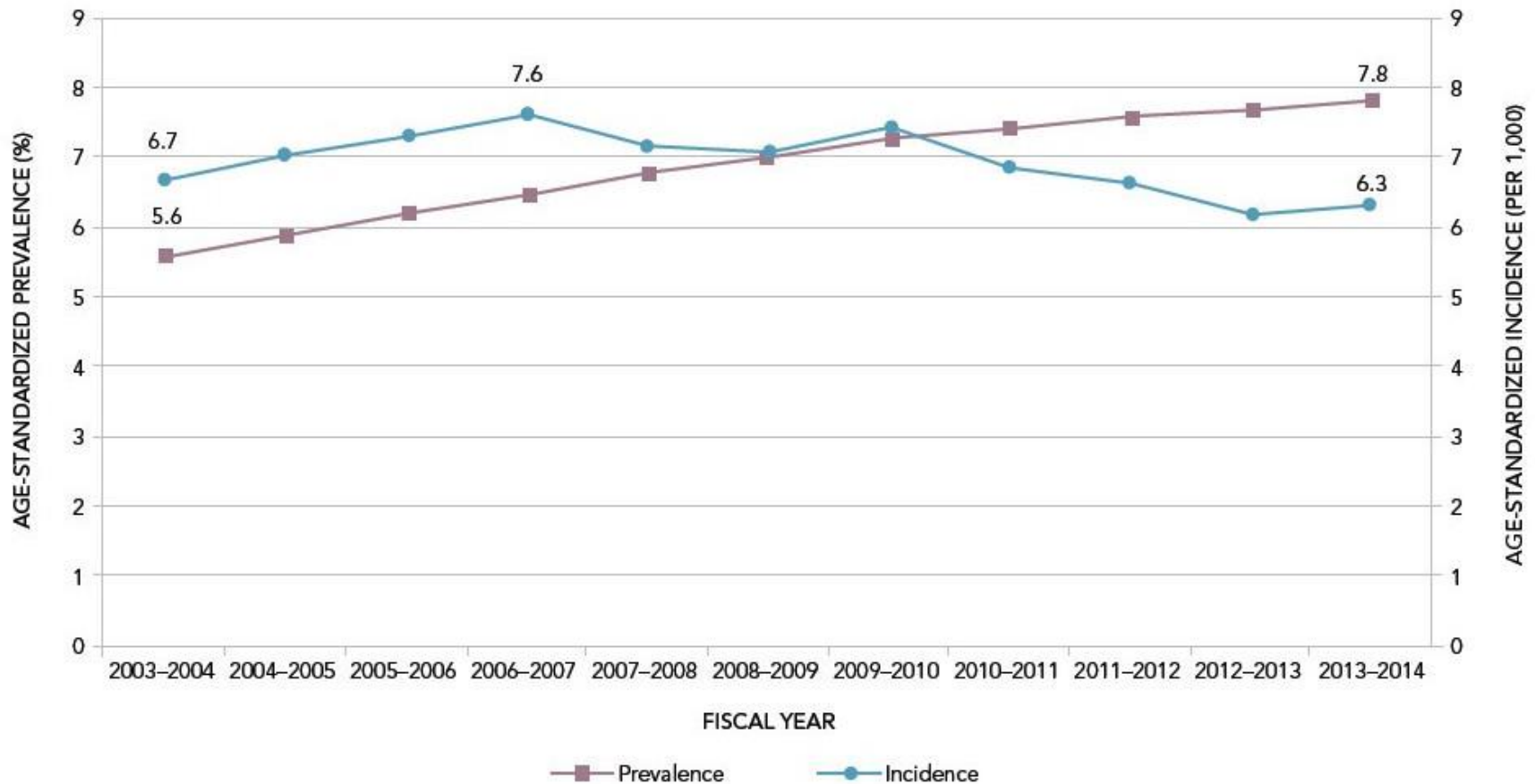
10.2% of adults (2013-14)



