

# **Growth Management Workshop: Breakout Session**

Health Services and Human Services

## **Growing Where We Invest**

**Gayle Bursey, Director of Chronic Disease and Injury Prevention**

**May 30<sup>th</sup>, 2013**

# Peel's Official Plan Review – An Opportunity for Action

---

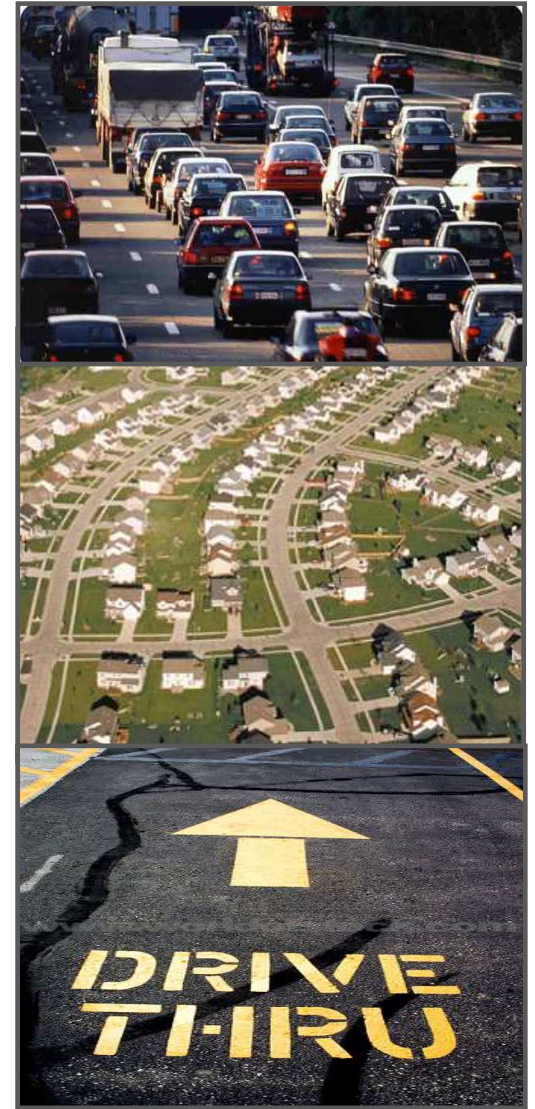
- Peel's Regional Official Plan Review provides an **opportunity** for proactive action to consider **where** and **how** we will grow
- Advocate for land use planning as a **health promotion strategy**
- Use **public health rationale** to justify new policy (e.g., active design guidelines for affordable housing)



# Why Does Health Matter?

---

- Growing body of evidence demonstrates the link between **health and the built environment**
- People want to live in environments that support **healthy living**:
  - Trails and bike paths
  - Pedestrian areas
  - Tree cover
  - Public open space
  - Active transportation
  - Proximity of amenities
  - Human scale
  - Age-friendly design
- **How** and **where** we grow will play a role in the health of Peel residents



# Density and Urban Sprawl



Higher densities create **demand** for a broader variety of services, employment opportunities and transit within a **closer walking distance**.

# Walkability

---

- Walkable communities promote health by making **walking, cycling** or **public transit** feasible and attractive modes of transportation
- Goal is to achieve a reasonable cluster of key services and employment opportunities to residences and transport nodes based on **walking distance**
- Need to ensure that a **high incentive to walk** is maintained through all seasons and weather conditions, across a reasonable range of physical abilities; the HDI suggests 500 to 800 metres (10 minute walk)



# Community Services

---

Places to Grow defines **Community Infrastructure** as:

*Lands, buildings and structures that support the **quality of life for people** and communities by providing **public services** for health, education, recreation, socio-cultural activities, security and safety and affordable housing*



# Community Services

---

## Need to consider:

- **Density**
- **Access to services:**
  - For example, child care centres
  - Active transportation
- **Where** services are located (possible co-location)
- **Cultural appropriateness**

