

September 28-30, 2010

Courtyard by Marriott  
Downtown Toronto



# Taking Action on the Built Environment

## Building Healthy Public Policy



## Table of Contents

Collaborators . . . . .	1
Steering Committee. . . . .	1
Planning Committee. . . . .	2
Sponsors . . . . .	2
Exhibitors . . . . .	2
Going Green . . . . .	2
President's Welcome Message . . . . .	3
MHP Welcome Letter . . . . .	4
OAHPP Welcome Letter . . . . .	5
OPHA Fall Forum Description . . . . .	6
OPHA Fall Forum Overview . . . . .	7
OPHA Fall Forum Keynote Speaker Biographies . . . . .	8
OPHA Fall Forum Panelist Biographies . . . . .	9
OPHA Fall Forum Panel Discussion. . . . .	10
Special Events and Meetings . . . . .	10
Concurrent Think Tank Session Details . . . . .	11-13
About Health Promotion Ontario . . . . .	14
Health Promotion Ontario Annual Conference Overview . . . . .	14
Health Promotion Ontario Speaker Biographies . . . . .	15
Health Promotion Ontario Workshop Details . . . . .	15
Lori Chow Memorial Award for Excellence in Health Promotion . . . . .	16

## Collaborators



Centre de collaboration nationale  
sur les politiques publiques et la santé  
National Collaborating Centre  
for Healthy Public Policy



## Steering Committee

**Cheryl Dow**, Toronto Public Health  
**Lasha Dzura**, Ontario Ministry of Health and Long Term Care  
**Pat Fisher**, Region of Waterloo Public Health/OPHA Built Environment Workgroup  
**Francois-Pierre Gauvin**, National Collaborating Centre for Healthy Public Policy

**Pam Kinzie**, Ontario Public Health Association  
**Jennifer Lodge**, Ontario Public Health Association  
**Michelle Manarina**, Ontario Public Health Association  
**Christine Bushey**, Ontario Chronic Disease Prevention Management in Public Health

**Kim Perrotta**, Perrotta & Associates  
**Tanya Rumble**, Health Promotion Ontario  
**Sudha Sabanadesan**, Toronto Public Health  
**Daniela Seskar-Hencic**, Region of Waterloo Public Health/OPHA Access, Equity and Social Justice Workgroup

**Dave Sit**, Ministry of Health Promotion and Sport  
**Linda Stewart**, Association of Local Public Health Agencies  
**Connie Uetrecht**, Ontario Public Health Association  
**Janet Victor**, Events Conference & Event Management

## Planning Committee

### *Improving Access to Recreation in the Built Environment*

**Cheryl Dow**, Toronto Public Health

**Carol Craig**, Sudbury and District Health Unit

**Larry Ketchenson**, Parks and Recreation Ontario

**Jennifer Valcamp**, Haliburton, Kawartha, Pine Ridge District Health Unit

### *Healthy & Sustainable Transportation Choices: From Vision to Reality*

**Kim Perrotta**, Perrotta & Associates

**Jeff Casello**, University of Waterloo

**Kristie Daniel**, Halton Region Health Department

**Lorenzo Mele**, City of Markham

**Paul Young**, Ontario Healthy Communities Coalition

### *Building Access to Healthy Food*

**Sudha Sabanadesan**, Toronto Public Health

**Leia Minaker**, University of Alberta

**Loretta Ryan**, Ontario Professional Planners Institute

**Sanjay Govindaraj**, Region of Waterloo Public Health

**Katherine Pigott**, Region of Waterloo Public Health

### *Healthy Housing Environments – Access, Equity and Quality*

**Erica Phipps**, Canadian Partnership for Children's Health and Environment

**Tony Amalfa**, Ministry of Health and Long Term Care

**Lyne Soramaki**, Thunder Bay and District Health Unit

**Marina Whelan**, Simcoe Muskoka District Health Unit/OPHA Environmental Health Workgroup

**Brenda Armstrong**, Simcoe Muskoka District Health Unit

### *Building Safe Communities for the Prevention of Injury and Violence*

**Jennifer Lodge**, Ontario Public Health Association

**Helene Gagne**, Ontario Neurotrauma Foundation

**Janice Greco**, Simcoe Muskoka District Health Unit/OPHA Injury Prevention Workgroup

**Angela Loconte**, Toronto Public Health/OPHA Violence Prevention Workgroup

**Rick Volpe**, University of Toronto

**Kim Bergeron**, Queen's University - for her guidance in developing a framework to capture information during the forum

## Sponsors

### Premium



### Platinum



### Gold



National Collaborating Centre for Methods and Tools  
Centre de collaboration nationale des méthodes et outils

### Silver



## Exhibitors

Canadian Institute for Health Information  
Centre for Addiction & Mental Health  
GlaxoSmithKline  
Green Communities Canada

Health Evidence  
Heart & Stroke Foundation of Ontario  
National Collaborating Centre for Methods and Tools

Ontario Agency for Health Protection & Promotion  
Parks and Recreation Ontario  
Sanofi Pasteur  
University of Waterloo

## Going Green

OPHA and HPO have worked hard to implement green initiatives at the 2010 conference. Again this year, the Registration Brochure was available and distributed only as an electronic file, thus substantially reducing our use of print. This final program book is a smaller document containing fewer pages with only the most relevant information. In addition, the planning committee has worked with the Courtyard by Marriott Downtown Toronto staff to ensure foods and beverages are served in environmentally responsible materials, products are recycled and/or reused – as much as possible, and local food items are used when possible.

## President's Welcome Message

### **Taking Action on the Built Environment: Building Healthy Public Policy**

On behalf of the Board of Directors of the Ontario Public Health Association, I am very pleased to welcome you to OPHA's 2010 Fall Forum!

This fall we have designed a unique event that departs from our traditional conference format. The 2010 Fall Forum creates an opportunity for public health professionals and other professionals working on the built environment to collectively shape and advance built environment policies. The theme of the forum is ***Taking Action on the Built Environment***. This reflects the sentiment of many stakeholders who recognize that we have already identified the important link between health and the built environment, and we must now work to advance policy solutions that will result in healthier, more equitable, and more sustainable communities. The OPHA Fall Forum will inspire discussions to support this work through an exciting group of speakers and facilitated think tank sessions.

