

Politics and Mayhem!



Courting Healthy
Communities in Small and
Rural Municipalities

Sari Liem, MCIP RPP



pol-i-tiks

Controversial?



Sidewalks

Community gardens

Walking to school

Cycling

Access to smoking areas

Controlling alcohol

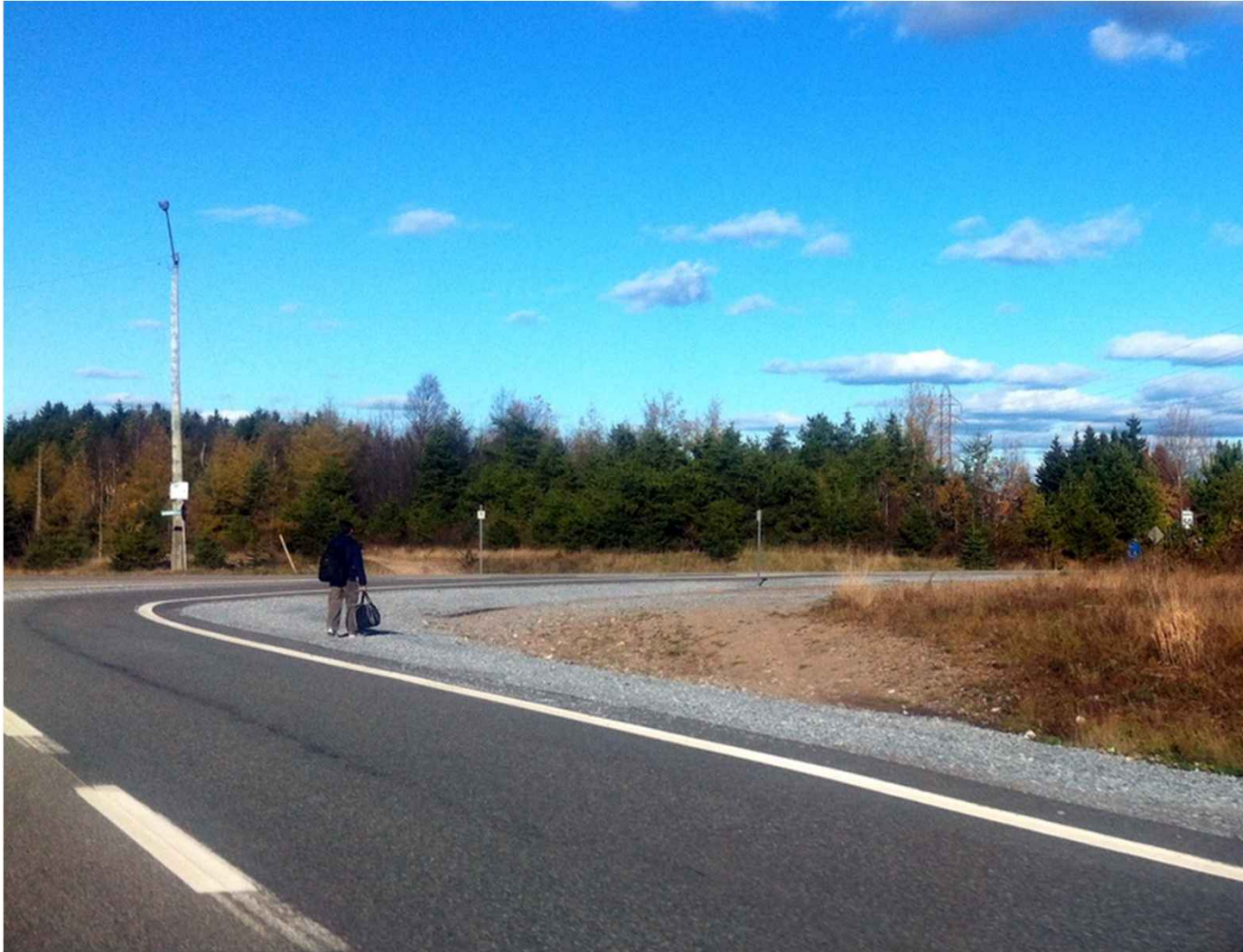
Brave Soul

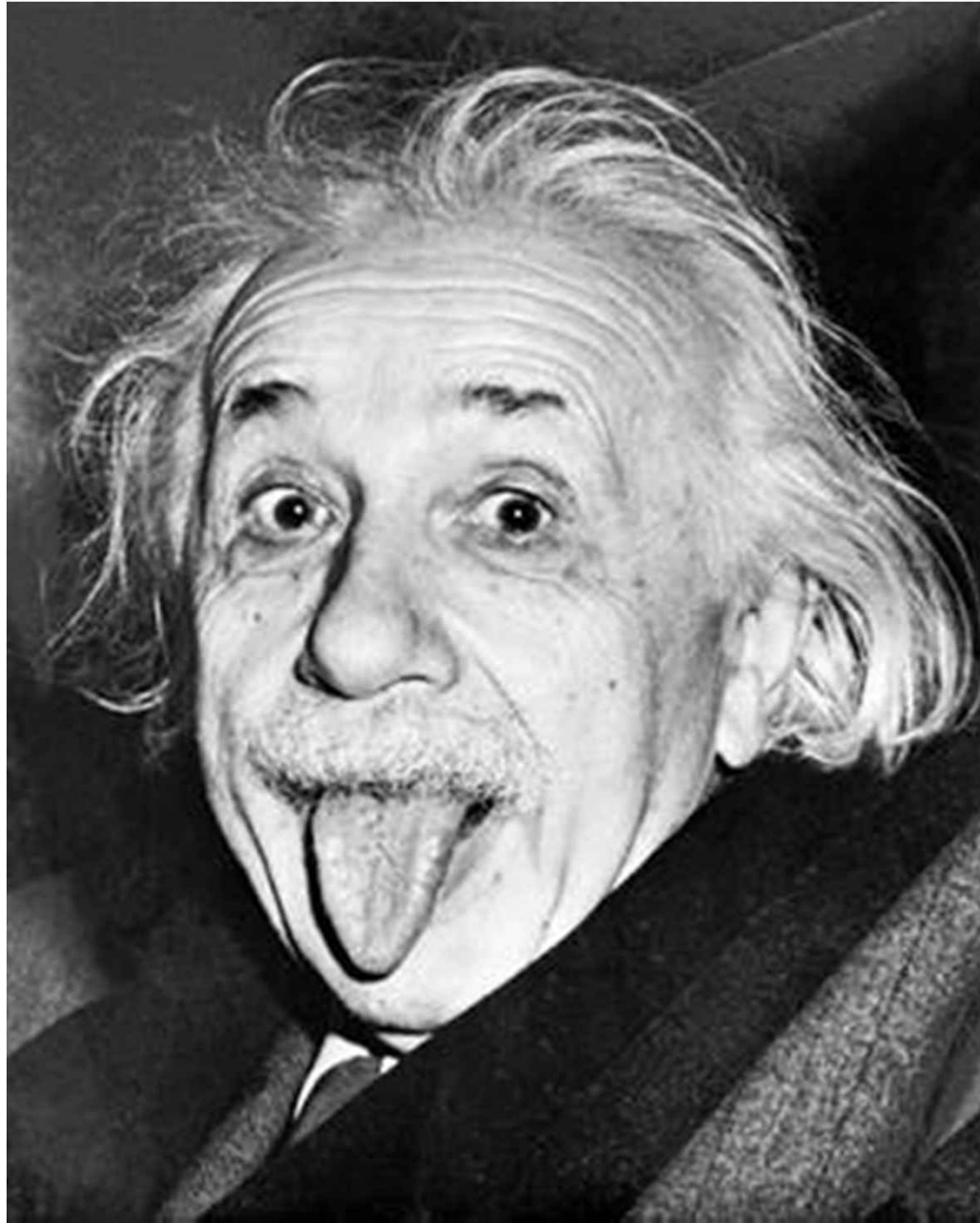


Pedestrian Friendly



Out for a Stroll









Planning

Public Health

Planner



What society thinks I do



What my friends think I do



What applicants think I do



What the APA thinks I do



What I think I do



What I really do

Public Health



What my friends think I do



What my mother thinks I do



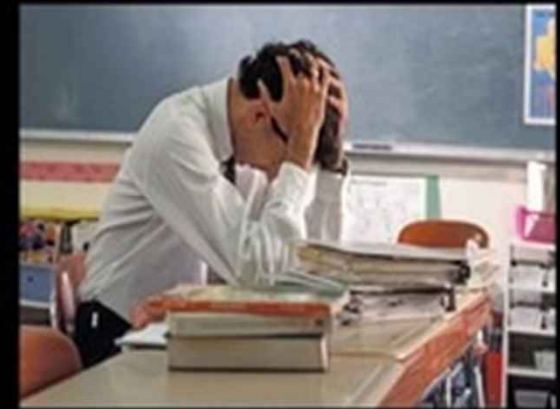
What society thinks I do



What the government thinks I do



What I think I do



What I really do





Let's end these
"road blocks"

