

### HEALTHY CITY STRATEGY





#### PRESENTATION OUTLINE

- Kelowna's strengths and challenges
- Interior Health's mandate & data
- Healthy City Partnership
- Healthy City Strategy
- Links to other community & corporate strategies
- Next steps: 2016 activities



## KELOWNA'S STRENGTHS & CHALLENGES

### Strengths:

- Spectacular natural setting
- 4 seasons playground
- Diverse economy
- Robust tourism
- Strong community passion
- Culture of innovation

### <u>Challenges</u>:

- Aging population
- Rise in chronic diseases and obesity
- Declining physical activity
- High auto dependency
- Housing affordability



#### WHY URBAN HEALTH MATTERS

"We are at a clear turning point at which we are moving towards an increasingly urbanized world. We need to appreciate the positive and negative impact on health due to urbanization and take appropriate actions to address them. There is a pressing need for action now to ensure that growing cities are healthy cities."





#### HOW CITIES SHAPE US

Health is not just about physical and mental health; its about urban health and the building blocks that the City plays a critical role in.





# THE IMPACT COMMUNITY ENGAGEMENT HAS ON HEALTH

InjuryPrevention FoodSecurity
Seniors'FallPrevention
YouthSuicidePrevention CommunityGardens
CommunityHealthPromotionWork
TobaccoReduction

**HealthyBuiltEnvironment** 





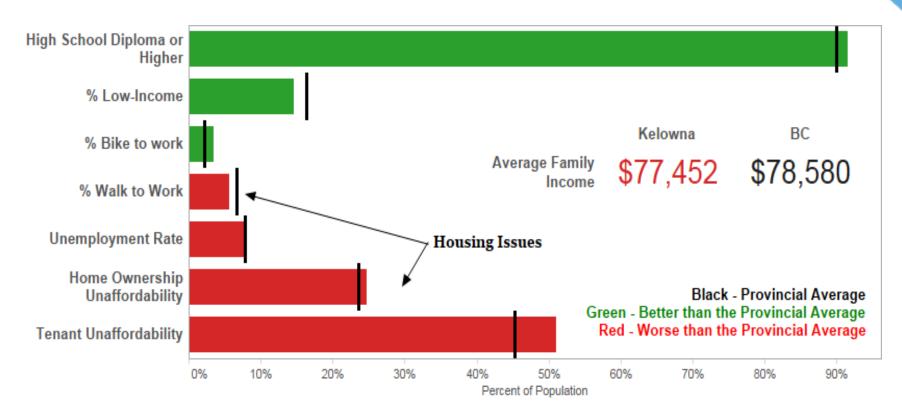
	WHAT MAKES CANADIANS SICK?	
50%	YOUR LIFE  YOUR LIFE  INCOME  EARLY CHILDHOOD DEVELOPMENT DISABILITY EDUCATION SOCIAL EXCLUSION SOCIAL SAFETY NET GENDER EMPLOYMENT/WORKING CONDITIONS RACE ABORIGINAL STATUS SAFE AND NUTRITIOUS FOOD HOUSING/HOMELESSNESS COMMUNITY BELONGING	TATATATATA TATATATATA TATATATATA
25%	YOUR HEALTH CARE — ACCESS TO HEALTH CARE HEALTH CARE SYSTEM WAIT TIMES	TATATATATA TATATATATA
15%	YOUR BIOLOGY GENETICS	
10%	YOUR ENVIRONMENT   AIR QUALITY CIVIC INFRASTRUCTURE THESE ARE CANADA'S SOCIAL DETERMINANTS OF	HEALTH #SDOH



Canadian Medical Association - healthcaretransforamtion.ca



#### HOW DOES KELOWNA COMPARE TO BC?

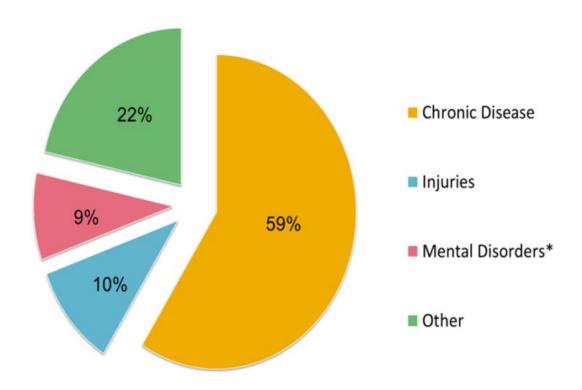




Provincial Health Services Authority, BC Community Health Profile (Kelowna), 2014



#### BURDEN OF DISEASE IN BC



2012 Disability-Adjusted Life Years, BC \* Excludes Dementia.



Healthy Families BC Policy Framework, Ministry of Health, 2014



## MANDATES FOR HEALTHY COMMUNITIES WORK

**Every Person** 

#### VISION

To set new standards of excellence in the delivery of health services in the Province of British Columbia.

#### MISSION

Promote healthy lifestyles and provide needed health services in a timely, caringand efficient manner to the highest professional and quality standards.

