

# Supporting health equity through healthy built environments

Healthy Built Environment in Canada Online Discussion Forum

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[www.ncceh.ca/forum](http://www.ncceh.ca/forum)



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# Land Acknowledgement

The **BCCDC** is located on the unceded Indigenous land belonging to Coast Salish peoples. Unceded means that this land was never surrendered, relinquished or handed over in any way.

The **NCCDH** is in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the “Treaties of Peace and Friendship” which Mi'kmaq and Wolastoqiyik (Maliseet) peoples first signed with the British Crown in 1725. The treaties did not deal with surrender of lands and resources but in fact recognized Mi'kmaq and Wolastoqiyik (Maliseet) title and established the rules for what was to be an ongoing relationship between nations.

# Today's forum

## **Presentations (30 min)**

- Concepts – built environment, health equity
- Overview of BCCDC HBE Equity Fact Sheet
- Making it real – examples from practice

## **Discussion (30 min)**

- Q&A
- Interactive discussion
- Additional resources

# What is the built environment?

## Structures, spaces, products created/modified by people

- Housing, neighborhoods, buildings
- Systems  
e.g., food, transportation
- Man-made + Natural
  - Green space – parks, gardens, playing fields
  - Blue space – waterfronts

(Barnett & Casper, 2001; Schulz & Northridge, 2004)



[https://nccph.ca/images/uploads/general/03\\_Environmental\\_MentalHealth\\_NCCPH\\_2017\\_EN.pdf?utm\\_source=newletter&utm\\_medium=email&utm\\_campaign=PHM\\_03\\_En](https://nccph.ca/images/uploads/general/03_Environmental_MentalHealth_NCCPH_2017_EN.pdf?utm_source=newletter&utm_medium=email&utm_campaign=PHM_03_En)

# What is a healthy built environment (HBE)?

Built + Natural = Physical  
Physical + Social = Environment



# What is health equity (HE)?

“All people (individuals, groups, communities) have a fair chance to reach their full health potential and are not disadvantaged by social, economic, environmental conditions”



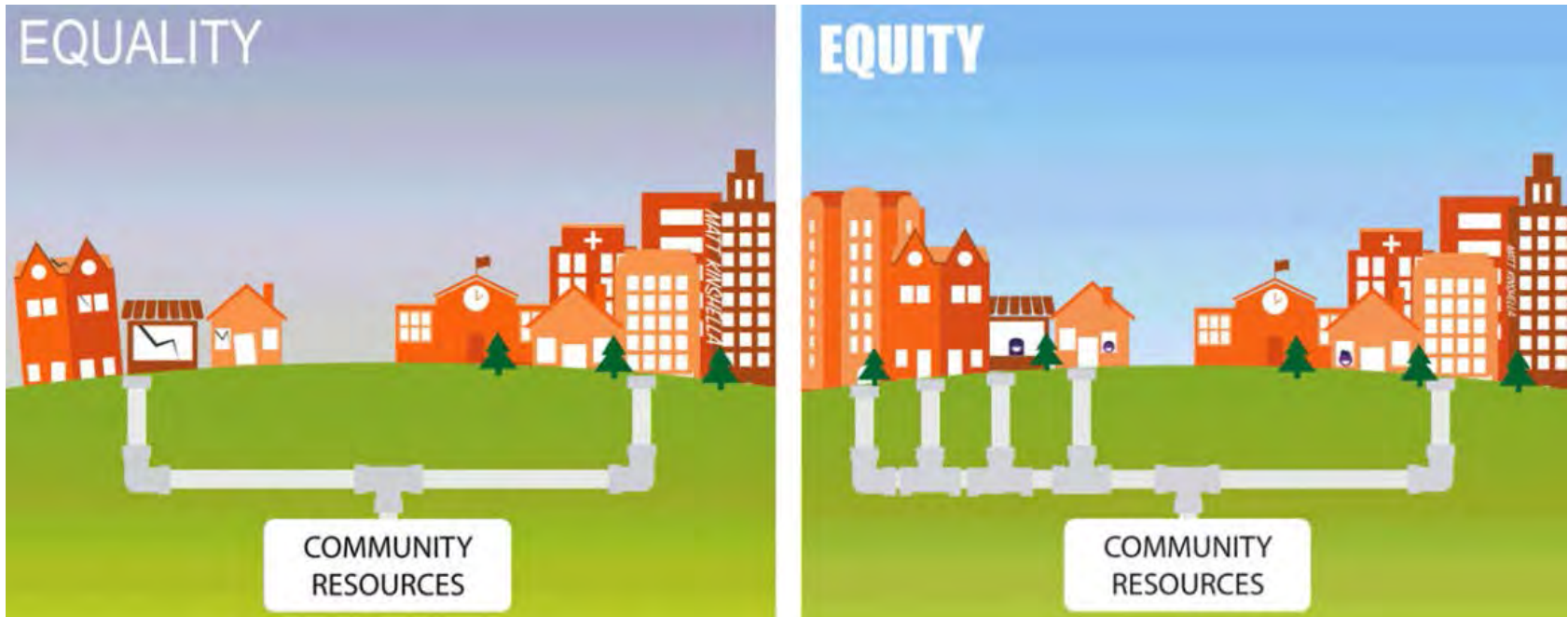
<http://nccdh.ca/resources/glossary/>

## Health inequity

“Differences in health associated with social disadvantages that are modifiable, and considered unfair.”