Nearly 85% of cases are aged 50+

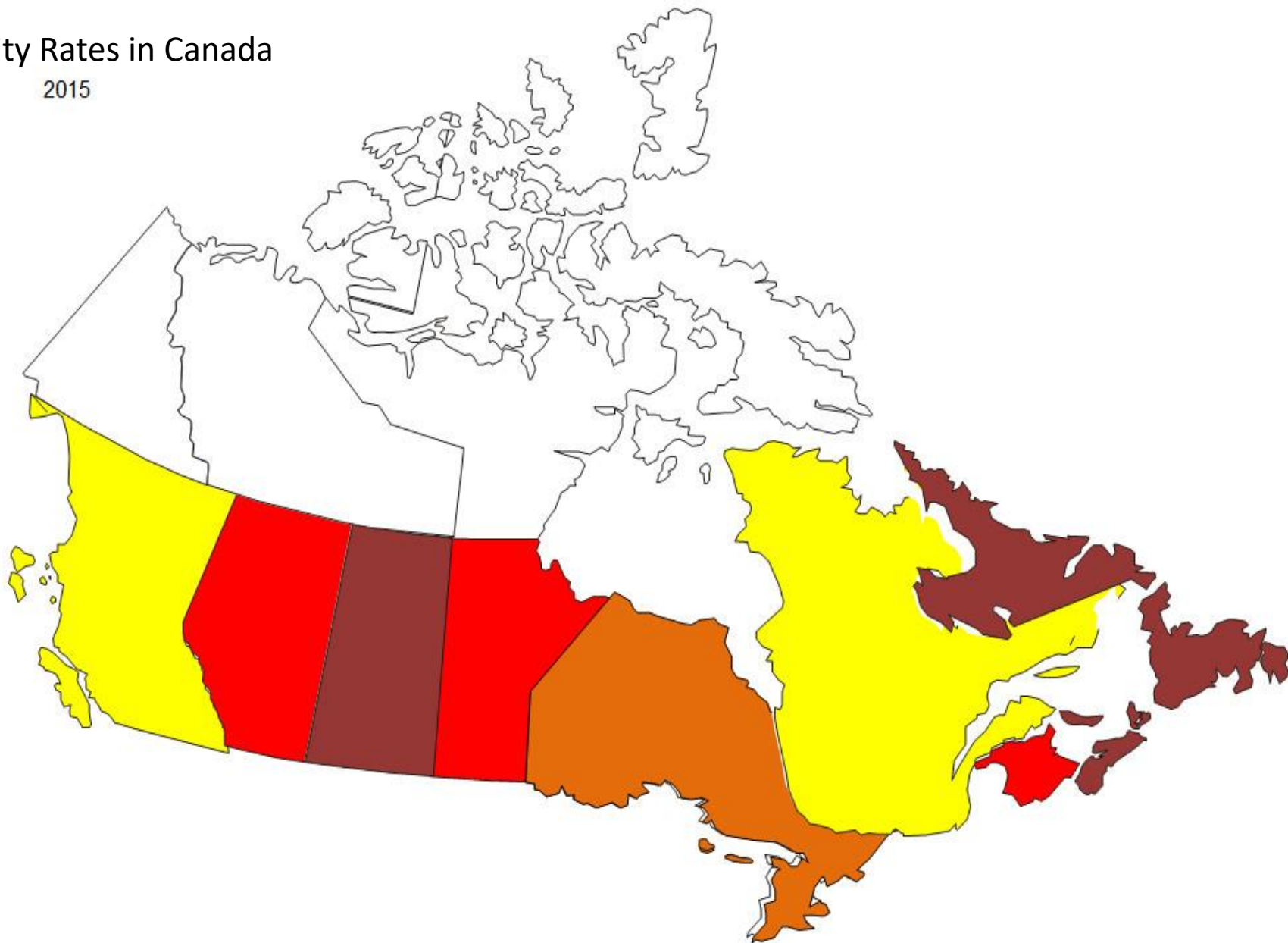


# CHRONIC DISEASES IN CANADA



# Obesity Rates in Canada

2015



Source: Canadian Community Health Survey (CCHS) - Nutrition 2015.

Data Notes: Measured body mass index (BMI) is calculated by dividing the respondent's measured body weight (in kilograms) by their measured height (in metres) squared. Obesity is defined as having a BMI of 30 kg/m<sup>2</sup> or more.



# Towards a Healthier Canada

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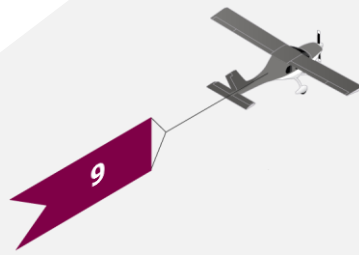
## Healthy Weights

- 13.1% of children and youth are obese
- 28.1% of adults 18+ are obese

## Physical Activity

- 37.6% of children and youth meet current Canadian physical activity guidelines
- 17.5% of adults meet current Canadian physical activity guidelines

<https://infobase.phac-aspc.gc.ca/ccdi-imcc/>



# Towards a Healthier Canada

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## Healthy Eating

- 31.5% of the population (12+ years) reports consuming fruit and vegetables at least 5 times a day

