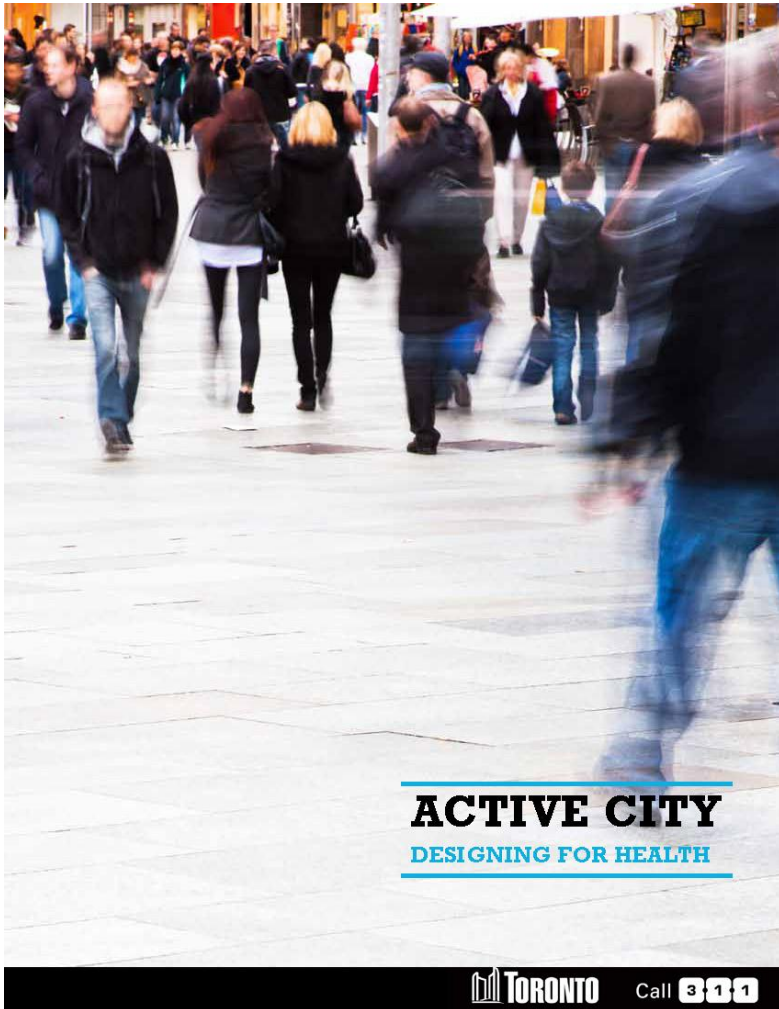


Designing Streets for Health



Dr. David McKeown, Medical Officer of Health
Complete Streets Forum
Toronto, October 6, 2014



- Developed to promote change that will make it easier for people to be active
- Outlines 10 principles to guide the building of a city that promotes active living

Key Elements of an Active City



Active City Principles

1. Shapes the built environment for active living
2. Has diverse mix of local land uses
3. Has sufficient densities to support transit and a mix of land uses



4. Uses public transit to extend the range of active transportation
5. Has safe routes and facilities for pedestrians and cyclists
6. Has networks which connect the neighbourhood to areas around it.



Active City Principles

7. Has high quality spaces
8. Has opportunities for recreational activities
9. Has buildings and spaces that promote and enable physical activity
10. Recognizes that all residents should have opportunities to be active