# Equity $\neq$ Equality



Credit: Matt Kinshella; culturalorganizing.org blog © Paul Kuttner  
<http://culturalorganizing.org/the-problem-with-that-equity-vs-equality-graphic/>

# Equity and HBE Fact Sheet

- HBE is opportunity to implement health equity goals
- Use HBE principles to identify ways to identify vulnerable populations and improve health opportunities



[http://www.bccdc.ca/resource-gallery/Documents/Educational%20Materials/EH/BCCDC\\_equity-fact-sheet\\_web.pdf](http://www.bccdc.ca/resource-gallery/Documents/Educational%20Materials/EH/BCCDC_equity-fact-sheet_web.pdf)



# Equity in HBE Guiding principles

Safe, attractive, complete neighbourhoods supporting equitable opportunities for social connection, food security, access to natural environments, accessible transportation options, & housing.

1. Create opportunities for vulnerable or priority populations to participate in planning and decision-making processes.
2. Consider the unique needs of vulnerable populations when planning interventions to the built environment.

# Equity | Neighbourhood design



- Prioritize enhancement of low-SES neighbourhoods.
- Balance neighbourhood density with access to natural green spaces and play areas.
- Support community-based collaborative planning processes.

# Equity | Transportation



- Prioritize safety and enjoyment of public and active transportation in low-SES neighbourhoods.
- Ensure that locations and schedules support the daily activity flows of people who depend on them.

# Equity | Natural environments



- Expand and improve green spaces in underserved and disadvantaged areas.
- Integrate strategies to address poor air quality, extreme heat vulnerability, safety concerns, and chemical and biological hazards.

# Equity | Food systems



- Maximize diverse food options near affordable housing and public transit.
- Support community food programs.
- Prioritize the food system needs of rural and Indigenous communities.
- Develop amenities to minimize food waste.

# Equity | Housing



- Protect low-income renters from displacement effects of gentrification.
- Ensure quality affordable housing through maintenance and retrofits that prioritize air and water quality, safety, climate control, and accessibility.



# Building health equity into healthy built environments: A Saskatoon perspective

- Poverty reduction strategy
- Inclusion of First Voice



**NCCDH Blog**

<http://nccdh.ca/blog/entry/building-health-equity-into-healthy-built-environments-a-saskatoon-perspect>

# Building health equity into healthy built environments: North Vancouver OCP planning

## District of North Vancouver Vancouver Coastal Health



<https://planh.ca/success-stories/north-vancouver-district-partners-vch-ocp>

- 2-year public engagement and awareness process
- MOU → Health lens in policies, bylaws, OCP
- Housing, aging population, inclusivity, sustainability, food security, First Nations, community service groups



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# Discussion



## 1. What groups in your area are most vulnerable to changes in the built environment?

- |  |   |
|--|---|
| <input type="checkbox"/> Working parents       | <input type="checkbox"/> Indigenous               |
| <input type="checkbox"/> Spend >30% on housing | <input type="checkbox"/> Young people             |
| <input type="checkbox"/> Renters               | <input type="checkbox"/> Seniors                  |
| <input type="checkbox"/> Home-owners           | <input type="checkbox"/> Chronic illness          |
| <input type="checkbox"/> Low-income            | <input type="checkbox"/> Mental health challenges |
| <input type="checkbox"/> Racialized            |   |

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# Discussion



2. In what areas of the built environment have equity issues come up in your area? Which groups have been most affected?



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# Discussion



3. What sectors have you worked with on HBE?  
Who else do you want to connect with?

- ☐ Local government
- ☐ Planners
- ☐ Developers
- ☐ Transportation organizations
- ☐ Community groups
- ☐ Health organizations
- ☐ Public health agencies
- ☐ Provincial, territorial, or federal policy makers

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# Thank you for joining us!

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*Through an Equity Lens*, BC Centre for Disease Control: [pph@phsa.ca](mailto:pph@phsa.ca)  
<http://www.bccdc.ca/health-professionals/professional-resources/health-equity-environmental-health>

NCCEH HBE Forum: <http://www.ncceh.ca/forum>



National Collaborating Centre  
for Determinants of health

Centre de collaboration nationale  
des déterminants de la santé



BC Centre for Disease Control

An agency of the Provincial Health Services Authority



Through an  
**equity** lens



KAREN RIDEOUT  
CONSULTING

healthy food | healthy places | healthy people



National Collaborating Centre  
for Environmental Health

Centre de collaboration nationale  
en santé environnementale