1. Background
2. A Comprehensive Approach to Urban Health
3. Developing the Healthy City Strategy
4. Next Steps
Background: 10 Year Healthy City Strategy (2014-2023)

Benefits and Outcomes

For Vancouver residents:
• Healthier children and families and, therefore, healthier adults
• Increased health and well-being for vulnerable populations
• An engaged and connected city
• Liveable environments now and into the future

For the City:
• Become a global leader in planning for health and well-being
• Identify priorities for City attention between now and 2023
• Clarify the City’s role and align tools to address issues
• Provide a foundation to integrate and align goals and actions across departments
• Enhance partnerships and innovative approaches
• Identify targets and data for evidence-based decision-making
“Communities and neighbourhoods that ensure access to basic goods, that are socially cohesive, that are designed to promote good physical and psychological wellbeing, and that are protective of the natural environment are essential for health equity.”

*Closing the gap in a generation. WHO Commission on Social Determinants of Health, Final Report, 2008*
Background: 10 Year Healthy City Strategy (2014-2023)
What Does Our City Look Like?

**STRENGTHS:**
- Spectacular natural setting
- Temperate climate
- Creative economy
- Diverse population
- Culture of innovation
- Generally good health

**CHALLENGES:**
- Highest rate of poverty compared to other Canadian cities (16.5%)
  Conference Board of Canada, 2011
- 36% children vulnerable in Vancouver
  Human Early Learning Partnership Development Instrument, 2011/12
- Growing gap between rich and poor
  Conference Board of Canada, 2011
- Health inequities - *avoidable*
  inequalities in health between groups of people
  Health Officers Council of BC, 2008
- Growing and aging population
Background: 10 Year Healthy City Strategy (2014-2023)
Approach to Urban Health Issues In Vancouver

4 Pillars Drug Strategy 2001 -
Prevention
Treatment
Harm Reduction
Enforcement

Mental Health and Addictions Plan 2009 -
Advocacy
Policy
Programs
Research
Partnerships
Funding
Social Infrastructure

Urban Health Initiative 2010 -
Joint City-VCH Conversations
VCH Staff Secondment
Urban Health Quick Starts
Presentation to Int’l Conf. on Urban Health, New York City
Cross-Dept. Urban Health Forum
Joint City-VCH Urban Health Forum
Council Report Urban Health Phase 1
Comprehensive Approach
Current Policy Response: Lack Of Coordination

- First Nations & Urban Aboriginal Engagement
- Smoke-free Initiatives
- DTES Pedestrian Safety
- Compulsive Hoarding Action Response Team
- Dialogues Project
- MOU with Vancouver Coastal Health
- Mental Health Training 101
- Age Friendly Action Plan
- Access to food in SROs
- Extreme Hot Weather Response
- Community Planning Processes
- Grants Alignment
- Methadone Maintenance Therapy Task Force
- DTES Social Impact Assessment
- Social Innovation/Tech Centre
- Creation of Social Amenities
- DTES Street Market
- Employment Services Review
- Response to Missing Women Commission of Inquiry
- 500 child care spaces by 2014
- Local Food Strategy
- Employment Services Review
Comprehensive Approach
Integration and Alignment For Greater Impact
World Health Organization’s (2010) four preconditions for a successful long-term plan for health and well-being:

1. political commitment at the highest level
2. shared vision, understanding and commitment
3. organizational structures and processes
4. opportunities for partnership-building and networking
Sustainability requires integrated decision-making that takes into account economic, ecological, and social impacts as a whole.

Vancouver City Council, April 23, 2002
CoV Sustainability Approach = Environmental+Social+Economic
Developing the Healthy City Strategy - steps to date:

- Best practices review - North America, Europe, Australia
- Healthy City approach developed
- 20 Building Blocks of a Healthy City For All
- Healthy People, Healthy City Summit
- City-VCH MOU
- Consultation with City Advisory Committees, key stakeholders and departments
- Draft Goals, Targets, Actions And Metrics
Developing the Healthy City Strategy
Learning From Different Models Worldwide

- Reviewed healthy city and social sustainability literature on experiences of cities worldwide (e.g. 90 cities in WHO European Healthy Cities network)