activeTO.ca ▶



**Why
ActiveTO?**



**Support
Walking
Cycling**



**Rediscover
the Stairs**



Videos



Blog

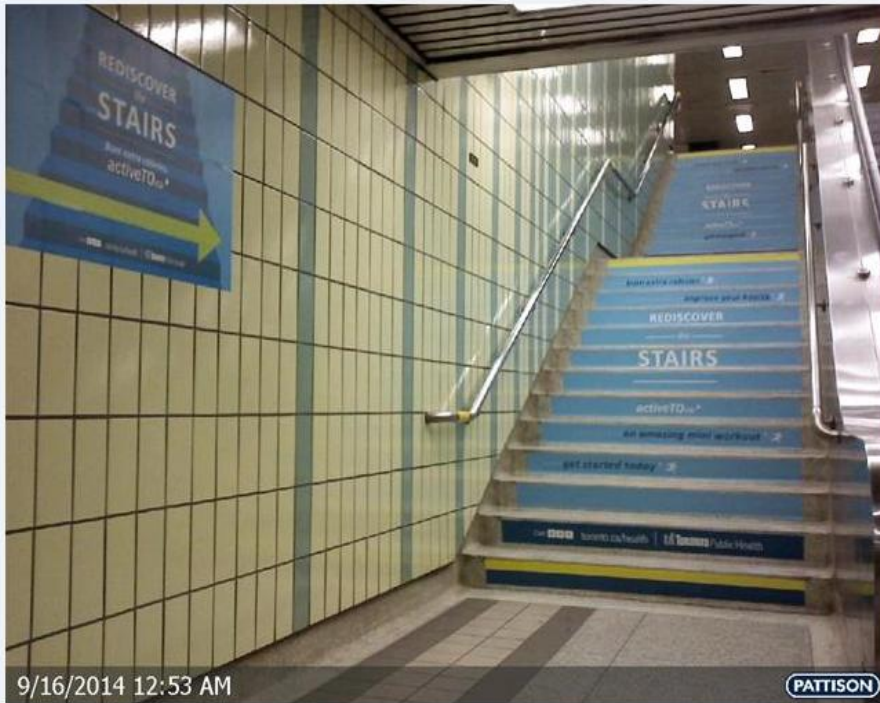


activeTO.ca ▶ is a Toronto Public Health initiative that encourages public support for changes in our city that make walking, cycling and taking public transit safe and easy choices. It also focuses on simple steps you can take to add more physical activity to your day. Being physically active will have a positive impact on your overall health.

Taking the stairs is a great way to build physical activity into your busy day.

Going four flights or less is manageable for most people.

Our workplace kit includes everything you need to implement a stair campaign in your workplace





reduce wait times

Increasing walking and cycling would reduce the stress on our health care system.



activeTO.ca

Active Transportation. Good for Health

 [toronto.ca/health](https://www.toronto.ca/health) | [Toronto Public Health](https://www.toronto.ca/public-health)



unclog major arteries

Walking or cycling instead of driving reduces your risk of developing chronic diseases.



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Support Walking and Cycling

Why ActiveTO?

