Active Living in Peel Region

Healthy Peel By Design

TCAT Complete Streets Forum April 23, 2012

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A growing body of evidence has demonstrated a link between health and the built environment.

Example:
A recent study found that for every 5% improvement in the walkability of a neighbourhood, adults who reside there tend to walk and cycle 32% more, have a lower body mass index and enjoy reduced pollution from automobiles.¹

Physical Activity, Weight and Health

- Weight loss
- Body composition
- Direct effect upon risk
- Exercise vs. Physical Activity
- Prolonged sedentariness

Tremblay et al, 2010
A Healthy Built Environment – What People Want

- Access to recreation
- Trails and bike paths
- Pedestrian areas
- Tree cover
- Public open space

- Active transportation
- Proximity of amenities
- Human scale
- Age-friendly design
Peel’s population is growing fast

- Peel’s population **1.3 million** and is anticipated to **grow to 1.6 million** by 2031

- Peel grew by **137,359 people** between 2006 and 2011
  - Caledon grew by 4.25%
  - Brampton grew by 20.8%
  - Mississauga grew by 6.7%

- Mississauga is the **6th largest city** in Canada, Brampton is the **9th largest**

- Peel has **second highest population** in Ontario by region
Diabetes Prevalence Rates in Peel per 100 people

Peel Region 9.8
- Mississauga 9.46
- Brampton 11.34
- Caledon 7.67

Greater Toronto 9.04

Ontario 8.28

Source: Ontario Diabetes Database 2007
(Age and Sex standardized)
Number of Walkable Destinations in Peel

- Mississauga and Brampton have many areas of high diabetes rates with low walkability
In most areas of Peel, 82.1% to 97.5% of people drive to work.
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
PARTNERSHIP WITH PLANNING

1) Develop ‘rules and tools’ to define healthy development standards and encourage better land use planning decisions within our jurisdictions.

2) Work with municipal and regional planning departments to develop processes and policies that facilitate healthy development standards.
Purpose:
To evaluate development applications in a consistent manner and provide health-based rationale to inform planning decisions

Process:
1. Review of academic and grey literature
2. Strength of evidence analysis
3. Extensive stakeholder consultation
4. Policy gap analysis
5. Geographic Information Systems (GIS)-based validation analyses
Output:
Index consisting of **seven built environment 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
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.
Recommendations

**Setting the Framework for Growth and Implementation**
Need to ensure standards, policies, and by-laws do not present barriers and promote HDI principles (eg. Engineering standards (eg. Transportation), Official Plans, Zoning By-laws, other guidelines)

**Holding Development to a New Standard**
Identify measures suitable to critical junctures in the planning and development process

**Thinking about the Evolution of Existing Communities**
How to assess existing communities
Developing the content and criteria for a health background study to be implemented at the municipal and/or regional levels:

Purpose:
• To develop a framework for municipally-mandated Health Background Studies
• To design the framework to be applicable across a range of different contexts and allow developers to identify and pre-emptively mitigate any potential health hazards associated with their development proposals.
• Joint project between Region of Peel and City of Toronto
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.*
Health Background Study Framework  
– User Guide

What is it?
*Description of the Core Element.*

Why does it matter?
*Why it is important from a community health perspective.*

What does it look like?
*How the desired form of the Element can be achieved.*

Standards
*Minimum standards for development, as identified in the Health Background Study Terms of Reference.*

Resources
*Additional resources*
OFFICIAL PLAN AMENDMENTS

<table>
<thead>
<tr>
<th>Document</th>
<th>Policy #</th>
<th>Intent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peel Regional Official Plan Amendment 24</td>
<td>7.9.2.9</td>
<td>The Region will prepare an assessment tool to evaluate the public health impacts of development, jointly with the area municipalities</td>
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<tr>
<td></td>
<td>7.9.2.10</td>
<td>The Region will work jointly with the area municipalities to raise public awareness of the health impacts related to planning through public and private partnerships</td>
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<tr>
<td>Peel Regional Official Plan Amendment 25</td>
<td>7.3.6.2.2</td>
<td>The Region may require health impact studies as part of a complete development application to amend the Regional Official Plan</td>
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<td>7.9.2.3</td>
<td>The Region may develop public health indicators to analyze the effectiveness of Official Plan policies and serve as a basis for policy adjustments</td>
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Peel is working with local municipalities to incorporate similar policies into respective Official Plans
Regional Official Plan