<table>
<thead>
<tr>
<th>PRIMARY FOCUS</th>
<th>CITY HEALTH PLANS</th>
<th>MUNICIPAL PUBLIC HEALTH PLANS</th>
<th>SOCIAL PLANS/SOCIAL SUSTAINABILITY STRATEGIES</th>
<th>HEALTHY CITY/HEALTHY COMMUNITY PLANS/STRATEGIES</th>
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<tr>
<td>PRIMARY FOCUS</td>
<td>Oriented to conventional health interventions</td>
<td>Broader public health and wellness, active living, healthy built environments</td>
<td>Meeting social needs now and in the future</td>
<td>Oriented to the conditions that contribute to or detract from health and well-being of people, place and planet</td>
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<td>EXAMPLES</td>
<td>Take Care New York, Healthy Chicago</td>
<td>All local governments - state of Victoria, Australia</td>
<td>Richmond Social Planning Strategy Burnaby Social Sustainability Strategy</td>
<td>World Health Organization European Healthy Cities San Francisco</td>
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Developing the Healthy City Strategy
Building On Best Practices

- Social Sustainability Strategies
- Healthy City Strategies
- City Health Plans
- Municipal Public Health Plans

Inform a Vancouver approach to addressing urban health and wellness

A HEALTHY CITY FOR ALL
Developing the Healthy City Strategy
Cross-departmental Collaboration

Goals
Targets
Actions
Metrics

THE HEALTHY CITY STRATEGY
Vision: A Healthy City for All

a city where together we are creating and continually improving the conditions that enable all of us to enjoy the highest level of health and well-being possible.

Support the City’s mission

Integrate, align & enhance

Build on strengths and evidence

Collaborate and engage

Improve the health of all and reduce health inequities
Developing the Healthy City Strategy
Draft Framework - 20 Key Building Blocks

12 Goal Areas
## Developing the Healthy City Strategy

### Draft Goals, Targets, Actions And Metrics

<table>
<thead>
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<th>Goal Area</th>
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<td>1. A Good Start</td>
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<td>2. A Home for Everyone</td>
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<td>3. Feeding Ourselves Well</td>
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<td>10. Expressing Ourselves</td>
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<tr>
<td>11. Getting Around</td>
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<tr>
<td>12. Environments to Thrive In</td>
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</tbody>
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### Each Goal Area

- Measurable 10 year “Healthy City For All” target
- Evidence based
- Robust data
- Reporting and accountability through the Healthy City for All Dashboard
Developing the Healthy City Strategy
Draft Goals, Targets, Actions, Metrics

1. A Good Start
2. A Home for Everyone
3. Feeding Ourselves Well
4. Healthy Human Services
5. Making Ends Meet & Working Well
6. Being and Feeling Safe and Included
7. Cultivating Connections
8. Active Living & Getting Outside
9. Lifelong Learning
10. Expressing Ourselves
11. Getting Around
12. Environments to Thrive In

- [ ] Well-developed
- [ ] In progress
- [ ] Requires more work
Our living conditions and experiences as children affect not only our healthy development in childhood but our health throughout the lifespan.

**LONG TERM GOAL:** Vancouver’s children have the best chance of enjoying a healthy childhood

**MID TERM TARGET (10 year):** Reduce EDI vulnerability from 36% to 15%

**CURRENT PICTURE:**
- EDI vulnerability of 36% on one or more scales
- BC’s child poverty rate: 10.5%
- Licensed child care spaces for 19% of Vancouver’s children age 0-12
Developing the Healthy City Strategy
Draft Goal #1: A Good Start - Examples of Actions

PRIORITY ACTIONS:

• Facilitate the creation of 500 new licensed non-profit group childcare spaces (2012-2014) (underway)

• Pilot project to secure accessible child care spaces for children aging out of VCH’s Nurse/Family partnership (0-2)

• Identify strategies to enhance support for early care and learning for Aboriginal children & families

REPORTING & MONITORING:

• Through the Healthy City For All Dashboard
Ending street homelessness and providing a range of housing options is critical to the social and economic health of our City.

**LONG TERM GOAL:** A range of affordable housing choices is available for all Vancouverites

**MID TERM TARGETS (10 year):** End street homelessness (2015); Enable 2,900 new supportive housing units, 5,000 new social housing units and 11,000 new market rental units (2021) (Housing and Homelessness Strategy)

**CURRENT PICTURE:**
- 273 street homeless, 1327 sheltered
- 883 new social and 1809 new supportive housing units (as of May 2013)
Developing the Healthy City Strategy
Draft Goal #2: A Home For Everyone - Examples of Actions

PRIORITY ACTIONS:
- Focus our efforts with partners on preventing and eliminating street homelessness
- Target supportive housing and social housing to specific populations (e.g. youth, urban Aboriginal, severely addicted and mentally ill, women etc.)