We are pleased to have benefited from the support of the Ministry of Health and Long Term Care, the Ministry of Health Promotion and Sport and the Ontario Agency for Health Protection and Promotion as key partners. The continued support of all our sponsors, exhibitors and donors is also greatly appreciated as a vital component in the planning and success of ***Taking Action on the Built Environment***. We would also like to thank the collaborators who have assisted with the planning of this event including the Canadian Partnership for Children's Health and the Environment, National Collaborating Centre for Healthy Public Policy, Ontario Neurotrauma Foundation, Ontario Professional Planners Association, Parks and Recreation Ontario, and Toronto Public Health.

Highlights of this conference include our Awards Ceremony and Welcome Reception, and our Annual General Meeting. The resolutions that will be debated reflect our continuing commitment to advocacy as a cornerstone of our activities. We hope this forum meets all your expectations as a participant and provides a lasting and memorable contribution to strengthening public health and our partnerships in Ontario.



Liz Haugh,  
OPHA President



**Ministry of  
Health Promotion and Sport**

Office of the Minister

777 Bay Street, 18<sup>th</sup> Floor

Toronto ON M7A 1S5

Tel.: 416 326-8500

Fax: 416 326-8520

TTY: 416 212-5723

TTY Toll Free: 1 866 263-1410

[www.mhp.gov.on.ca](http://www.mhp.gov.on.ca)

**Ministère de la  
Promotion de la santé et du Sport**

Bureau de la ministre

777, rue Bay, 18<sup>e</sup> étage

Toronto ON M7A 1S5

Tél. : 416 326-8500

Téloc. : 416 326-8520

ATS : 416 212-5723

ATS sans frais : 1 866 263-1410

[www.mhp.gov.on.ca](http://www.mhp.gov.on.ca)



*Greetings from the Honourable Margaret Best,  
Minister of Health Promotion and Sport*

## **Ontario Public Health Association Fall Forum and Health Promotion Ontario Annual Conference**

**September 28 to 30, 2010**

On behalf of the Ministry of Health Promotion and Sport, it gives me great pleasure to extend my best wishes to all of the health champions who are coming together for the joint Ontario Public Health Association (OPHA) Fall Forum and Health Promotion Ontario (HPO) Annual Conference, entitled "Taking Action on the Built Environment."

As public health professionals and health promoters, you stand at the forefront of our collective efforts to create a healthy, active Ontario. The ministry values your tireless dedication to improving the health of your fellow Ontarians, and I want to take this opportunity to recognize your hard work and achievements. Everyone participating in this event is making a significant contribution to our shared objective of a healthier Ontario.

Our government is enthusiastic about working with you to support and strengthen Ontario's public health system. Please accept my best wishes for a successful forum and conference, and my sincere thanks for your commitment to health in communities across the province.

A handwritten signature in black ink, appearing to read "Margaret Best", with a long horizontal line extending to the right.

**Margarett Best  
Minister**



**Ontario**

**Agency for Health  
Protection and Promotion**

**Agence de protection et  
de promotion de la santé**

480 University Avenue, Suite 300  
Toronto, Ontario M5G 1V2

Telephone: 647-260-7100  
Facsimile: 647-260-7600

480, avenue University, 3<sup>e</sup> étage  
Toronto (Ontario) M5G 1V2

Téléphone: 647 260-7100  
Télécopieur: 647 260-7600

Welcome to the 2010 OPHA fall forum

The Ontario Agency for Health Protection and Promotion (OAHPP) is pleased to be sponsoring and participating in this unique policy forum organized by the Ontario Public Health Association (OPHA) along with Health Promotion Ontario (HPO).

*Taking Action on the Built Environment: Building Healthy Public Policy* brings together a varied group of stakeholders to generate ideas and move policy forward on health and built environment issues in their communities. It is exciting to be part of this diverse gathering, with public and community health practitioners who share a commitment to work together to build a healthier Ontario, with more equitable and more sustainable communities.

OAHPP is committed to working with our many partners to build on Ontario's rich history of advancement of the public health system. Although only in our second year, OAHPP has established important foundations for scientific and technical support to Ontario's public health system. The key to our success though lies in working diligently and collaboratively with our colleagues in government, public health units, health care providers and institutions to support efforts to protect and promote public health.

Innovative strategies and potential collaborations emerging from OPHA's fall forum and its five think-tanks will hopefully set an agenda for shared action. OAHPP looks forward to contributing to emerging partnerships and priorities, and to supporting our public health partners as they "take action".

I invite you to visit [www.oahpp.ca](http://www.oahpp.ca) to find out more about OAHPP and how we can provide you with evidence, knowledge and support to develop viable solutions to address built environmental policy issues. I look forward to the overall recommendations to emerge from this forum and applaud OPHA and HPO's leadership in setting a course for healthy public policy on the built environment in Ontario.

Sincerely,

Vivek Goel  
President and chief executive officer  
Ontario Agency for Health Protection and Promotion



# Taking Action on the Built Environment

## Building Healthy Public Policy

OPHA Fall Forum  
HPO Annual Conference  
September 28-30, 2010

Courtyard by Marriott  
Downtown Toronto

### Forum Description

The goal of the OPHA Fall Forum is to provide an opportunity for public health and other professionals working on the built environment to shape and advance policies in order to create healthier, more equitable, and more sustainable communities.

During the Forum, participants from a variety of disciplines and sectors will work collaboratively to achieve the following objectives:

- Review current built environment policy initiatives related to recreation, food access, transportation, housing, and injury/violence prevention.
- Develop potential policy solutions that go beyond current practice using a health equity lens.
- Establish concrete next steps to further built environment policy initiatives that will lead to healthier communities.
- Develop new partnerships between public health and other disciplines to support improvements in the built environment in their communities.
- Provide comments on the new OPHA Health and Built Environment Workgroup's draft work plan.

It has become clear that promoting the health of communities requires a concerted effort to address built environment policy issues. Public health professionals must work in collaboration with professionals from other disciplines to identify viable solutions. For this event, we have designed five, concurrent think tank sessions:

- Improving Access to Recreation in the Built Environment
- Healthy & Sustainable Transportation Choices: From Vision to Reality
- Building Access to Healthy Food
- Building Safe Communities for the Prevention of Injury and Violence
- Healthy Housing Environments: Access, Equity and Quality

At the end of the Forum, the recommended local, regional, and provincial actions from each think tank session will be synthesized into overall recommendations that can be used to inform the work of local and provincial partnerships between public health and other sectors. The recommendations will be handed over to the OPHA Health and Built Environment Working Group for implementation.

