



A New Healthy Community Approach

What is it, why is it important, &
how are we using it in the new
neighbourhood plan?

Alberta

Edmonton

Why a Healthy Community approach?

“Healthy Community activities can lead to outcomes (at the individual to the national level) such as healthier lifestyle choices, improved health status, increased knowledge, skills, expertise, stronger partnerships, cleaner physical environments, a growing economy, and healthier, resilient communities.”

- *Canadian Healthy Communities*

“Health does not stop or start at the doctor’s office—it begins in homes, workplaces, schools, and communities. Evidence shows that where we live and work has strong links to health.”

- *Urban Land Institute*

What is a Healthy Community?

The University of Alberta *Centre of the School of Public Health* defines Healthy Communities according to the following categories:



Health & Social Impact

- Quality of life (physical/mental)
- Social inclusion & connection
- Resiliency
- Urban indigenous health



Sustainability

- Environmental stewardship
- Ecological sustainability



Accessible & Safe Environments

- Universal accessibility
- Integrated multi-modal transport
- Traffic safety



Innovation & Evaluation

- Indicators & analytic approaches
- Understanding impacts

What is a Healthy Community?

The Canadian Institute of Planners *Policy on Healthy Communities Planning* defines a Healthy Community as a place:

- Where citizens have the **opportunity** to live to their full potential.
- That creates ongoing **dialogue** and generates **leadership** opportunities for all.
- That embraces **diversity**, connects people and resources, fosters a sense of community, and shapes its own future.



Healthy Community as a Planning Lens

In the Urban Planning process, Healthy Communities can be facilitated by deliberately planning out the built form to support the programming of spaces in a neighbourhood. These tools may include:

- Providing for recreational space close to homes
- Implementing transportation infrastructure that balance pedestrians, cyclists, public transit, and vehicles
- Supporting local food with planned spaces for community gardens or spaces for farmers markets
- Designating land to have housing, retail, and offices mixed together
- Regulating design of public spaces

Healthy Community Summary

In other words, Healthy Communities are about providing people with ***opportunities*** in the places they live, work, and play for...

- Social interaction and inclusion, feelings of safety, and mental well-being
- Resilient ecosystems and environmental surroundings
- Physical activity, access to healthy food, and ease of active transportation
- Local education, business, employment, and economic health

These opportunities connect to the vision and four themes of the new neighbourhood plan.

Why a Healthy Community Approach?

Why are we applying a Healthy Community approach in this neighbourhood?

New Health Campus location



Government of Alberta
**New Edmonton
Hospital Project**

Design must reflect health outcomes, from layout to amenities to accessibility.

Policy Direction



City of Edmonton **Vision 2050** Goals:

- Urban Places
- Regional Prosperity
- Climate Resilience
- **Healthy City**

“Edmonton is a neighbourly city with community and personal wellness that embodies and promotes equity for all Edmontonians.”



Future LRT Extension



Capital Line **South
Extension**

Opportunities to enhance multi-modal transportation.

Alberta



How did we craft the Vision & Themes that will result in a Healthy Community?

Background:

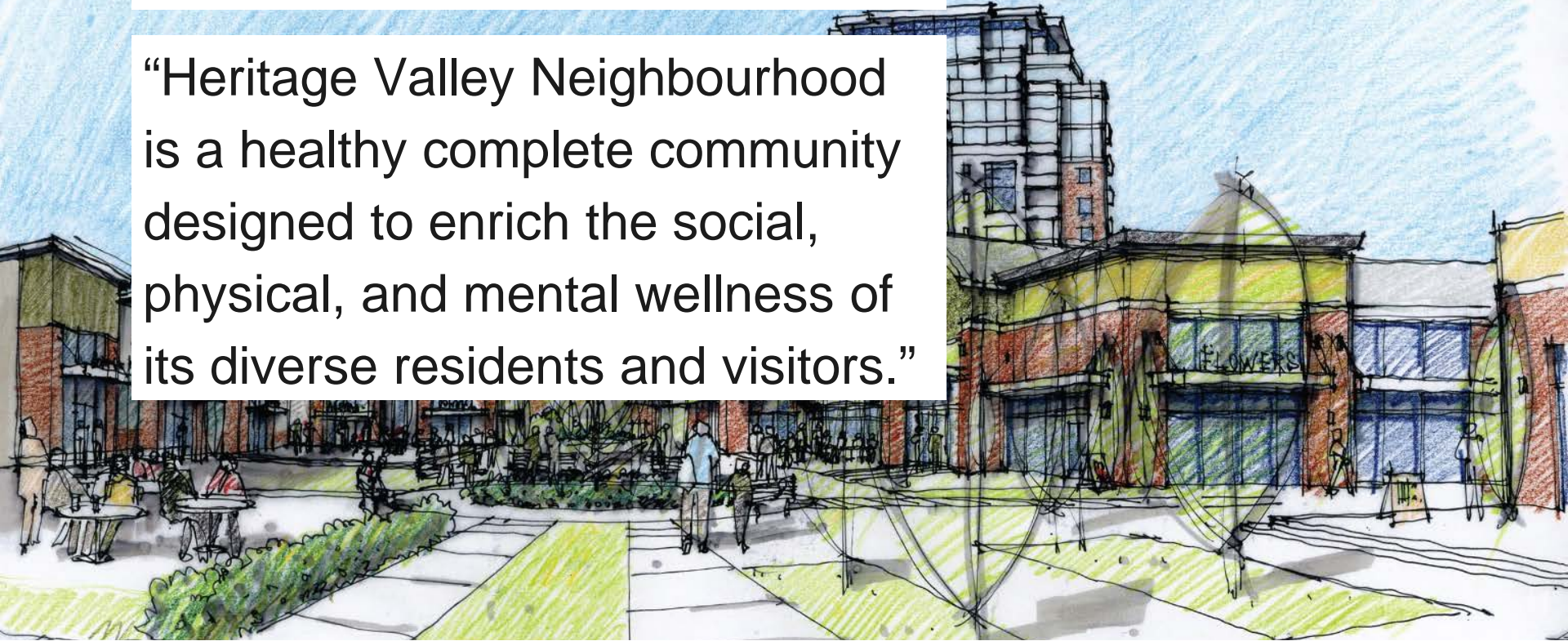
- Research on existing policies and guidelines surrounding the Healthy Community movement
- Internal Stakeholder Workshops
 - Policy makers from planning, transportation, utilities, and other stakeholder groups
- Shaped the overall Healthy Community lens

