

Planning by Design: a healthy communities handbook

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Ministry of Municipal Affairs and Housing
Ministère des Affaires municipales et du Logement
Ontario Professional Planners Institute
Institut des planificateurs professionnels de l'Ontario

Webinar
February 18, 2010

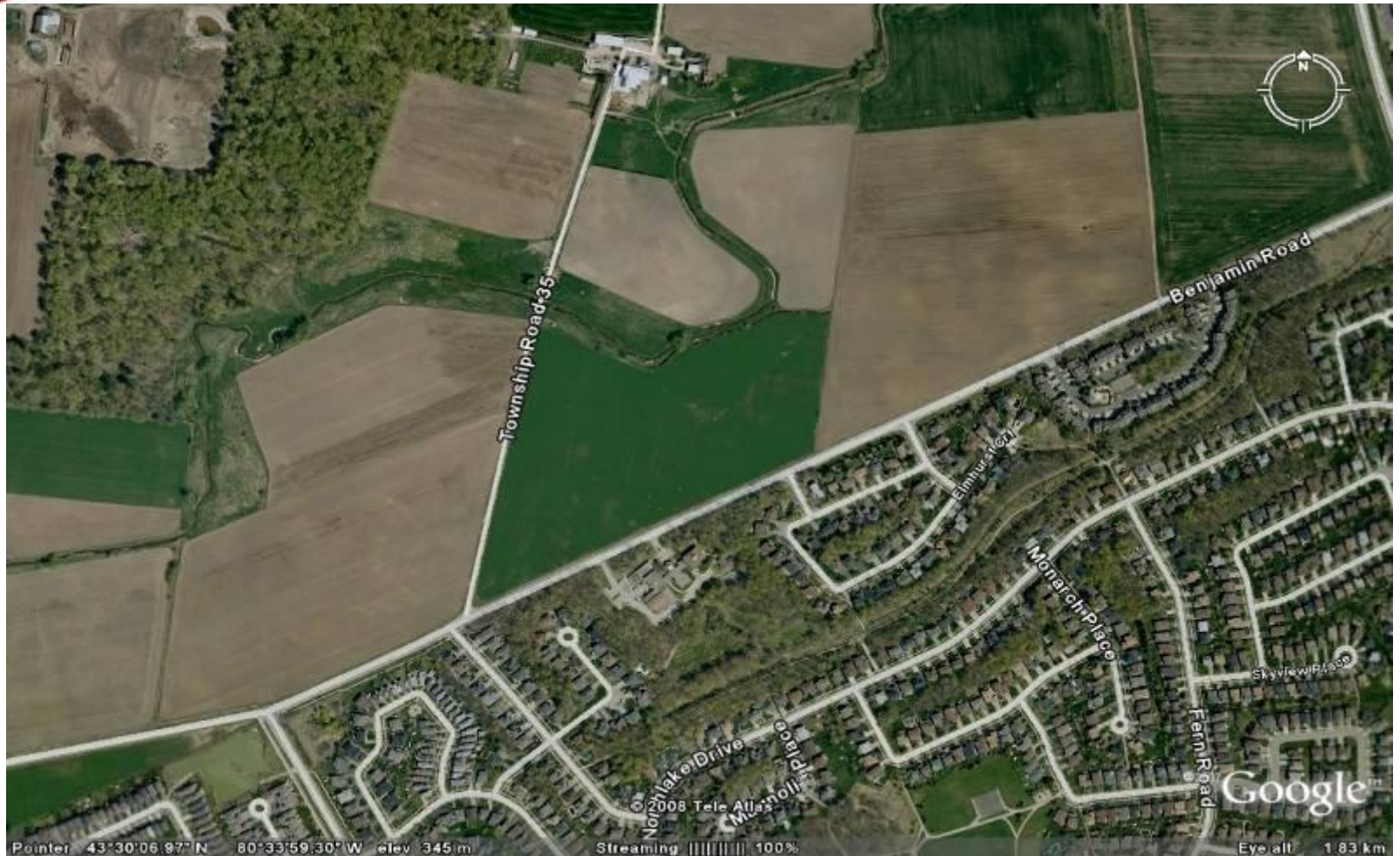
Healthy Communities, Sustainable Communities



Sue Cumming, MCIP RPP
President OPPI

Ontario Professional Planners Institute

What do these images tell us about planning, and healthy communities?



Conflicting messages...



Conflicting messages...



Healthy Communities, Sustainable Communities

We're all familiar with the saying, "*You are what you eat.*"

Perhaps it's time to add a new saying, "*You are where you live.*"

Healthy Communities, Sustainable Communities

Where we live can affect our health in many ways – quality of the air, soil and water; opportunities for exercise and recreation; access to healthy food; the availability of jobs; and existence of social networks.



Healthy Communities, Sustainable Communities

Healthy communities are talked about in today's public environment

- Cars a “must have” to live in today's communities
- Bigger isn't always better (bigger boxes, super schools)
- Gridlock and effects of long commuting time
- Obeseogenic environments
- Energy conservation
- Climate Change



Source: Hayden, A Field Guide to Sprawl

Healthy Communities, Sustainable Communities

On November 8th, 2007, OPPI released a Call to Action and Position Paper – **Healthy Communities, Sustainable Communities** which focused on land use planning, urban design, active transportation, and green infrastructure



Healthy Communities, Sustainable Communities

Audience

- Stakeholders (e.g. public health organizations, Heart and Stroke Foundation, Ontario, other professions, land and building industry)
- Municipalities throughout Ontario (small and large, rural and urban)
- The planning profession
- General public

Healthy Communities, Sustainable Communities

- Do you live in a healthy community?
- What is healthy or not healthy about your community?

Healthy Communities, Sustainable Communities

The report focused on the relationship between where we live on the one hand and on the other:

- Obesity and related health problems
- Air quality in transportation corridors
- Air quality in general
- Economic vitality and poverty
- Social cohesion

Healthy Communities, Sustainable Communities

What are the health risks when we don't design healthy communities?