REPORTING & MONITORING:
- Through the Healthy City For All Dashboard
Developing the Healthy City Strategy
Draft Goal #3: Feeding Ourselves Well

Food plays a powerful role in connecting people, building strong and resilient communities, preventing and managing chronic illnesses and improving health.

**LONG TERM GOAL:** Vancouver has a healthy, just and sustainable food system.

**MID TERM TARGET (10 year):** Increase city-wide and neighbourhood food assets by minimum of 50% (Vancouver Food Strategy/Greenest City Action Plan)

**CURRENT PICTURE:**
- Key food assets: 4035 (2012)
- Participation in Neighbourhood Food Networks: 20,000 people (2012)
- Percentage of residents who live within a five minute (400m) walk of a basket of healthy produce: (in development)
Developing the Healthy City Strategy
Draft Goal #3: Feeding Ourselves Well - Examples of Actions

PRIORITY ACTIONS:

• Improve access to healthy, local, affordable food for all
  (e.g. increase number of healthy food retail spaces including farmers markets, community food markets, and piloting healthy food retail programs)

• Enhance access for individuals to participate in activities of neighbourhood food networks

REPORTING & MONITORING:

• Through the Healthy City For All Dashboard
Developing the Healthy City Strategy
Draft Goal #11: Getting Around

By making walking, cycling and transit trips feel safe, comfortable and convenient, we can directly affect the health of citizens of all ages and abilities.

**LONG TERM GOAL:** Vancouverites enjoy safe, active, and accessible ways of getting around the city

**MID TERM TARGET (10 year):** Make the majority (over 50%) of trips on foot, bike, and transit (Greenest City Action Plan/Transportation 2040)

**CURRENT PICTURE:**
- Sustainable transportation mode share: 44% of trips in the city were on foot (17%), bike (4%), or transit (23%) (2011)
- Growth in sustainable transportation between 2008-2011:
  - Population +2.6%
  - # of walking trips +19%
  - # of biking trips +41%
  - # of transit trips +15%
Developing the Healthy City Strategy
Draft Goal #11: Getting Around - Examples of Actions

**PRIORITY ACTIONS:**

- Develop and implement a program to promote walking and cycling as practical and healthy transportation choices, and a normal part of everyday life.
- Provide additional amenities such as wider sidewalks, benches and enhanced pedestrian-scale lighting along priority streets.

**REPORTING & MONITORING:**

- Through the Healthy City For All Dashboard.
Next Steps
Partnerships Required To Reach Healthy City For All Targets

City led policy, programs, regulation and financial capacity

- Expressing Ourselves
- A Good Start
- A Home for Everyone
- Feeding Ourselves Well
- Healthy Human Services
- Making Ends Meet and Working Well
- Being and Feeling Safe and Included
- Cultivating Connections
- Active Living and Getting Outside
- Lifelong Learning
- Getting Around
- Environments to Thrive in

Non City-led policy, programs, regulations and financial capacity
- senior government
- non-profit organizations
- community groups
- business sector
- educational and research institutions
- residents
Next Steps
Key Partnership For Greater Impact

Memorandum of Understanding signed with VCH March 2013

- Collaborative priority setting
- Healthy public policies
- Partnership and capacity building
- Service coordination

- Collaborative priority setting
- Healthy public policies
- Partnership and capacity building
- Service coordination

Priority action areas for enhanced collaboration:

1. Early Care and Learning
2. Healthy Housing Options
3. Food Security and Sustainable Food Systems
4. Active Living
5. Healthy Human Services
6. Social Cohesion
7. Healthy Built Environment
Your Voice For A Healthier Community - Be A Part Of It!

www.myhealthmycommunity.org
Next Steps
Structures And Processes To Enable Collaboration And Engagement

City-VCH
Healthy City Steering Committee

Healthy City For All Leadership Table

Public and key stakeholder engagement
(September - November 2013)
<table>
<thead>
<tr>
<th>Fall 2013</th>
<th>Winter/Spring 2014</th>
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<tr>
<td>• Public and key stakeholder engagement</td>
<td>• Final Strategy &amp; Action Plan to Council</td>
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<tr>
<td>• Healthy City for All Leadership Table</td>
<td>• Implement Healthy City Strategy</td>
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<tr>
<td>• First term COV-VCH action plan</td>
<td>• Launch Healthy City for All Dashboard</td>
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