

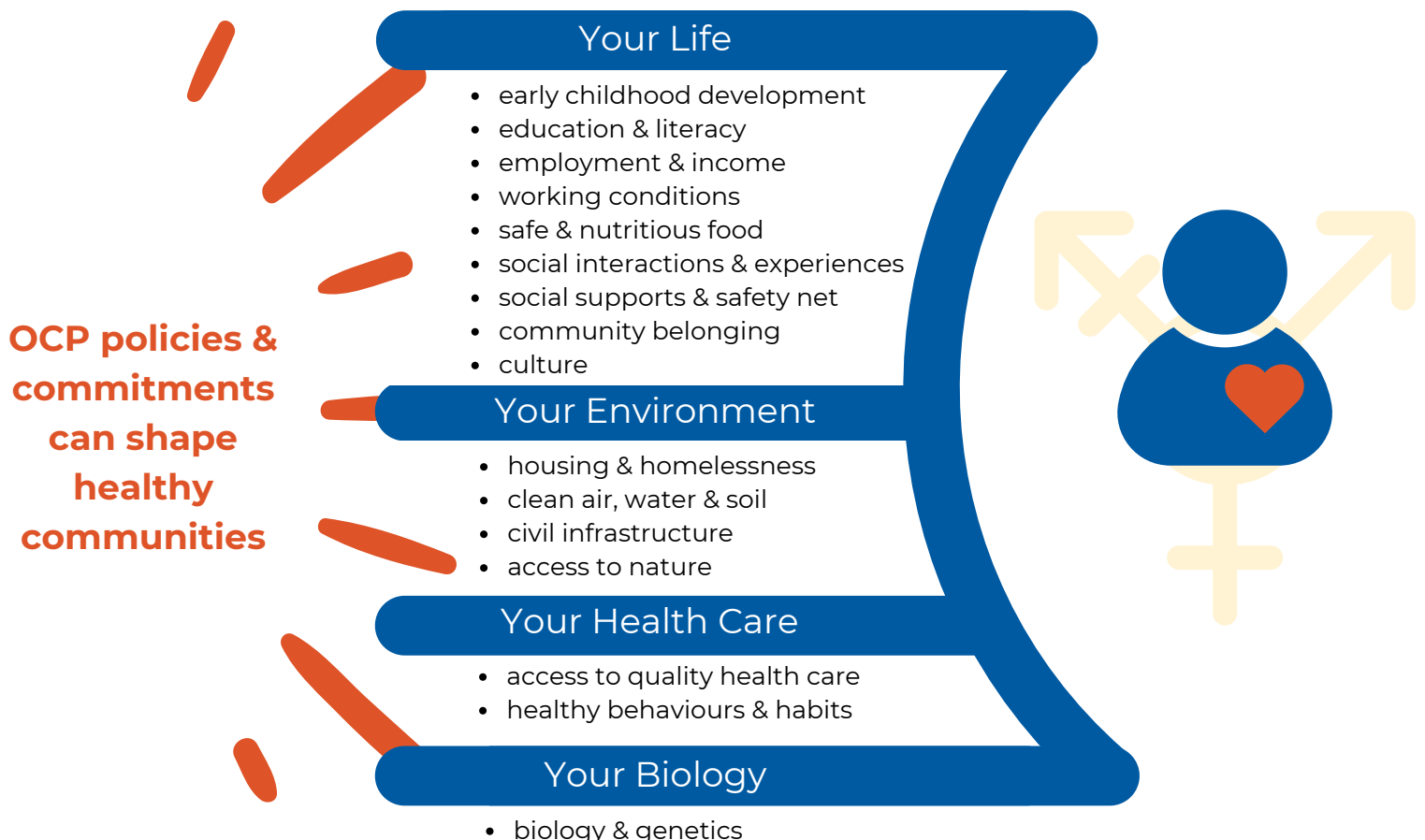
OFFICIAL COMMUNITY PLANS

Creating healthy & resilient communities

A community is healthy when the **built, social, economic and natural environments** are thoughtfully designed and well-balanced, creating opportunities for all individuals to thrive, reducing barriers to well-being, and fostering a stronger, more connected society.

BLUEPRINT FOR HEALTHY COMMUNITIES

The Official Community Plan (OCP) is instrumental in shaping the **built, social, economic and natural environments**, directly influencing the conditions that impact community well-being and health outcomes. By embedding health-focused policies into OCPs and prioritizing inclusive, health-conscious planning, local government leaders can promote economic growth, enhance social well-being, and reduce healthcare costs. They can also ensure all residents have the chance to live healthier, more fulfilling lives in resilient, thriving communities.



Interior Health

HEALTHY PLANNING PRINCIPLES

The following policy areas within an OCP can contribute to creating healthier and more resilient communities.

BUILT & NATURAL



Neighbourhood design

Create complete, compact and connected communities.



Transportation networks

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



Housing

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



Food systems

Support 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

Support affordable arts and cultural experiences.



Child care

Create 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

Support community economic development that provides opportunities for residents to meet the cost of living.

LEARN MORE

www.interiorhealth.ca/healthycommunities



References:

- BC Centre for Disease Control. Healthy Built Environment Linkages Toolkit: Making the links between design, planning and health, Version 2.0. Vancouver, BC. Provincial Health Services Authority, 2018.
- BC Centre for Disease Control. Healthy Social Environments Framework. Version 1. 2020.