- Overweight and obesity
- High blood pressure and stroke
- Non-insulin dependant diabetes
- Coronary heart disease
- Respiratory ailments - asthma
- High blood pressure and stroke
- Stress and depression
- Traffic injuries and fatalities
- Osteoporosis

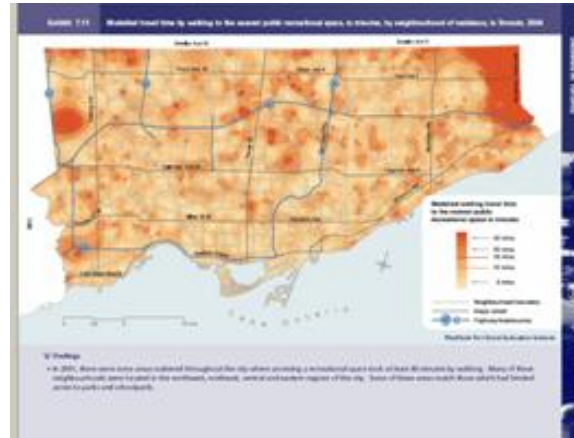


Planning and Public Health

Tomorrow's Communities: Planning for Health



Andrew Pipe, CM, MD
Director, Minto Prevention and Rehabilitation Centre
University of Ottawa Heart Institute



ICES Institute for Community and Environmental Studies
Neighbourhood Environments and Resources for Healthy Living - A Focus on Children in Toronto
ICES Policy
November 2007

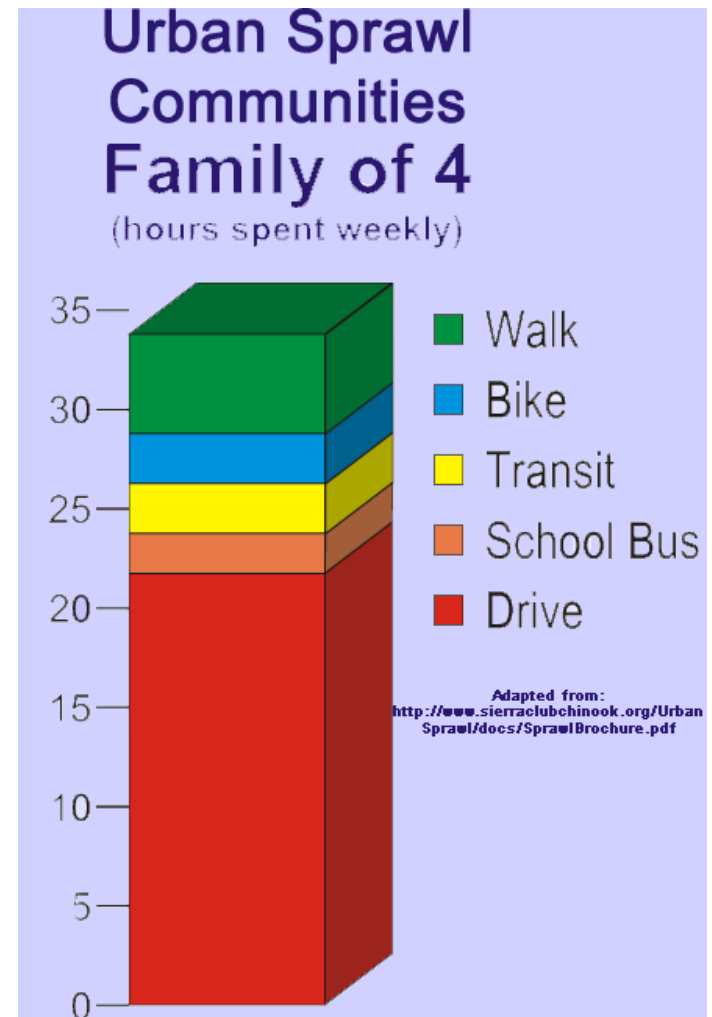
Healthy Communities, Sustainable Communities
November 8, 2007
Ontario Professional Planners Institute



Healthy Communities, Sustainable Communities

The effects of where we live on obesity and related health problems:

What we know - There is a statistical relationship between obesity and urban sprawl



Healthy Communities, Sustainable Communities

The effects of where we live on obesity and related health problems:

The Challenge - Automobile reliance, limited access to healthy goods and safety issues can lead to many health problems



Healthy Communities, Sustainable Communities

The effects of where we live on air quality in transportation corridors

What we know:

People living in neighbourhoods close to highways and major roads, pedestrians and cyclists are exposed to high levels of pollutants



Healthy Communities, Sustainable Communities

The effects of where we live on air quality in transportation corridors

The challenge: Action should involve a combination of air shed monitoring together with design, policy and regulation to address point and non point sources

Healthy Communities, Sustainable Communities

The effects of where we live
on **air quality in general**

What we know:

Borders do not stop the spread of contaminants. Cooperation among jurisdictions is key in improving air quality



Healthy Communities, Sustainable Communities

The effects of where we live on air quality in general

The challenge: There must be effective policies and regulations to ensure that emissions are controlled. Every Canadian can also contribute their part by using less energy. Climate change and its impacts are under review and being discussed extensively

Healthy Communities, Sustainable Communities

The effects of where we live on **economic vitality and poverty**

What we know: Households with the fewest economic resources may live in the least healthy areas

Healthy Communities, Sustainable Communities

The effects of where we live on economic vitality and poverty

The challenge: There are many paths to healthy and sustainable communities and what works in one community may not work for another

Healthy Communities, Sustainable Communities

The effects of where we live
on **social cohesion**

What we know: Modern lifestyles tend not to foster a sense of belonging in a community or a sense of trust and reciprocity among residents of a neighbourhood



Healthy Communities, Sustainable Communities

The effects of where we live on social cohesion

The challenge:

Communities that are designed for people to be active through urban form, placement of buildings and structures, public spaces, parks and squares can support social cohesion and address public health issues



Healthy Communities, Sustainable Communities

We need to create a more active friendly environment that will lessen our health risk and promote more active living for all ages



Land Use Planning

- Planning for good urban form that is functional, economical and sustainable in a way that promotes public health
- Designing complete communities with good neighbourhood structure and variety of features
- Designing live/work communities where the need to travel outside during daily peak hours is reduced
- Accessing local food and enhancement of urban agriculture

In all communities large and small, urban and rural, the public wants choices for mobility

- Promoting walking, cycling and transit (trails, pedestrian charters)
- Planning communities for high connectivity and supportive built form
- Promoting local actions (riding to school, elimination of idling, parking strategies, car park lots)



- Infrastructure replacement
- Green buildings (LEED certification)
- Green infrastructure (greening streets)
- Eco-friendly design



- Urban design and scale of built form
- Complete mixed use communities
- Transit supportive and transit oriented development
- Active lifestyles through walkability
- Integration of open space systems and natural features
- Green communities and neighbourhoods



Local Food and Planning

Local food addresses broader social, economic and environmental goals. These goals are related to health, employment, climate change and greenhouse gases



Call to Action:
Plan for the Needs of Children and
Youth (active transportation)

February 2009



Recent Actions

Call to Action: Planning for Age-Friendly Communities

June 2009



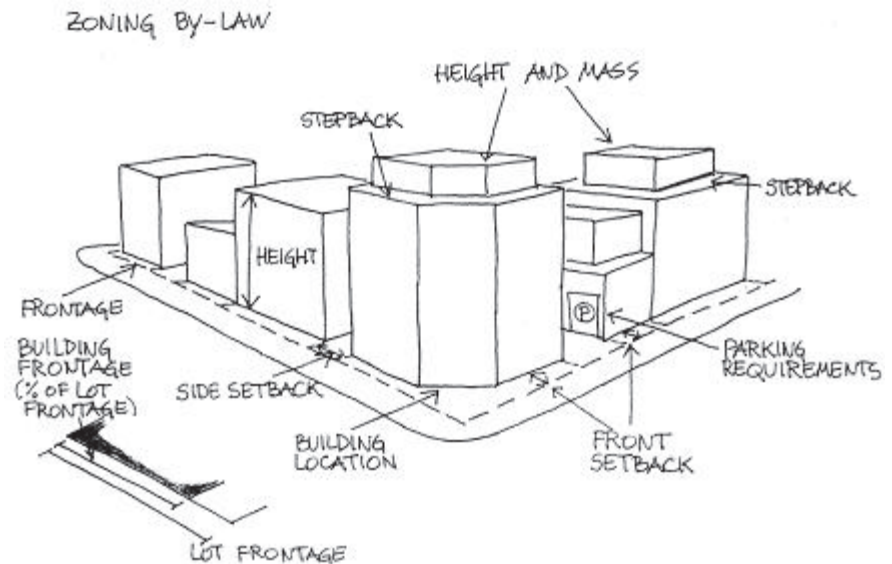
What are OPPI's Next Steps?