## Supportive Environments

- 62.4% of the population report that they “very strongly” or “somewhat strongly” belong to their local community

**Positive Mental Health Surveillance Indicator Framework**  
<https://infobase.phac-aspc.gc.ca/positive-mental-health/>



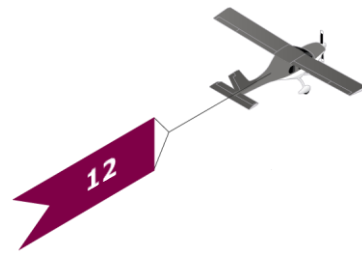
**WHERE WE LIVE MATTERS**

**ACTIVE NEIGHBOURHOODS, ACCESS TO HEALTHY  
FOOD AND SUPPORTIVE ENVIRONMENTS HELP US**

# Where we live matters

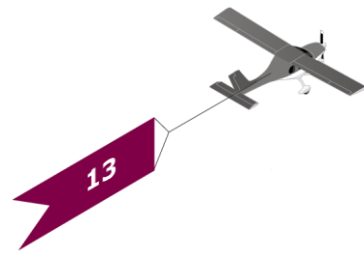
## **Building blocks for healthy living**

1. Active neighbourhoods
2. Access to healthy food
3. Supportive environments



# 1. Active Neighborhoods

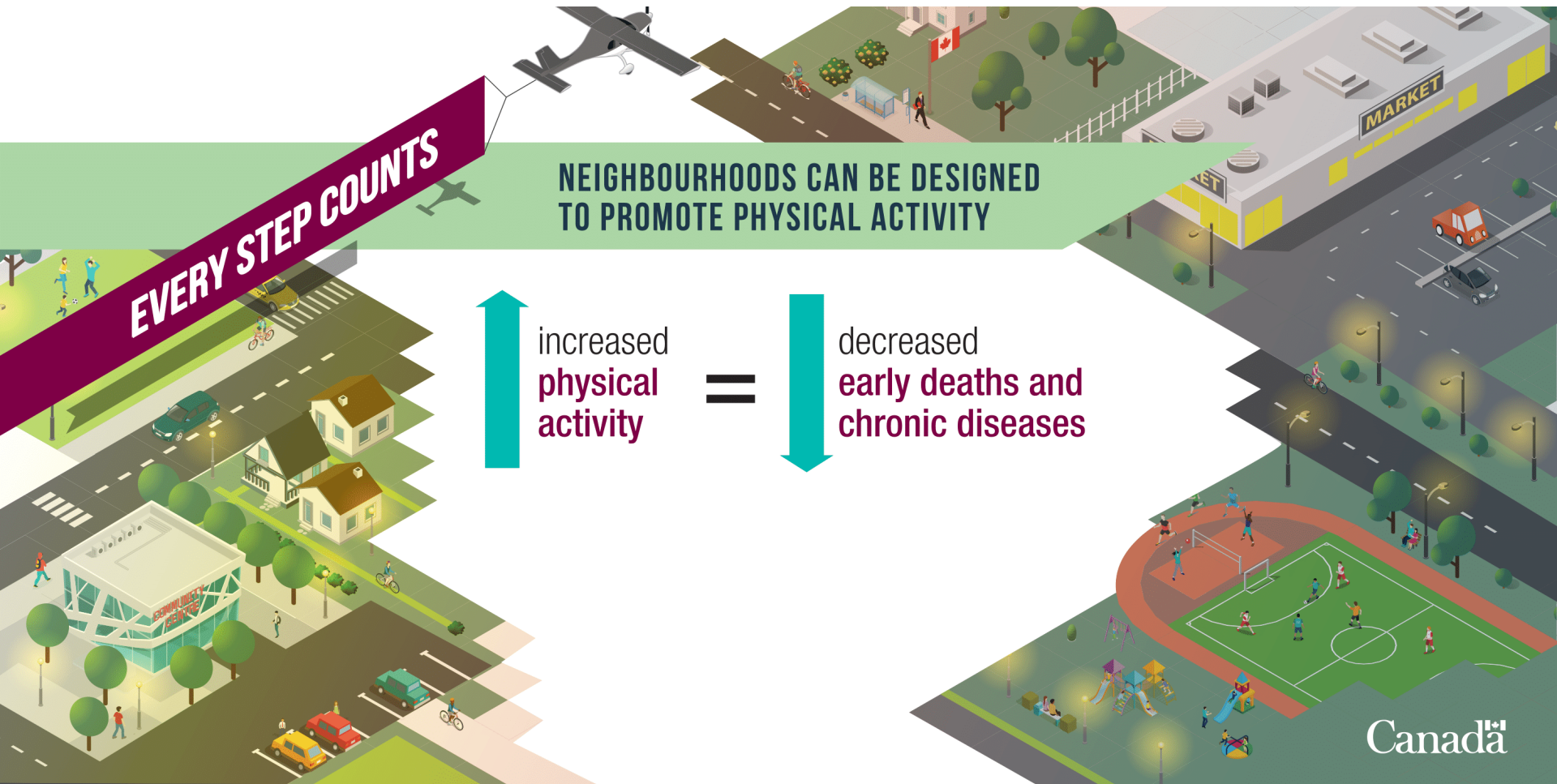
- Being physically active is an essential component to good health.
- The majority of Canadians do not get enough exercise.