and

Reconnect
planning with
healthy living

2010-
2012

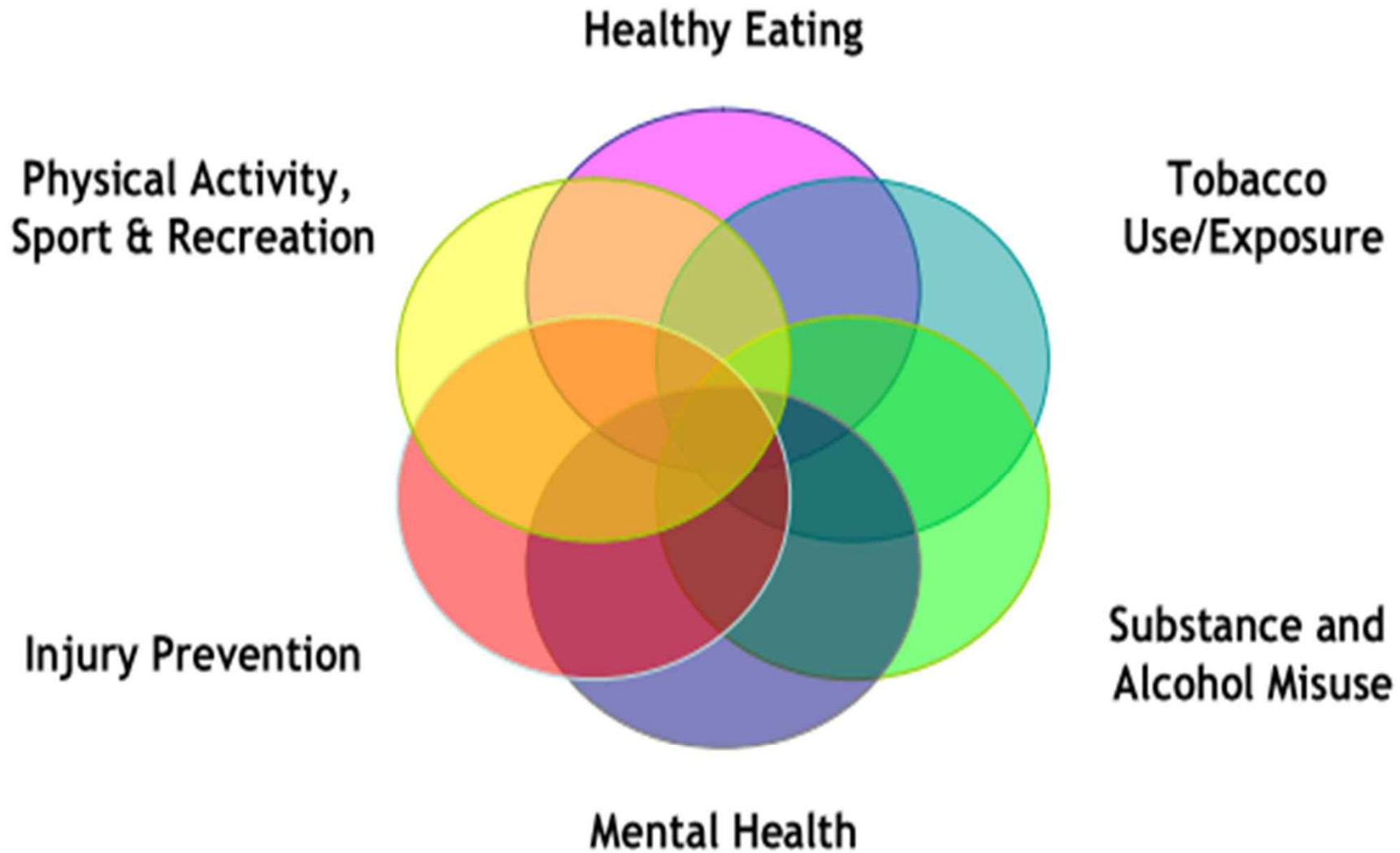


Building communities and shaping healthy public policies

Working Together to Improve Health

The Ministry of Health Promotion and Sport recognizes that health is determined by complex interactions between social and economic factors, the physical environment and individual behaviour.





Ministry of Health Promotion Priority Areas

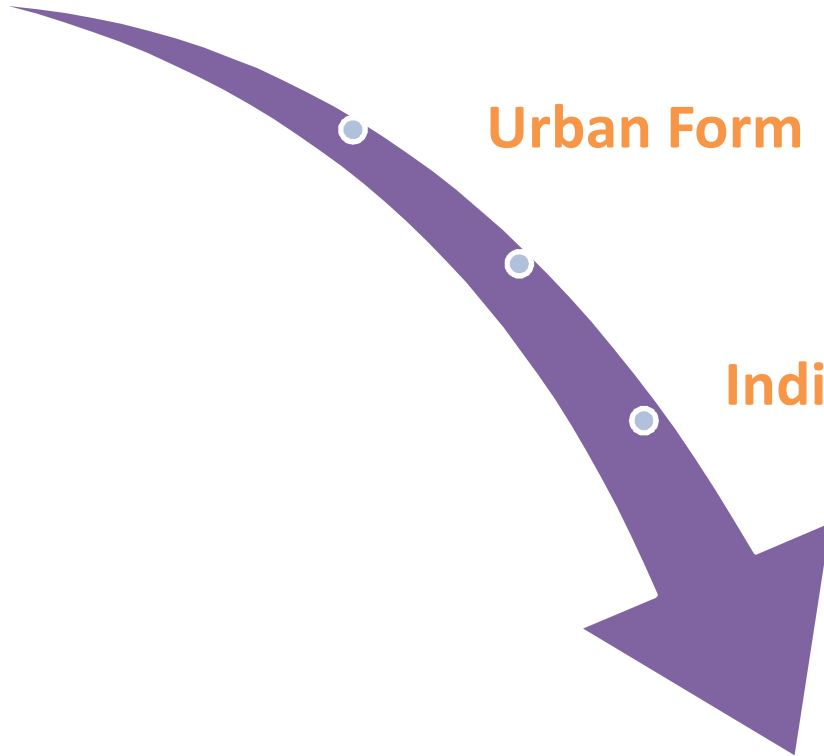
The Ripple Effect

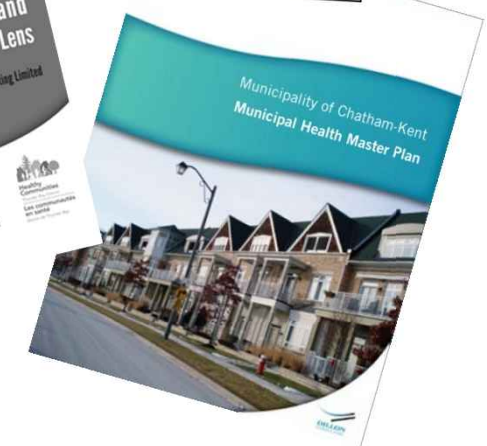
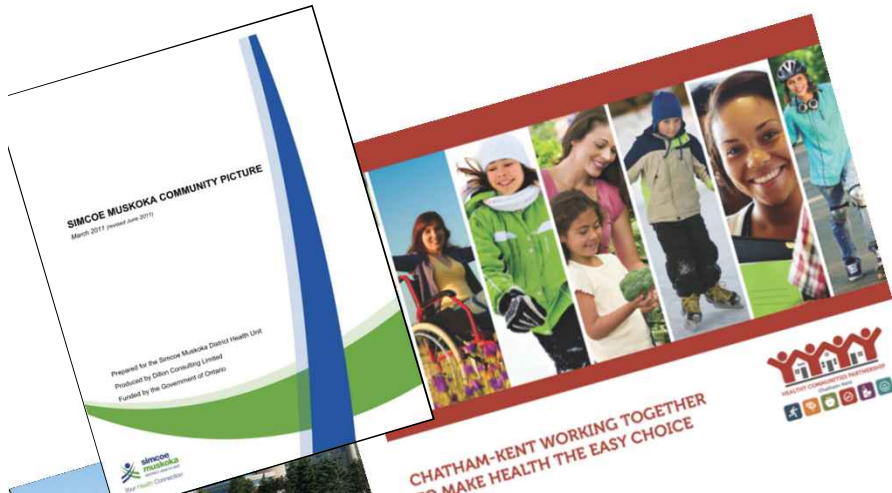
Planning
Policies

Urban Form

Individual Behaviour

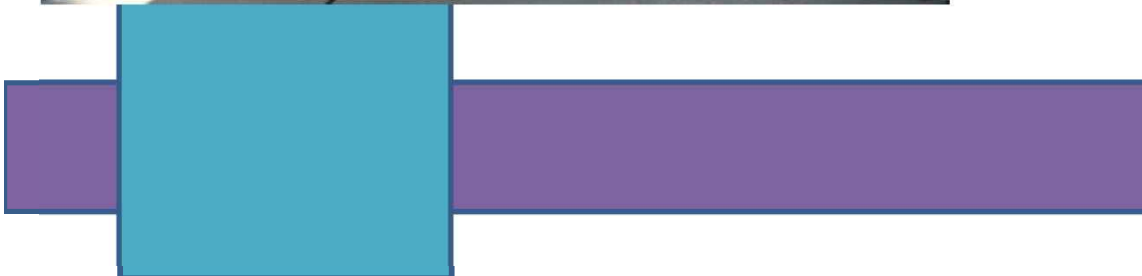
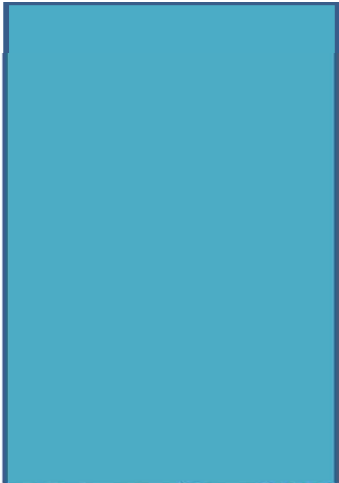
Population Health
Impacts