## OPHA Fall Forum Overview

### Tuesday, September 28, 2010

- 7:00 – 7:05 p.m. Welcome – *Minister Margaret Best, Ministry of Health Promotion and Sport*
- 7:05 – 7:45 p.m. Keynote – Healthy Built Environments — What Would Chadwick Do?  
*Dr. David Mowat, Medical Officer of Health - Region of Peel Public Health*
- 7:45 – 9:00 p.m. Keynote Panel – Opportunities for Policy Change on the Built Environment  
*Honourable Glen Murray, Minister of Research and Innovation*  
*Dr. Bob Nosal, Commissioner and Medical Officer of Health, Halton Region Health Department*  
*David Oikawa, Manager of Community Planning, City of Toronto*
- 9:00 – 10:00 p.m. OPHA Awards Ceremony and Welcome Reception

### Wednesday, September 29, 2010

- 8:30 – 8:35 a.m. Opening Remarks – *Dr. Vivek Goel, President and CEO, Ontario Agency for Health Protection and Promotion*
- 8:35 – 9:20 a.m. Keynote – Public Health and our Built Environment: Drawing the Roadmap for Change  
*Dan Leeming, The Planning Partnership*
- 9:20 – 9:30 a.m. Expectations for the Day – *Kim Bergeron, Facilitator*
- 9:30 – 10:00 a.m. Break & Exhibits
- 10:00 – 12:00 p.m. **Concurrent Think Tank Sessions**
- 12:00 – 1:00 p.m. Lunch & Exhibits
- 1:00 – 3:00 p.m. **Concurrent Think Tank Sessions (cont'd)**
- 3:00 – 3:30 p.m. Break & Exhibits
- 3:30 – 4:25 p.m. Moving to Action – *Kim Bergeron*
- 4:25 – 4:30 p.m. Closing Remarks – *Allison J. Stuart, Assistant Deputy Minister, Ministry of Health and Long-Term Care*

## OPHA Fall Forum Keynote Speaker Biographies



### Healthy Built Environments — What Would Chadwick Do?

**David L. Mowat**

**MBChB, MPH, FRCPC, FFPH**

*Medical Officer of Health, Region of Peel*

Dr. David Mowat is the Medical Officer of Health for the Region of Peel, the second largest, and fastest growing, health unit in Ontario.

During his career, Dr. Mowat has held positions at local, provincial and national levels. Prior to joining The Region of Peel in 2007, Dr. Mowat was Deputy Chief Public Health Officer at the Public Health Agency of Canada.

Previous appointments include Consultant in Maternal and Child Health in the Public Health Branch of the Government of Newfoundland, Medical Officer of Health for Kingston and area, and Chief Medical Officer of Health for Ontario.

He has been responsible for national initiatives to strengthen public health practice including surveillance systems, knowledge translation, workforce development, and public health information, law and ethics. Dr. Mowat chairs the Built Environment Working Group of the Urban Public Health Network and is a leader of the Healthy Canada by Design initiative.

Dr. Mowat received his medical training at the University of Edinburgh, and a master's degree in public health from the University of California at Berkeley. He is also a fellow in community medicine of the Royal College of Physicians and Surgeons of Canada and a Fellow (by distinction) of the Faculty of Public Health of the Royal Colleges of Medicine (UK). He is an adjunct faculty member at Queen's, the University of Toronto and McMaster University.



### Public Health and our Built Environment: Drawing the Roadmap for Change

**Daniel H. Leeming**

**BA, Dip CP, MES, FCIP, RPP**

*Urban Planning and Design*

Dan is a founding partner of The Planning Partnership and has worked on the design and development of new towns and various sizes of planned communities for private and public agencies throughout Ontario and the United States over his 35 years of experience. His areas of expertise include community planning, from regional to neighbourhood scale with the application of urban design, sustainable initiatives and facilitation to create meaningful and complete communities while satisfying the needs of the marketplace.

Many of his projects have received awards not only from Provincial and National Planning Associations, but from private sector building and development organizations.

Dan also works with various universities, is an adjunct professor at the University of Guelph, and teaches Urban Design at the University of Toronto. He has also authored several articles for the Ontario Planning Journal on topics such as changing energy needs, public health and urban design, our aging society and sustainable innovation in community design.

Dan is an active a founding member of the Urban Design Working Group within the Ontario Professional Planners Institute, and a Board Member with the Council on Canadian Urbanism (CanU) as well as Active Healthy Kids Canada. As the former Vice Chair of the Toronto Design Review Board, he is currently a member of the Mississauga Urban Design Advisory Panel, and co-chairs the Canadian LEED-ND review committee.



### Kim Bergeron

**PhD. Candidate, Queen's University**

*k.bergeron@queensu.ca*

Kim is a requested key note speaker and facilitator for provincial and national events. She is known for working to bridge the knowledge gap between land use planners and public

health professionals, trained at the Built Environment Assessment Training Institute and is a Certified Concept Mapping Facilitator. Kim is currently working on a PhD, with a focus on developing a land use planning and public health framework to promote the design of active communities. Her research involves data collection from land use planners, public health professionals, and provincial policy makers.

She is the Chair of the Planning Active Communities across Ontario Committee, a committee that engages provincial policy makers, land use planners and public health professionals to work collaboratively to develop tools and resources to support the design and promotion of active communities.

She was the primary researcher and writer of eight "Making the Case for Active Transportation" bulletins on behalf of the Canadian Fitness and Lifestyle Institute and author of numerous papers on the importance of land use planners and public health professionals to develop collaborative partnerships.

## OPHA Fall Forum Panelist Biographies



### Glen Murray

Glen Murray has a lifetime of activism in urban planning, sustainable development and community health. He was the Senior Resident and Visiting Fellow at the Faculty of Architecture and Landscape Design at Massey College, University of Toronto and

worked on the Development of the University's City Centre. He was a Managing Partner of AuthenticiTY, a Toronto based Urban Sustainability consulting and planning firm.

He was appointed President and CEO of the Canadian Urban Institute in 2007 and led the development of award winning programs in community energy mapping & planning, regional economic development and culture lead regeneration of urban centres.

He has served on several university, hospital and community boards including the Expo 2015 Bid Committee and the Toronto District School Board's Reference Group for Improving Services for Marginalized Students.