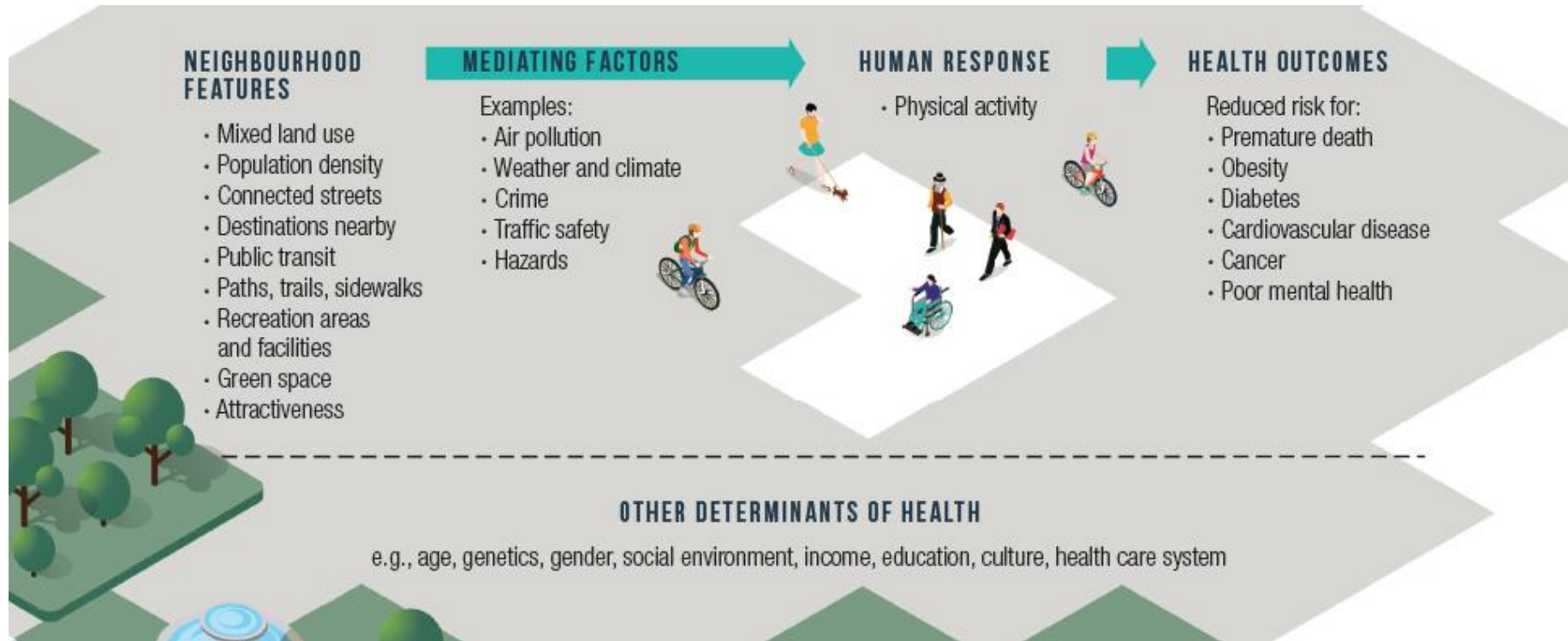
# BUILDING NEIGHBOURHOODS THAT PROMOTE PHYSICAL ACTIVITY

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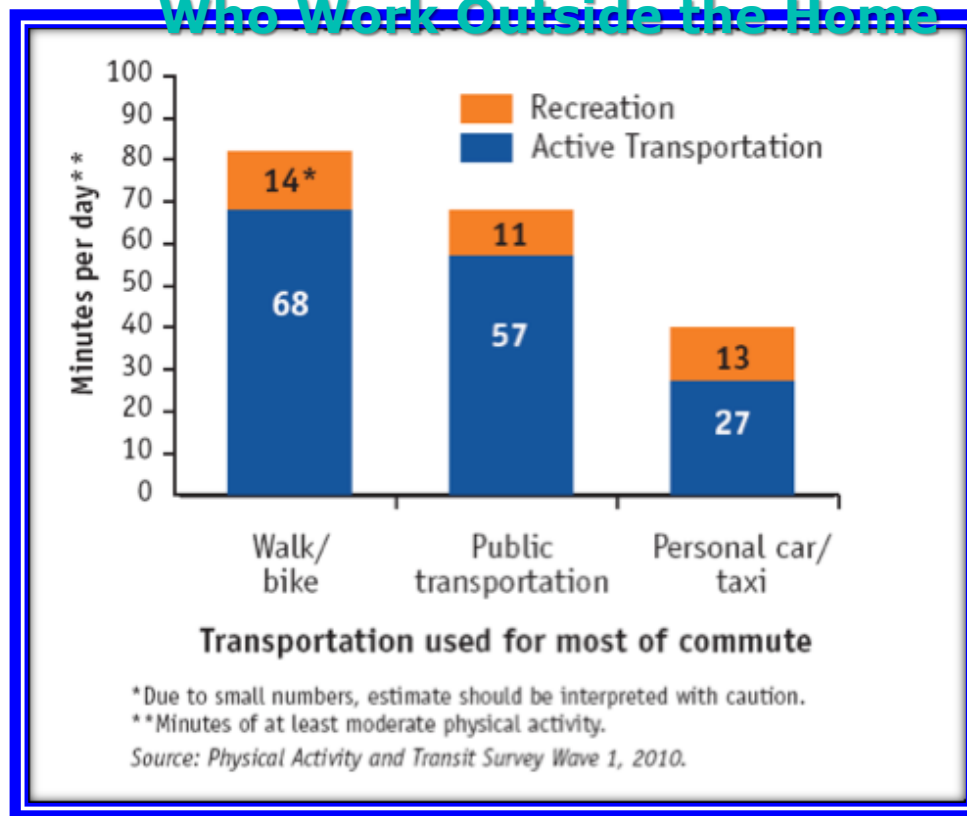




# THE BUILT ENVIRONMENT INFLUENCES PHYSICAL ACTIVITY TO INFLUENCE HEALTH



## Average Daily Active Transportation and Recreational Activity Among New Yorkers Who Work Outside the Home



SOURCE: DOWELL D, OLSON C, COREY C, HOLDER-HAYES E, KHEIRBEK I, CAFFARELLI A. HEALTH BENEFITS OF ACTIVE TRANSPORTATION IN NEW YORK CITY. NYC VITAL SIGNS SPECIAL REPORT 2011, 10(3); 1-4.



**WE HAVE ENGINEERED PHYSICAL ACTIVITY  
OUT OF OUR LIVES**

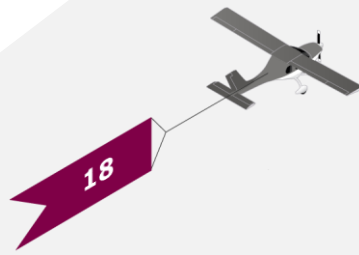


# BUILDING NEIGHBOURHOODS THAT PROMOTE PHYSICAL ACTIVITY

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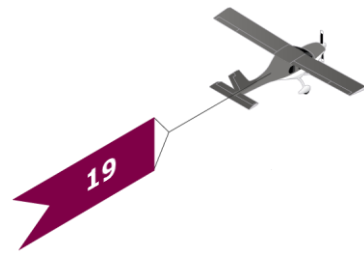
## **Every Step Counts**

- Improve opportunities to cycle, walk, and take public transit.
- Improve recreational walking with green spaces, waterways, walking paths and trails.



## 2. Access to Healthy Foods

- A healthy diet is a key component of good health and involves eating healthy food and avoiding unhealthy food.
- Many Canadians do not consume a healthy diet.