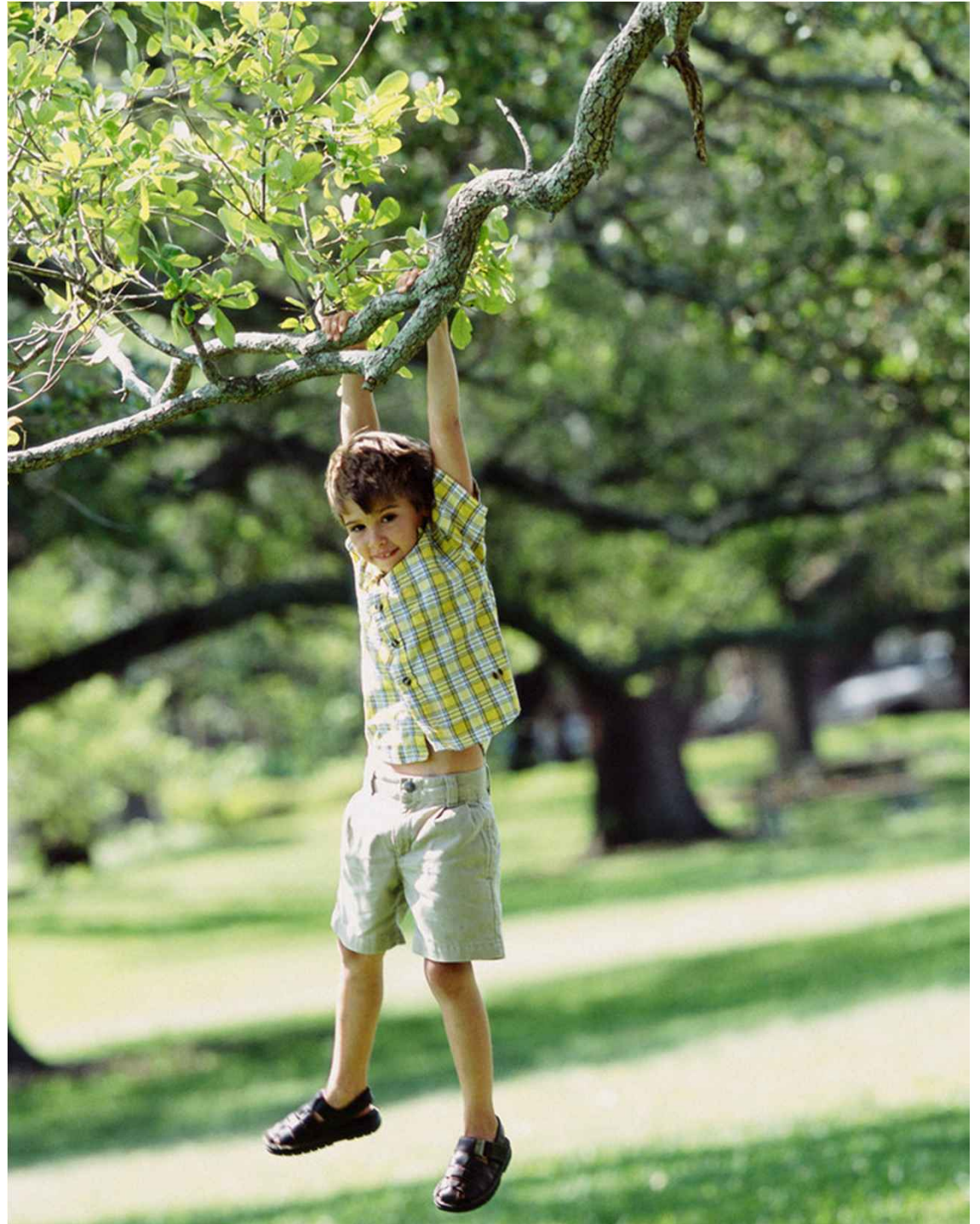


Healthy Communities Projects





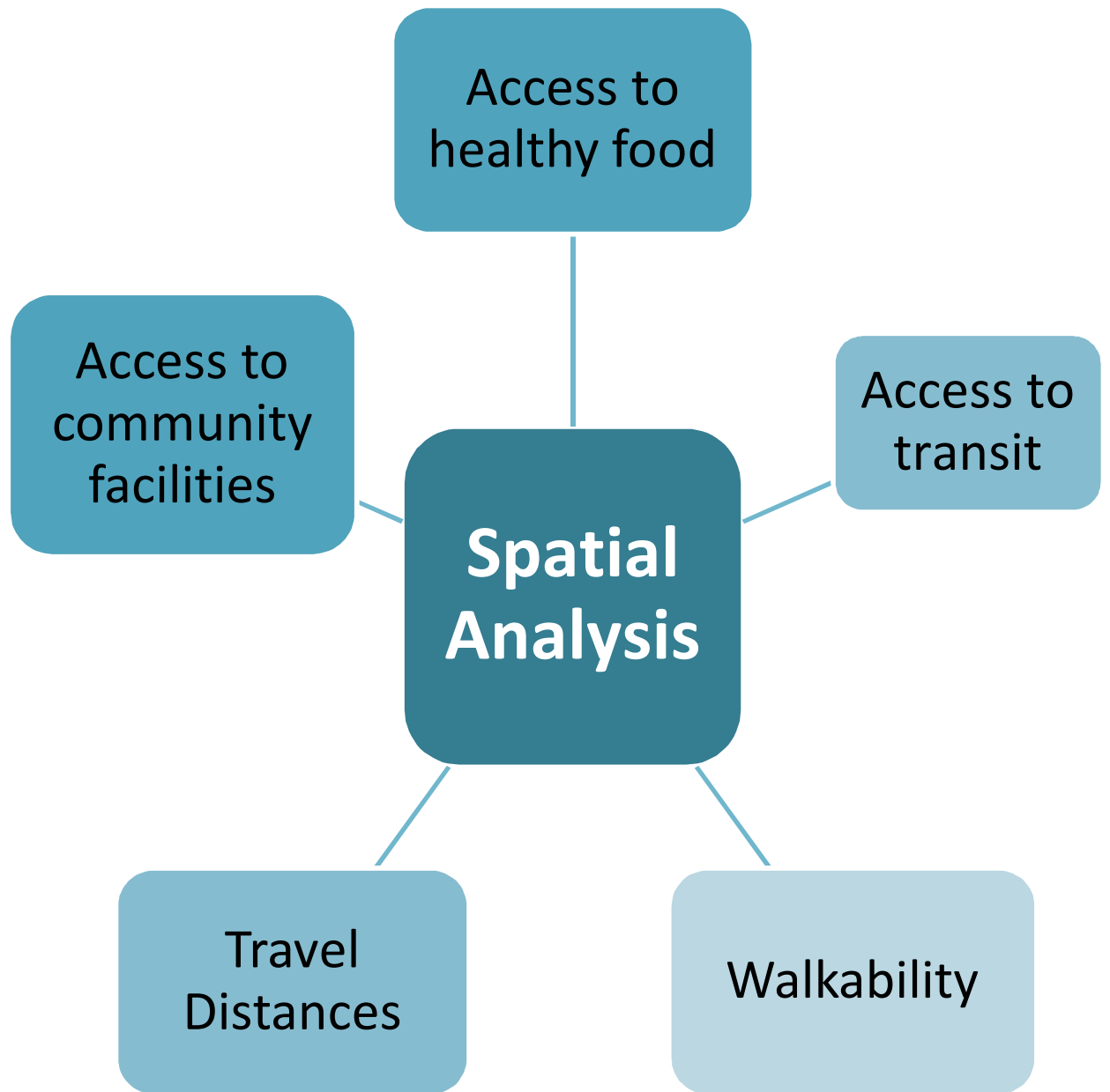
Journey of Discovery



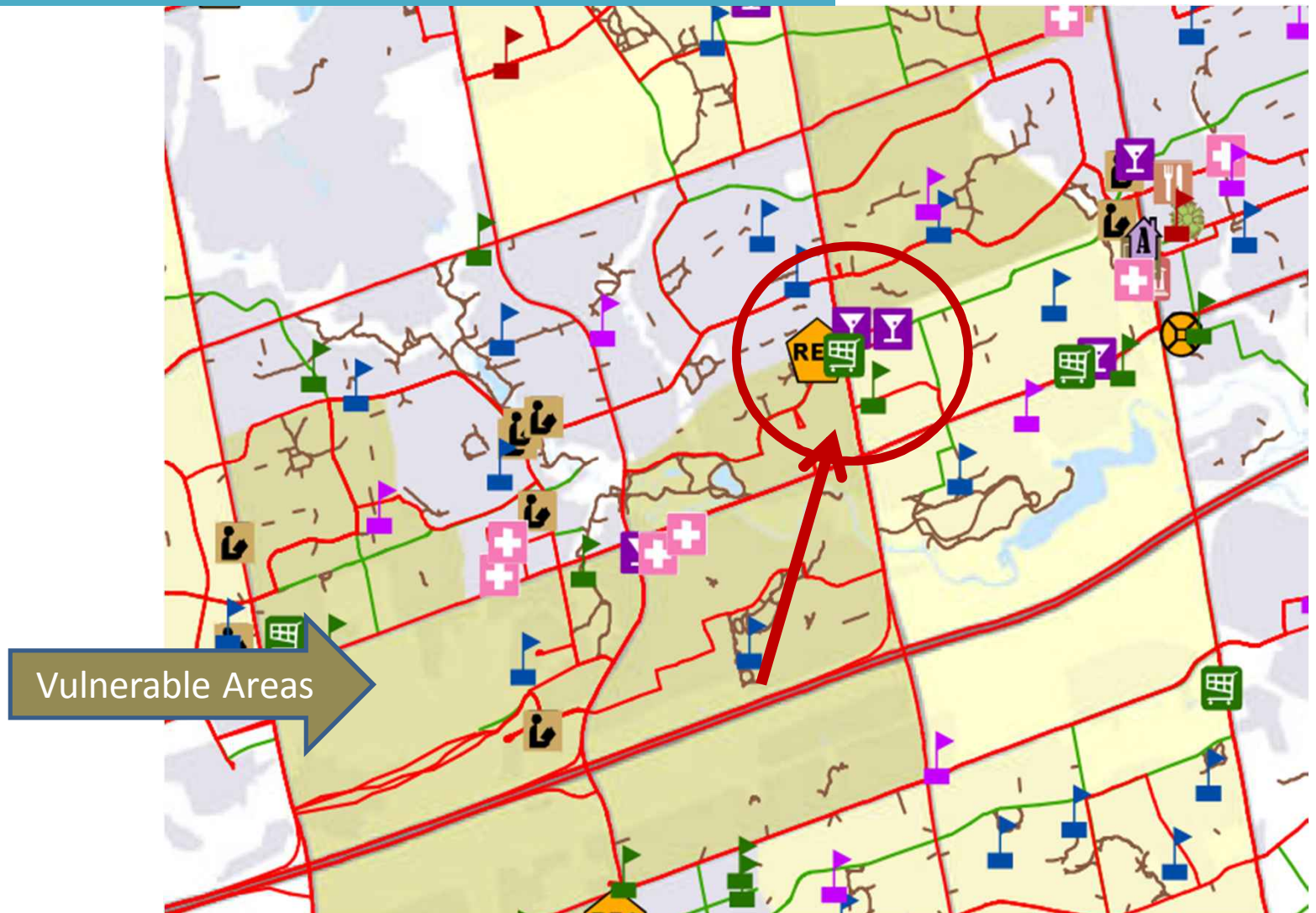
A Moment of Collaboration: The “Community Picture”