Glen was appointed by the Prime Minister of Canada to Chair the National Round Table on the Environment and the Economy (NRTEE), where he helped to shape environmental policy and respond to climate change in Canada.

Glen is a founding member of the Canadian AIDS Society and was Director of Health Education and HIV Prevention Services at the Village Clinic/9 Circles Community Health Centre in Winnipeg. He was also part of the World Health AIDS Service Organization's working group for the Global Program on AIDS.

Glen was mayor of the City of Winnipeg and during his tenure was the Chair of the Big City Mayors Caucus where he led the successful campaign that resulted in the federal government to transfer the equivalent of 5 cents a liter of the federal excise tax on gas to municipalities for infrastructure renewal and construction.

Glen has a long history of active participation in human rights and social activism. He was a member of the Toronto Gay Patrol in 1983, the Co-Chair of Canadians for Equal Marriage and has logged over 5,000 kilometres cycling for Habitat for Humanity's fundraising "Cycle for Hope" to raise money for affordable housing in Canada.

In recognition of Glen's efforts toward historical preservation in the downtown and his encouragement of high standards and creativity in design, he was made an Honourary Member of the Royal Architectural Institute of Canada in 2002.

Glen's public service has led to several awards including the Queen's Jubilee Medal, the 2003 "Fight for LGBT Justice and Equality" award from Egale Canada and for his work with the aboriginal community he was given the highest honour of an Eagle Feather.

Glen was born in Montreal where he earned a diploma from John Abbott College. He then attended Concordia University's School of Community and Public Affairs for four years, majoring in Urban Studies. While at Concordia, he served as President of the student union.



### Dr. Bob Nosal

Dr. Bob Nosal has been the Medical Officer of Health for Halton Region since 1991. As Medical Officer of Health, he heads up the Health Department, which delivers public health programs, ambulance services and mental health services. He has served on a number

of regional and provincial committees over the past 20 years addressing a wide array of public health issues including co-chairing the provincial technical review committee which guided the overall development of the most recent public health program standards for Boards of Health in Ontario.

Bob graduated from Queen's University Medical School in 1978 and did all his postgraduate training at the University of Toronto. He has worked as a small town family practitioner and as an occupational medical consultant. Dr. Nosal is also a lecturer at the University of Toronto in the Dalla Lana School of Public Health.



### David Oikawa

David Oikawa has worked in the development industry and for a number of municipalities in both policy planning and development review at the regional and local level, including the Regional Municipality of Hamilton-Wentworth, the City of Hamilton, and the towns

of Dundas and Ancaster. He is the former Director of Planning for the Borough of East York. David is currently a Manager of Community Planning in the City of Toronto and is responsible for the Midtown Toronto Area. He has been extensively involved with the planning of Etobicoke Centre, the Yonge-Eglinton Centre and a number of corridor intensification areas. David has an undergraduate degree in Urban Planning from the University of Waterloo and a Masters degree in Public Administration from the University of Western Ontario.

## OPHA Fall Forum Panel Discussion

Tuesday, September 28, 2010

7:45 – 9:00 p.m.

### Evening Panel Discussion

**Purpose:** Most planners, public health officials and many political decision makers recognize, or are beginning to recognize, the importance of land use planning and regional/city planning to health and health equity. The purpose of this discussion is to identify barriers and opportunities for taking effective action. Panelists are the Honourable Glen Murray, Dr. Bob Nosal, David Oikawa.

## Special Events and Meetings

Tuesday, September 28, 2010

4:00 p.m.

### OPHA Annual General Meeting

All conference delegates are invited to attend OPHA's Annual General Meeting. This is a highlight of the conference which showcases OPHA's advocacy role in public health. OPHA members debate and vote on resolutions which provide directions for advocacy activities for the organization. All attendees are welcome to participate in the proceedings. However, only OPHA members are allowed to vote. Members must register before the meeting to be eligible to vote.

9:00 – 10:00 p.m.

### OPHA Awards Ceremony and Welcome Reception

The Annual OPHA Awards Ceremony recognizes outstanding achievements in public health and provides an opportunity to showcase our commitment to interdisciplinary collaboration and professional excellence. Highlights of this social event include presentation of:



- **The Dr. Sheela Basrur Scholarship**

An annual monetary award available to current staff in public health who are returning to a post secondary institution for further education, or students planning to enter the public health workforce and currently enrolled in a public health focused field of study at the undergraduate or graduate level.

**Theresa Marentette** is the recipient of the *Dr. Sheela Basrur Scholarship*. Theresa is currently enrolled in the M.Sc (nursing) program at the University of Windsor. With more than 20 years of experience in Public Health, she has worked in many program areas of the Windsor-Essex County Health Unit and has been a Program Manager in Sexual Health, Dental Health and currently Comprehensive School Health. She has demonstrated leadership in her partnerships with several local initiatives related to childhood obesity, injury prevention, and sexual health.

- **OPHA Award of Excellence**

This is awarded to a person who has made an outstanding contribution to public health in Ontario. It may be for one single activity/event or for a lifetime of achievement in their professional or volunteer work.

**Dr. Angela Cooper Brathwaite**, the recipient of the *OPHA Award of Excellence*, has demonstrated leadership in Public Health. She has been a Program Manager of the Prevention of Injury & Substance Misuse Program at Durham Region Health Department and has significantly contributed to nursing practice and policy advocacy in Public Health.

- **OPHA Award for Community Partner**

This is awarded to a non-profit community organization that has made an outstanding contribution to the health of the people of Ontario.

OPHA is pleased to announce that the **Ontario Neurotrauma Foundation (ONF)** is the recipient of the *OPHA Award for Community Partner*. ONF has provided critical and ongoing support for the Ontario Public Health Injury Prevention Managers Alliance, in partnership with the Ontario Public Health Association and the Ontario Ministry of Health Promotion. Since 2007, the ONF has worked with the Alliance to bring research evidence into practice at the local level. ONF has supported the Alliance in coordinated planning to meet the Ontario Public Health Standards, communication with relevant stakeholders, knowledge exchange, training, and partnership building.

Following the Awards Ceremony, we invite you to join the OPHA President for refreshments and an opportunity to network informally with your colleagues, meet OPHA Board Members, and make new friends to set the stage for exciting sessions the next day.