MAH/OPPI handbook:

PLANNING BY DESIGN: a healthy communities handbook



Released 2009



Healthy Communities, Sustainable Communities

What are OPPI's Next Steps?

Outreach on the Handbook with the Public, School Boards, Land and Building Industry.

Ongoing advocacy with provincial government officials.

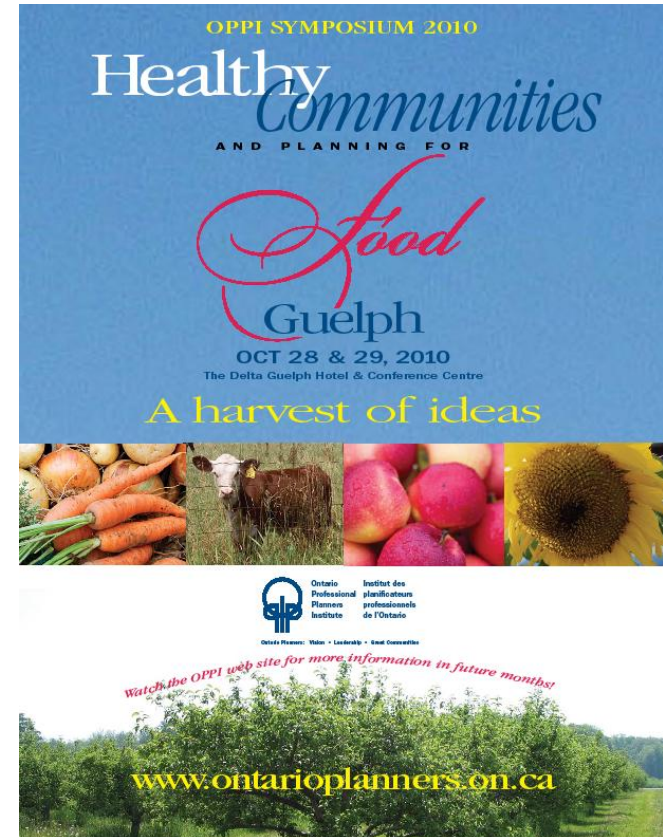
Growing and strengthening partnerships with other professions and organizations.

Continuing to engage OPPI members in this initiative through continuous professional learning and District activities.

Healthy Communities, Sustainable Communities

OPPI is currently planning
the 2010 Symposium

Further information to
soon be available on the
OPPI website



Healthy Communities, Sustainable Communities

“Unless effective interventions to reduce obesity are developed, the steady rise in life expectancy observed in the modern era may soon come to an end and the youth of today may live shorter lives than their parents.”

*New England Journal of Medicine
2005 Mar;352(11):1138-1145*

Want to know more



ONTARIO PLANNERS: VISION • LEADERSHIP • GREAT COMMUNITIES

www.ontarioplanners.on.ca



The screenshot shows the website homepage with the following elements:

- Header:** Logo and name in both English and French, navigation links (HOME, BECOME A MEMBER, SITE MAP, CONTACT US), and the tagline "ONTARIO PLANNERS: VISION • LEADERSHIP • GREAT COMMUNITIES".
- Search:** A search bar labeled "SEARCH THE OPPI SITE".
- Left Navigation Menu:**
 - PLANNERS/PROFESSION
 - ABOUT OPPI
 - BECOME A MEMBER
 - FIND A PLANNER
 - EVENTS
 - CONTINUOUS PROFESSIONAL LEARNING
 - PUBLICATIONS & SUBMITTALS
 - STUDENTS
 - AWARDS, SCHOLARSHIPS & RECOGNITION
 - PARTNERSHIP OPPORTUNITIES
 - MAIL
 - LINKS
- Main Content Area:**
 - HEALTHY COMMUNITIES, SUSTAINABLE COMMUNITIES:** A featured article with a quote: "We're all familiar with the saying, 'You are what you eat'. But how about 'You are what you live'?"
 - OPPI CONFERENCE 2007:** "LIFESTYLE 2007: The Town of The Blue Mountains October 3 - 5, 2007".
 - MEMBERS UPDATE - OPPI'S E-NEWSLETTER:** "The OPPI Members Leaders Newsletter is now available in a dynamic online HTML format. Catch up on the latest OPPI news. Please note that you must be a member of OPPI to have access to the Newsletter."
 - UPCOMING EVENTS:**
 - Project Management for Members
 - Electronic Facilitator
 - Dinner at the OPPI
 - Presidential Skills for Planners
 - Dinners and the Media
 - Class Presentation for Planners
 - Planner at the OPPI
 - View all current events
 - EXCELLENCE IN PLANNING: LEONARD GERTLER AWARD OF DISTINCTION:** "OPPI is awarding at the 2007 Conference the first Leonard Gertler Award of Distinction..."
- Footer:** A small section with "Celebrating 35 years of trail-making", "Advancing P. Leadership", and "Planning: a new perspective".

Thelma Gee

Ministry of Municipal Affairs and Housing



This is about:

- **Land-use decisions** that reverberate over the generations
- Shaping the built environment to give community members **choices** to live healthier, more active life-style patterns regardless of where they live



Intent of the handbook:

- To **share and generate ideas** on how places can be planned and designed for healthy, active living and to retain and attract residents, investment and visitors
- To make the **connection** between health and the **built environment** for all Ontario communities



Buildings, transport networks, green spaces, public realms, natural systems and all the other spaces that make up a community



Health is everyone's interest

- municipal decision makers
- planners, policy makers
- architects, engineers
designers, landscape
architects, developers
- health/public health, social
care and law enforcement
professionals
- non-profit organizations
- community groups
- individuals interested in
health and the built form



RePlan ReDesign ReConnect ReEnergize

WHAT IF...?

What if...we plan for regional rural transit services to give residents the option of staying in the rural area?

What if...we plan and design our communities to better connect people, places and the natural environment?