GIS Mapping

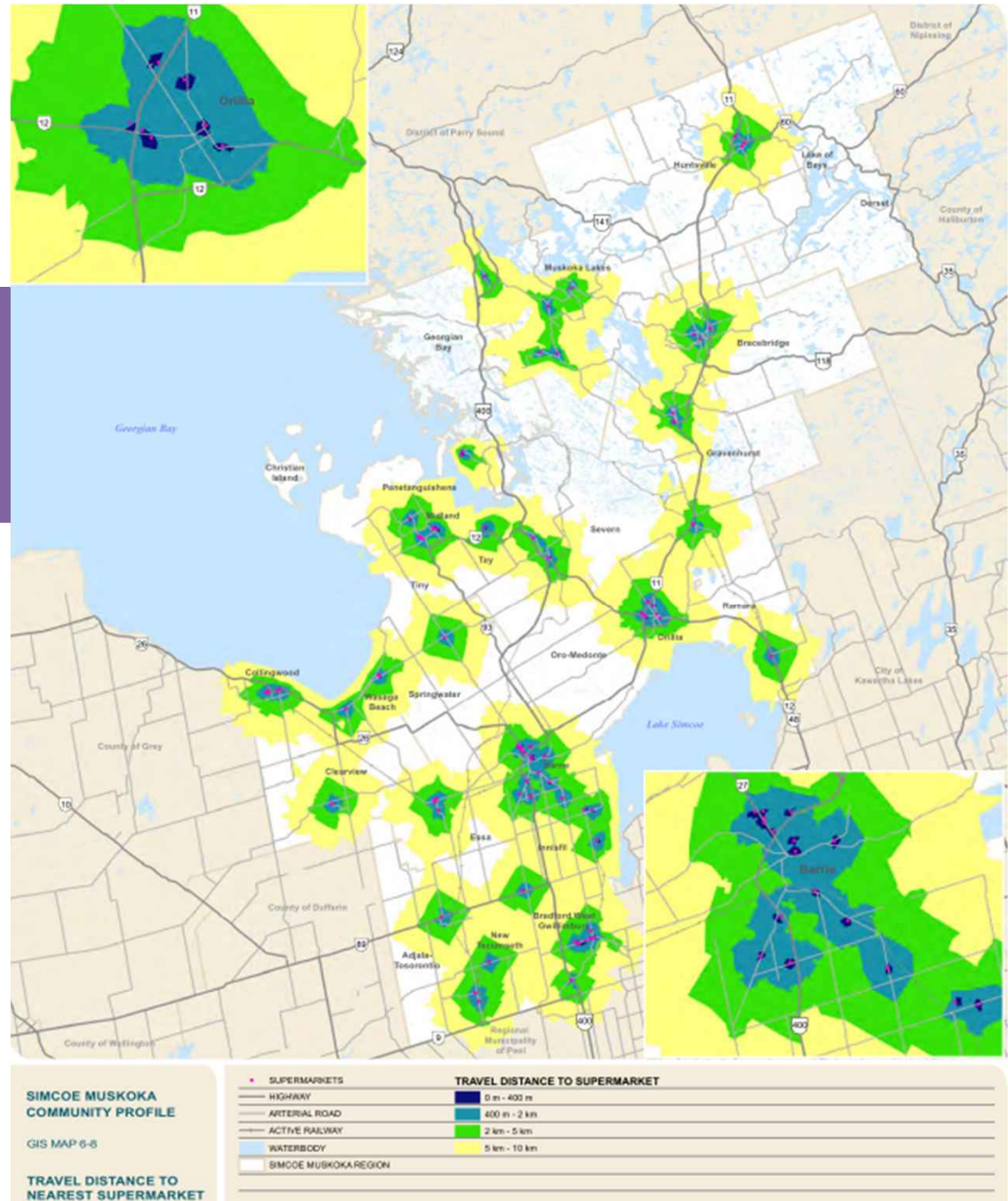


Distribution of Resources

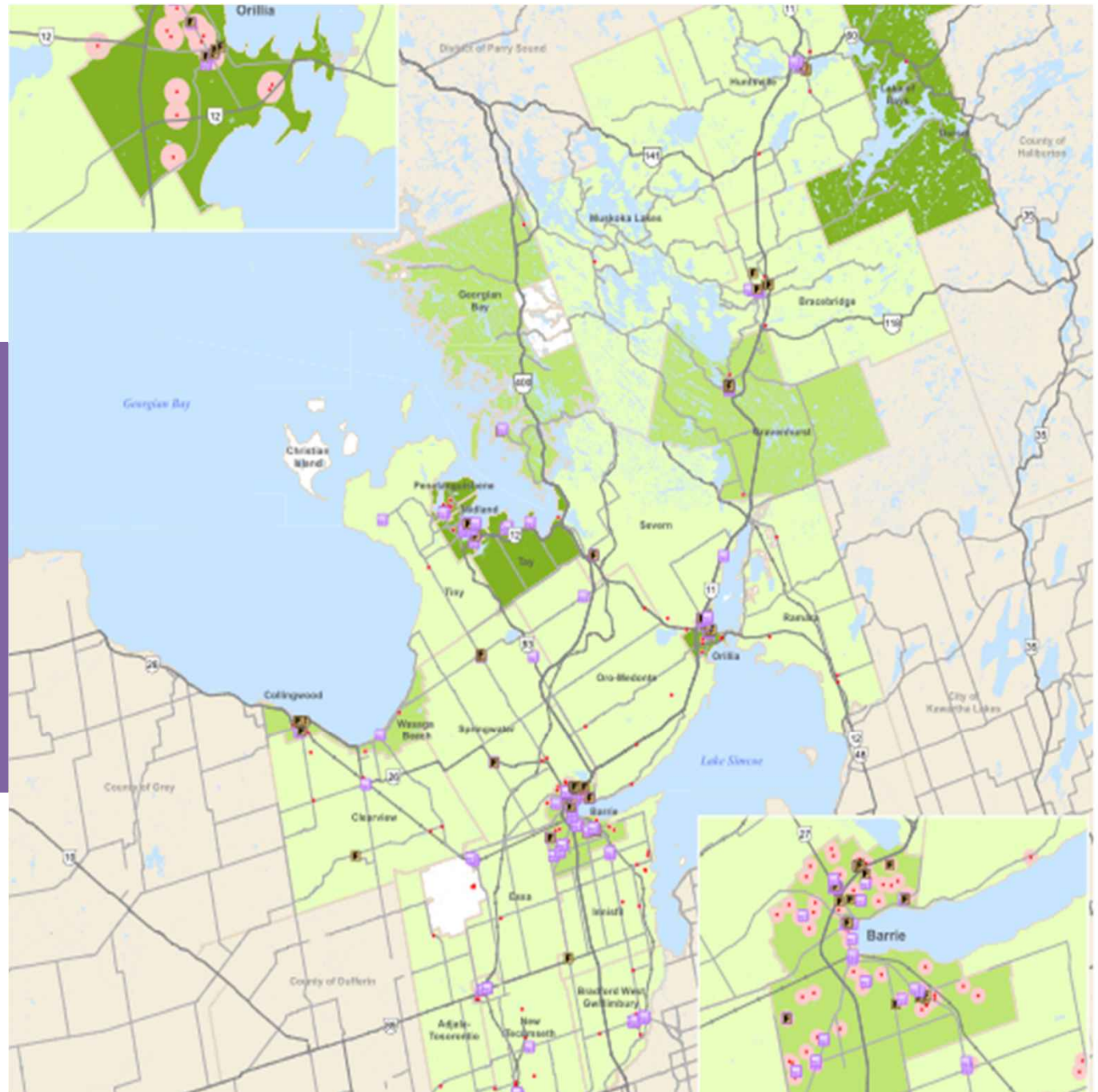


Travel Distances

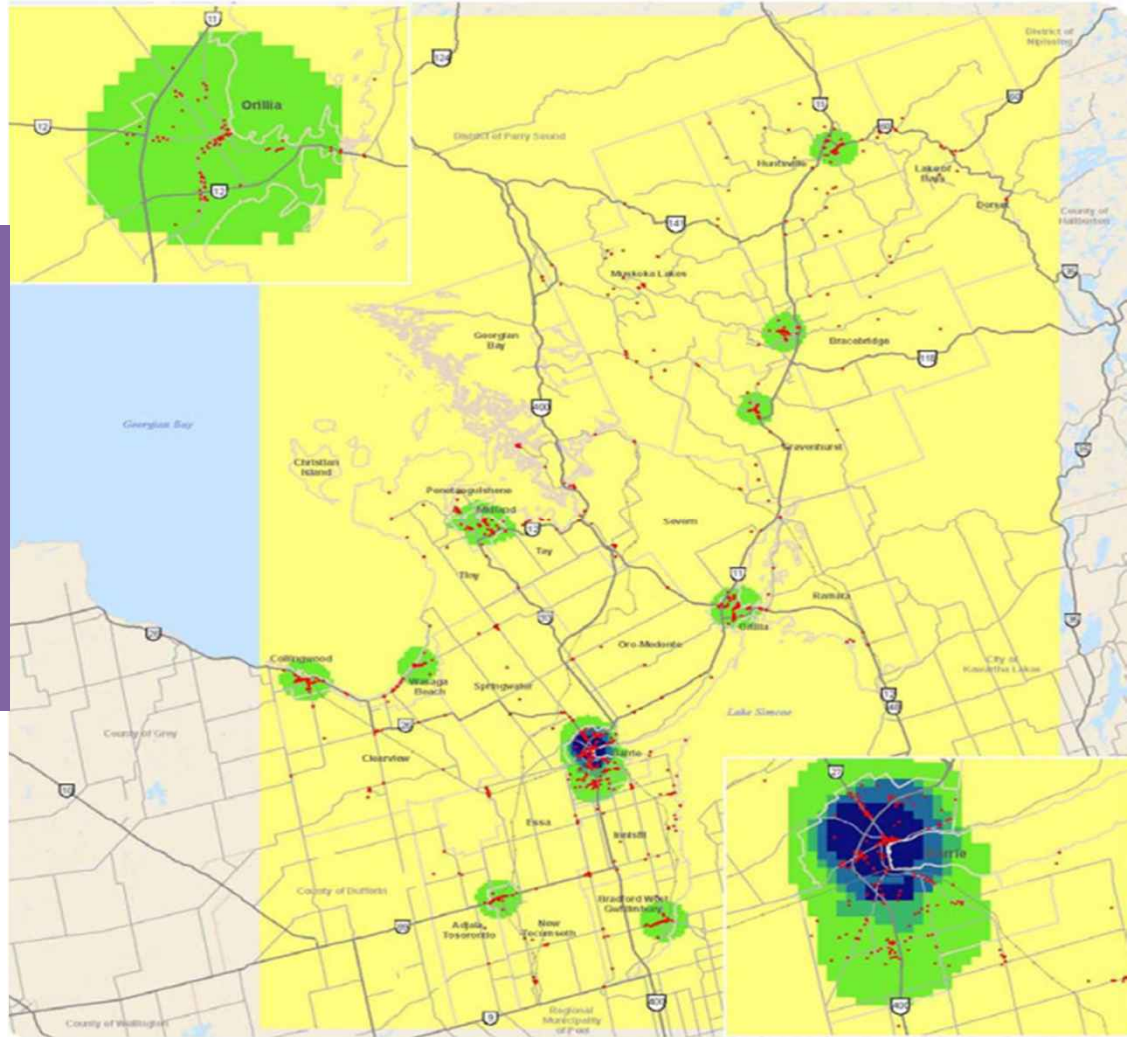
Analyzes distribution of amenities and access to sites