## Concurrent Think Tank Session Details

### Improving Access to Recreation in the Built Environment

**Facilitator:** **Carol Oitment**, *Policy Adviser, Recreation, Sport and Recreation Unit, Ministry of Health Promotion and Sport*

**Panelists and Presenters:** **Geoff Cape**, *Executive Director, Evergreen*; **Diane English**, *Communications & Public Policy, Parks and Recreation Ontario*; **David Leinster**, *Partner, The Planning Partnership*; **Cam Collyer**, *National Program Director, Evergreen*

#### Overall Objective

Participants will develop concrete policy recommendations and a framework for action to improve access to recreation across Ontario.

#### Background Information

Despite the fact that the benefits of recreation are embraced and well documented, not everyone in Ontario has equal access to recreation opportunities. Improving health through physical activity could significantly reduce health care costs as recent estimates of the cost of health care spending related to physical inactivity range from \$2.1 billion to \$5.3 billion, representing as much as 4.8% of total health care costs<sup>1</sup>. Given the benefits of recreation to individuals and society as a whole, the importance of improving access to structured (e.g. team sports, lessons, etc.) and unstructured (e.g. walking trails, bike paths, etc.) recreation opportunities in the built environment is a policy issue that warrants further consideration and exploration.

#### Session Format

This session will focus on the issue of access to recreation in the built environment. Specifically, the session will begin with a brief overview of the importance of access to recreation and the barriers to accessing recreation. Following the introduction, a panel of experts from a variety of disciplines (e.g. planning, health, recreation, policy, etc.) will share their knowledge and opinions on the issue of improving access to recreation in the built environment. After the panel discussion, work group participants will be invited to engage in a facilitated, lively discussion about the issue and necessary actions to tackle the issue.

After lunch, a presentation will showcase innovative and promising practices related to improving access to both structured and unstructured recreation opportunities in the built environment. Examples of promising practices regarding improving access to recreation will include examples of bringing nature back to cities, providing and creating natural and built recreation infrastructure (e.g. trails, parklands, open spaces, water resources, etc.), creating opportunities for affordable access to recreation and strategies to gain support for providing access to recreation from stakeholders.

<sup>1</sup>Peter T. Katzmarzyk, Norman Geldhill and Roy Shepard, "The Economic Burden of Physical Inactivity in Canada," *Canadian Medical Association Journal* 163, 11 (November 28, 2000), pp. 1435-1440.

### Expected Outcomes

The session will bring together health, policy, recreation, environment, and planning professionals to explore the policy issue of access to recreation in the built environment in depth. Following the innovative and promising practices presentation, participants will have an opportunity to work together to develop concrete policy recommendations and a framework for action to address the issue of access to recreation with the goal of ensuring that everyone in Ontario can participate in recreation opportunities.

### Healthy & Sustainable Transportation Choices: From Vision to Reality

**Facilitator:** **Paul Young**, *Consultant, Ontario Healthy Communities Coalition*

**Presenters:** **Brandon Sloan**, *Interim Manager, Long Range & Policy Planning, City of Kitchener*; **Jeff Casello**, *Associate Professor of Transportation Planning and Engineering, University of Waterloo*; **Eleanor McMahon**, *CEO and Founder, Share the Road Cycling Coalition*; **Lorenzo Mele**, *TDM Coordinator - Town of Markham, Chair - Association for Commuter Transportation of Canada*

#### Overall Objective

Participants will team up to identify key policies and actions around which people from different disciplines can join forces to promote healthier transportation choices, and identify barriers that stymie efforts at true collaboration.

#### Background Information

There is growing consensus on the need to create a more balanced transportation system that effectively supports active transportation and public transit to produce social, health, environmental and economic benefits for society. The reality is that there are challenges, policy conflicts, and obstacles that make it difficult to achieve this vision.

#### Session Format

This session will bring together land use planners, public health staff, transportation planners, engineers and community activists to discuss: the conditions needed to create healthy and sustainable transportation options for people in our communities; the obstacles that need to be overcome; the lessons learned in communities where progress is being made; and how and where we can better collaborate across disciplines and fields to achieve our common goals.

This 4-hour session will be split into three parts. It will begin with presentations from a transit specialist, a cycling advocate, a land use planner, and a transportation demand management (TDM) practitioner on actions needed to encourage a healthy and sustainable transportation system, the obstacles and/or policy conflicts that must be identified and overcome, and the opportunities for partnership associated with the four sub-themes:

## Concurrent Think Tank Session Details

- Steps to Strides: Strategies for Creating Walkable & Transit-Supportive Communities
- Public Transit & Healthy Communities: Opportunities & Challenges
- Share the Road: Creating Political Support for Cycling Infrastructure
- Balancing the Transportation System: Policies that Support Sustainable Transportation

It will include small group discussions on each of these four sub-themes directed at the identification of pivotal policies and/or actions around which people from different fields can collaborate. It will end with a report back to the larger group from each of the small groups and a general discussion about where we go from here.

### Expected Outcomes

Participants will leave the session with a greater understanding of the diverse perspectives in the transportation field and strategies that will help bring professionals together to tackle the challenge of creating transportation systems that encourage active travel and the use of public transit.

## Building Access to Healthy Food

**Facilitator:** **Sarah Wakefield**, *Associate Professor, Department of Geography - University of Toronto*

**Presenters:** **Brian Cook**, *Research Consultant, Toronto Public Health*; **Sue Cumming**, *President, Ontario Professional Planners Institute*; **Sarah Wakefield**, *Associate Professor, Department of Geography - University of Toronto*

### Overall Objective

Participants will generate policy solutions to address the issue of inequitable access to healthy foods in their communities through presentations and discussions about regulatory instruments, successful land use plans, and community-based strategies for addressing barriers.

### Background Information

Improving access to fresh, healthy, and affordable foods is an important step in promoting healthy diets and positive health outcomes among people living in Ontario. Food availability may be related to people's food purchasing decisions, diet qualities, income, mobility, and overall health. In Ontario, as in Canada and the United States, the picture of food access as it relates to the built environment reveals inequitable availability of healthy, nutritious food among communities. A greater availability of less healthy food sources in lower-income neighbourhoods has been well documented in Canadian cities. The lack of access to healthy food in rural, suburban and urban communities across Ontario, is an issue that demands immediate attention.

