



Facilitating the Planning and Design of Healthy Communities

**Pre-Conference Workshop
Monday October 1, 2007**

Description

Evidence is accumulating that poor land-use planning and design are a factor in chronic diseases, traffic fatalities, mental illness, social isolation and inadequate access to services. The overall goal of this workshop is to raise awareness and better educate the public of the issue of the built environment and its impacts on health so that they can better come to understand what the underlying issues are, how these issues are connected, how they are affected, and what can be done to address the problems.

The panel presenters for this session have a mixture of expertise and experience in the areas of health promotion, chronic disease prevention, land-use planning, community design, environmental studies, policy development and community capacity building. They will be speaking about their work in these diverse yet connected areas.

Speakers

Kim Bergeron, PhD Candidate, Queen's University, Kingston, Ontario

Kim has extensive experience working in public health as a Chronic Disease Prevention Coordinator at the Haliburton Kawartha Pine Ridge District Health Unit (HKPRDHU). She is currently working on a PhD in Health Studies at Queen's University with a focus on developing an urban planning and public health framework to increase physical activity through community design.

Kim works towards building healthy communities in a variety of ways, including conducting research, presenting at conferences and by partnering with diverse organizations such as the provincial government, non-governmental organizations, health promotion professionals and planning professionals.

In this session, Kim will share tips, tools and lessons learned when designing active living communities in partnership with public health units, municipal decision-makers, and the planning community. Active Communities Charter, Draft Checklist for Planners and Municipal Briefing Tool are just some of the tools to be shared at this session.

Peter Ellis, MES planning - Region of Waterloo, Ontario

Peter was recently hired by the Region of Waterloo as a land use planner working in the public health department on projects linking health and the built environment. His background includes

diverse planning and environmental work experience in areas such as transportation planning, environmental assessments, waste management planning, and policy development.

In this unique role, Peter contributes his skills towards reducing obesity, increasing physical activity, and addressing urban 'healthy growth' outcomes through several inter-departmental projects. As a liaison between Public Health and the Planning, Housing & Community Services department, he has been advancing health considerations into planning decisions and policy frameworks.

Peter will candidly outline the challenges of integrating public health and development planning realms within a regional government while speaking to successful collaborations on various projects including: the new draft Regional Official Plan process, the pedestrian charter technical review committee, food systems planning, community markets, community energy planning, and others.

Lisa Tolentino, MES - Ontario Healthy Communities Coalition, Community Animator and Coordinator of the *Healthy Communities and the Built Environment* project

Lisa is employed as a Community Animator with the Ontario Healthy Communities Coalition (OHCC) and is currently Coordinator of the *Healthy Communities and the Built Environment* project. OHCC defines health very broadly to include issues of 'quality of life' and 'well-being' for individuals, encompassing the social, economic and environmental aspects of the communities in which they live, work and play.

Lisa has worked extensively around community capacity building for the past 15 years and emphasizes the importance of using a multi-sector and interdisciplinary approach to achieving healthier communities. She has a Masters degree in Environmental Studies (MES) from York University, with a concentration on community involvement in land-use planning and a focus on issues of equity and diversity. Her current work with the *Healthy Communities and the Built Environment* project involves engaging health professionals, planners, environmental and other community groups in collaborative efforts to develop more healthy public policies and plans.

Paul Young, OALA, MA planning

Paul is both a landscape architect and a health promoter. As an urban designer, he has over 15 years consulting experience designing communities, parks trails and streets. As a health promoter at the South Riverdale Community Health Centre in Toronto, Paul has over 10 years experience working in community development and promoting healthy public policy.

With a focus on public involvement, Paul's work strives to bring community into the design process. His work routinely includes organizing and facilitating working groups and task forces focused on bringing health considerations into planning decisions.

Paul will outline examples illustrating the challenge of linking health and planning. He will draw on experiences from recent projects including; an award winning community-initiated bike lane initiative and experiences as an urban design/facilitator leading a series of workshops on how to retro-fit communities for walking and biking in South West Ontario.

* This session is being hosted by the Ontario Healthy Communities Coalition with financial assistance from the Ministry of Health Promotion and the Public Health Agency of Canada