Walking Distances: Fast food and Schools



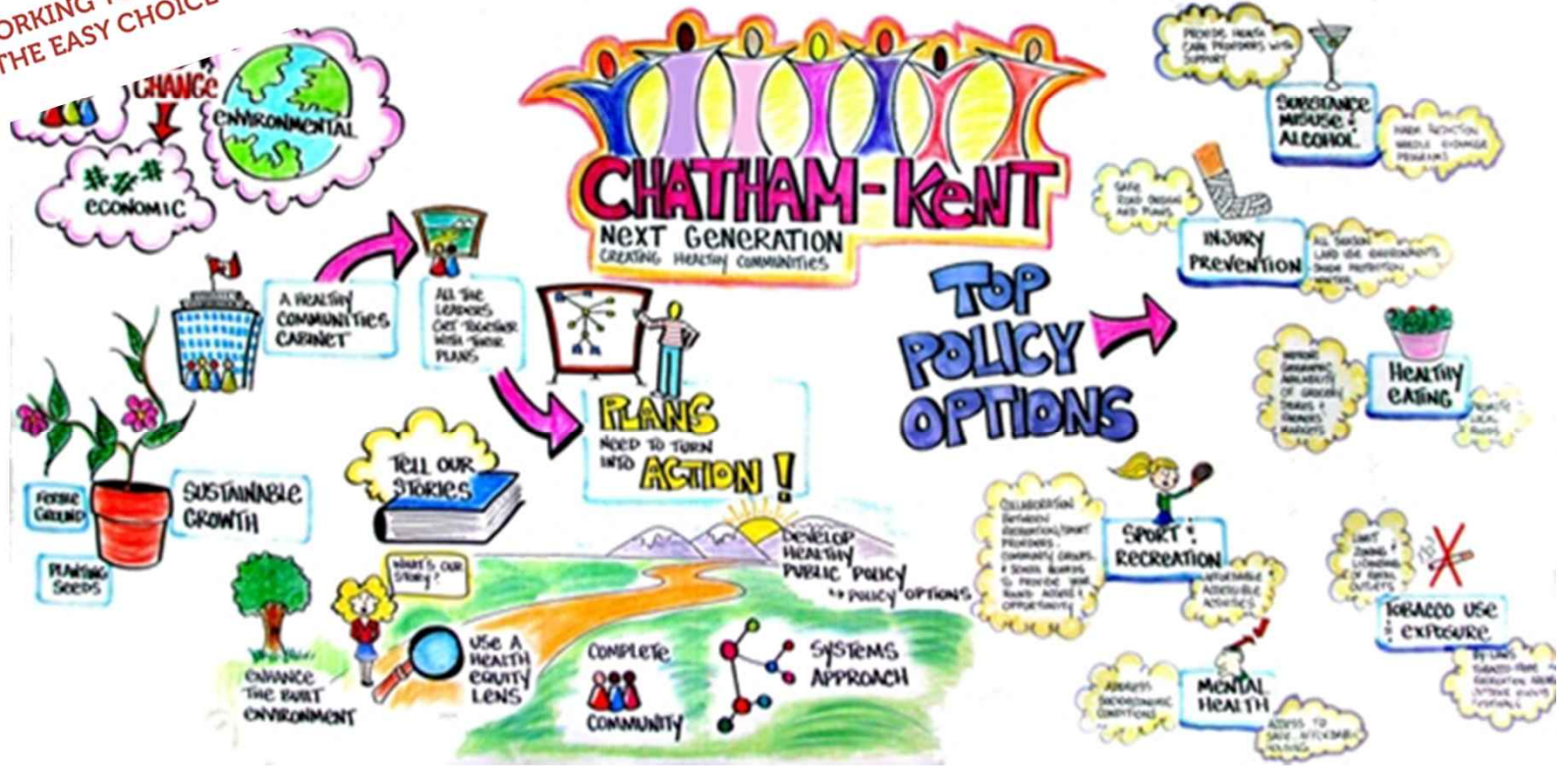
Alcohol Density in Recreational Areas





Engagement

CHATHAM-KENT WORKING TOGETHER
TO MAKE HEALTH THE EASY CHOICE



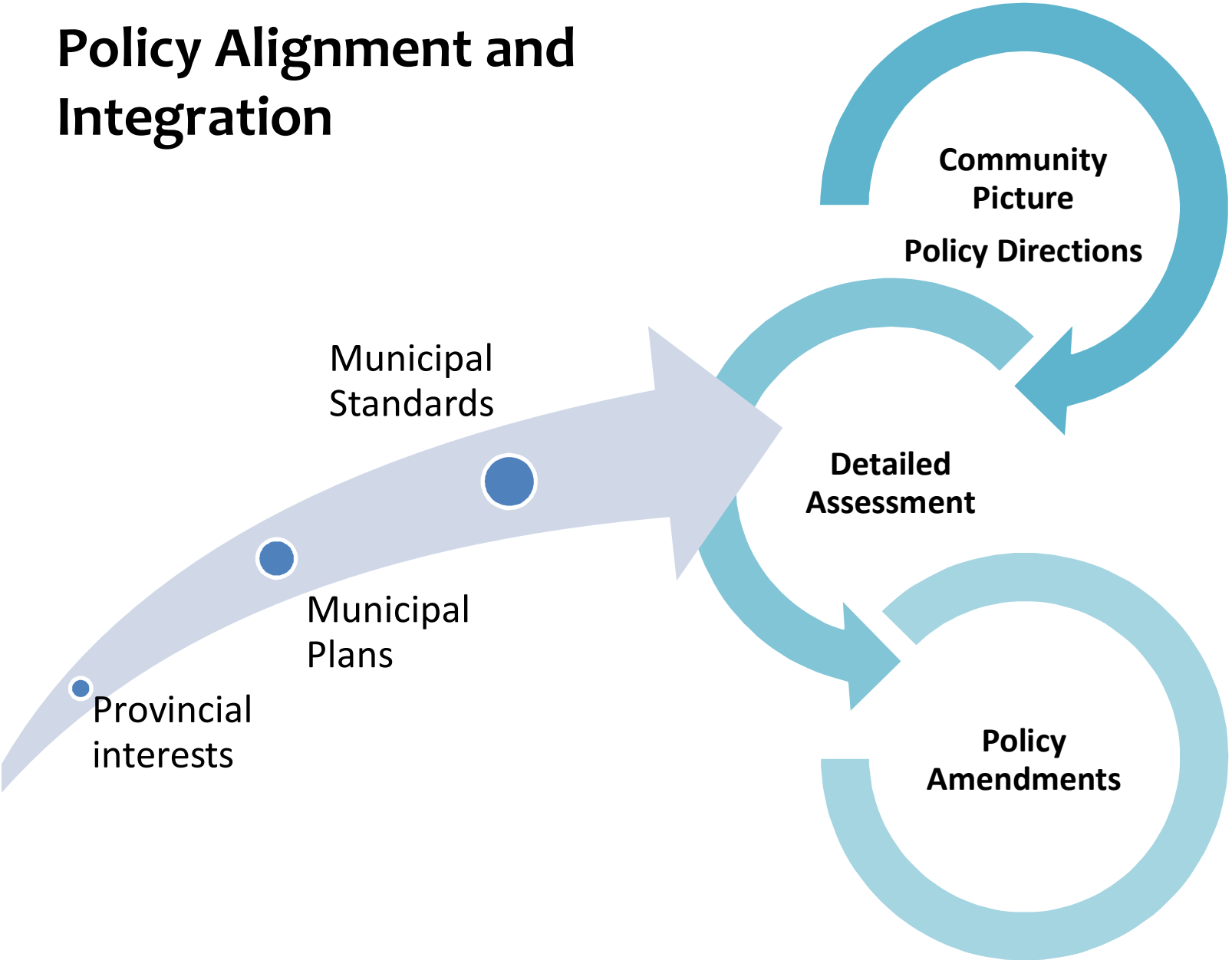
Exercise 3: Planning a Healthy and Sustainable St. Thomas

Group Planning Exercises

Exercise 1: Community Garden Guidelines

- Your group will prepare a set of guidelines for developing new community gardens in St. Thomas. Your guidelines would be used by the City to promote and administer a community garden program. Key questions your group should consider are as follows:
 - What types of activities should be encouraged in community gardens?
 - Ideally, where should new community gardens be located (e.g. parks, vacant lands, neighbourhoods, anywhere?)
 - What type of consultation program should be administered to approve a community garden?
 - What types of requirements should be in place for approving a community garden (if any)?
 - How do your guidelines fit within the context of sustainability?

