Health By Design:
Incorporating Health Impacts in Urban Planning Policy,
Peel Region, Ontario, Canada

Presentation at Fit Cities, Fit World Meeting
May 22\(^{nd}\), 2012

Presented By:
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Peel Context

- Rapid Growth – 20,000 people each year
- Uneven Growth

Population growth from 2006 – 2011
- Caledon – 4.2%
- Brampton – 20.8%
- Mississauga 6.7%

- Unique Challenges
  - greenfield (Brampton)
  - intensification (Mississauga)
  - rural (Caledon)

- More vehicle trips
- Increasing single occupant vehicle trips
- Increasing physical inactivity levels
### Figure DM0: Diabetes Mellitus Prevalence Rate† by Year, Region of Peel and Ontario, 1995/1996 to 2004/2005

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>Peel</th>
<th>Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995/96</td>
<td>5.9</td>
<td>5.4</td>
</tr>
<tr>
<td>1996/97</td>
<td>6.3</td>
<td>5.7</td>
</tr>
<tr>
<td>1997/98</td>
<td>6.6</td>
<td>6.0</td>
</tr>
<tr>
<td>1998/99</td>
<td>6.8</td>
<td>6.3</td>
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<tr>
<td>1999/00</td>
<td>7.2</td>
<td>6.6</td>
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<td>2000/01</td>
<td>7.5</td>
<td>6.9</td>
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<tr>
<td>2001/02</td>
<td>8.0</td>
<td>7.3</td>
</tr>
<tr>
<td>2002/03</td>
<td>8.4</td>
<td>7.6</td>
</tr>
<tr>
<td>2003/04</td>
<td>8.8</td>
<td>8.0</td>
</tr>
<tr>
<td>2004/05</td>
<td>9.2</td>
<td>8.4</td>
</tr>
</tbody>
</table>

† Age-adjusted prevalence rate
‡ Number of cases of DM include new and existing - identified using the Ontario Diabetes Database in a specified population for a given year.

Fiscal year: extends from April 1st of one calendar year to March 31st of the next calendar year.

Source: Institute for Clinical Evaluative Sciences. inTool. instant interactive information. http://www.ices.on.ca/intool
History of Built Environment

- Highlighted the impact of the built environment on health.
- Council embraced recommendations in report and provided several Resolutions for Planning and Health to collaborate.
History of Built Environment

Council Direction:

- Comment on development applications
- Develop planning policies for active living
- Advocate for provincial policy

2005
- Develop policy for Regional Official Plan
- Develop policy for Municipal Secondary Plans
- Advocate for provincial policy

2008
Healthy Built Environment Completed Initiatives

1. Literature Review on relationship between physical activity and elements of urban form
2. Conceptual Models on relationship between health and built environment
3. Peel Health position statement
4. Comments on Municipal Block and Secondary plans
5. Healthy Development Index
6. Healthy Development Index Testing
7. Health Background Study
8. Residential Preferences Study
Based on published literature demonstrating the relationship between health and urban form, Index consists of the following elements:

- Density
- Proximity to services and transit
- Land use mix
- Street connectivity
- Road network and sidewalk characteristics
- Parking
- Aesthetics and human scale

*Elements* are further broken down into *measures*, many of which are quantitative.
Peel Healthy Development Index – Examples

2. a. Proximity to a Variety of Services and Employment – Prerequisite:

- ≥ 75% of residential units must be within ≤ 800m of ≥ 5 neighbourhood public services*
- ≥ 75% of residential units must be within ≤ 800m of ≥ 7 neighbourhood retail services**
- The centre of primarily residential communities must be within ≤ 800m of the same number of full- and part-time jobs as 50% of the total number of residential dwelling units in the community.
- The centre of primarily non-residential communities must be within ≤ 800m of the same number of residential units as 50% of the total number of full- and part-time jobs in the community.
- We may want to include another option of being able to access sufficient numbers of jobs using transit.

