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**Built Form &
Healthy Communities**

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30 Years in Planning

Ontario & Manitoba

All Levels of Government

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Building Healthy Communities

OPPI launched Call to Action -

Healthy Communities: The 21st Century Planning Challenge

focusing on healthy and sustainable communities.

www.ontarioplanners.on.ca



Building Healthy Communities

Old Saying....

*You are what
you eat.*

Let's add....

*You are
where you
live.*



Evolving Planning Practice

- ❖ Balance separation/integration of land uses
- ❖ Balancing economic/
environmental/social goals
- ❖ Neighbourhood planning
- ❖ Open space/recreation
- ❖ Social justice
- ❖ Sustainable development
- ❖ Smart growth
- ❖ And now....healthy communities





Your Health Connection

**We need health professionals
to send message about the health implications
of our built environment
to community leaders and decision-makers.**



Ontario
Professional
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Institut des
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de l'Ontario

Ontario Planners: Vision • Leadership • Great Communities

Lakeland District

**We need planning professionals
to work with
community leaders and decision-makers
to plan healthy built environments.**



**We need recreation professionals
to work with
community leaders and decision-makers
to design active communities
and promote active living.**

Building Healthy Communities Call to Action – Five Priorities

❖ Implement healthier land use and transportation design.

Before

❖ Balance walking, cycling and transit use with automobile use.



❖ Address air quality related to mixed land uses and higher densities.

