



Health 201

A Knowledge-to-Action Framework for Creating Healthier Built Environments

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Eco-City World Summit
Presented by: Alice Miro,
Heart and Stroke Foundation



History & Background

- Who is the BC Provincial Health Services Authority (PHSA)?
- PHSA's Healthy Built Environment Initiative. Find references and other resources at www.phsa.ca/HealthProfessionals/Population-Public-Health/Healthy-Built-Environment
- Other resources include:
 - “Foundations for a Healthier Built Environment”
 - “From Strategy to Action”
 - “Planning 101” – Introduction to Land Use Planning for Health Professionals: Workshop Reader
 - “Five Things Planners & Design Professionals Need to Know About Health and the Built Environment”

Health 201: Target Audience & Purpose

Target Audience:

- Architects
- Planners
- Design Professionals
- Engineers
- Government Decision-makers
- Parks & Recreation
- Health

Purpose:

- To assist planners & design professionals & local gov'ts to assess their capacity and take action towards working with health professionals on healthy communities
- Offers resources to help organizations work together from whatever stage they are currently at
- Conversation starter!

Health 201: Getting Started

Process to initiate HBE work in your agency or department:

- Confirm your mandate (synergies with other objectives?)
- Define what problem you are trying to solve
 - Need? Mandate? (should do)
 - Necessary resources and expertise? (can do)
 - Commitment and support? (want to do)
- Consult further sources for ideas and action plan

Health 201: Three Elements

- Team Self-Assessment Guide
- Healthy Built Environment Primer
- References & Resources

TEAM SELF-ASSESSMENT GUIDE: DESIGNING THE BUILT ENVIRONMENT TO IMPROVE PUBLIC HEALTH

Components	Level D	Level C	Level B	Level A
Leadership (an executive level "champion") for healthy design	...does not exist in our agency or there is little interest	...is reflected in vision, statements and plans, but no resources are available for this work.	...is reflected in senior leadership commitments with dedicated resources (staff and personnel)	...is integral as part of the agency's long-term strategy, with specific resource needs acknowledged
Score	0 1 2	3 4 5	6 7 8	9 10 11
Informing elected officials about designing for public health	...is not done	... happens on request or through agency justifications and reports	... is done through the planning process for each project	... involves specific training for elected officials to discuss their role in building a healthier community
Score	0 1 2	3 4 5	6 7 8	9 10 11
Organizational goals for designing a healthier built environment	... do not exist or are limited to one-off issues or isolated departments	... have organizational-wide on paper but are not actively pursued or reviewed	... are cross-departmental, measurable and reviewed by senior staff and elected officials	... are implemented by staff, reviewed, tracked, and linked to other agencies' plans
Score	0 1 2	3 4 5	6 7 8	9 10 11
Senior leaders in our organization and potentially collaborating agencies	... discourage collaboration with other agencies	... do not consider collaboration for healthy design a priority	... encourage collaborative efforts to make the built environment a healthier place	... actively collaborate in improvement efforts to create a healthier built environment
Score	0 1 2	3 4 5	6 7 8	9 10 11

HBE PRIMER

WHAT SHOULD WE DO WITH THE SELF-ASSESSMENT FINDINGS?

If your priority is **...** Then consider these sources and activities:

Building leadership around healthy design in your organization
 If there is no commitment of resources and senior champions for HBE, you may need to create the "winning platform" yourself.

Informing elected officials about designing for public health
 Councils are often the best organizations to take a comprehensive overview of the needs and priorities of their local communities and lead the work to meet those local needs.

Developing organizational goals for a healthier built environment

Senior leaders in our organization and potentially collaborating agencies

PHSA's *Foundations for a Healthier Built Environment: Summary Report* explains the link between health and the built environment and calls for improved collaboration between the health and planning sectors.

Valuing Healthy, Equitable, Connected Livability: Review explains how investing in preventative public health also makes sound business sense.

Building Health in the Planning Table was produced by the Healthy Living Issue Group of the Pan-Canadian Public Health Network. The report profiles case studies within 13 Canadian communities across Canada that used collaborative approaches to improve health outcomes.