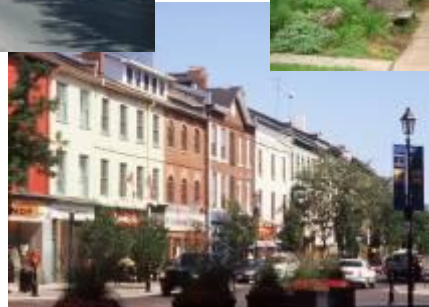


What if...we plan and design our communities with significantly smaller ecological footprints?

What If...we design our neighbourhoods so that needed services and facilities are within reasonable walking distances?

Application

rural areas villages small towns urban areas



This is about:

- **Preventable** diseases, injuries and fatalities that result in enormous direct and indirect public and private costs
- Building community health and sustainability on existing health and social strategies through **municipal planning, design, development policies and programs**



Influences

Physical, Social and Psychological Well Being

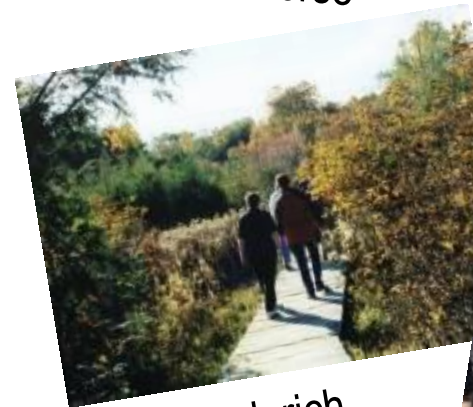
- **Layout, design and connectivity** of sidewalks, roads, paths and trails
- **Combinations of uses:** homes, stores, businesses, institutions, community and cultural facilities, industry
- **Compactness, density and accessibility** of built areas
- **Access** to recreational facilities and green spaces
- **Safe, comfortable and attractive** streets, public spaces, buildings and structures
- **Resilient** natural environments and biodiversity



Whitehorse



Thunder Bay



Goderich



Toronto

Planning by Design is about how communities can be planned and designed to provide choices that can lead to healthier living through the physical landscape



Benefits of Activity

If Canadians were to become more active, it is estimated that there would be:

- 26% fewer deaths from type II diabetes
- 20% fewer deaths from colon cancer, and
- 22% fewer deaths from cardiovascular disease

Cost of Physical Inactivity, Physical Activity: Health benefits and costs to health care system, Canadian Fitness and Lifestyle Research Institute, www.cflri.ca

Eight key sustainability characteristics used by various jurisdictions to assess their built environments:

1. density
2. mix of uses
3. **mobility options**
4. connectivity
5. concentrated uses
6. street design and management
7. building design
8. green infrastructure (natural and engineered green elements)

For Example: **Mobility Options**

Looks at the quality of walking, cycling and public transit, including convenience, safety and comfort.

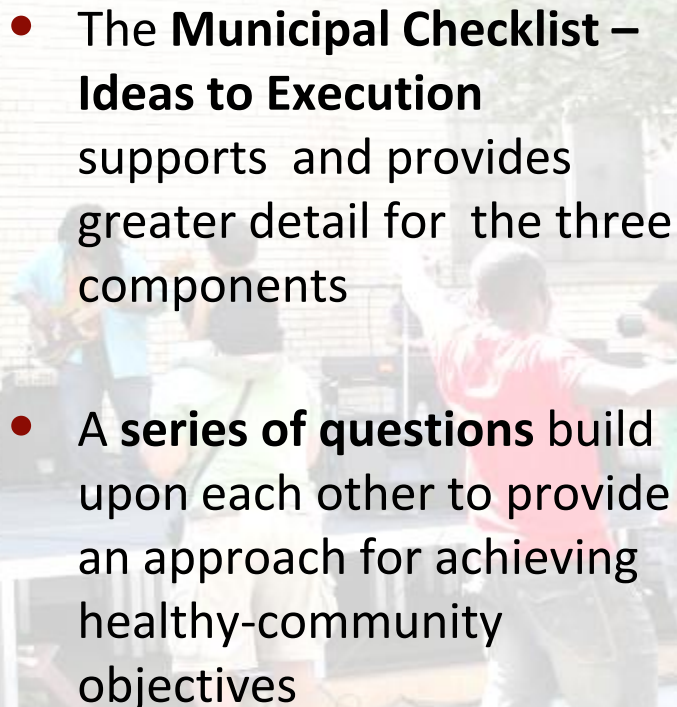
This can include sidewalk presence and condition; street design for safety and barrier-free travel; and attractive, useful and well-situated street furniture.



Outlines three key components for strategic planning and project development:

- **integrated planning process** – an inclusive, multi-disciplined process that can garner long-lasting support
- **community assessment** – to establish existing conditions, assess resources and opportunities and to measure progress
- **action planning and implementation** – short and long-term actions for healthy communities
- Supported by a **Municipal Checklist – Ideas to Execution**



- 
- The **Municipal Checklist – Ideas to Execution** supports and provides greater detail for the three components
 - A **series of questions** build upon each other to provide an approach for achieving healthy-community objectives

For example: **Community Assessment** **Have you...**

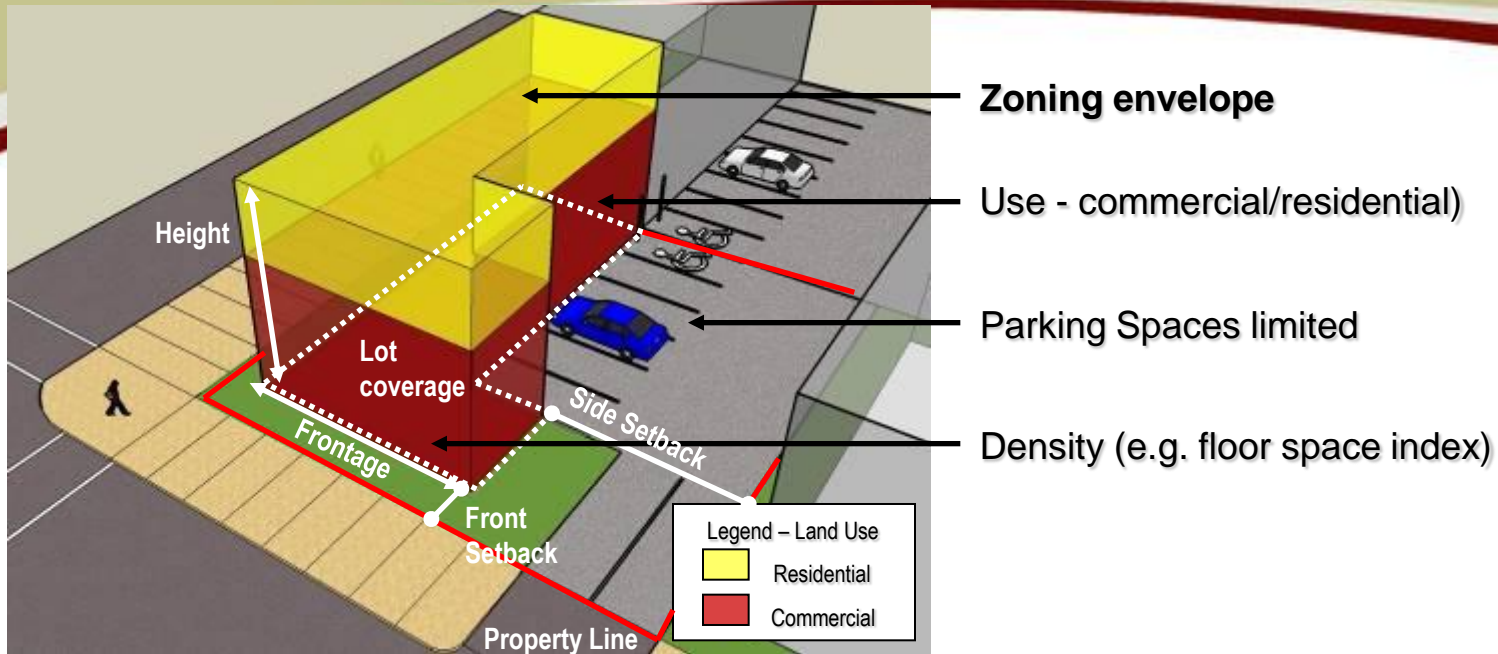
- considered the spatial level to be focused on?
- decided on when to collect community input?
- **identified sources for data collection?** For example,
 - census data
 - land-use mappings, GIS mapping, satellite imagery
 - community knowledge and memories
- **identified web-based sources of information on how various organizations and local governments are assessing their communities and charting their progress?**
- **identified limits or barriers to change?**

