

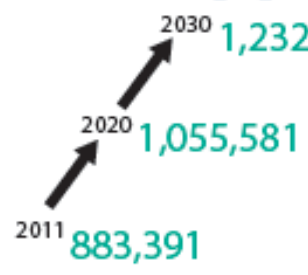
# Healthy Ottawa by Design

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Ottawa Public Health  
July 11, 2014

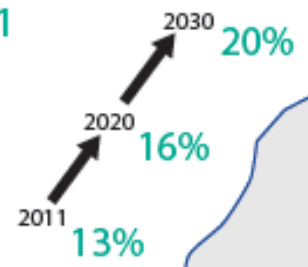
# Ottawa's Population



## Ottawa's population <sup>3</sup>



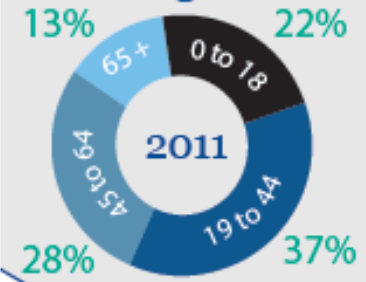
## % of population over age 65 <sup>3</sup>



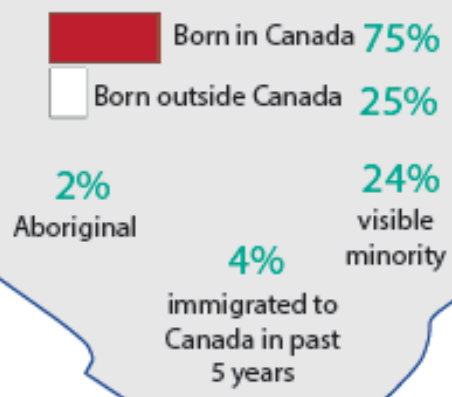
## Most common language spoken at home <sup>7</sup>



## Age <sup>3</sup>

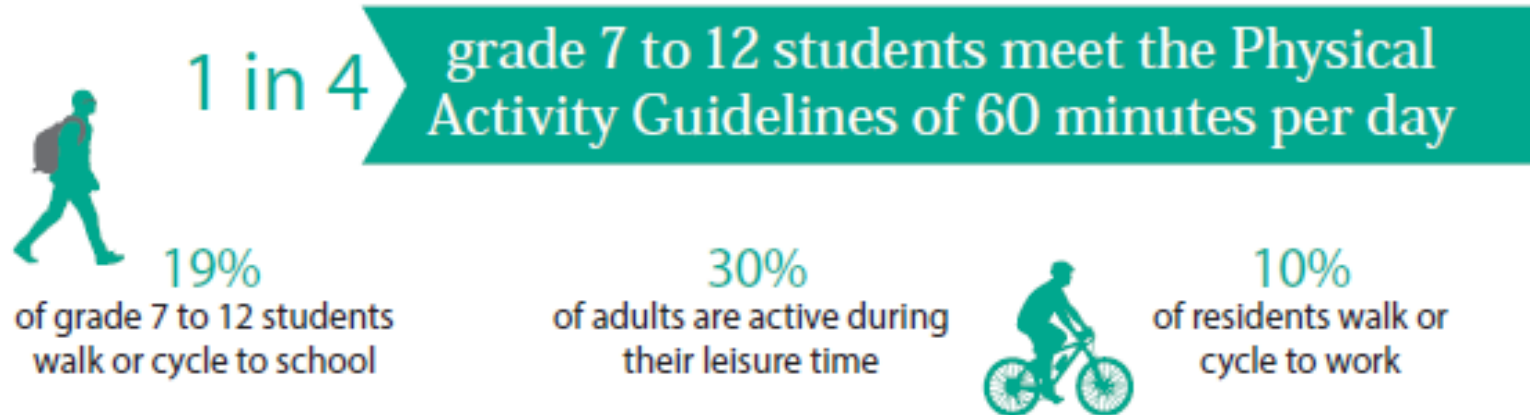


## Origin and identity <sup>7</sup>



Ottawa is growing, aging, and becoming increasingly diverse

# Health in Ottawa



People who report being overweight or obese<sup>74, 84</sup>

23% Middle and high school students

47% Adults

# From the Ontario Ministry of Health and Long-Term Care...

## Strategic Goal #4:

## Promote healthy built environments

### “Wicked” Public Health Problems:

- Childhood and adult obesity rates are on the rise. If nothing changes, the cost of obesity will overwhelm the healthcare system.