### Session Format

This session will focus on the impact of land use planning decisions on access to healthy food sources both in the rural and urban environment. Although it is recognized that 'access' to healthy food depends on many factors, this session will focus on how the built environment influences the availability of healthy food. In particular, we will:

(i) explore regulatory instruments, such as zoning, that can be used to execute public health policies related to food access in your community, and

(ii) challenge the inequities in access to healthy food by focusing on activities that can be carried out by public health practitioners, planners and others to improve access.

The session will be supported by presentations on

- the evidence linking health and access to healthy food;
- examples on how municipalities have used land use planning to increase access to food; and
- community-based strategies that have worked in breaking down the barriers to availability of healthy foods in the community.

### Expected Outcomes

This session will encourage participants to not only generate ideas about addressing food access as it relates to the built environment, but will also provide the knowledge, tools and contacts necessary to help develop their own integrated, cross-sectoral policies in their respective communities.

## Building Safe Communities for the Prevention of Injury and Violence

**Facilitator:** **Doug Ironside**, *Public Health Nurse, Simcoe Muskoka District Health Unit*; **Alison Macpherson**, *PhD, Associate Professor, School of Kinesiology & Health Science*

### Overall Objective

Participants will identify effective strategies for policy change at the community level, focusing on aspects of the built environment that will support the prevention of injury and violence as it relates to healthy child development.

### Background Information

In communities across Ontario, injury and violence result in large economic costs and often catastrophic human costs. For example, in 2004 injury cost the Ontario economy a total of 6.8 billion dollars, and of that, \$3.7 billion was spent on direct health care costs. Instead of letting these numbers overwhelm us, this workshop will help identify opportunities for improvement. By paying attention to how we can change the way communities are built, it will be possible to see significant and much needed reductions of both the human and economic burden of injury and violence in Ontario.

## Concurrent Think Tank Session Details

### Session Format

During this session, participants will explore the relationship between the built environment and injury and violence prevention while engaging in discussions to identify key policy solutions, implementation strategies, and tools for evaluating and advocating for change. Intentional and unintentional injuries will be addressed in the specific area of Child Friendly Cities.

This workshop will address health inequities within Ontario, specifically, safety challenges in communities as they relate to children. In addition to public health personnel and important government representatives, this session will bring together urban planners, community workers, advocacy agencies, and others. Participants will learn how the social determinants of health and community mapping can be utilized to build effective public policy for changes to the built environment at the community level. Participants will also discuss the work that needs to be done to address the issue of injury and violence among children in relation to the built environment by identifying policy implications, strategies for collaboration, obstacles to be overcome, and next steps for communities to move forward.

### Expected Outcomes

Participants will leave the workshop with knowledge, tools and contacts to take back to their communities to develop integrated, cross-sectoral policies in the area of the built environment along with injury and violence prevention with a focus on creating safe communities.

## Healthy Housing Environments – Access, Equity and Quality

**Facilitator:** Glenn Pothier, *President, GLPI*

**Presenters:** Kathleen Cooper, *Canadian Environmental Law Association*; Jamie Shipley, *Canada Mortgage and Housing Corporation*; Jama Watt, *Ottawa Child and Youth Housing Advocacy Initiative*

### Overall Objective

Participants will explore the interconnections between social inequities and indoor environmental health and engage in solution-based, facilitated discussions to identify policy gaps, opportunities, and key partnerships for addressing indoor environmental health issues.

### Background Information

Access to affordable housing is a key determinant of health, at the individual, family and community levels. In addition to providing shelter, security and a stable foundation for daily life, housing must also be constructed and maintained in such a way that it does not pose a health threat. Unfortunately, this is too often not the case, particularly for people living in poverty and for vulnerable sub-populations, including children, the elderly and people with environmental sensitivities.

Lead from deteriorating paint in older dwellings, off-gassing of toxic fumes from flooring, surface coatings, adhesives and furnishings, asbestos that has not been adequately sealed off, moulds arising from poorly maintained plumbing and/or improper moisture control, heavy pesticide use to combat pest problems that are related to poor building maintenance, and inadequate ventilation are among the environmental health hazards that can cause and/or exacerbate health problems and contribute to social and health inequities.

### Session Format

This session will explore the interconnections between social inequities and indoor environmental health. It will bring together people who are working to increase access to affordable housing with those who are working to reduce environmental health risks in the built environment. It will also engage those who are involved in building and/or retrofitting low-income housing as well as landlords, tenant advocates and others. This session will encompass a range of perspectives including: public health practitioners (including inspectors), property owners, housing professionals, planners, social services and child care providers. These perspectives will allow for open, engaged and solution-based discussions.

Facilitated roundtable discussions will be preceded by thought-provoking presentations on the following topics:

- Risks to lifelong health associated with contaminants (such as radon, lead, mould) in the indoor environment – state of the evidence
- Healthy, affordable and adequate housing – local research can spark local action. Health care providers and community partners collaborate around the common goal of awareness raising and advocacy at the community, organizational and government levels on housing issues and their impact on the health of children, youth and their families
- CMHC's EQUilibrium™ Sustainable Housing Demonstration Initiative represents a fundamental change in the way Canadians think about their homes. An EQUilibrium™ home is designed to address occupant health and comfort, energy efficiency and renewable energy production, resource conservation, reduced environmental impact and affordability.

### Expected Outcomes

The focus will be on identifying policy gaps and opportunities and exploring possible ways in which environmental health protection and affordable housing efforts can be made more mutually reinforcing.

## About Health Promotion Ontario

### About Health Promotion Ontario:

Active since 1987, Health Promotion Ontario (HPO) is a network of Health Promotion practitioners working in the province of Ontario, Canada. Our members are employed in Public Health Units, Health Promotion Resource Centres and Community Health Centres throughout the province.

### Mission Statement:

Health Promotion Ontario encourages and supports the development of public health activities based in health promotion philosophy, process and research.

### Definition of Health Promotion

Health promotion is the process of enabling people to increase control over and improve their health. This process is based on the understanding that social conditions and personal actions both determine health. Hence, health promotion activities move beyond disease prevention and health education to address social change, institutional change and community change, in addition to changes in personal behaviours.

## Health Promotion Ontario Annual Conference Overview

**Conference Theme:** Food security as it relates to the social determinants of health

Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their food preparation abilities, dietary needs and food preferences for an active and healthy life. Food security is a key ingredient of the social determinants of health and as such is directly connected to the others, particularly income. Without addressing food security as part of our built environment we cannot have long term sustained success in the area of healthy eating and wellness. The goal for the 2010 HPO Annual Conference is to consider food security as a root cause for poor nutrition, rather than personal choice, and the importance of creating a supportive food secure environment as the foundation for healthy eating programs.

