

Report to Council



Date: February 1, 2016

File: 1200-40

To: City Manager

From: Danielle Noble-Brandt, Dept. Manager, Policy and Planning

Subject: Healthy City Strategy - Phase 1 (Next Steps)

Report Prepared by: Michelle Kam, Sustainability Coordinator

Recommendation:

That Council receives for information, the report from the Policy and Planning Department Manager dated February 1, 2016, with respect to the Healthy City Strategy - Phase 1 (Next Steps).

AND THAT Council direct staff to report back on the vision, principles, long term goals and targets as a next step to guide the future work of the Healthy City Strategy.

Purpose:

To inform Council of the intent of the Healthy City Strategy with proposed theme areas, partnerships and activities that will be completed in 2016.

Background:

Like many other cities around the world, Kelowna is grappling with how to build a vibrant, healthy and sustainable city in the face of challenges such as climate change, a growing prevalence of chronic health conditions, and an aging population. These challenges are thrusting local governments to the forefront of leadership in creative, innovative, and integrated city building.

There is growing recognition around the world that local governments are well placed to lead a collective push to address these challenges given the direct and indirect roles that governments play in creating the conditions in which citizens live, work and play. That is, how cities are planned and designed not only influences the quality of our air and water, but also the ability of people to get around, where and what type of housing is available, what food can be easily accessed and how safe and connected residents feel in their neighbourhoods.

Over the last few decades, many cities have been planned, designed and managed in ways that have separated out the activities of daily life. Low density, use-segregated, car-based development that is dependent on high levels of fossil fuel use has led to people spending more time in their cars than on their feet, and more time apart than together. Inactivity, separation and a lack of sustainability have been designed into the fabric of many cities, affecting not only individual health and well-being but also that of neighbourhoods and of the planet.

Kelowna is internationally recognized for being a four season playground, its spectacular natural setting and our active lifestyles. This has set the stage to attract a diverse population to visit, invest, work and play within the City. However, while many people are thriving, there are strong international trends that require a local response: climate change, the increasing rate of chronic health conditions, and an aging demographic.

It is well understood from evidence provided by the World Health Organization that an effective action and implementation strategy for a long-term Plan that address health and well-being requires four preconditions for change:

- Political commitment at the highest level where health, equity and sustainable development are core values in a City's policies and vision;
- A shared vision, understanding and commitment to a comprehensive approach to urban health;
- Organizational structure and processes to coordinate, manage, and support change;
- Partnership-building and networking, that involves various community groups.¹

Given the Council focus areas for this term, and in preparation for an upcoming OCP renewal, advancing our Healthy City Strategy is considered favorable timing.

The Healthy City Strategy is one of the main initiatives as part of the Healthy City Partnership. This Partnership was formed in 2014 with the City of Kelowna, University of BC-Okanagan Campus, and Interior Health signing a Statement of Cooperation to demonstrate a ground-breaking collaboration between the three of the interior's largest and most complex institutions. The goal of the Healthy City Partnership is to examine and act on how these three institutions can utilize and leverage their diverse resources and interests in order to make headway on issues such as the relation between built environment, natural environment, and residents of Kelowna.

Council has recently endorsed six areas of focus for their term, of which **'healthy, safe, active & inclusive community'** has the strongest alignment with this initiative. The Healthy City Strategy will be a catalyst to help address community issues that have a direct impact on overall resident and community wellbeing.

The Healthy City Strategy is a multi-year project that will result in a long-term, integrative plan that will focus on healthy built environment, community health and quality of life for all residents. This Strategy will promote integrated decision-making and is proposed to be a

¹ World Health Organization (WHO). (2010). *Why Urban Health Matters*. P.17. Available at <http://www.who.int/world-health-day/2010/media/whd2010background.pdf>.

companion document to the Official Community Plan with implementable actions in six theme areas. The goal is to take actions of the OCP and provide more measurable outcomes, targets, and guidance for strategic decisions.

