



Ontario
Professional
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Institute

Institut des
planificateurs
professionnels
de l'Ontario

Ontario Planners: Vision • Leadership • Great Communities

Healthy Communities, Sustainable Communities



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Ontario Professional Planners Institute



**We're all familiar with the saying,
“*You are what you eat.*”**

**Perhaps it's time to add a new
saying, “*You are where you live.*”**



Where we live can affect our health in many ways – quality of the air, soil and water; opportunities for exercise and recreation; access to healthy food; the availability of jobs; and existence of social networks.



Established in 1986, the Ontario Professional Planners Institute (OPPI) is the recognized voice of the Province's planning profession and provides vision and leadership on key planning issues.



The Institute's more than 2,700 members are employed by all sectors and work in a wide variety of fields - urban and rural community development, urban design, environment, transportation, health and social services, housing, and economic development.



OPPI has prepared a paper that will help to make our communities healthier and more sustainable.





The paper focuses on the relationship between where we live on the one hand and on the other:

- **Obesity and related health problems**
- **Air quality in transportation corridors**
- **Air quality in general**
- **Economic vitality and poverty**
- **Social cohesion**



The effects of where we live on obesity and related health problems:

What we know - There is a statistical relationship between obesity and urban sprawl.



The effects of where we live on obesity and related health problems:

The Challenge - Automobile reliance, limited access to healthy goods and safety issues can lead to many health problems.



The effects of where we live on air quality in transportation corridors

What we know: People living in neighbourhoods close to highways and major roads, pedestrians and cyclists are exposed to high levels of pollutants.



The effects of where we live on air quality in transportation corridors

The challenge: Action should involve a combination of air shed monitoring together with design, policy and regulation to address point and non point sources.



The effects of where we live on air quality in general

What we know: Borders do not stop the spread of contaminants.

Cooperation among jurisdictions is key in improving air quality.



The effects of where we live on air quality in general

The challenge: There must be effective policies and regulations to ensure that emissions are controlled. Every Canadian can also contribute their part by using less energy.



The effects of where we live on economic vitality and poverty

What we know: Households with the fewest economic resources may live in the least healthy areas.



The effects of where we live on economic vitality and poverty

The challenge: There are many paths to healthy and sustainable communities and what works in one community may not work for another.



The effects of where we live on social cohesion

What we know: Modern lifestyles tend not to foster a sense of belonging in a community or a sense of trust and reciprocity among residents of a neighbourhood.



The effects of where we live on social cohesion

The challenge: Communities that offer opportunities for people to be active can support social cohesion and address public health issues.



What can you do to get involved?





• Read the Call to Action and paper *Healthy Communities, Sustainable Communities*

www.ontarioplanners.on.ca

The screenshot shows the website's navigation menu on the left, including links for 'PLANNING PROFESSION', 'ABOUT OPPI', 'BECOME A MEMBER', 'HIRE A PLANNER', 'EVENTS', 'CONTINUOUS PROFESSIONAL LEARNING', 'PUBLICATIONS & SUBMISSIONS', 'STUDENTS', 'AWARDS, SCHOLARSHIPS & RECOGNITION', 'PARTNERSHIP OPPORTUNITIES', 'MEDIA', and 'LINKS'. A 'MEMBERS LOGIN' section is also present with fields for 'MEMBER ID' and 'PASSWORD', and a 'LOG IN' button. Below the menu is a featured article for the 'Ontario Planning JOURNAL' (January/February 2007) with a 'READ MORE ABOUT THE JOURNAL' link. The main content area features a large banner for 'HEALTHY COMMUNITIES, SUSTAINABLE COMMUNITIES' with a quote: 'We're all familiar with the saying, "You are what you eat." Perhaps it's time to add a new saying, "You are where you live."' and a 'READ ABOUT CURRENT POLICY INITIATIVES' link. Other sections include 'OPPI CONFERENCE 2007' (Lifestyle 2007, The Town of The Blue Mountains, October 3-5, 2007) with a 'MORE INFO' link; 'MEMBERS UPDATE - OPPI'S E-NEWSLETTER' with a 'READ NEWSLETTER' link; 'UPCOMING EVENTS' with links to 'Project Management for Planners', 'Planner as a Facilitator', 'Planner at the OMB', 'Presentation Skills for Planners', 'Planners and the Media', 'Plain Language for Planners', 'Planner at the OMB', and 'View all District events'; and 'EXCELLENCE IN PLANNING: LEONARD GERTLER AWARD OF DISTINCTION' with a 'READ MORE ABOUT THIS AWARD' link.



- Calculate your environmental footprint by going to www.myfootprint.org
- Check out the walkability of your neighbourhood at www.walkscore.com
- Lobby for stronger federal and provincial policy and regulations to address air quality.



- Help make your own community healthier and more sustainable by working with a residents' group, a school, a community centre, or any other neighbourhood institution.



- OPPI is interested in cooperating with other associations and organizations to raise awareness of these issues and contribute to community change.



Still not convinced that something needs to be done to address issues related to health and community planning?



“Unless effective interventions to reduce obesity are developed, the steady rise in life expectancy observed in the modern era may soon come to an end and the youth of today may live shorter lives than their parents.”

New England Journal of Medicine
2005 Mar;352(11):1138-1145



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