Chapter 4 - Planning Tools

The **Provincial Policy Statement**, provincial plans (e.g., Greenbelt and Growth Plan) and the **Planning Act** support healthy and sustainable community agendas



Zoning (s. 34)



Potential Benefits

- Increased density / height
- More efficient use of infrastructure and transit service
- Mixed-use development with parking limitations
- Standards for form and building placement

Second Units (s. 17, 22, 34)

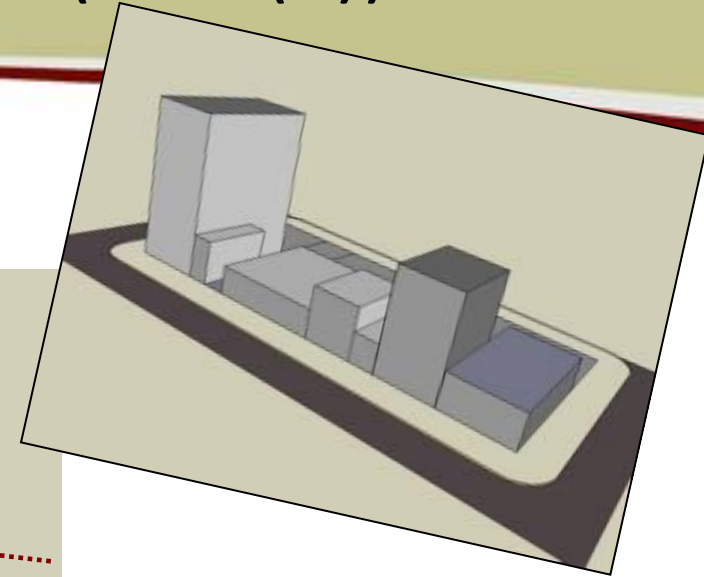


Second unit

Potential Benefits

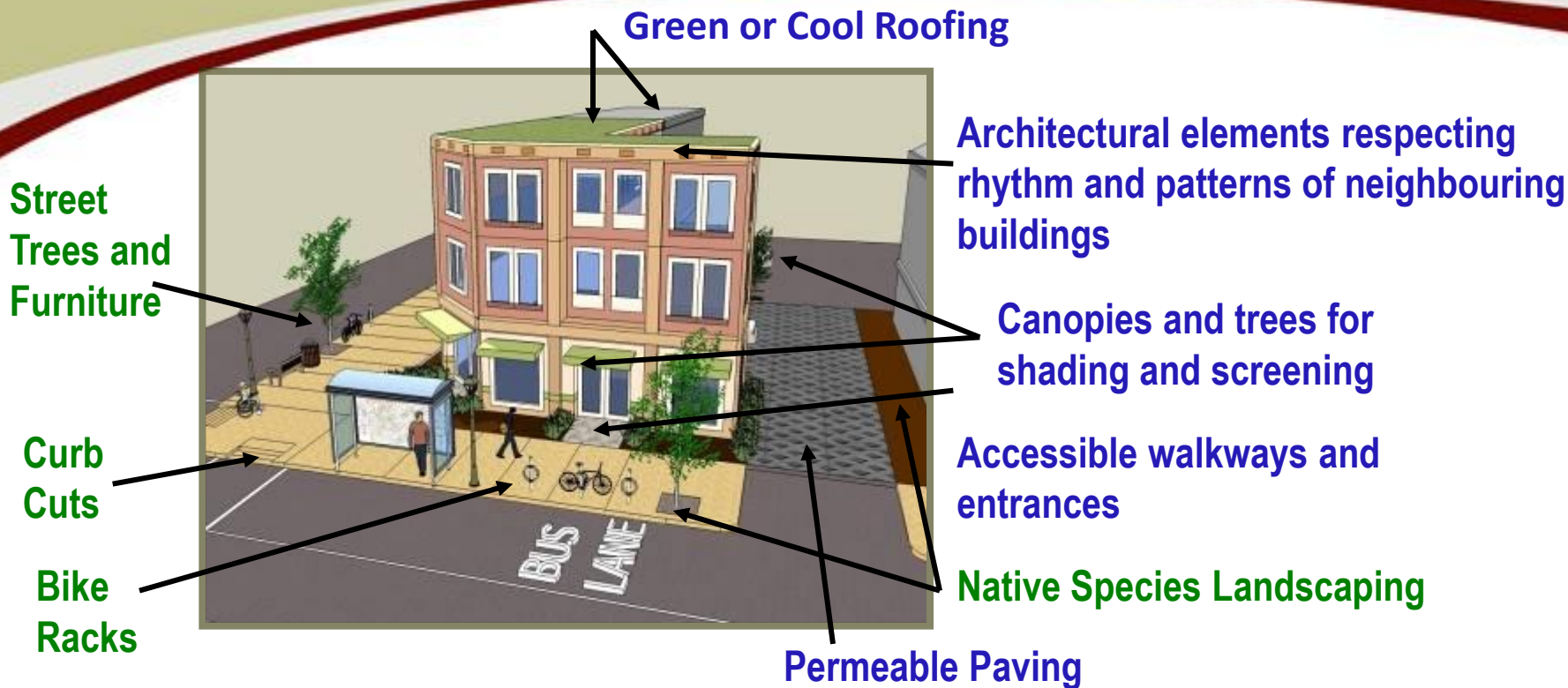
- Efficient use of housing stock, infrastructure and nearby services
- Increased residential density without neighbourhood destabilization
- Increase in supply of lower-cost residential units

