Designing for Health: 10 Principles for an Active City

ACT Canada
Sustainable Mobility & Healthy Communities Summit 2014

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Collaboration for an Active City

- Active City is a collaboration between Public Health, City Planning and Transportation Services

- It was made possible by funding support from the Healthy Communities Fund of the Government of Ontario
Health in Toronto

Top Ten Causes of Death in Toronto in 2009:

- Ischaemic heart disease
- Dementia and Alzheimer Disease
- Cancer of lung & bronchus
- Cerebrovascular diseases
- Cancer of colon, rectum, anus
- Chronic lower respiratory diseases
- Diabetes
- Cancer of lymph, blood & related
- Influenza and pneumonia
- Diseases of urinary system
Physical inactivity is a risk factor for:

- Heart disease
- Stroke
- High blood pressure
- Some cancers (colon, breast)
- Diabetes
- Osteoporosis

Only about 40% of Torontonians meet recommended level of physical activity.
How we plan and build our cities affects health:

- Levels of physical activity
- Rate of vehicle-related collisions
- Access to nutritious foods
- Access to jobs, services,
- Outdoor air quality
- Urban heat
- Neighbourhood safety
- Social inclusion
Key Elements of Active City Principles

Proximity

Quality

Connectivity

Equity
1. An Active City…

improves health by shaping the built environment to promote and increase opportunities for physical activity.

Source: Glazier et al. (2007)
2. An Active City…

has a diverse mix of land uses at the local scale.
3. An Active City…

has densities that support ample provision of local services, retail, facilities and transit.
uses transit to extend the range of active modes of transportation.
5. An Active City…

has safe routes and facilities for pedestrians and cyclists.
has networks which connect neighbourhoods, to city-wide and region-wide routes.
has high quality urban and suburban spaces that invite and celebrate active living.
8. An Active City…

has opportunities for recreation and parks that are designed to provide for a range of physical activity.
9. An Active City...

has buildings and spaces that promote and enable physical activity.
is an equitable one where residents have equal opportunity to have healthy lifestyles.
Creating an Active City

• Many features that promote active living in cities are known
• There are many examples of the application of active city principles in Toronto
• The challenge is to implement these features in all of Toronto’s neighbourhoods, especially in areas where those at highest risk of ill health live
Official Plan Review & Planning Studies

Moving Forward in 21 Ways

EGLINTONconnects > Evolving EGLinton to 2020 & Beyond

1. Create a Complete Street
2. Provide wide sidewalks
3. Build protected cycling lanes
4. Develop a walkable space to move people safely and efficiently
5. Maintain parkland supply
6. Install network of bike lanes
7. Implement street landscape typologies

Greening EGLinton is all about softening the landscape and making EGLinton beautiful

8. Implement trees primary greening typologies
9. Create a network of green open spaces
10. Grow Great Trees, there's more room for street trees to grow.
11. Install Hydro-Electricity die
12. Connect to trails & the ravines
13. Green the LRT infrastructure by reducing plant material in the roadway
14. Plan a public art program

With rapid transit investment, there will be more interest in Building EGLinton

Sensitive location can help support transit investment while improving the quality of streets & neighborhood.

15. Assess development opportunities on former lots
16. Integrate LRT station sites with new development
17. Map for interloction inMassey ammonia & Varsity Village
18. Encourage Mid-rise Buildings
19. Provide open spaces & community facilities
20. Encourage Street-related Retail
21. Assist Performance Management to support street character & heritage

These are long term recommendations. What happens next?

Toronto city council is making these recommendations to city council based on months of research & analysis, as well as working with stakeholders & the public through over 80 workshops! Check out consultation summary online, asking with volume of feedback & analysis, to review & act on recommendations & implementation challenges.

Get involved and be engaged. Work with us to create the best future for EGLinton.

Images: City of Toronto (www.toronto.ca)

EGLINTONconnects >

Toronto.ca/eglinton
Implementing Active City principles – case studies

• Regent Park

• Artscape Wychwood Barns
Complete Streets Guidelines for Toronto
A multi-year project co-led by Transportation Services and City Planning

Images: City of Toronto (www.toronto.ca)
Improve Apartment Neighbourhoods:

- Commercial activities
- New building structures
- Reallocation of parking space
- Access to green space
- Infrastructure for walking & cycling
- Urban agriculture
- Accessible public space

New Residential Apartment Commercial (RAC) Zoning
• Continuing outreach and education on design elements and infrastructure that support physical activity

• A forum for external partners in the planning and development community
The information provided in this presentation draws upon the work conducted by Gladki Planning Associates and DTAH

www.toronto.ca/health  @TOPublicHealth
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