### Intersectoral Collaboration:

- “Our success depends on our collective ability to build relationships and work across sectors to create communities and environments that promote health.”



**MAKE  
NO  
LITTLE  
PLANS**

Ontario's Public Health  
Sector Strategic Plan





# Context



## Ottawa's Growth:

- Intensification
- Alternative transportation infrastructure. New Light Rail transit
- Policies supporting complete streets and communities

## Ottawa Public Health:

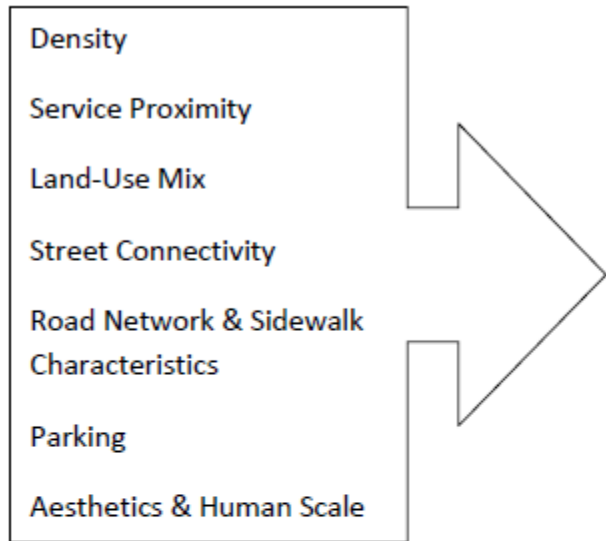
- Independent Board of Health
- OPH Healthy Eating, Active Living Strategy
  - Including school-based active transportation strategy



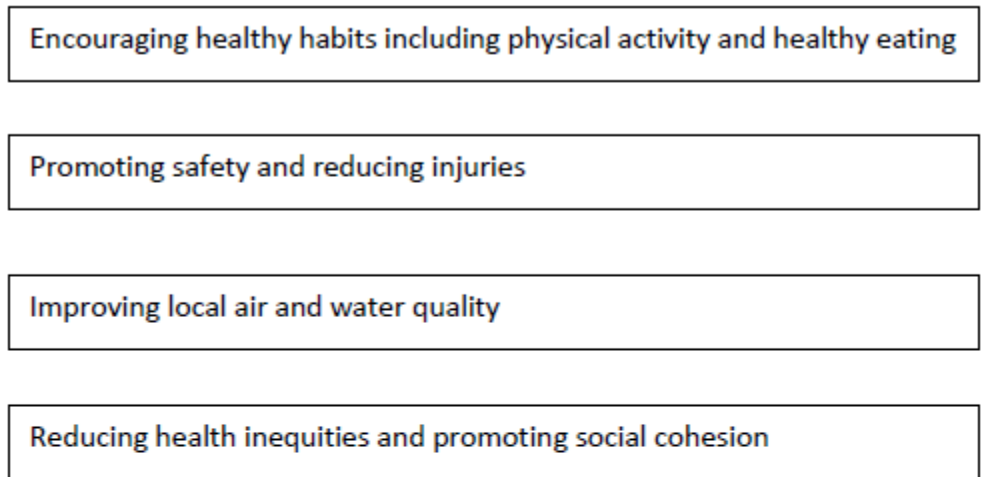
Healthy Eating Active Living  
Saine alimentation et vie active

# Framework for Health and the Built Environment

## Built Environment Elements \*



## Health Implications



## Public Health Roles

Disseminate current research and innovative approaches  
Provide health evidence, data and indicators  
Promote partnerships and collaboration  
Integrate health perspectives into built environment decision-making