Height and Density and Lot Area



Specifying minimum and maximum heights or densities in zoning by-laws to support municipal goals for **more compact and higher density built form**

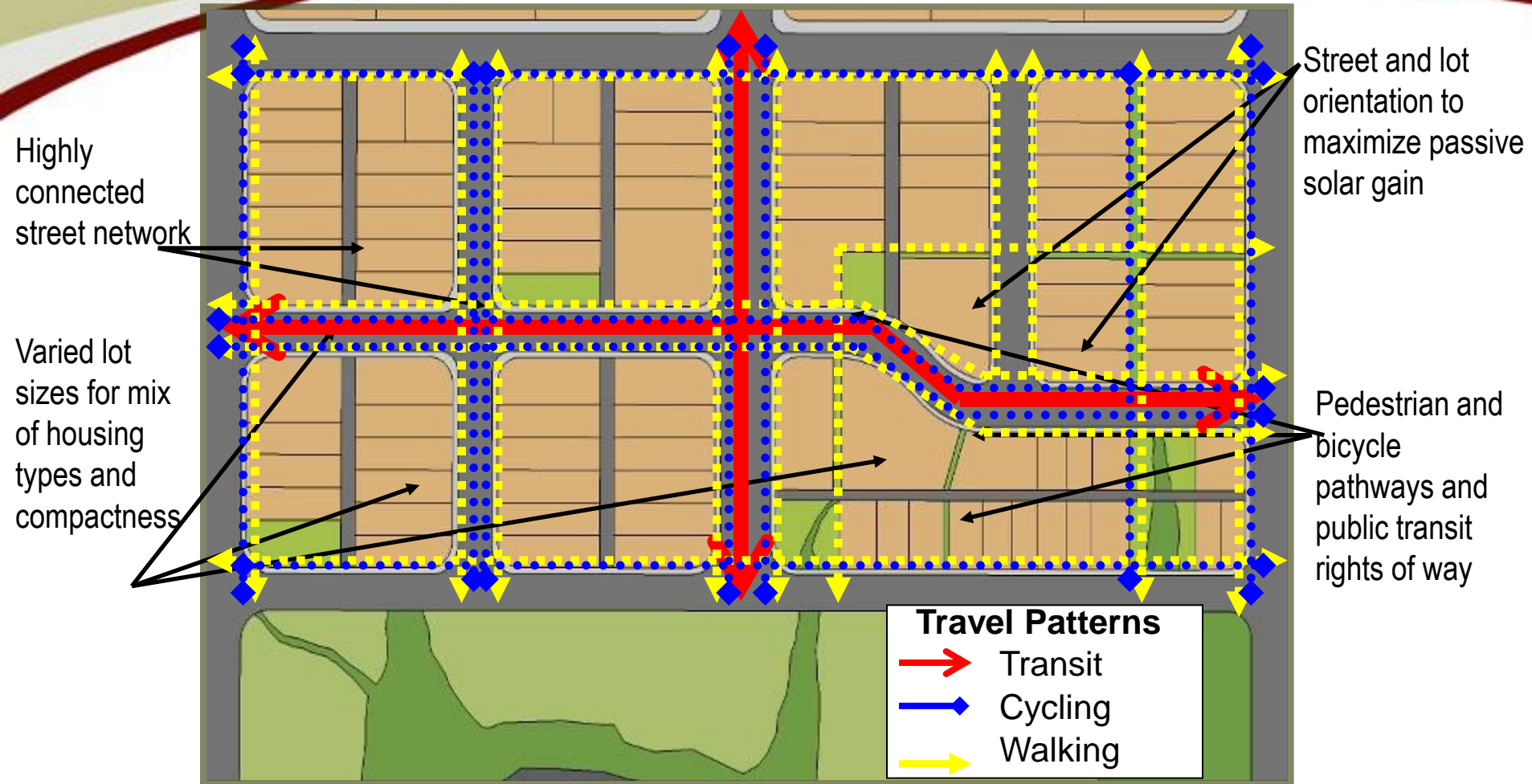
Site Plan Control (s. 41)



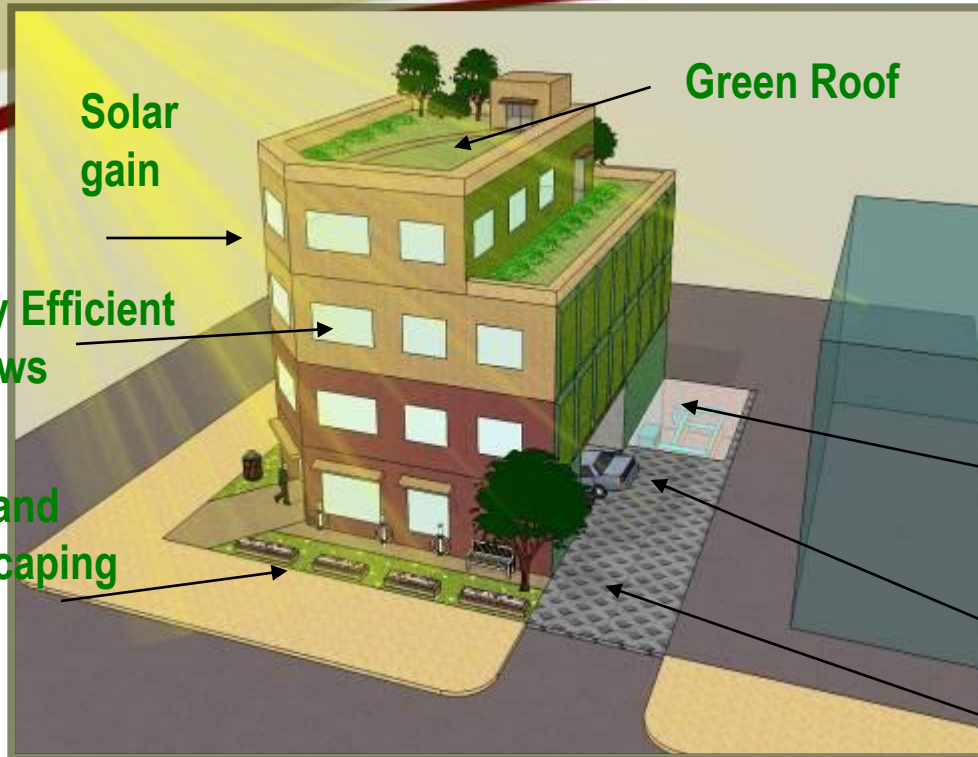
Municipal Authority to:

- consider exterior design and accessibility (**on-site powers**)
- incorporate sustainable elements on adjoining boulevard (**off-site powers**)

Subdivision Review (s. 51)