Policy Alignment and Integration



Municipal Standards

Municipal Plans

Provincial interests

Detailed Assessment

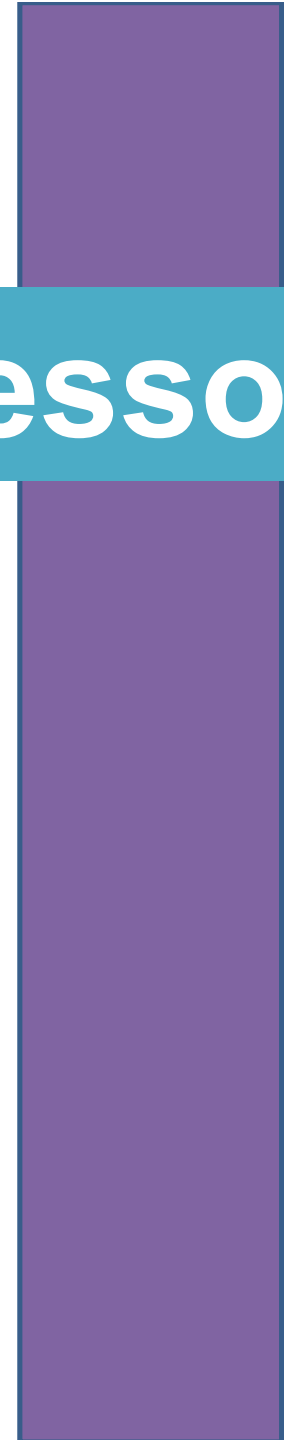
Community Picture Policy Directions

Policy Amendments



Policy Development

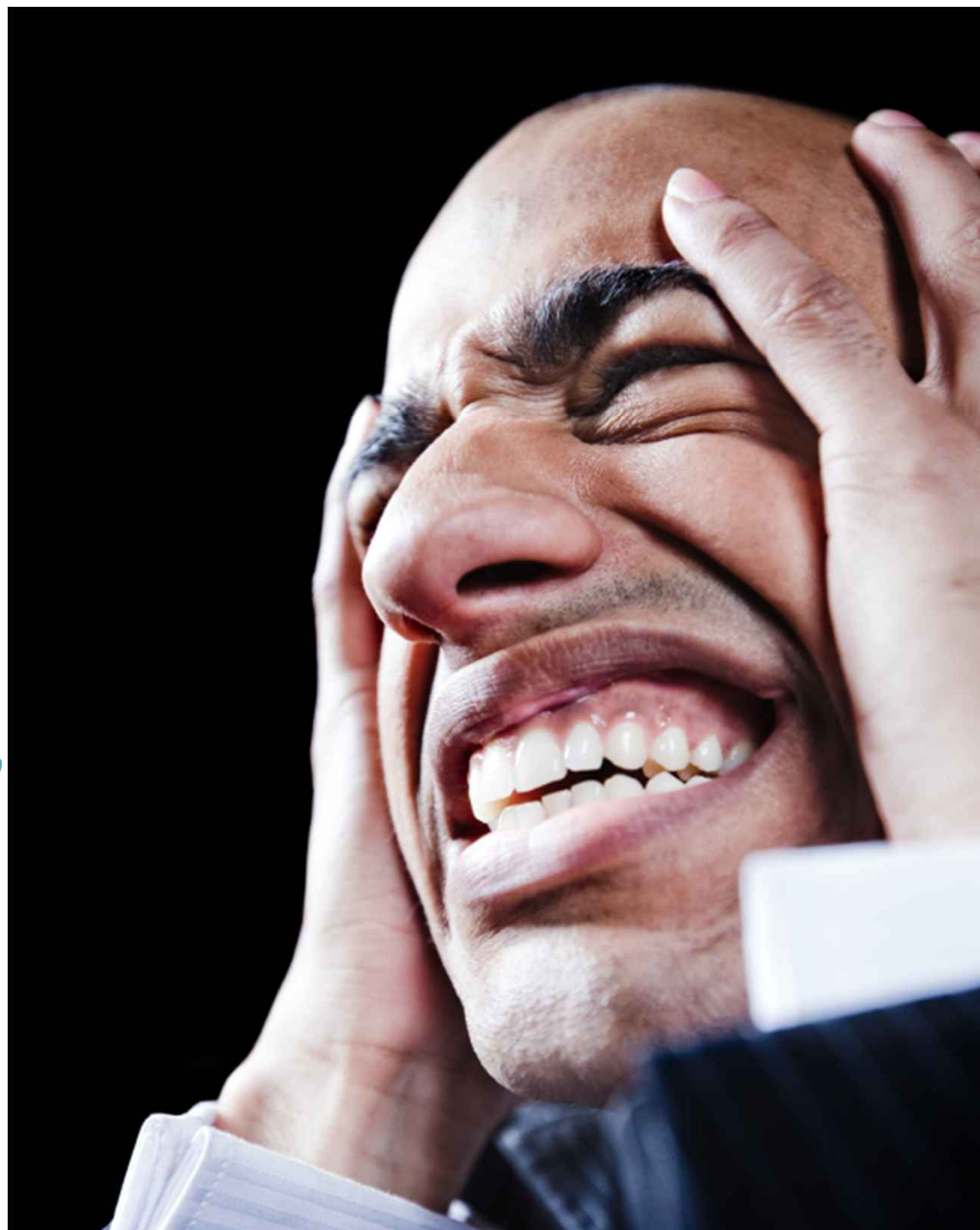
Observations and Lessons



Introducing “Health”

does not have to be

“Shock and Awe”



Introduce new language

Limit access to alcohol
... and tobacco

Sustainable and affordable
recreation options

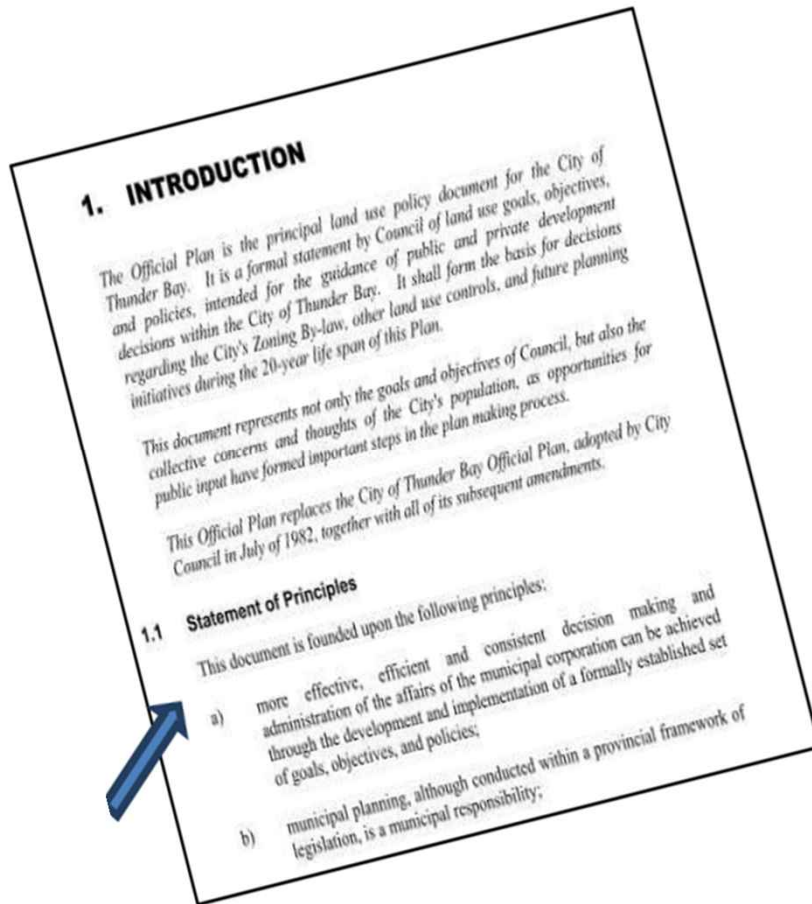
Design considerations

Active transportation

Age Friendly

Access to Healthy Eating

Develop a Strong Rationale



Introduce a Well-Articulated Vision or Stronger Goals

Establish Evidence

Set Precedence

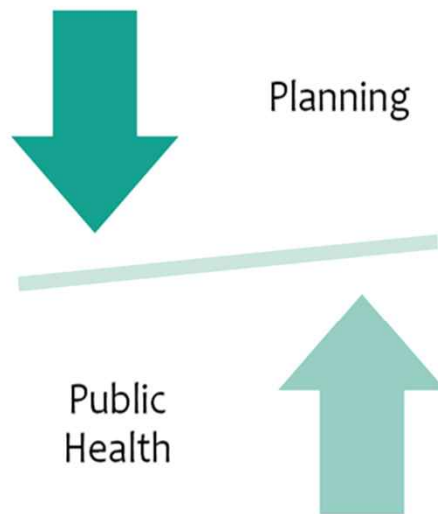
Don't judge each day by the harvest you reap but by the seeds that you plant



One size fits all does not work

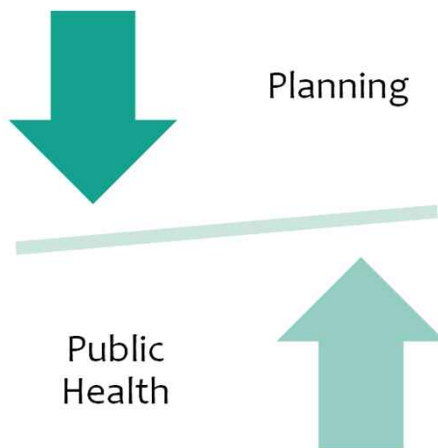


Observations and Lessons from *working together*



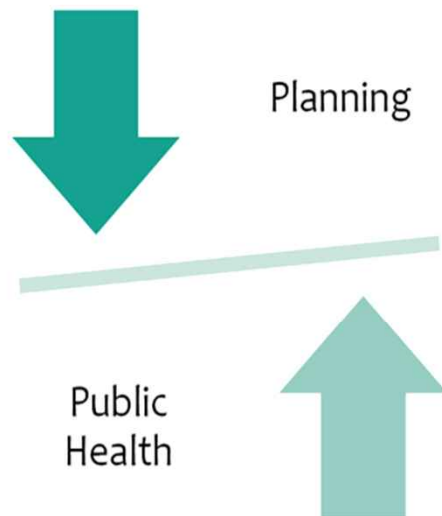
- Success requires upfront investment of resources, time, and commitments.
- Work together to access digital geographic data (e.g. Ontario Geospatial Data Exchange)
- Datasets and training should be provided to public health units to permit ongoing data maintenance/updates (e.g. ESRI Shapefile for Advanced Users, Google KMZ for Basic Users)
- Define at-risk groups using StatsCanada data and communicate these variables to planners to improve mapping integrity.

Observations and Lessons from *working together*



- A systems approach is required to encourage healthy living opportunities.
- Neither planning nor the public health sector can change the environment that largely determines the health of residents.
- Many municipalities are not yet ready for significant shifts.
- Incremental steps are needed to achieve the development of healthy communities.

Observations and Lessons from *working together*



- Public support and community appetite influences policy directions
- Politics has a profound role in influencing the types of policies that are supported and adopted in municipal Official Plans
- Strong opposing factors between economic development goals and healthy communities goals for stagnant communities and those that are in decline