# THE BUILT ENVIRONMENT INFLUENCES DIETS TO INFLUENCE HEALTH

## NEIGHBOURHOOD FEATURES

- Living close to healthy food sources – e.g., supermarkets
- Living farther away from unhealthy food sources – e.g., convenience stores, fast food outlets
- Zoning of unhealthy food sources
- Farmers' markets
- Community gardens

## MEDIATING FACTORS

Examples:

- Low prices
- Convenient store hours
- Long growing season
- Food security

## HUMAN RESPONSE

- Healthy diets

## HEALTH OUTCOMES

Reduced risk for:

- Premature death
- Obesity
- Diabetes
- Poor mental health

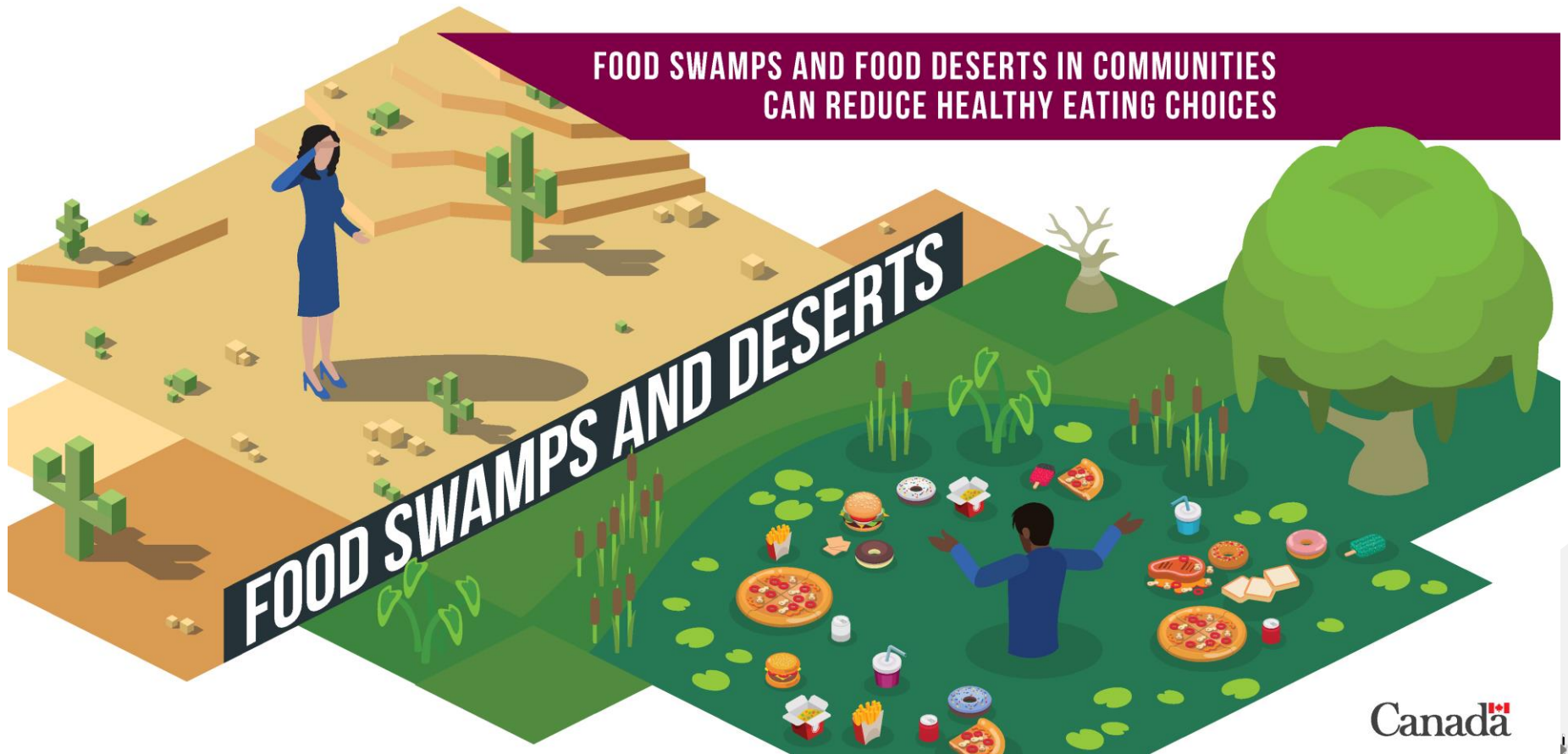
## OTHER DETERMINANTS OF HEALTH

e.g., age, genetics, gender, social environment, income, education, culture, health care system



# BUILDING NEIGHBOURHOODS THAT PROMOTE A HEALTHY DIET

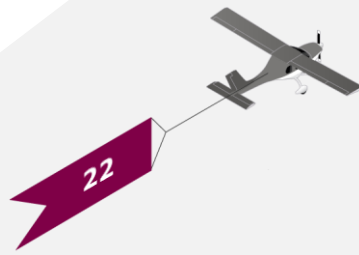
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## BUILDING NEIGHBOURHOODS THAT PROMOTE A HEALTHY DIET

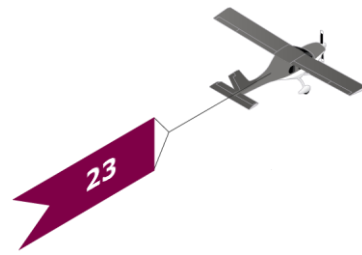
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- Provide easier access to healthier food options.
- Increase access to farmers' markets and community gardens.



