

# Partnerships in Healthier Community Design

September 17<sup>th</sup>, 2013

**City of Regina**  
Planning Branch

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**RQHR**

Population & Public Health  
Services

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**CLASP Initiative**

Healthy Canada By Design



# Discussion Overview

- **Who are we?**
  - **RQHR** – Health Promotion Department
  - **City of Regina** – Planning Department
  - **CLASP Initiative** – Healthy Canada By Design
- **Why a collaborative relationship?**
- **How did our relationship start?**
- **How can you start a collaborative relationship in your community without CLASP?**



# Regina Qu'Appelle Health Region

## Health Promotion Department

- **Joy Sluser** – Active Living Coordinator
  - RQHR (Regina Qu'Appelle Health Region) – Population Public Health Services – Health Promotion Department

### ***Mission:***

***“Empower people, families & communities to increase control over & improve health through partnerships that address the social determinants of health & well-being.”***

# RQHR & City of Regina Relationship

## Relationship History

- Prior to 1994 – City of Regina housed Public Health Services
- After 1994 – Public Health Services Transferred to Health Regions

## Future Relationship...

- Continue to restore that collaborative relationship by discussing;
  - the sharing of resources for projects,
  - How to achieve "our" common goals
  - Our work together toward a higher quality of life for Regina residents

**Relationship between RQHR & the City of Regina**

**Collaborative**

**Consultative**

**Collaborative**

# Relationship Building

## Shared Priorities

*“Our” work contributes towards the health of communities and the quality of life for citizens of Regina.*

## Common Strategies

- Fostering public participation
- Strengthening community services
- Supporting & Coordinating healthy public policy



# Understanding Between Health & Planning

- Association between built environment & chronic disease.
- Built environment impacts levels of physical activity.
- Physical activity and healthy eating are among the most modifiable behaviours that can influence likelihood of developing chronic disease.
- Higher building density and a greater mix of land uses have been positively associated with walking and cycling for utilitarian trips – creating more complete communities.