PHSA provides a 30-minute presentation *PHSA Healthy Built Environment* that aims to engage elected officials as well as planning and design professionals. It could be delivered by any planning team member using the accompanying themed references. It is also suitable for web-based viewing.

BC's Climate Change Centre is a top of mind for many elected officials, just now. Here are some ideas to link HBE with the issue: *An Action Plan for Public Health – Initial Recommendations for Improving Public Health in Climate Change Policy*.

Good zoning supports the development of attractive, prosperous communities. *Zoning Linking Plans* explains how elected officials can help create healthy communities through zoning.

See "Municipal Checklist – Issues to Executive" in *Planning by Design*. This guide from Ontario provides details on integrated approaches to planning, community assessment and action planning.

The *Service Plan* from BC's Ministry of Healthy Living and Sport contains goals that may help in planning your plan.

REFERENCES AND RESOURCES FOR HEALTH 201

Theme, description and why planners should care about this

Selected references and resources in addition to those available on PHSA's website

1. The impact of preventable illness and injury on our health care system and society

Increasing levels of chronic illness have had a significant effect on our health system. In addition to individual disability and suffering, society suffers from loss of workers and escalating costs of care; ultimately these costs could strain our policy-funded health care system substantially. Understanding the causes and impact of chronic illness will help planners to tackle the connection between "the face at the top of the cliff and the embrace at its foot".

EC's Health Action Plan development reports (e.g. *Social Determinants of Health in Vancouver Island*, *Healthy Health: Community Environment reports*) These provide local detail and data useful for writing the business case for investments in HBE.

EC Ministry of Health also offers many excellent resources, including community-specific data on chronic illness and reports like *The Evolution of Public Prevention Programs in BC*.

The BC Injury Research & Prevention Unit offers resources on the human and financial burden of injury and evidence-based literature and best practices around injury prevention (www.injuryresearch.bc.ca). An online tool with an easy-to-use system provides hospitalization and mortality data as well as BC hospital utilization cost data.

The *Geography of Wellbeing and Being* (Scott & Lyall, 2008) has been developed in response to the Active BC health promotion initiative. This provides maps for over 50 wellness and well-being indicators from the combined 2007 and 2008 Canadian Community Health Survey. Data about the 16 Health Service Delivery Areas for BC.

Health 201: Team Self-Assessment Guide

- Answer from the perspective of your agency
- Rows represent 8 key components of designing HBEs
- High scores mean the components are fully developed; low scores mean components are less fully developed
- Use scores to assess agency's progress and identify areas for improvement

TEAM SELF-ASSESSMENT GUIDE: DESIGNING THE BUILT ENVIRONMENT TO IMPROVE PUBLIC HEALTH

Components	Level D	Level C	Level B	Level A
Leadership (an executive level "champion") for healthy design	... does not exist in our agency or there is little interest.	... is reflected in vision statements and plans, but no resources are available for this work.	... is reflected by senior leadership commitments with dedicated resources (dollars and personnel).	... is resourced as part of the agency's long term strategy, with specific people held accountable.
Score	0 1 2	3 4 5	6 7 8	9 10 11
Informing elected officials about designing for public health	... is not done.	... happens on request or through agency publications and reports.	... is done through the briefing process for each project.	... includes specific training for elected officials to describe their role in building a healthier community.
Score	0 1 2	3 4 5	6 7 8	9 10 11
Organizational goals for designing a healthier built environment	... do not exist or are limited to one-off issues or isolated departments.	... exist organization-wide on paper but are not actively pursued or reviewed.	... are comprehensive, measurable and reviewed by senior staff and elected officials.	... are implemented robustly, reviewed routinely, and linked to other agencies' plans.
Score	0 1 2	3 4 5	6 7 8	9 10 11
Senior leaders in our organization and potentially collaborating agencies	... discourage collaboration with other agencies	... do not consider collaboration for healthy design a priority.	... encourage collaborative efforts to make the built environment a healthier place.	... visibly collaborate in improvement efforts for a healthier built environment.
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Health 201: HBE Primer

- Intended to help you move forward from the self-assessment
- Organized by the priorities identified in the self-assessment guide
- Primer offers links to different sources and activities to help you address the points of change for your organization

HBE PRIMER

WHAT SHOULD WE DO WITH THE SELF-ASSESSMENT FINDINGS?