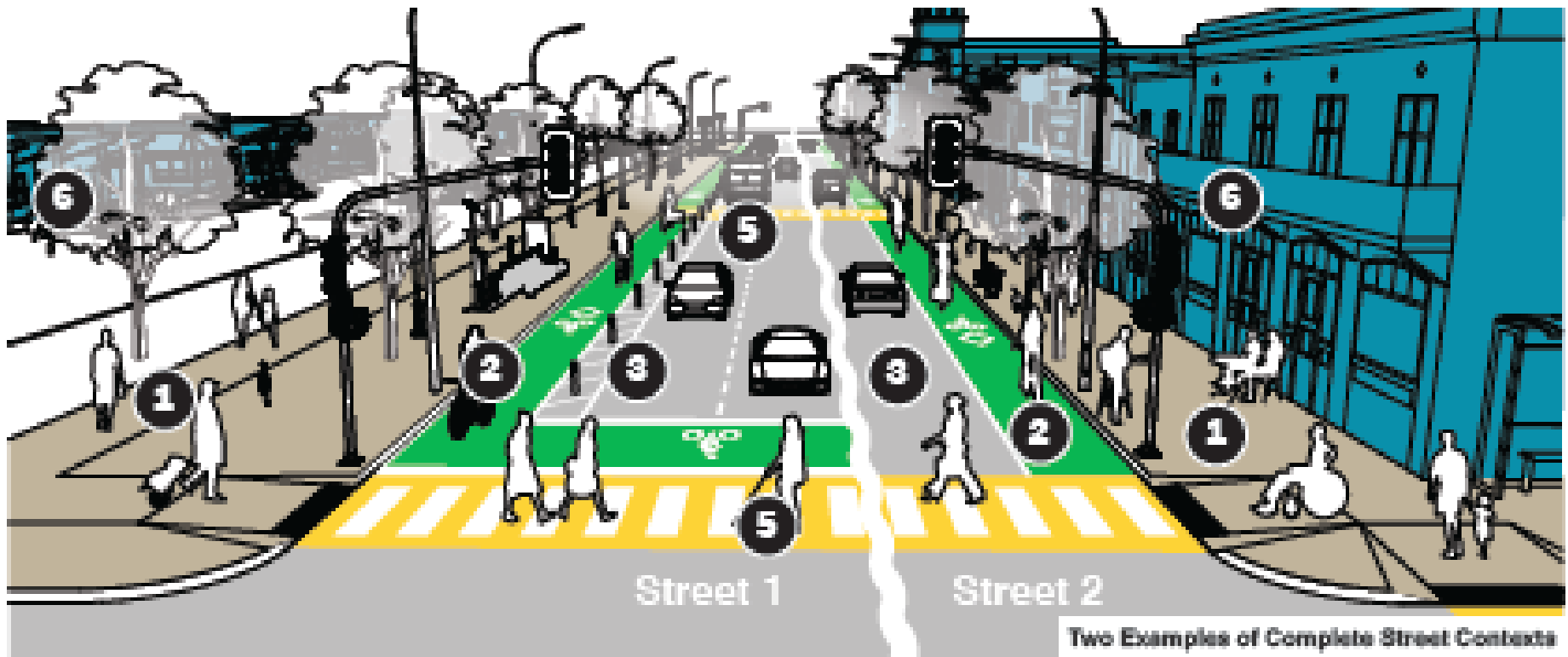
When you walk, cycle, run, take the bus or even skateboard, you are using active transportation.

Active transportation infrastructure makes it easier for you to use active transportation, which includes:



Healthy Street Design

- 1. Pedestrian Space
- 2. Cycling Facilities
- 3. Roadway
- 5. Intersections and Crossings
- 6. Adjacent Buildings and Land Use



Two Examples of Complete Street Contexts

Healthy Street Design Evidence

Category	Design element	Safety	Physical activity
Street & network	Street connectivity	Positive	Positive
Roadway	Minimize street width / # lanes	Positive	Positive
	Narrow lane width	Positive	Positive
	Median inclusion	Positive	Positive
	Traffic calming features	Positive	Positive
Intersections & crossings	Intersection control	Positive	Positive
	Midblock control	Positive & Negative	
	Small corner radius & other curb treatments	Positive	Positive
Adjacent buildings and land uses	Retail uses	Positive	Positive
	Open space uses	Not Known	Positive
	Building enclosure & façade	Positive	Positive
	Café/vending space	Positive	Positive

Category	Design element	Safety	Physical activity
Pedestrian	Sidewalk presence & width	Positive	Positive
	Buffer zone	Positive	Positive
	Lighting	Positive	Positive
	Furnishings	Not Known	Positive
	Trees & vegetation	Positive	Positive
	Public transit facilities	Not known	Positive
	On-street parking	Positive & Negative	Positive
Cycling	Bike lanes	Positive	Positive
	Cycle tracks	Positive	Positive
	Off-street bike paths/trails	Negative	Positive
	Bike boulevards	Not known	Positive
	Bicycle parking	Not known	Positive
	On-street parking	Negative	Negative



- Short blocks and 4-way intersections to increase connectivity
- Continuity of pedestrian and cycling facilities
- Places to walk to and from



- Continuous sidewalk and bicycle facilities
- Adequate lighting
- Safe intersection crossings



- Wide sidewalks
- Seating
- Trees and landscaping
- Human-scaled buildings
- Attractive building facades

An Active City Forum is being planned for 2015



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Dr David McKeown, Medical Officer of Health

www.ActiveTO.ca

www.toronto.ca/health/builtenvironment