### 3. Supportive Environments

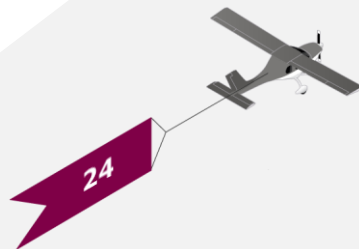
- Mental Wellness is a key component of daily well-being and a healthy life.
- Social support can decrease the risk for premature death and poor health



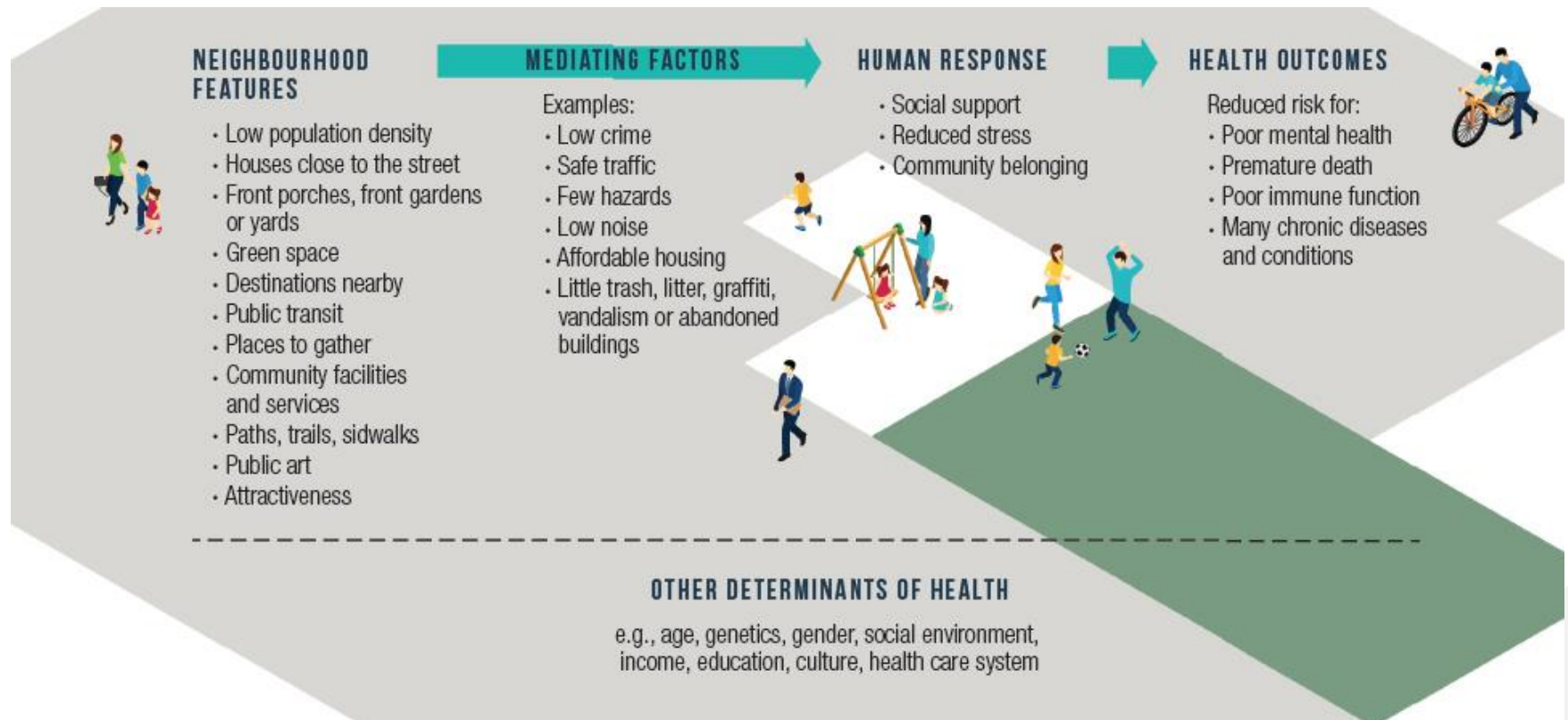
## Supportive environments: Did you know?

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- In 2014, almost 19.4 million or 66% of Canadians (12 years+) felt a very strong or somewhat strong sense of community belonging
- About 40% of Canadians said they **knew many or most of their neighbours.**
- 6% of Canadians said they had no close friends.