If your priority is

Then consider these sources and activities

Building leadership around healthy design in your organization

PHSA's [Foundations for a Healthier Built Environment: Summary Report](#) explains the link between health and the built environment and calls for improved collaboration between the health and planning sectors.

If there is no commitment of resources and senior champion for HBE, you may need to create the "burning platform" yourself.

[Valuing Health: Business Case Literature Review](#) explains how investing in preventative public health also makes sound business sense.

[Bringing Health to the Planning Table](#) was produced by the Healthy Living Issue Group of the Pan-Canadian Public Health Network. The report profiles case studies within 13 Canadian communities across Canada that used collaborative approaches to improve health outcomes.

Informing elected officials about designing for public health

PHSA provides a 30-minute presentation: [PHSA Healthy Built Environment](#) that aims to engage elected officials as well as planning and design professionals. It could be delivered by any planning team member using the accompanying themed references. It is also suitable for web-based viewing.

Councils are often the best organizations to take a comprehensive overview of the needs and priorities of their local communities and lead the work to meet those local needs.

BC's Climate Change Charter is top of mind for many elected officials just now. Here are some ideas to link HBE with this issue [An Action Plan for Public Health – Initial Recommendations for Involving Public Health in Climate Change Policy](#).

Good zoning supports the development of attractive, prosperous communities. [Zoning Talking Points](#) explains how elected officials can help create healthy communities through zoning.

Developing organizational goals for a healthier built environment

See "Municipal Checklist – Ideas to Execution" in [Planning by Design](#). This guide from Ontario provides details on integrated approaches to planning, community assessment and action planning.

The [Service Plan](#) from BC's Ministry of Healthy Living and Sport contains goals that may help in framing your plan.

Health 201: References & Resources

- List of background information available on a variety of topics (links to specific documents & general internet links)

REFERENCES AND RESOURCES FOR HEALTH 201

Theme, description and why planners should care about this

Selected references and resources in addition to those available on PHSA's website

1. The impact of preventable illness and injury on our health care system and society

Increasing levels of chronic illness have had a significant effect on our health system. In addition to individual disability and suffering, society suffers from loss of workers and escalating costs of care; ultimately these costs could make our publicly-funded health care system unsustainable. Understanding the causes and impact of chronic illness will help planners to tackle the connection between “the fence at the top of the cliff and the ambulance at its foot”.

BC's Health Authorities develop internal reports (e.g. [Social Determinants of Health on Vancouver Island](#); [Interior Health Healthy Community Environment reports](#)). These provide local detail and data suitable for writing the business case for investments in HBE.

BC Ministry of Health also offers many excellent resources, including community-specific data on chronic illness and reports like [The Evolution of Falls Prevention Programs in BC](#).

The BC Injury Research & Prevention Unit offers resources on the human and financial burden of injury and evidence-based literature and best practices around injury prevention (www.injuryresearch.bc.ca). An on-line tool with an easy-to-use system provides hospitalization and mortality data as well as BC hospital utilization cost data.

[The Geography of Wellness and Well-being across BC](#) has been developed in response to the ActNow BC health promotion initiative. This provides maps for over 50 wellness and well-being indicators from the combined 2007 and 2008 Canadian Community Health Survey. Data show the 16 Health Service Delivery Areas for BC.

Completing the Self-Assessment Guide

- When you get back to your office ...consider completing the self-assessment guide from the perspective of your agency!
- We're hoping this will help you assess where your organization is at in its capacity and readiness to work together collaboratively on creating healthier built environments.



Thank You!

For more information please contact:

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www.phsa.ca/HealthProfessionals/Population-Public-Health