



Place and Health: Shaping the Built Environment of New Brunswick and PEI

Thursday October 25, 2012

8:00-8:30 **Welcome and Opening Remarks** Kent

- *Cristin Muecke, President, NB PEI branch CPHA*
- *Mark Allen, President, CIPHI New Brunswick Branch*
- *Debra Lynkowski, CEO, Canadian Public Health Association*
- *Karen Langevin, PHAC-Atlantic Region*

8:30-9:30 **Built Environment: A Multi-sectoral Health Issue** Kent
(Mona Shum, National Collaborating Centre for Environmental Health)

This presentation will provide an overview of the linkages between health and the built environment. We will explore its relationship to obesity, chronic disease, injury prevention, climate change, mental health, and other effects. The presentation will cover the evolution of public health inspector interests in HBE from traditional water, sewer, and local air pollution to issues such as sprawl containment, adaptation to adverse climates, walkability, sharps injury prevention, social inclusion, and inequity reduction. We will discuss how collaboration between various stakeholders is necessary to affect change in all the built environments in which we live, work, and play.

9:30-10:30 **Tackling Wicked Problems in the Built Environment:
Of Health Inequalities and Bedbugs (Part 1)** Kent
(Val Morrison, National Collaborating Centre for Healthy Public Policy)

The term wicked problem has recently come to prominence in policy studies and public health circles. This workshop will explore the concept's meaning, significance in public policy and usefulness in dealing with recalcitrant public health issues, particularly those found in various aspects of the built environment. The workshop will expose participants to a basic explanation of the nature of wicked problems and how they differ from other sorts of problems, as well as contain a practical exercise designed to highlight approaches to resolving them.

10:30-11:00 **Nutrition Break and Exhibits** Foyer

11:00-12:00 **Tackling Wicked Problems in the Built Environment:
Of Health Inequalities and Bedbugs (Part 2)** Kent
(Val Morrison, National Collaborating Centre for Healthy Public Policy)

12:00-1:00 **Lunch and Exhibits** Foyer

1:00-2:00 *Concurrent Session #1 – Vulnerable Populations and Built Environment*

Housing First in New Brunswick Kent
(*Timothy Ross, Community Action Group on Homelessness*)

We know three things: 1) an end to homelessness is possible, 2) there is a model proven to work in Canada, and 3) it is cheaper to fix than ignore. This workshop will illustrate a path toward ending homelessness in New Brunswick through the development of a housing first based system of care. Using examples of new “Housing First” programs in New Brunswick and beyond, this presentation will link “place and health” as a critical determinant in ending homelessness.

**Beyond Buildings: Built Environment as Space
for Cultural and Spiritual Connection** 204
(*Marie S. Kryszko, Pabineau First Nation*)
(*Lynn Dingee and Tina Perley Martin, Tobique First Nation*)

(Part 1) *Mother Earth’s Journey – Authentic Mi’kmaq Experience* - Pabineau First Nation, small Mi’kmaq community, has created a built environment, or “sacred space“, which promotes spiritual, emotional, physical, social, and mental health. This created space allows opportunity for community members and welcomed guests to practice traditional ceremonies including prayer, dance, drumming, cultural celebrations and healing through the use of sacred plants. People can have the opportunity to become connected to the fundamentals of Aboriginal culture while feeling embraced by Mother Earth.

(Part 2) *Community Action to support the Environment at the Tobique First Nation* - Tobique First Nation, the largest Maliseet First Nation in New Brunswick, is engaged in broad environmental activities to improve access to food, support spiritual and cultural understanding, establish baseline data and promote the 3 R’s as a means to stimulate and support community awareness and reconnection back to the land.

2:00-3:00 *Concurrent Session #2 – Living in the Built Environment*

**Design Healthy Communities:
Use of Design to Build our Healthy Community** Kent
(*Daniel Savard, NB Dept of Environment and Local Government*)

Climate change, sprawl, crime, obesity, health and other social issues, can we respond to them in building communities? Can we create healthy communities? Can we integrate social responses into the design of our communities? Come and see the role that design plays in building healthy communities.

**Older Driver Travel Behaviour and the Built Environment:
A Rural Perspective** 204
(*Trevor Hanson, University of New Brunswick*)

This presentation explores the challenges associated with an aging driving population, in particular, rural individuals where driving remains the exclusive means of transport. While the public is concerned with “getting bad drivers off the road”, additional understanding is needed to help keep people safely driving as long as possible, as well as easing the transition from driver to passenger. In some cases, popular

approaches targeted at restricting older driver travel may not be effective, while proposed “driving alternatives” may not consider the older persons trip needs (or own ability to secure alternatives). A priority focus on non-emergency health-care related transportation is proposed, including the potential for modifying the built transportation environment around hospitals.