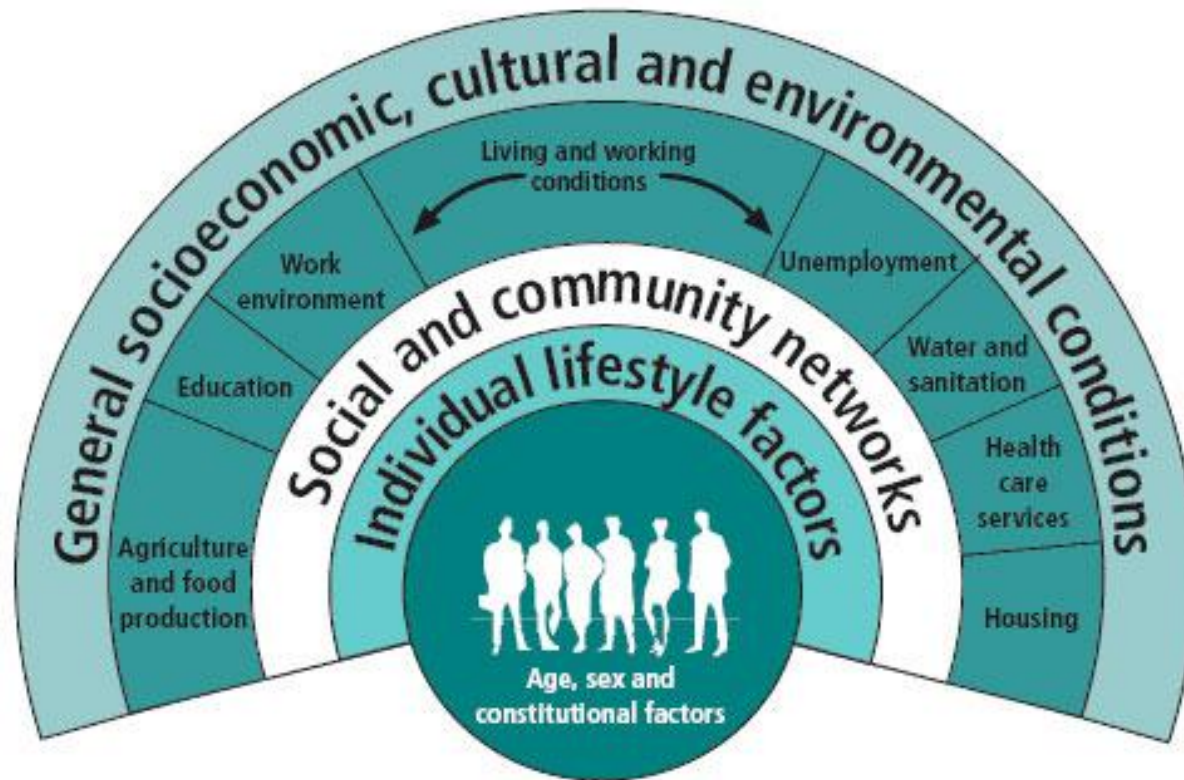


# Our Current Reality

- Costs to Health:
  - \$4.6 Billion – National Health Care Costs Estimate (2008)
  - \$230–260 Million – SK Health Care Costs Estimate (2010)
- Costs to our Community:
  - Impact our ability to work and participate in community life.
  - Attraction and retention of residents.
  - Shorter life.
  - Lower quality of life.



# Determinants of Health (DOH)



*\* Why are some Canadians healthier than others?*



# The **Benefits** that RQHR foresee in a Working Relationship

**Together Achieving the Ultimate Goal**  
*Higher Quality of Life for Regina's Residents*

## ***If achieved IMAGINE:***

- Inspiring neighbourhoods that attract and retain residents
- A dynamic & sustainable workforce by lower prevalence of chronic diseases
- Healthy members contributing to society (economically & socially)
- Diverse economy that provides opportunities

# City of Regina

- **Sheri Birkeland**

Sustainability Outreach Coordinator, Long Range Planning, Community Planning and Development

- Engagement Lead on ***Design Regina***
- CIP Healthy Communities Subcommittee

# City of Regina

## Creating Healthy Communities

- City of Regina's **Vision** ... a *Vibrant, Inclusive, Attractive, Sustainable Community where people live in Harmony and Thrive in opportunity.*
- **Design Regina** – the Official Community Plan: essential to managing future growth and development.

# City of Regina

## Benefits of Collaboration with RQHR

- Supporting healthy built environment in land use conversations
- Advocating for healthier built environment
- Sharing research on the benefits of healthy built environments
- Promoting the benefits of a healthy built environment to the public

# City of Regina

## Demonstrating commitment

- Design Regina – Official Community Plan
  - Reference to health in multiple sections
  - Guidelines for Complete Neighbourhoods
- Transportation Master Plan
- Cultural Plan
- Collaborating with stakeholders to create healthier policies

# CLASP Initiative

## Healthy Canada By Design

- **Megan Jones** – Public Health & Community Planner
  - CLASP (Coalitions Linking Action & Science for Prevention) Facilitator

### **Goal of CLASP:**

***“...uniting existing and emerging cross-sector efforts to promote healthy built environments. HCBD CLASP partners are also translating the latest research in this field into state-of-the-art tools to support policy-makers, public health officials, elected officials, planners and developers in facilitating the creation of healthier communities across Canada.”***



# History of the CLASP Initiative

- **CLASP Initiative**

- **PHASE I:**

- Bridge Health & Planning in Community Development
    - Creation of Tools, Resources & Programs

- **PHASE II:**

- Deepen understanding, broaden reach and utilize tools, resources & programs from Phase I
    - Mid-sized cities and Health Regions with higher rural populations