### Thursday, September 30, 2010

9:00 – 9:15 a.m.	Welcome and Introductions	12:45 – 1:30 p.m.	HPO AGM
9:15 – 10:30 a.m.	Keynote – <i>Dr. David McKeown, Medical Officer of Health - Toronto Public Health</i>	1:30 – 2:45 p.m.	Presentation of Lori Chow Award Workshop #1 – <i>Moe Garahan, Executive Director - Just Food Ottawa</i>
10:30 – 10:45 a.m.	Break	2:45 – 3:00 p.m.	Break
10:45 – 12:00 p.m.	Success Stories – Food Security Programming (CHC/Health Unit) – <i>Krystal Taylor, Community Dietitian &amp; CDPM Coordinator - Somerset West Community Health Centre</i>	3:00 – 4:15 p.m.	Workshop #2 – <i>Katherine Pigott, Manager - Region of Waterloo Public Health</i>
12:00 – 12:45 p.m.	Lunch	4:15 – 4:30 p.m.	Closing Remarks – HPO Executive

## Health Promotion Ontario Speaker Biographies



### Dr. David McKeown

Dr. David McKeown is Medical Officer of Health for the City of Toronto and Executive Officer of the Toronto Board of Health. He leads Toronto Public Health, Canada's largest local public health agency, which provides public health programs and services for 2.6 million residents. He is a physician specialist who has worked in the public health field for twenty-five years. Dr. McKeown is also an Adjunct Professor in the Dalla Lana School of Public Health at the University of Toronto.



### Moe Garahan

Moe Garahan has been working on food security issues in Ottawa since 1995. As a community developer at Sandy Hill Community Health Centre for 7 years, she was part of the founding teams in Ottawa for the Good Food Box, the Community Garden Network and the Ottawa Food Security Council (OFSC). Since 2004, she has been Executive Director of Just Food (previously OFSC), building a range of community-based projects to integrate food access/poverty issues and food localism/community economic development goals within the mixed urban and rural settings of Ottawa and Eastern Ontario. Moe is presently an advisor to Sustain Ontario, and a Steering Committee member of the national People's Food Policy project.



### Katherine Pigott

Katherine Pigott has worked at Region of Waterloo Public Health since March 2000. A key part of her role has been the development of a comprehensive local food systems plan in Waterloo Region as Manager of the Healthy Eating and Active Communities Team. Katherine has over twenty years experience in community based planning, systems change and policy formulation that spans health promotion, economic development, crime prevention, and environmental planning. In the course of her work, she has launched several businesses and non-profit ventures to meet social needs.



### Krystal Taylor

Krystal Taylor has worked as a Registered Dietitian in public health and community health centres in Eastern Ontario since 2005. She has been involved in planning and implementing local and regional food security programs, such as community kitchens and meal programs, in both urban and rural communities. She is also involved in advocacy with the Association of Ontario Health Centres to move food security on the provincial policy agenda. Krystal is nearing completion of a Master of Science degree in Health Promotion from the University of Alberta. She resides in Ottawa and is known to make high fibre muffins taste delicious!

## Health Promotion Ontario Workshop Details

### Success Stories – Food Security Programming

Ontario Community Health Centres (CHC) offer a variety of food security programs and services for diverse communities. Food insecurity is recognized as a primary determinant of health by all CHCs; CHC programs and services strive to increase the capacity of communities to improve community and individual health outcomes. This session will showcase the spectrum of the contribution of Ontario CHCs to achieve household and community food security across the province.

### Workshop #1

This workshop will explore creating a supportive and secure regional food environment from a community-based perspective, with concrete steps that can be taken by health professionals to participate with diverse communities as a key part of the work. Lessons learned from Ottawa's projects and processes will highlight practical strategies that have worked to move beyond policy development into tangible benefits in our community.

### Workshop #2

The Region of Waterloo's vision of a healthy local food system is one "in which all residents have access to and can afford to buy, safe, nutritious and culturally-acceptable food that sustains the local environment, economy and rural communities". Since 2000, Region of Waterloo Public Health has acted as a catalyst and a facilitator to turn this vision into reality. This role has spanned raising awareness, building capacity, cultivating partnerships, developing systems-wide networks, and creating a comprehensive plan. This workshop will highlight challenges and successes of two partnerships that aim to ensure healthy food is available in lower income communities (Waterloo Region Neighbourhood Markets) and that food sources are accessible to those with mobility challenges and to ethno-cultural communities (Diggable Communities Collaborative). Participants will be asked to reflect on how these approaches may be relevant to their work, share their own experiences, and to brainstorm further strategies to make this work come alive at a community level.

## Lori Chow Memorial Award for Excellence in Health Promotion



Lori Chow, a long-time member of Health Promotion Ontario, passed away on May 19th, 2007. As the Director of Health Promotion and Chronic Disease Prevention at the Thunder Bay and District Health Unit, Lori was a driving force of Health Promotion Ontario for most of its 20 year history, and has served our organization in many capacities, including as Chair and ALPHA representative. She was a strong presence at the provincial level, involved in cancer prevention, heart health sustainability, positioning health promotion and public health, and many other provincial initiatives. Most recently Lori was involved in the Public Health Capacity Review as a health promotion representative. A passionate advocate for health promotion, a brilliant communicator and a dynamic presenter, Lori enriched the lives of all of us who were fortunate enough to know her. She will be sadly missed.

In recognition of Lori's contribution to health promotion in the Province of Ontario, Health Promotion Ontario is proud to announce the Lori Chow Memorial Award for Excellence in Health Promotion. The award will consist of: a cash award for continuing education, or a donation to a registered charity of the recipient's choice (value \$250.00), and a certificate acknowledging the recipient.

The award will be presented annually to a Health Promotion Ontario Member who:

- demonstrates excellence in health promotion
- is a strong advocate for health promotion, population and public health
- demonstrates leadership in health promotion at the local, regional or provincial level(s)
- shares his/her passion for health promotion through mentoring and career development of others.