*The elements and measures were pulled from relationships documented in the literature, after strength of evidence analysis.
Health Background Study Framework

**Rationale**
Description of the Core Element and why it is important from a community health perspective.

**Objective**
Statement of desired development objective.

**Standards**
Minimum development standards to be achieved by the proposed development.

**Key Questions**
List of key questions that should be considered in the planning and preparation of the development.

**Reporting/Content Requirements**
Description of the minimum reporting.
Residential Preferences Survey

- Document the demand for different types of residential community environments (walkable to auto-oriented)
- Determined there is unmet demand for walkable neighbourhoods
- Those who live in walkable communities:
  - Walk 2.6 times as often from utilitarian purposes
  - Use transit 2.5 times as often
  - Drive 150 fewer km/week
  - Have lower body weights
  - BMI one point lower
“Rules” - Policy Accomplishments

Provincial Policy
- Provincial Policy Statement
- Residential Preferences Study

Regional Council
- Official Plan Amendments to include Health Assessment
- First Regional Active Transportation Plan

Municipal Policy
- Town of Caledon Drive Through Policy
- Official Plan Amendments to include Public Health
Municipal Policy Changes made on February 14th, 2012:

“Whereas:

Researchers have proved that the way we design our communities influences key risk factors for chronic disease;

The Diabetes Atlas for the Region of Peel reveals that 49% of Caledon residents and 63.5% of Bolton residents over the age of 18 are overweight or obese;

The Region of Peel has developed a Healthy Development Index to support healthy community development;

The Town of Caledon strives to have the best development policies in regard to the environment and to health; and

Therefore be it resolved that the Town of Caledon reference the Healthy Development Index in settlement area expansion studies transportation studies community improvement plans and planning of roads trails and parks”
Municipal Policy Changes made on February 14th, 2012:

“Whereas:

The Town of Caledon is undertaking the Mayfield West Secondary Plan and a Mayfield West Secondary Plan Stakeholder Advisory Group has been formed;

The Stakeholder Advisory Group is a Council appointed volunteer advisory group that will provide comment and input on the Mayfield West Secondary Plan;

The Mayfield West Secondary Plan will benefit from a wide range of knowledge and experience on a variety of community issues and the membership of the Stakeholder Advisory Group is intended to represent and reflect a diversity of needs and interests of the Caledon community for existing and future residents in Mayfield West; and

Therefore be it resolved that Council invites one representative from each of the following committees and agency to sit on the Mayfield West Secondary Plan:

- Stakeholder Advisory Group
- Caledon Accessibility Advisory Committee
- Caledon Seniors Advisory Committee
- Caledon Economic Development Advisory Committee and
- Peel Health, Region of Peel”
Municipal Policy Changes made on May 9th, 2012:

“Whereas:

Research has demonstrated that community design influences key risk factors for chronic disease;

The Canadian Institute of Planners and the Ontario Provincial Planners Institute have working committees on health and the built environment issues including healthy development guidelines;

The Region of Peel has developed a Healthy Development Index and the framework for a Health Background Study for health-promoting community design;

The City of Mississauga strives to have the best policies that promote future development patterns that are sustainable by integrating environmental, health, land use, urban design and transportation planning objectives;

NOW THEREFORE BE IT RESOLVED that the City of Mississauga reference the Healthy Development Index and the Health Background Study Framework for input into future studies”
City of Mississauga Council Motion

Municipal Policy Changes made on May 9th, 2012:

“Whereas:

That the City of Mississauga consult with Peel Public Health on Future community planning studies and local area plans and The creation of a Health Background Study Terms of Reference for the City of Mississauga;

That all Planning Reports contain a reference to the health impacts of the application;

That the City of Mississauga Planning and Building and Transportation and Works Departments and Peel Public Health staff jointly investigate options for partnership with Canadian Institute of Planners and Ontario Provincial Planners Institute and other relevant organizations to further develop ways of implementing health criteria into the planning process; and

That the City of Mississauga and Peel Public Health advocate to relevant Provincial Ministries for better integration of land use and transportation planning at the provincial and municipal level.”
New Healthy Built Environment Initiatives In Progress

**Participation in:**

- Regional Environmental Assessment process
- Regional Road Characterization Study Committee
- Regional Road Strategic Network Study Committee
- Regional Sustainable/Green Development Guidelines Committee
- Regional Accessibility Committee
- Municipal Block and Secondary Plans
New Healthy Built Environment Initiatives In Progress

Participation in:

• Healthy Development Awards
• City of Brampton Sustainable Development Design Guidelines
• City of Brampton Complete Streets
• Town of Caledon Community Improvement Plans
• Town of Caledon’s Mayfield West Phase II Stakeholders Committee
• Reapply for national funding (CLASP) to review engineering standards
• MLS Listing Study with McMaster University
For more information, please visit:

http://www.peelregion.ca/health/resources/healthbydesign/