The Business Case  
for  
Active Transportation

The Economic Benefits of Walking and Cycling

Go for Green  
The Active Living & Environment Program



Vert l'action  
Programme sur la vie active et l'environnement



A Heart and Stroke Foundation  
health environment toolkit for change



# History of the CLASP Initiative

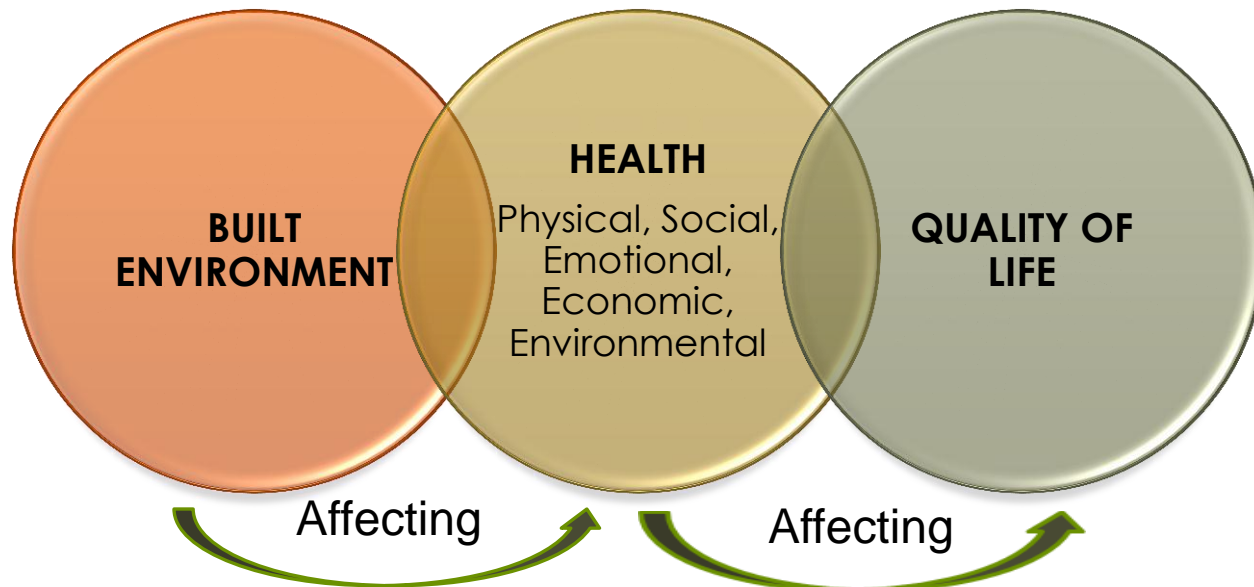
- **Regina Qu'Appelle Health Region:**
  - Summer 2012 – applied for CLASP funding
  - October 2012 – granted CLASP funding
  - November 2012 – CLASP Facilitator hired
  - January 2013 – first official 'partnership' conversations between City & RQHR
  - Spring 2013 – RQHR's continued attendance and input into sessions for the OCP and Housing Strategy & discussions had with City Planning Branches on why RQHR cares about the Built Environment.
  - September 2013 – collaborating to present to you!

# “Planning” Components that Address DOH / Risk Factors

DOH / Factor	“Planning” Consideration
Physical & Social Environments, Culture, Exercise	Density
Physical & Social Environments, Employment & Working Conditions, Exercise	Land Use Mix
Eating Well, Exercise	Connectivity
Physical & Social Environments, Culture	Streetscape Design: Streets, Sidewalks & Safety
Employment & Working Conditions, Physical & Social Environments	Transportation – Transit and Active
Physical Environment	Parking Supply & Management

# Built Environment, Health & QOL

- Increase levels of physical activity and access to healthy foods through design and maintenance of developments
- Research shows that: Physical Activity + Healthy Food Choices = Higher quality of life of residents



# Moving Toward Collaboration

## **Other Projects of RQHR & CLASP:**

- Regional Health Authority Telehealth Education Session & Roundtable Discussion (Sept 10<sup>th</sup>)
- Growing Healthy Communities Forum (Sept 16<sup>th</sup>)
- APCPS Pre-Conference Workshop (Sept 16<sup>th</sup>)
- Rural Active Living Assessment Tools
- Educational discussions between planners, engineers, elected officials, developers, etc... in Regina Qu'Appelle Health Region

## **Projects that RQHR has been asked to work on with the City include:**

- Policy documents such as: Official Community Plan (Design Regina); Comprehensive Housing Strategy & the Transportation Master Plan – stakeholder
- Healthy Community – Development Checklist

# Challenges to Collaboration

- Challenges arise when the following are not addressed:
  - Lack of common vision
  - Costs not identified upfront
  - Lack of buy-in
  - Conflict among leaders
  - Leadership lacking the right skills



# Collaboration without CLASP

- How can you start a collaborative relationship in your community without CLASP?
  - Well-connected Facilitator
  - Shared purpose
  - Shared power
  - Mutual respect & trust
  - Shared control
  - Shared indicators of progress

# Funder Recognition

- *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.*



COALITIONS LINKING ACTION  
& SCIENCE FOR PREVENTION

An initiative of:





# Resources:

- CLASP Information, Tools & Resources:
  - <http://hcbd-clasp.com/>
- Center for Non-profit Excellence – *Building Collaborative Relationships*: <http://thecne.org/building-collaborative-relationships>
- Social Determinants of Health – *Policies and Strategies to Promote Social Equity in Health* (Wahlgren, G & Whitehead, M. 1991) <http://bchealthycommunities.ca/faq>
- RQHR Authority: Health Profile (Jan 2013) – <http://www12.statcan.gc.ca/health-sante/82-228/details/page.cfm?Lang=E&Tab=1&Geo1=HR&Code1=4704&Geo2=PR&Code2=47&Data=Rate&SearchText=Regina%20Qu'Appelle%20Regional%20Health%20Authority&SearchType=Contains&SearchPR=01&B1=All&Custom=>