Reduced Cash-In-Lieu for Parkland



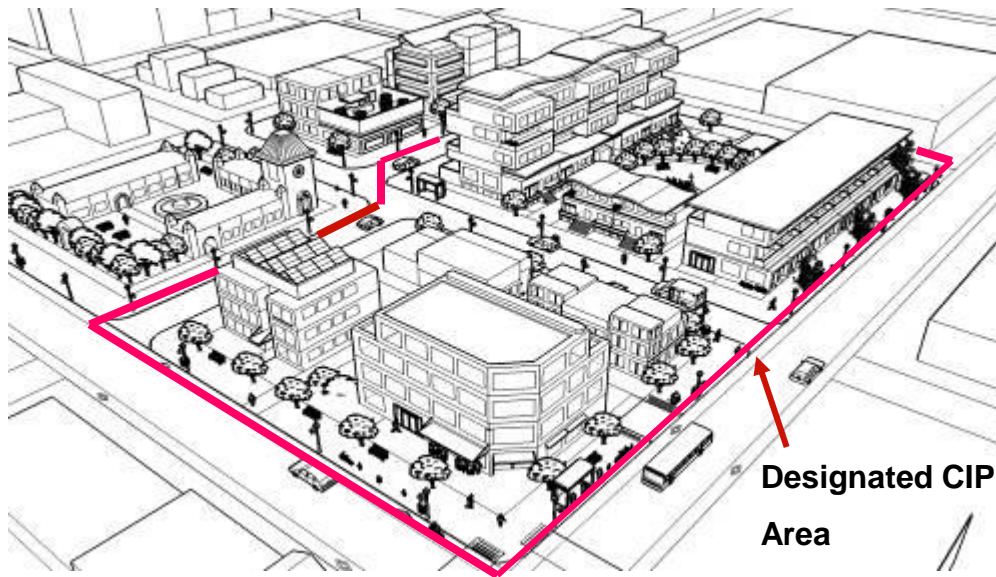
- **Infill situation** – where no on-site parkland can be dedicated
- Reduced cash-in-lieu of parkland for specified sustainable elements (ss. 42(6.2))

- Geothermal Heating and Cooling**
- Reduced Parking**
- Granular-Based Pavers**

Potential Benefits

- Increase in the sustainability of redevelopment proposals
- Reduced use of energy and water resources
- Reduction of heat island effect
- Reduced storm water runoff

Urbanized Setting



EXAMPLES:

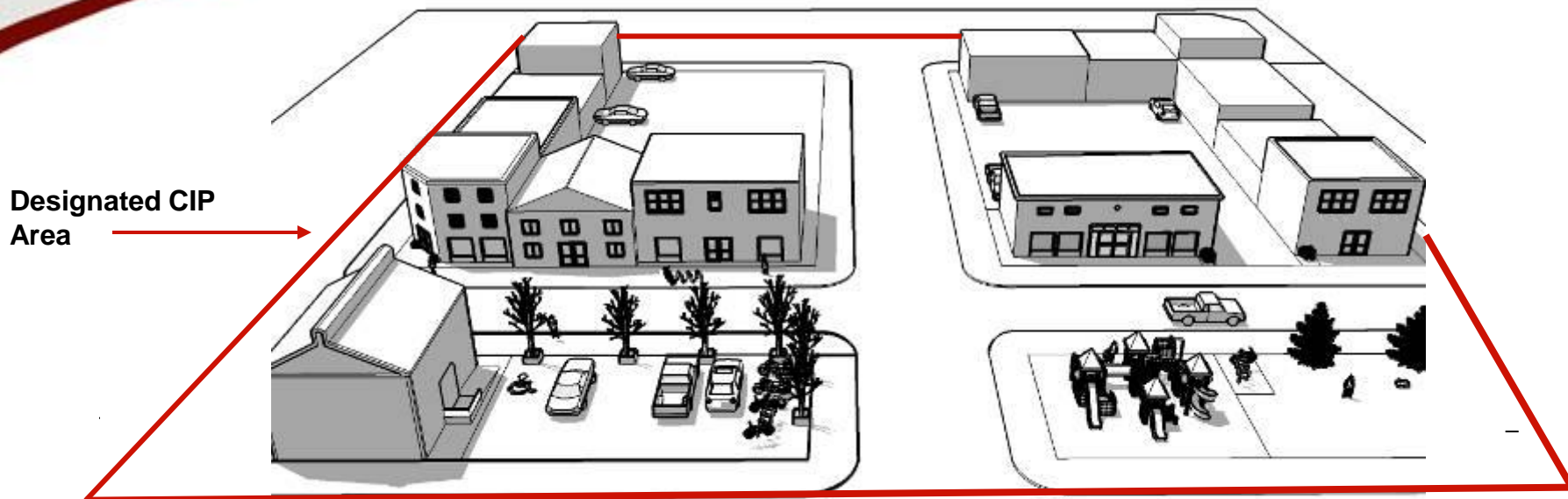
MUNICIPAL PROGRAM

- Bike lane and racks
- Street furniture including energy efficient lighting
- Curb cuts
- Native trees and drought-resistant plantings
- Public art installations
- public space and signage improvements

MUNICIPAL GRANT OR LOAN PROGRAMS

- Building façade improvements
- Lower-cost housing units
- Permeable paving materials
- Green / Cool roofing
- Building retrofitting and adaptive reuse
- Contaminated lands cleanup
- Geothermal heating and cooling
- Transit-oriented development

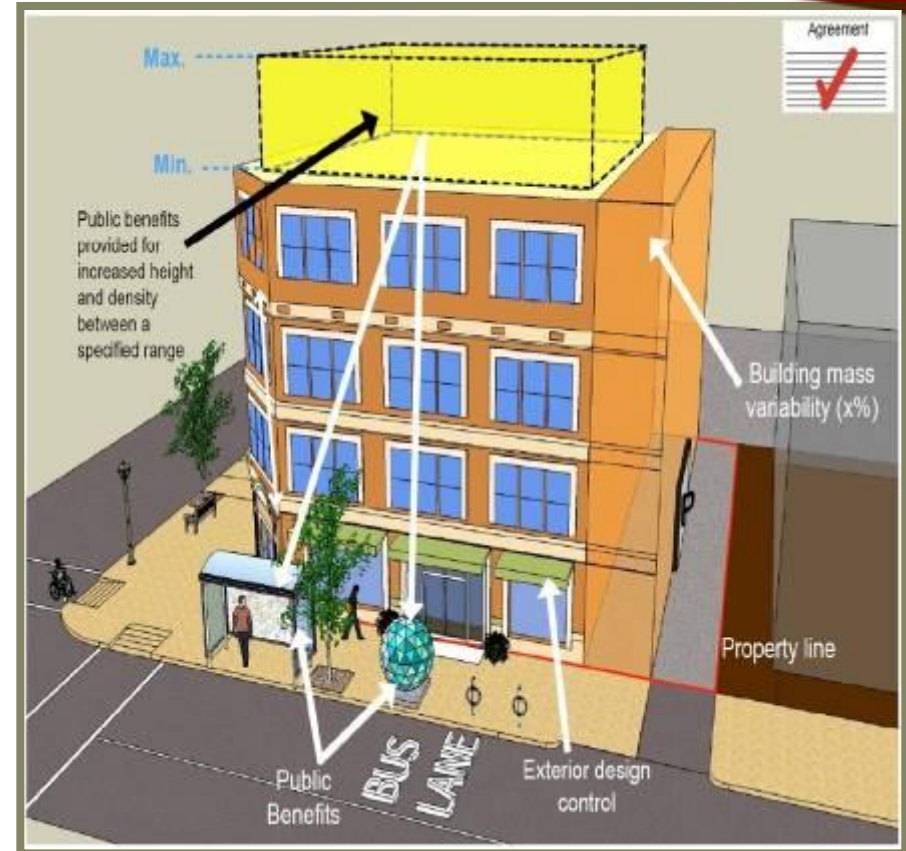
Rural/Small Town Setting



Potential Benefits:

- Cleanup and redevelopment of brownfields
- Improved energy efficiency for buildings
- More effective use of existing land, infrastructure, buildings and services
- More active, pedestrian-friendly public spaces
- Improvement in the visual attractiveness and comfort of main streets

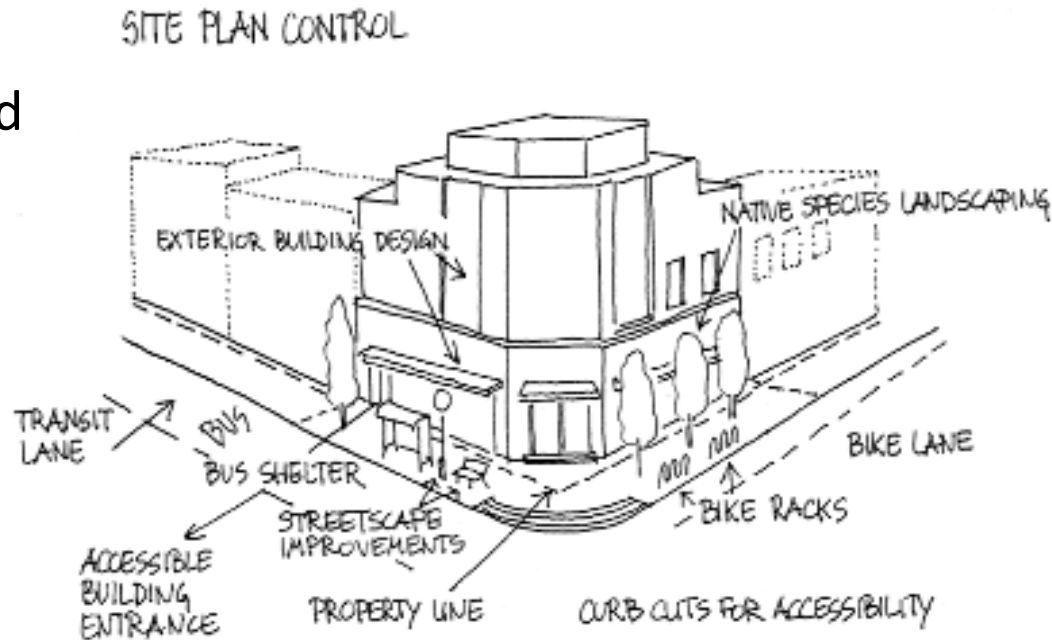
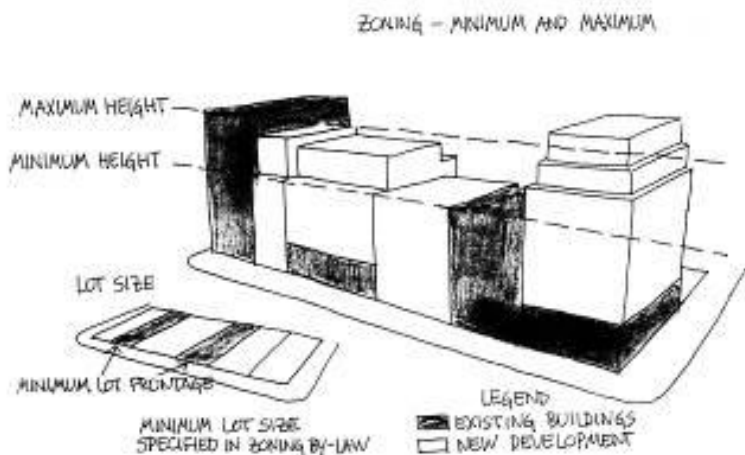
- **The DPS (s. 70.2 and O.R. 608/06)**
– combines zoning, site plan and minor variance into a single process
- Allows for variations in standards (e.g., height, density, lot area)
- May impose conditions on the issuance of a development permit (e.g., vegetative buffers)



Potential Benefits:

- Higher quality design, building compatibility and pedestrian-friendly streets
- Intensification while achieving public benefits

Planning tools may be used in combination to achieve desired results



- **21 case studies** – U.K., Finland and Canada at various stages of planning, design, construction, implementation and completion
- Purpose: to showcase innovative approaches to the challenges of planning and designing for healthy communities



Northern/Small Town Example

Town of Cobalt (Northern)

Population: 1,230

Constructed Wetland

- Year-round sewage and wastewater treatment
- Annual Savings: about \$300,000
- Enhanced outdoor enjoyment and exercise opportunities
- Recolonization of plants and increased biodiversity
- Reduced energy and chemicals use associated with traditional plants
- Functions as a carbon sink



Green Phoenix Project

Southern/Urban Example

Toronto – Parkdale Neighbourhood

Population: 50,600

- Energy Savings: \$93,000/year
- Reduced CO₂ emissions: 242 tonnes
- Storm water retention through roof top gardens
- Non-toxic, non-emitting, non-synthetic finishes and materials internally
- Universal design principles used for barrier-free access

This handbook is about...



- **creating places** that work for people of all ages and capabilities - physically, psychologically, economically, socially and environmentally
- **every place** - rural areas, villages, small towns and urban areas
- **planning and designing** the built environment in ways that increase physical activity and psychological and social well being
- **strengthening community foundations** to meet social, economic and environmental priorities
- fostering conditions for **economic development and resiliency** based on a **healthy citizenry**



For more information

Ministry of Municipal Affairs and Housing

www.ontario.ca/mah

Municipal Services Office

Central (Toronto)

(416) 585-6226 or 1-800-668-0230

Western (London)

(519) 873-4020 or 1-800-668-4736

Eastern (Kingston)

(613) 548-4304 or 1-800-267-9438

Northeastern (Sudbury)

(705) 564-0120 or 1-800-461-1193

Northwestern (Thunder Bay)

(807) 475-1651 or 1-800-465-5027

Ontario Regional Area Municipal Portal

www.mah.gov.on.ca/OnRamp

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