

# BUILDING HEALTHY COMMUNITIES

## The Role of Local Government & the Official Community Plan

Created July 2020

### WHAT IS AN OFFICIAL COMMUNITY PLAN?

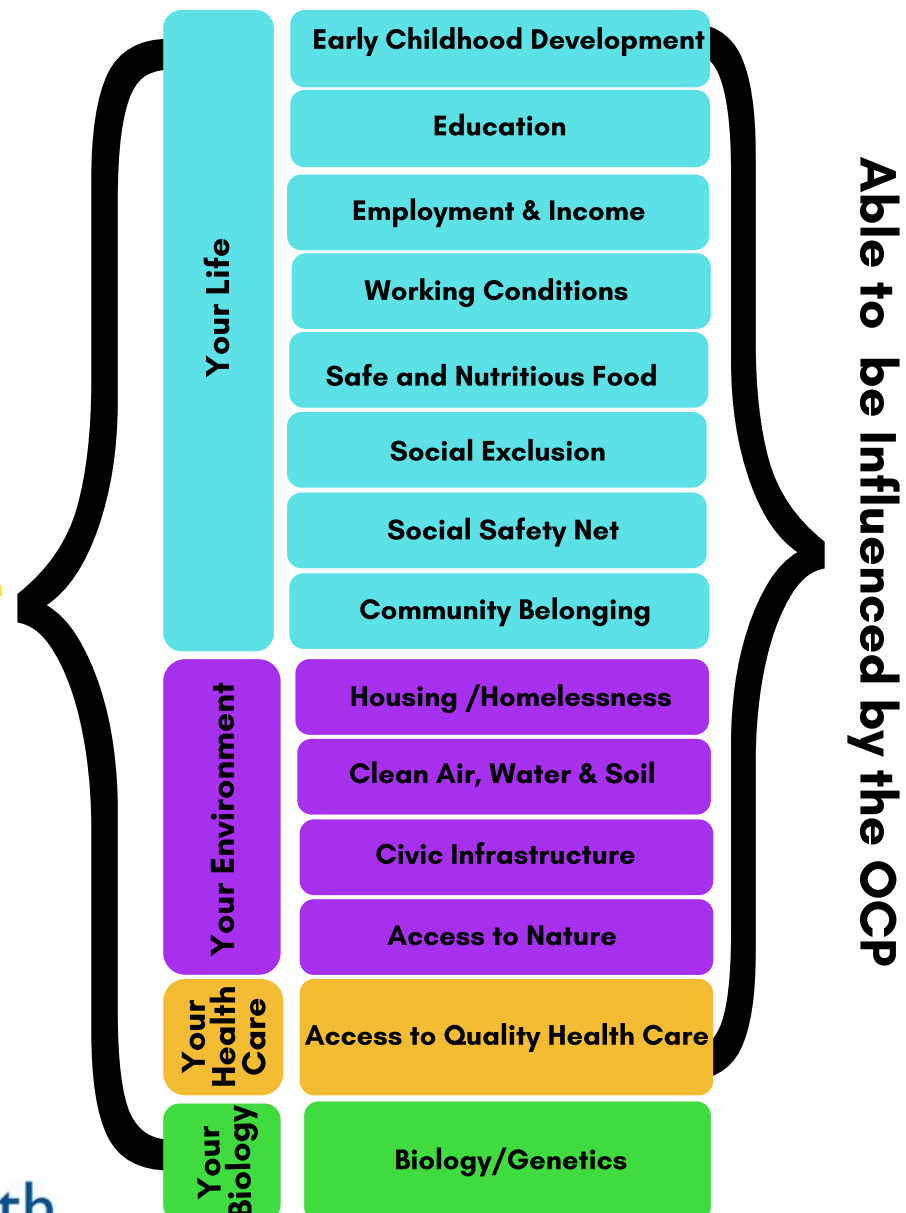
An official community plan (OCP) is a bylaw, which contains goals and policies that guide land use into the future. The OCP reflects the values and priorities of the community. It serves as a guiding document for city staff and elected officials when making decisions about many aspects of community planning.

### WHAT IS A HEALTHY COMMUNITY?

A healthy community is when the **built, social, economic, and natural environments** are well balanced to allow people the opportunity to live to their full potential and come together to make their community better for themselves, their family, friends, neighbours and others. Community planning with health in mind provides more opportunities and reduces barriers for all people to live healthy lives.

### HEALTH & OCP INFLUENCES

An OCP can influence our built, social, economic, and natural environments. Research shows that approximately 60% of what influences our individual health is related to elements found within our everyday lives and the environment that we live in. An OCP can influence how our communities are planned and the environments in which we live in; significantly impacting the individual health of community members.



# HEALTHY PLANNING PRINCIPLES

## KEY FACTORS

To positively influence the health of your community, remember these key factors when participating in an OCP engagement session:

### BUILT & NATURAL



#### NEIGHBOURHOOD DESIGN

Create complete, compact and connected communities.



#### TRANSPORTATION NETWORKS

Prioritize and support transportation options like walking, cycling and use of public transit.



#### HOUSING

Access to different types of affordable, quality housing with a variety of rental and ownership options.



#### FOOD SYSTEMS

Access to affordable and healthy food options.



#### NATURAL ENVIRONMENTS

Preserve and connect to the natural environment.



#### CLIMATE CHANGE

Reduce greenhouse gas emissions and adapt to local impacts of climate change.

### SOCIAL & CULTURAL



#### SOCIAL WELL-BEING

Create opportunities to socialize and connect with others.



#### ARTS & CULTURE

Access to affordable arts and cultural experiences.



#### CHILD CARE

Access to safe, quality, and affordable licensed daycare within close distance to work or home.



#### AGE FRIENDLY

Create opportunities for people of all ages and abilities.

### ECONOMIC



#### ECONOMY & INCOME

Create a wide range of job opportunities to earn a sustainable income.

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