- Updates to Air Quality section
- Implementation of new policies
- Review of various focus areas for synergies (Transportation, Natural Heritage, Sustainability)

Provide health-related comments on

- Environmental Bill of Rights
- Environmental Assessments
- Certificate of Approvals
The vision for active transportation in the Region of Peel is to create a place where walking, cycling and rolling are safe, convenient, appealing and accessible options for all citizens, especially children, youth, older adults, persons with disabilities, and other priority populations.
The AT Plan supports the Region’s Official Plan, Corporate Strategic Plan, Term of Council priorities, and area municipal plans.

The AT Plan meets the following objectives:

- sets out **new comprehensive policies** aimed at making Peel communities more pedestrian and bicycle-friendly;
- **strengthens partnerships** with stakeholders to enhance programs to **shift travel behaviour**; and
- recommends **active transportation infrastructure improvements** to the existing cycling and pedestrian networks that support the area municipal plans and fill in gaps within the network.
Region of Peel Roles and Responsibilities:

- **Policy Development** – continue to refine Regional Official plan policies

- **Promotion/marketing** - plan, fund, deliver, and evaluation programs to promote active transportation, working with area municipalities/provincial ministry

- **Network development** – sidewalks and multi-use trails along Regional roads are municipal assets – Region will work with area municipalities closely to interconnect active transportation networks.
• Provincial Advisory Group
  • Submission of proposed changes to the Provincial Policy Statement to increase reference to health.
  • Comment on Transit Supportive Guidelines

• Collaboration with Regional roads to ensure opportunities for pedestrian friendly environments such as lane width/buffer zone reduction and off-road bicycle lanes.

• Development of Community Improvement Plans with the goal of improving walkability

• Support ongoing policy development which aims to emphasize links between health and planning
Partnerships essential for success

Working with Planners, Engineers & other built environment professionals has been integral to our success
<table>
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<tr>
<th>STAKEHOLDER</th>
<th>RELATIONSHIP</th>
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<tbody>
<tr>
<td>Regional Planning Department (Transportation, Development, Policy)</td>
<td>Project Partners and reps for consultation/advisory committee</td>
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<tr>
<td>Municipal Planning Departments</td>
<td>Reps for consultation/ advisory committee</td>
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<tr>
<td>Developers</td>
<td>Reps for consultation</td>
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<td>Planning Consulting Firms</td>
<td>Project consultants &amp; reps for consultation</td>
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<td>Health Researchers (Centre for Research on Inner City Health)</td>
<td>Developed evidence-based HDI</td>
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While public health officials across Canada have taken notice of the **links** between health and the built environment and have started to take action, there have been few attempts to unite these efforts under a **strategic, integrated network** of analysis and action.

Formed in 2009, **Healthy Canada by Design** is a cross-provincial and cross-sectoral network to advance the healthy built environment agenda.
• Heart and Stroke Foundation of Canada
• Canadian Institute of Planners
• Urban Public Health Network
• National Collaborating Centre for Healthy Public Policy

Six public health units:
- Montreal
- Peel
- Surrey
- Toronto
- Vancouver
- Victoria
1. Implementation
   • Health Background Study
   • Healthy Development Index

2. Ongoing support for Regional and local initiatives and continued development of partnerships

3. Advocacy work including presenting to various stakeholders (ie. Association of Municipalities of Ontario)
When we build, let us think that we build for ever. - John Ruskin

Sagrada Familia, Barcelona

Cologne Cathedral, Germany