The work done to date will ensure that the Strategy is suited to the needs of the City of Kelowna moving forward, and is structured in a way that invites new approaches, new partnerships, and shared accountability. Leading up to this point, many accomplishments have been achieved: signing of the Statement of Cooperation (as noted above), establishment of the Steering Committee composition (IH and City Staff), international research and best practices review, consultation with key stakeholders involved in the Vancouver Healthy City Strategy process, a BC Healthy Communities Plan H workshop, and successful application for UBCM grant funding for the Community for All Ages theme area.

The theme areas for the Healthy City Strategy were co-developed on April 8, 2015 in which twenty-five City and Interior Health Staff participated in a BC Healthy Communities Plan H Workshop. One of the components of this workshop was collaborating on the Healthy City Strategy theme areas through discussion on the Healthy Built Environment Linkages Toolkit developed by the Provincial Health Services Authority (2014). This toolkit is an evidence-based and expert-informed resource that links planning principles to health outcomes. Therefore, to acknowledge the alignment between the City of Kelowna and Interior Health, the theme areas chosen for the Healthy City Strategy replicate those established in the Healthy Built Environment Linkages Toolkit, as well as a cross-cutting theme “Community for All Ages”.

The theme areas are as follows:

1. Healthy Transportation Networks
2. Healthy Housing
3. Healthy Neighbourhood Design
4. Healthy Food Systems
5. Healthy Natural Environments
6. Community for All Ages

For each of the 6 key theme areas, the City will develop a chapter that provides comprehensive discussion of the issue (including a baseline of data, current status and existing challenges), present health and well-being evidence, identify policy, planning and programming directions, as well as the public engagement completed for each theme. Goals, targets, indicators, and measurable actions will be created for each theme area.

The Healthy City Strategy will be led by the City of Kelowna, and co-supported by Interior Health. Additional stakeholders from the community will also be involved in the planning and actions to develop the Healthy City Strategy as required. In order to link community design, planning, and health, public health and community planners must work together in the design of communities as they share a responsibility to shape healthier built environments. The City aspires for actions that have a greater and longer-term impact through building the capacity of stakeholders and demonstrating the need for multi-sectoral collaboration.

It is well accepted that problems can't be addressed at the same level of thinking that created them, and 'leading' cities are thinking outside the box, stretching their usual processes and experimenting with new approaches, new tools, and new partnerships. In the process of working with multiple partners to build out the metrics in each of the six key theme areas, the intention is to catalyze the kind of innovation that will be needed to make a significant impact. Innovation will be required to transform existing systems, and the Healthy City Strategy will set measurable targets for a healthy built environment, foster measured risk-taking to reach those targets, and establish a process of tracking and reporting in order to learn and adapt where necessary.

City staff met with Interior Health in November to review the Healthy City Strategy Framework and discuss shared accountability, governance, data sharing opportunities and the creation of a Technical Steering Committee. On December 8, 2015, Interior Health and City staff presented the Healthy City Partnership and Healthy City Strategy to Interior Health's Board.

In 2016, that the following items will be the focus of work:

1. Healthy City Strategy Steering Committee

- Composition of City and Interior Health staff finalized
- Collaboration Agreement signed between the City and Interior Health
- Endorsement of a Terms of Reference to guide the roles and responsibilities of the Steering Committee
- Completion of the Draft Healthy City Strategy Framework
- Development of a HealthProof Tool² for Kelowna
- Determining sharable data that will inform the tracking and reporting deliverables to be shared by each organization
- Development of criteria for indicators, goals and targets for the Healthy City Strategy Plan document
- Exploring partnership opportunities for future theme area development

To guide future years of work and ensure that strategic and high-level objectives are being delivered on through each theme area that is developed in subsequent years, the Healthy City Strategy Steering Committee will consist of the following City staff:

- Doug Gilchrist, Community Planning & Real Estate Divisional Director - co-chair
- Jim Gabriel, Active Living & Culture Divisional Director
- Danielle Noble-Brandt, Policy & Planning Department Manager
- Michelle Kam, Policy & Planning Sustainability Coordinator
- Rafael Villarreal, Regional Planning Manager
- Brian Beach, Infrastructure Delivery Department Manager

² The HealthProof Tool is a modeling tool that will evaluate the impact of different forms of the built environment on health outcomes. Policy and Planning is working with a consultant to customize the HealthProof Tool for Kelowna in 2016.