Framework:

- The project team took input from background research and workshops to craft the vision
- Themes were decided based on groupings of draft objectives, which ensured that all aspects of a Healthy Community were included

VISION STATEMENT

“Heritage Valley Neighbourhood is a healthy complete community designed to enrich the social, physical, and mental wellness of its diverse residents and visitors.”





THEME 1: SOCIAL INCLUSION & SAFETY

People of all backgrounds, ages, and abilities in this neighbourhood feel safe and included. They are able to contribute to their community and foster relationships that help them connect.



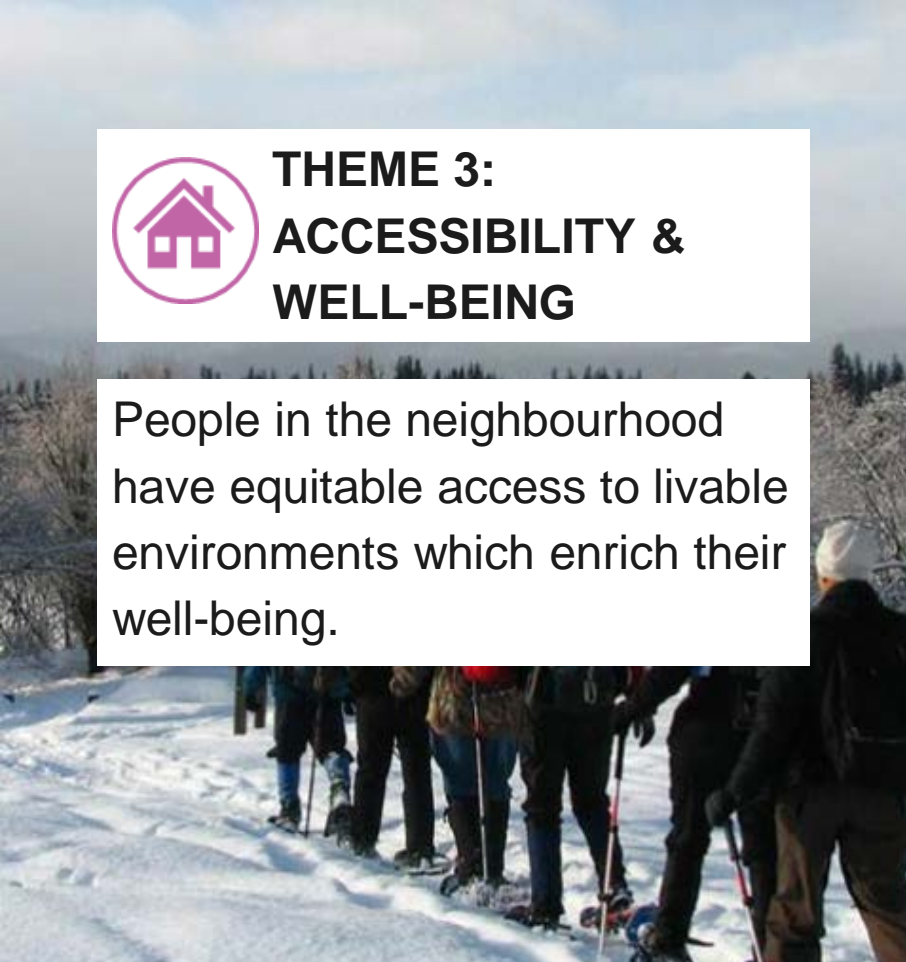
THEME 2: ENVIRONMENTAL HEALTH

The neighbourhood incorporates an ecological network and sustainable development practices that enhance local biodiversity and contribute to climate change resilience.



THEME 3: ACCESSIBILITY & WELL-BEING

People in the neighbourhood have equitable access to livable environments which enrich their well-being.



THEME 4: LOCAL ECONOMIC VITALITY

The neighbourhood is a vibrant complete community where all residents can live, work, shop, play, and thrive together.



How can you participate and provide input today?

- Review the display boards and ask questions
- Participate in a facilitated “scenario” discussion at one of the tables
- Post your ideas on how to achieve a healthy community in this neighbourhood
- Online Survey