Build healthy public policy

Strengthen community awareness and engagement

Create Supportive Environments

# Board of Health Report on Health and the Built Environment: January 2013



## REPORT RECOMMENDATIONS

**That the Board of Health for the City of Ottawa Health Unit approve:**

1. Ottawa Public Health's Framework for Health and the Built Environment as outlined in this report
2. That Ottawa Public Health staff continue working with municipal partners, including the City of Ottawa Planning and Growth Management and Public Works departments to:
  - a. Support the development of health-promoting, complete communities;
  - b. Identify opportunities to integrate health perspectives in planning policies, reports, and decision-making processes; and
  - c. Enhance the health perspective in the review of the Official Plan, Transportation Master Plan, Ottawa Pedestrian Plan and Ottawa Cycling Plan.

<http://ottawa.ca/calendar/ottawa/citycouncil/obh/2013/01-21/Report%20F%20-%20Health%20and%20the%20Built%20Environment.pdf>

# Building Capacity

- Building OPH staff capacity through presentations, mentoring, learn-by-doing.
- Branding OPH as a relevant stakeholder in the built environment
- Developing relationships with city staff, including Planning & Growth Management and Public Works





# Taking Advantage of Policy Windows: The Big Plans

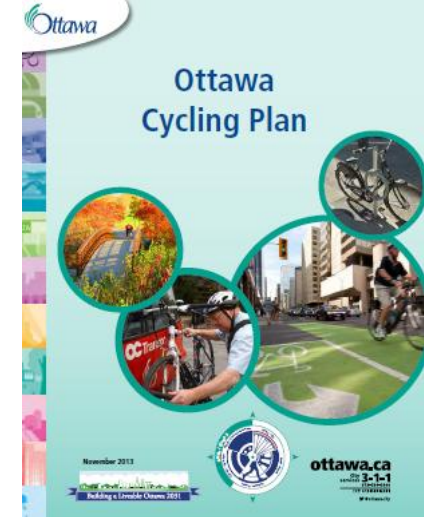
## ■ City of Ottawa Official Plan

- Participated in the launch of the OP review through a public presentation on the health impacts of place
- Provided public health perspectives, including statements that describe the health significance of the built environment



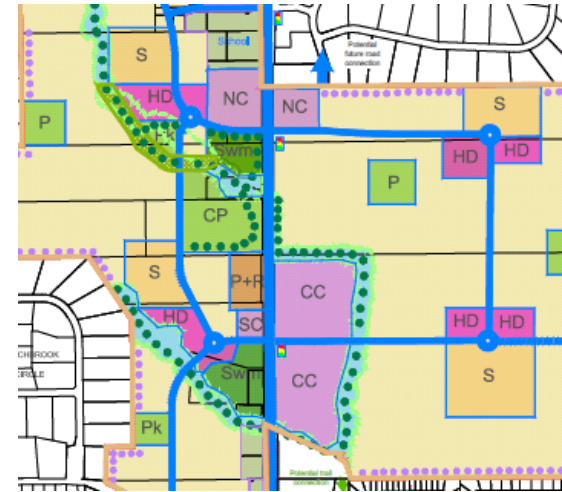
# Taking Advantage of Policy Windows: The Big Plans

- Transportation Master Plan, Cycling Plan and Pedestrian Plan
  - Contributed chapter content
  - Applied the WHO Health Economic Assessment Tool
  - Supported the new Complete Streets policy



# Application of the Big Plans

- OPH participates in City Technical Advisory Committees for:
  - Community Design Plans
  - “Building Better and Smarter Suburbs” study
- OPH draws on the public health evidence-base to frame feedback including:
  - Peel Healthy Development Index
  - BC Toolkit for Design, Planning and Health



# Lessons Learned



- Building relationships between the sectors is critical for moving forward
- Continue identifying opportunities to support the City and promote healthy urban design
- Use learnings to contribute to the evolution of this new field
- Continue to build internal capacity





- Any questions, feel free to contact me:

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