



Healthy Cities

The origins of urban planning are often identified as planning for better health. The health and well-being of people, communities, and environments are all linked together.

Healthy cities are not just about physical and environmental health, but equally about social inclusion, equity, and community well-being.

Did You Know?

Vancouver has the smallest per capita carbon footprint of any city in North America

Vancouver has an aging population with a decline in families and children, at least in part due to affordability pressures

Whether you want to get active, take emergency training, or learn about our Healthy City Strategy, your actions are a part of making a healthy Vancouver

The way we plan our city and our neighbourhoods affects our lives in a number of ways.

This includes the air we breathe and the water we drink, our ability to get around, where and in what type of housing we live, what food we have access to, what kinds of jobs are available and how long it takes to get to work, how much and what kind of green space we can play and rest in, and how safe, connected, and included we feel in our neighbourhoods.

Healthy City Strategy

The Healthy City Strategy is guided by a vision of 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.

The framework contains a clear vision statement and three major areas of focus:

Healthy People

Our health and well-being begins with basic needs – clothing, shelter, food, transportation, and employment. We need ways to express ourselves, to be safe and included, access supportive services, and learn and grow.

Healthy Communities

Community connections build a healthy city – working together makes us resilient and sustainable, we enjoy better health when we connect with our neighbours and

are engaged in our communities.

Healthy Environments

Ecologically, economically, and socially sustainable environments directly impact our physical and mental health – the built environment, networks of movement, natural spaces, biodiversity, and freedom from pollution are key to building a healthy city.



What we choose to do now will effect not only on the health and well-being of current populations but for generations to come. There is much work to be done and everyone can contribute to the vision of a healthy city for all.



Sustainable Food Systems

Vancouver is striving to become a global leader in urban food systems by creating a food system that is environmentally, socially, and economically sustainable. The City of Vancouver commitments to creating a just and sustainable food system are found in the Vancouver Food Strategy.

Did you know? There are a number of unique ways to access food beyond grocery stores and restaurants. These include farmers markets and community kitchens.

Farmers Markets

Farmers markets bring together farmers, fishers, artisans, and food producers who supply locally-grown foods.

Community Kitchens

There are many City-affiliated community

kitchens across the city in neighbourhood houses and community centres, as well as non-City affiliated kitchens in churches and social agencies. Publicly accessible kitchens are an important resource for a number of reasons, including supporting community education, social connections and access to food. If you would like to get more involved within your neighbourhood, community kitchens are a great way to start. For more information about Vancouver's Food Strategy and ways to get involved in Vancouver's food system, go to: <https://vancouver.ca/people-programs/vancouvers-food-strategy.aspx>



Greenest City Action Plan

As with other cities around the world, Vancouver faces challenges that call for action and innovation, and every resident and business will play a crucial role in helping us as a community, to reach our goals. A growing population, climate uncertainty, rising fossil fuel prices, and shifting economic opportunities are just some of the challenges that now call on us to work hard.

Although the Greenest City Action Plan is organized into 10 unique goals, the actions work together to form one integrated plan. For example, increasing composting and

gardening helps achieve the Green Economy, Zero Waste, Access to Nature, and Local Food targets. Improving transit services supports the Climate Leadership, Green Transportation, and Clean Air targets.

It's up to everyone to do their part, to rethink, re-evaluate and re-imagine the way Vancouver works and how we lead our lives. Be sure to keep up with the '**Shape Your City**' website for updates on the latest community engagement opportunities at www.shapeyourcity.ca