3:00-3:30 **Nutrition Break and Exhibits**

3:30-4:30 ***Concurrent Session #3 - New Directions***

Integrating Built Environment into Public Health Inspection Kent
(*Sabrina Dosanjh and Neelam Parmar, Northern Health, BC*) (VC)

Environmental Health Officers/ Public Health Inspectors within Northern Health have started to take on a larger role in understanding how the built environment impacts health. This presentation will highlight some of the work that EHOs have been doing to support Healthier Communities in Northern BC, ranging from developing educational materials related to onsite sewage treatment for homeowners, working on developing a health hazard guideline, addressing environmental assessments and the social impacts of industrial camps on rural communities, supporting EHOs when commenting on Official Community Plans, supporting communities in grant applications pertaining to the built environment and developing and supporting food security initiatives.

Measuring the Rural Built Environment for Active Living 204
(*David Hartley, University of Southern Maine*)

This session will review the development and use of the Rural Active Living Assessment (RALA) tools, a set of three instruments designed to assess the “activity friendliness” of the built and natural environment in rural communities of less than 10,000 population. The process of developing a conceptual model of active living for rural youth will be described, as well as the development of the three instruments and the development of a scoring system for RALA. Also addressed is the use of the RALA tools for engaging and empowering a community.

5:00-6:30 **Biennial meeting of the NB PEI Branch of the CPHA (Dinner)**

Friday October 26, 2012

7:15-8:15 **Discussion Breakfast – Enhancing Public Policy** Kent
(*Michael Keeling, National Collaborating Centre for Healthy Public Policy*)

8:30-9:30 **Effective Planning and Design for Healthy Communities** Kent
(*David Harrison, Canadian Institute of Planners*)

This presentation will provide an overview of “Healthy Canada By Design” - a collaborative partnership between the Heart and Stroke Foundation of Canada, Urban Public Health Network, Canadian Institute of Planners and others. National economic impacts, barriers to change, built environment retrofitting and a

framework for strategic collaboration between the health and planning professions will be explored. “Healthy Canada By Design” is funded by Health Canada and the Canadian Partnership Against Cancer.

9:30-10:30 **Politics and Mayhem! Courting Healthy Communities in Small and Rural Municipalities** Kent
(Sari Liem, Dillon Consulting Limited)

How can community leaders, planners, and health professionals effectively collaborate and communicate to bring about change and transform their municipalities? This interactive one-hour storytelling will feature how inter-sectoral collaboration is being undertaken in small and rural municipalities to support policy development around health equity and the built environment. Learn about the approaches, tools, opportunities, and challenges that planners, public health, and community leaders face in creating a healthy community.

10:30-11:00 **Nutrition Break and Exhibits** Foyer

11:00-12:00 **Using Life Patterns Data to Explore How Built Environments Shape Human Behaviours and Health** Kent
(Daniel Rainham, Dalhousie University)

Research on the association between health and characteristics of the built environment is challenged by the use of methods that are unable to adequately reflect the everyday patterns of life. Identification of the built environments specific to health behaviours will ultimately improve the design of interventions to promote health.

This presentation will highlight how the built environment is represented in health research, and will explore prevalent mechanisms and theories used to investigate the relationship between characteristics of built environments and health. The use of geographic information systems (GIS), global positioning systems (GPS) and other electronic sensors will be discussed. Specific examples will be drawn from current research on overweight and obesity, exposure to pollutants, and physical activity.

1:00-3:00 *Post Conference Workshop with lunch (advance sign up required)* 208
Design Healthy Communities: How to...
(Learn how to use design to build your healthy community)
(Daniel Savard, NB Dept of Environment and Local Government)

Sustainable Communities Design for subdivisions can build healthy communities. It is a tool that integrates the triple bottom line in community planning: economy, environment, and social components. Participants to this workshop will learn how they can:

- practically design sustainable environments for their communities
- facilitate healthy environments for residents
- design building of subdivisions where health is at the centre stage

The participants to the workshop will learn to juggle with multiple interests through a very interesting exercise where M&Ms allow them to understand design, and present their results to a voting municipal Council. Come and join us to this ‘as close to reality as a 2-hour workshop exercise allows us’ to build our own ‘Healthy community’.