The Steering Committee will also consist of 5 Interior Health staff including a Medical Health Officer (co-chair), Health Services Administrator, Epidemiologist, Environmental Health Officer and Community Health Facilitator.

2. Community for All Ages Theme Area - Project delivery of Phase 1

- Background research on age friendly strategies and plans
- Completion of an Age friendly community assessment
- Creation of a Community for All Ages Steering Committee
- Implementation of public/community engagement
- Creation of policy recommendations
- Development of a Community for All Ages Plan

The UBCM grant has been approved for \$20,000 towards the Community for All Ages project. The Community for All Ages Plan will provide future policy direction as well as action recommendations for improving the built environment including infrastructure improvements. This community assessment will consider the following components: outdoor spaces and buildings, transportation, housing needs, social participation, communication and information, and community support. The plan will identify partnership linkages to the community that may help to deliver on the long-term goals and targets of Kelowna being a Community for All Ages. The funding timelines require that the Community for All Ages Plan be completed by the end of 2016.

3. Evaluate, adjust and report back

- The Steering Committee will evaluate the 2016 work and Policy and Planning will report back to City Council at the end of 2016.

Ultimately, upon the completion of the Healthy City Strategy, it will be a document to; integrate key City strategies, focus strategic efforts, support evidence based decisions, report on metrics, and enable external partnerships and innovation required to address the complex challenges that we need to tackle as a community.

Once completed, the Healthy City Strategy will position Kelowna as a leader in integrated planning for healthy people and healthy places, as it strives to be best mid-sized City in North America.

Internal Circulation:

Divisional Director, Community Planning & Real Estate
Divisional Director, Active Living & Culture
Infrastructure Planning Department Manager
Regional Planning Manager
Infrastructure Delivery Department Manager
Community Engagement Consultant

Existing Policy:

Healthy Community Council Policy 190:

"The City of Kelowna endorses the principles and objectives of a Healthy Community, and acknowledges essential relationships between community health and community quality of life.

The City of Kelowna resolves that:

- a) future policies of the City of Kelowna will provide a municipal framework which will assist in enhancing the overall health and vitality of the community;
- b) Kelowna civic departments individually and collectively will review policies and operations toward improving health conditions within the community;
- c) the City of Kelowna will ensure full community participation in matters relating to the overall health of the community and its citizens."

Financial/Budgetary Considerations:

\$20,000 grant from UBCM was approved for the Community for All Ages project. The City will contribute \$5,000 in funding and \$20,000 in-kind towards the deliverables of this project.

In February, Policy and Planning will also be applying for a \$15,000 grant from BC Healthy Communities' *PlanH Growing Impact: BC's Next Level of Healthy Communities Leadership* funding opportunity. If successful, this funding will be used towards the work tasks of the Steering Committee.

Considerations not applicable to this report:

Legal/Statutory Authority:

Legal/Statutory Procedural Requirements:

Personnel Implications:

External Agency/Public Comments:

Communications Comments:

Alternate Recommendation:

Submitted by:

Danielle Noble-Brandt, Dept. Manager, Policy and Planning

Approved for inclusion:



**Doug Gilchrist, Divisional Director of Community
Planning & Real Estate**

cc:

Dept. Manager, Community Planning

Divisional Director, Active Living & Culture

Grants & Partnerships Manager

Community & Neighbourhood Services Manager

Infrastructure Planning Department Manager

Community Policing Coordinator

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Community Engagement Consultant

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