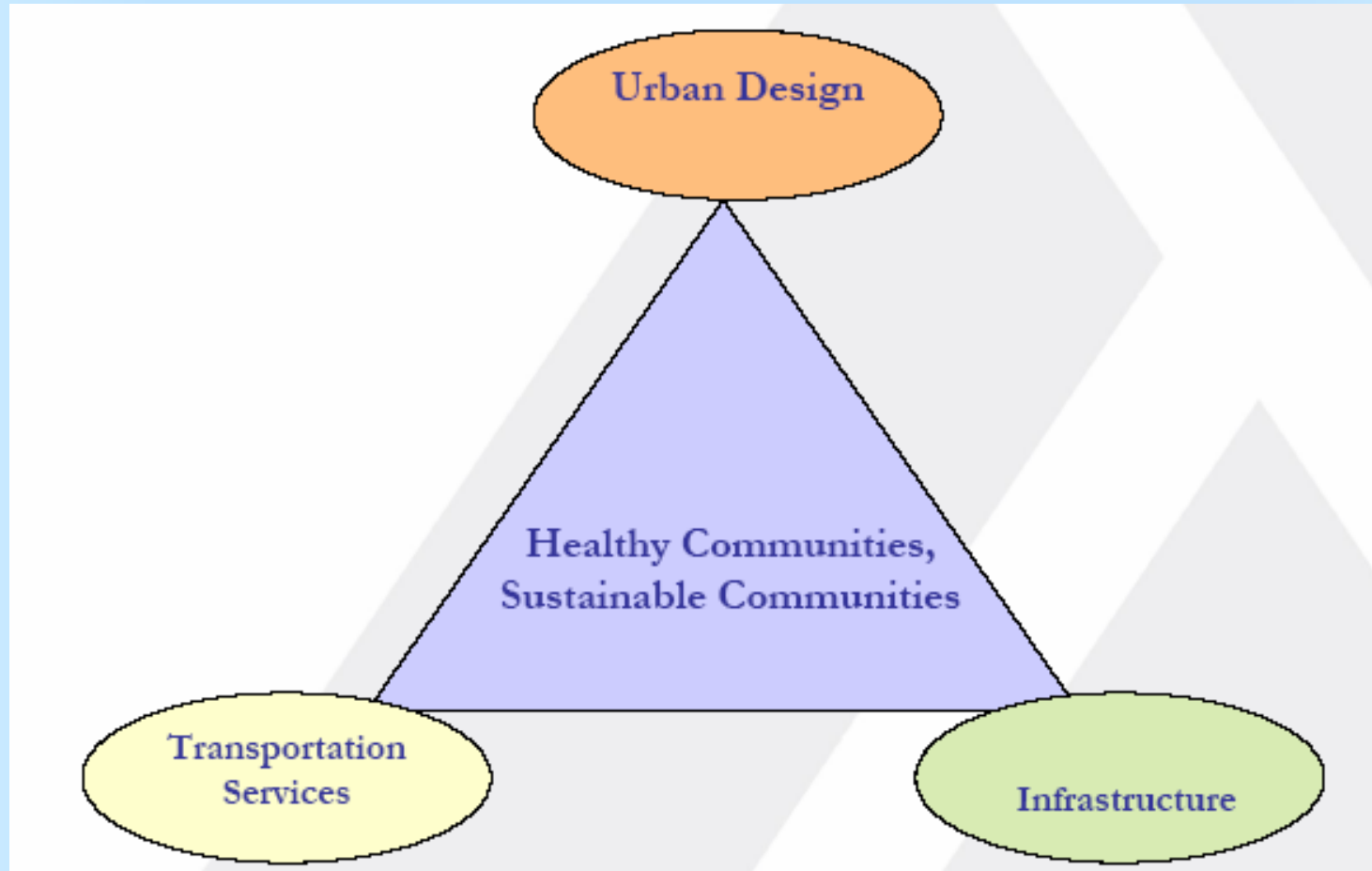


After

❖ Plan for different community needs including high growth and declining economies.

❖ Enable communities to take control and manage growth in a healthy and sustainable fashion.

Building Healthy Communities Call to Action



A sustainable, integrated planning framework.

Building Healthy Communities Land Use Planning

- ❖ Complete, compact communities
- ❖ Clear structure of neighbourhoods
- ❖ Variety of housing options
- ❖ Open space systems, including natural and built features
- ❖ Live/work opportunities



Building Healthy Communities Transportation & Sprawl

- ❖ Sprawl connected with increased BMI, hypertension and blood pressure
- ❖ Sprawl affects how much people walk
- ❖ Poor air quality, traffic accidents/injuries linked to congestion
- ❖ Congestion costs \$\$



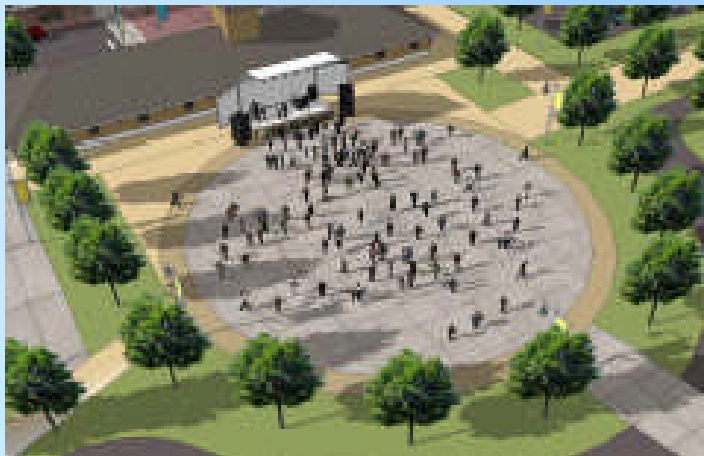
Building Healthy Communities Infrastructure & Transportation

- ❖ Reorganize, rebuild, replace or dismantle old infrastructure
- ❖ Healthier design for new infrastructure
- ❖ Recycle to reduce demands for fresh resources
- ❖ Social infrastructure supports healthier lifestyles



Building Healthy Communities Urban Design

- ❖ Complete, mixed-use communities promoting active lifestyles
- ❖ Comprehensive, integrated open space systems
- ❖ Green communities and neighbourhoods



Building Healthy Communities Integration

❖ Integrate land use, infrastructure and transportation planning with better urban design.



Building Healthy Communities In Our Communities

- ❖ Offer information and examples of healthy built form
- ❖ Encourage retrofitting of what has been built
- ❖ Encourage residents and business persons to speak out
- ❖ Encourage our youth to voice their opinion
- ❖ Support community leaders to embrace change

Building Healthy Communities

Thank you!