Community Partnerships to Use Shared Resources



Connecting Communities



Partnership Development

Facilitating Healthy Outcomes



Program salutes healthy living

Chris Traber
January 11, 2012

Who doesn't want to be healthy and hot? Healthyork, in tandem with community partners including the Ontario Heart and Stroke Foundation and York Region Media Group, is ushering in 2012 by recognizing and celebrating those of you who inspire others to lead healthful, active lives.

The Healthy and HOT — in this case an acronym for Helping Others Too — award will honour people who go beyond expectations in their efforts to promote wellbeing and healthy lifestyles. There will be three awards this year, announced in the spring, summer and winter. Nominees can be any age and from all backgrounds and can be community leaders, volunteers, students or retirees, Healthyork co-ordinator Nicky Rauzon-Wright said.

The initiative, launched in 2002 and formerly known as Hearty Party, has expanded to create awareness about chronic disease prevention. "People from all walks of life make a contribution trying to make York Region a healthier place to live," Ms Rauzon-Wright said. "If it's a student helping another in a lower



Making difference. Healthyork co-ordinator Nicky Rauzon-Wright, Healthyork, in tandem with community partners including York Region Media Group, is ushering in 2012 by recognizing and celebrating those of you who inspire others to lead healthful, active lives. *Sjoerd Witteveen*

Draft food charter expected next year

By Chris Traber
November 11, 2011

It was food for thought and vice versa at the Aurora Culture Centre Wednesday. A panel of experts gathered to discuss food and agriculture issues and how a food charter could help repair a broken food system in York Region.

Food is a basic necessity for life and yet we see people going hungry in our communities, chronic illnesses on the rise and farmers struggling to earn a living, York Region Food Network executive director Joan Stonehocker said.

"Food touches all our lives in a variety of ways, several times each day," she said. "It creates community connections, cultural understanding and is an economic driver.