**CURRENT.  
CONNECTED.  
HEARD.  
AN OPHA MEMBER.**

**Advocacy  
Interdisciplinary Collaboration  
Professional Development  
Program Co-ordination  
Workgroups  
Information Dissemination**

**OPHA**  
Ontario Public Health Association  
l'Association pour la santé publique de l'Ontario  
Established/Établi 1949

[www.opha.on.ca](http://www.opha.on.ca)

**National Collaborating Centre  
for Methods and Tools**  
Centre de collaboration nationale  
des méthodes et outils

We help you to find and use  
innovative, high quality,  
up-to-date methods and tools for  
**sharing what works  
in public health**

[www.nccmt.ca](http://www.nccmt.ca)

funded by the Public Health Agency of Canada  
affiliated with McMaster University

Nous vous aidons à trouver et  
à utiliser des méthodes et des outils  
innovateurs, à jour et de grande  
qualité qui vous permettent de  
**partager ce qui  
fonctionne en santé publique**

[www.ccnmo.ca](http://www.ccnmo.ca)

affilié à l'Université McMaster | financé par l'Agence de la santé publique du Canada

# Providing evidence to build healthy communities

When staff at the Regina Qu'Appelle Health Region reviewed a CIHI report on health differences within 15 urban areas in Canada, they noticed something interesting—disparities existed for influenza immunization rates by socio-economic status in the region. Regina Qu'Appelle decided to expand CIHI's analysis to also look at what was happening with other immunization rates in rural areas, as well as young children. With the evidence they gathered, staff at the health region developed a targeted program of interventions—such as reminder letters and phone calls, special immunization days and incentives. The result was an increase in coverage rates.

The difference **data** makes



Canadian Institute for Health Information  
Institut canadien d'information sur la santé

CIHI—taking health information further  
www.cihi.ca

*"The information from CIHI provided us with the key starting point for this initiative. Reducing disparities in health status contributes to healthy communities... one of the four strategic priorities of the Regina Qu'Appelle Health Region."*

—Dr. Tania Diener, Medical Health Officer, Regina Qu'Appelle Health Region, Saskatchewan



Ontario

Agency for Health Protection and Promotion  
Agence de protection et de promotion de la santé

# PUBLIC HEALTH CONFERENCE

**Mark Your Calendars!**  
**April 5 – 8, 2011**

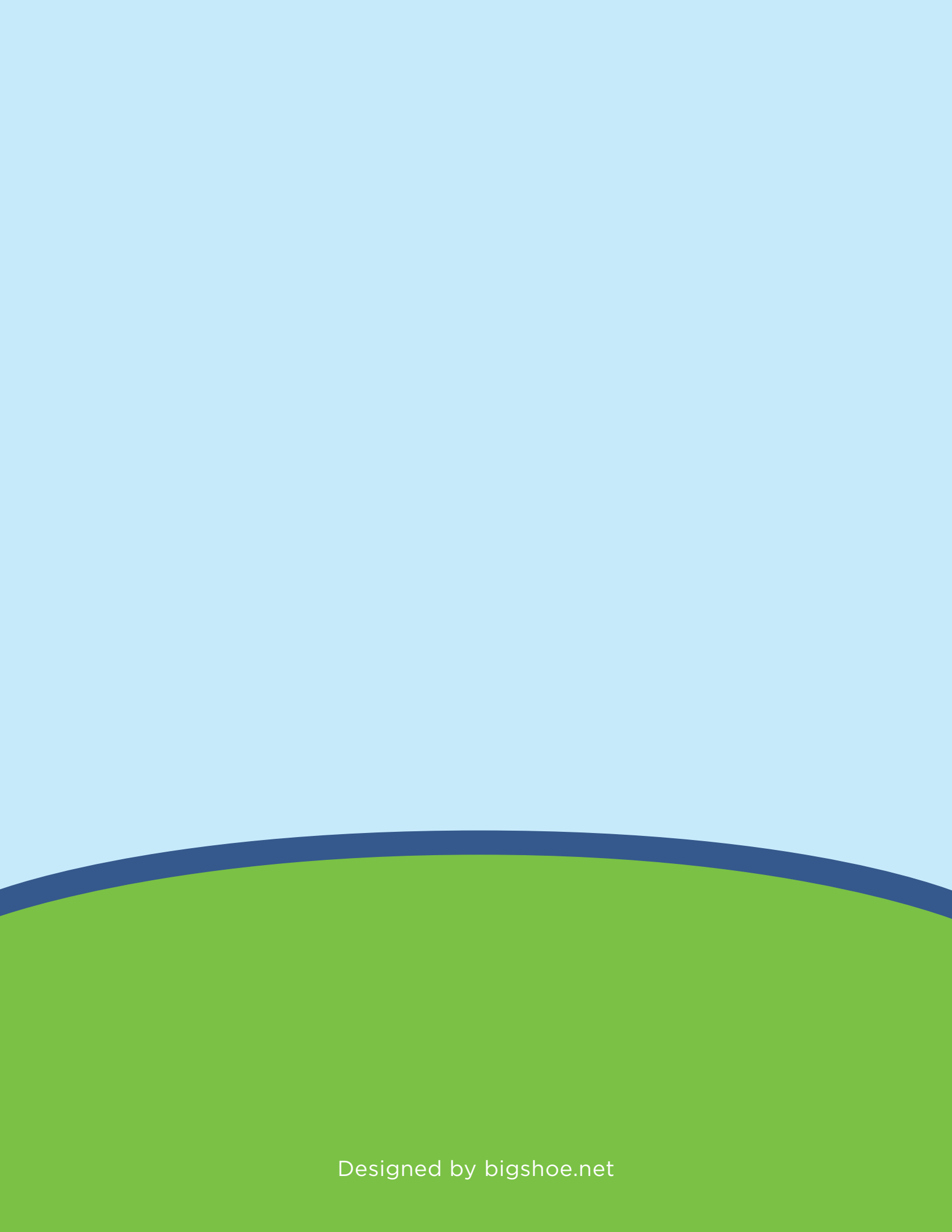
Join OAHPP and our partners, the Ontario Public Health Association and the Association of Local Public Health Agencies for a unique public health conference. The four day event will give you the chance to network, identify opportunities for collaboration and to share the latest scientific knowledge and best practices.

As a hub organization, OAHPP links public health practitioners, front-line health workers and researchers to the best scientific intelligence and knowledge from around the world.

Visit [www.oahpp.ca](http://www.oahpp.ca) to learn more.

**Notes:**





Designed by [bigshoe.net](http://bigshoe.net)