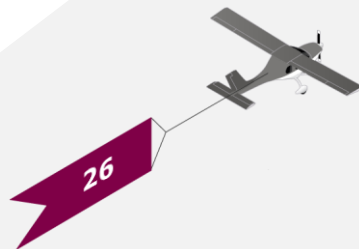
# THE BUILT ENVIRONMENT INFLUENCES SOCIAL SUPPORT TO INFLUENCE HEALTH



## BUILDING NEIGHBOURHOODS THAT PROMOTE MENTAL WELLNESS

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- Houses with front yards or close to the street.
- Places where people gather (e.g., coffee shops and parks).
- Green spaces, which have been linked to better mental and physical health.





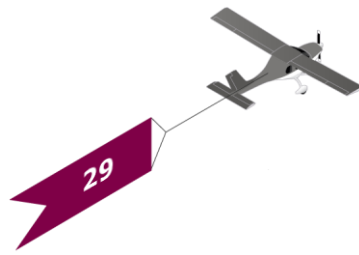






# Design features for specific populations

**A healthy community must address the needs and improve the health of residents of all ages and abilities, as well as those who are marginalized**



# Healthy Canadian Cities

## **Toronto (ON): Google Smart City**

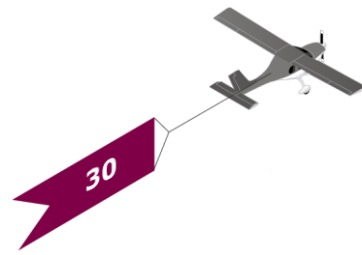
- A mixed-use complete and sustainable community
- Mix of retail and residential housing
- People-centred street designs through offering a range of transportation options, which encourages active transportation, more desirable and convenient than car

## **Montreal (QC): Humaniti**

- Vertical community of growing up, not out
- Designed to promote well-being of those who live in it
- Consisting of hotel, condominiums, rental apartments, and corporate and commercial spaces

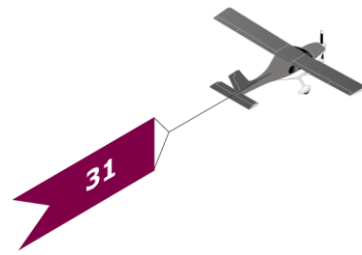
## **Victoria (BC): Dockside Green**

- 300,000 square feet of space consisting of 266 residential units and about 500 residents
- Encourages a greener and more sustainable community by embracing community gardens
- Currently developing additional commercial and residential buildings, more park areas, children's play areas, dog parks, and retail centers with grocery stores



# TAC-Strategic Opportunities for Integrating Health and Transportation

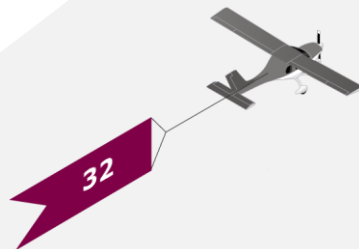
Develop a report that inventories, assesses, identifies gaps, and recommends improvements to strengthen the integration of health (both physical and mental health) in existing transportation policies, guidelines and planning tools.



# YOUR ROLE AS TRANSPORTATION ENGINEERS

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- A public health approach is multi-sectoral and collaborative.
- Our success depends on your engagement and partnership.
- Consider health as an important outcome when making infrastructure and planning decisions.

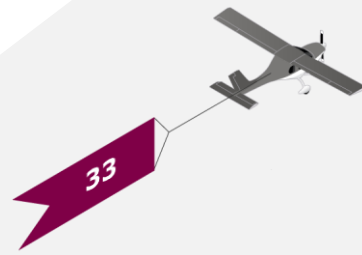




# YOUR ROLE AS TRANSPORTATION ENGINEERS

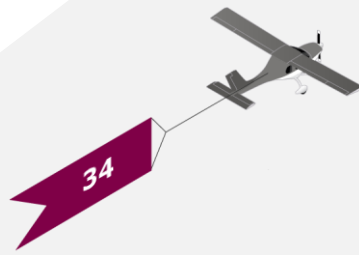
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- Engage with and participate in research and evaluation of the health impact of community design features.
- Embrace diversity; consider context and engage citizens to meet the needs of communities.



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## **Opportunities for fruitful collaboration**



# Questions and Comments

Read the report:

<http://canada.ca/CPHOReport>

Continue the conversation on Twitter  
@CPHO\_Canada / @ACSP\_Canada  
#HealthyLiving / #ModeDeVieSain