The panel provided a look at several aspects of the food system and participants then shared ideas to improve the system, aiming to make it healthy, equitable and sustainable. A blueprint for change is a food charter, a concept most large cities and municipalities have started and followed, she said.



Food for thought. York Region Food Network executive director Joan Stonehocker (left) strategizes with United Way of York Region knowledge mobilization officer Jane Wedlock at the food charter meeting. *STAFF PHOTO/CHRIS TRABER*

Creating positive change

Creating opportunities

Working together

Contributions by Planning and Public Health

PLANNING CONTRIBUTIONS

- Use of Geographic Information Systems (GIS) to document spatial inequalities
- Well-defined, community driven engagement processes
- Land use planning regulatory process to support feasible health actions

PUBLIC HEALTH CONTRIBUTIONS

- Social determinants of health approach to support land use planning decisions
- Considerations for priority population groups in decision-making
- Rigorous evidenced-based policy development process

“You are a product of your environment.

**So choose the environment that will best
develop you toward your objective.”**

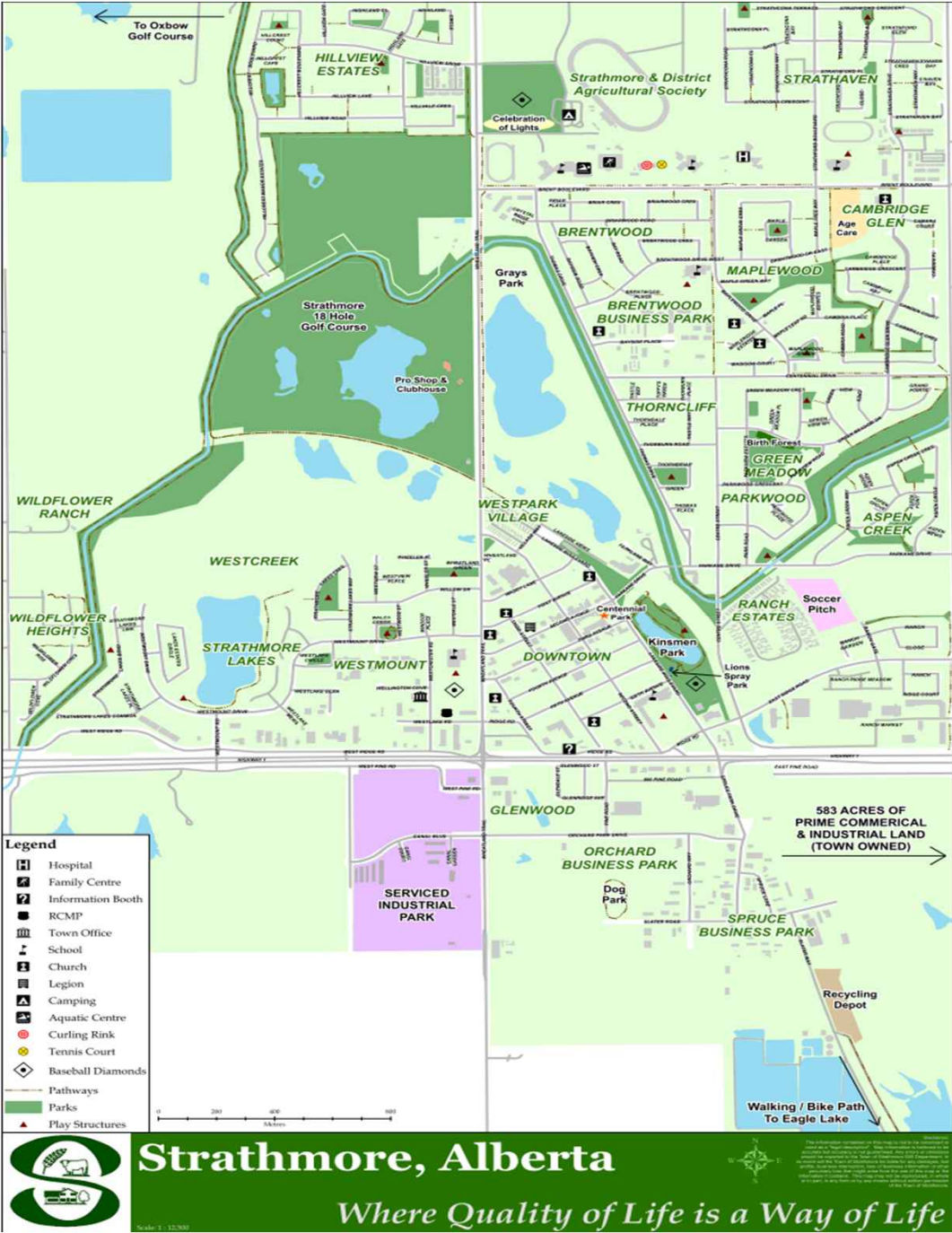
W. Clement Stone, Author



How will you think differently?

Town of Strathmore

Pop. 12,000



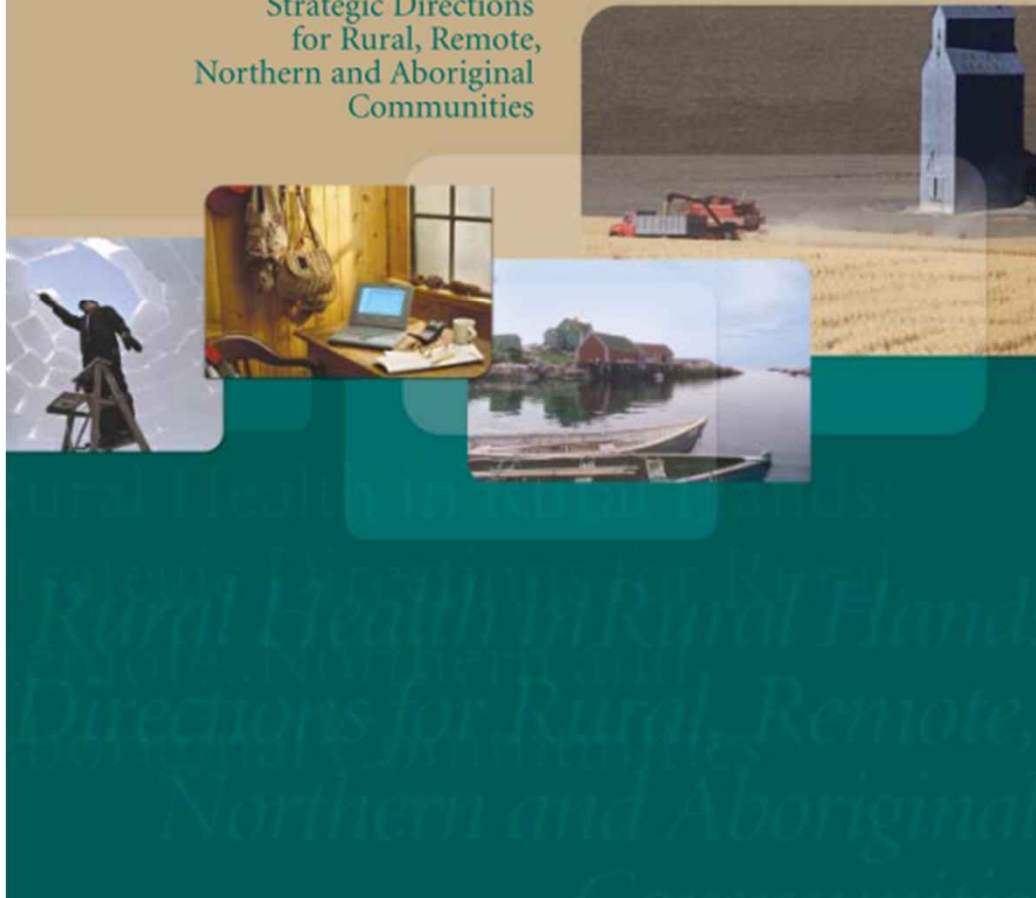
Town of High River

Pop. 10,000



Rural Health in Rural Hands

Strategic Directions
for Rural, Remote,
Northern and Aboriginal
Communities



The key elements of the Healthy Communities approach are: a broad definition of health; an asset-based approach that identifies a community's strengths, resources and experiences; intersectoral collaboration among agencies and organizations so that problems are not dealt with in isolation; community participation in defining problems and priorities; and local action by volunteers, health care providers and community organizations. The Healthy Communities approach is supported by a significant body of research and offers practical tools for communities to use. In fact, the model developed in Canada has inspired the World Health Organization and many countries to advocate its use, especially for implementation in rural communities.⁵⁴

ACE Communities: Igniting Change in Rural Alberta

“We have come a long way. People are beginning to understand that ACE is a community development process.

We have started slowly to engage people in discussion and planning at a grassroots level, so when the project is ready for action it is truly community driven and successful.

Hinton is emerging as a community that is innovative and progressive and the energy of our community leaders will take us from a good community to a great one.”

– Kate Wright, Hinton

**‘The real voyage of discovery
consists not in seeking new
landscapes, but having
new eyes’
(Marcel Proust)**

http://www.bankofideas.com.au/Downloads/Rural_Revitalisation.pdf