- 1.1 Implement health promotion and prevention initiatives
- 1.2 Work with First Nations and Aboriginal partners to plan and deliver culturally sensitive healthcare services to improve the health and wellness of Aboriginal people
- 1.3 Assess, recommend and implement actions to improve the health of Interior Health's population
- 1.4 Deliver patient and family centered care

- 3.1 Implement innovative service delivery models
- 3.2 Develop priority plans and implement transparent decision making processes
- 3.3 Enhance IMIT solutions
- 3.4 Build research and education capacity

- 2.1 With partners, delivery primary and community care to meet population and individual health care needs
- 2.2 Implement health improvement strategies for targeted populations across the continuum of care
  - 2.3 Provide efficient, effective acute services that are linked across the system of care
    - 2.4 Deliver evidence informed quality and safety initiatives and pursue zero never events

Matters GOAL 3

GOAL

Improve Health

and Wellness

Ensure Sustainable Health Care by Improving Innovation, Productivity, and Efficiency GOAL 4

Deliver High

Quality Care

Cultivate an Engaged Workforce and a Healthy Workplace

- 4.1 Enhance health and safety in the work environment
- 4.2 Improve employee, physician, and volunteer engagement
- 4.3 Build leadership capacity





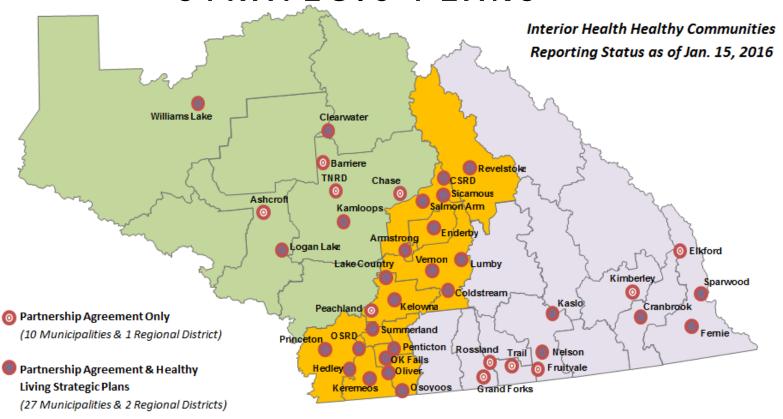
## MANDATES FOR HEALTHY COMMUNITIES WORK

GOLLOGISA Heal	thyFamiliesBC 🗑 Heali	thy Living Strategic Plan	Interior Health				
Health Aut	thority	Interior Health					
Communit	у	{insert community name}					
Date Plan	Initiated	{insert fiscal year date e.g. Fiscal 2012/13}					
Term of Cu	ırrent Plan	{insert current plan duration in years in fiscal years e.g. 2 years <u>(Fiscal 2015/16 – Fiscal 2016/17)</u>					
		ement between the health authority and the local go					
document upstream	PARTNERSHIP AGE	d collaborative work on agreed upon, priority action	s It focuses on				
identified	PARTIVERSHIP AGI	KEEMENT					
This dynar		Partnership Agreement Description	on(s)	Type¹ Term, in years			
focuses or	e.g. Partnering for Hea	althier Communities Committee Terms of Ref		e.g. TOR e.g. Ongoing			
PARTNER	{insert partnership	agreement description and attach a	copy of the agreement}				
			., .				
e.g. Partner	FOCUSED INTERVE						
FOCUSED		Policy Framework Intervention Strea	ms				
(Click /Mark	☐ Healthy Eating	☐ Physical Activity	☐ Tobacco Control	☐ Healthy Early Childhood			
☐ Healthy				Development			
☐ Positive	☐ Positive Mental	Culture of Moderation	☐ Injury Prevention				
Health	Health	for Alcohol Use Across the Life Course					
Population  Early Ye	□ Early Years	Children	☐ Youth	☐ Adult			
□ Older A	Larry lears			_ //33/1			
	☐ Older Adults	☐ General Population					
Priority po							
Healthy Bu	Priority population(s	) of focus, if any: (e.g. people with disability, Ab	coriginal or First Nations, low income	1)			
Design	Healthy Built Enviro	nment Linkages					
□Housing	☐ Neighbourhood	☐ Transportation Networks	□Natural	☐ Food Systems			
1 MOU, Ten	Design	-	Environments	-			
agreement							
- 255	□Housing						





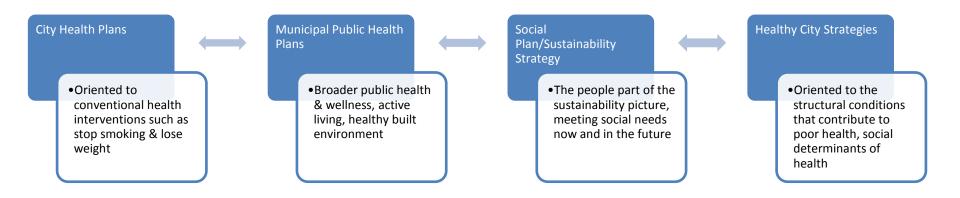
# PARTNERSHIP AGREEMENTS AND HEALTHY LIVING STRATEGIC PLANS







#### MUNICIPAL HEALTH PLANS BEST PRACTICES OVERVIEW





City of Kelowna (2015). Towards a Healthy City Strategy: A Framework for Development.



## COUNCIL POLICY 190 HEALTHY COMMUNITY

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.





#### COUNCIL PRIORITIES





# Planning a great City together.

City building.

We plan Kelowna by taking a leading role in city building.

Balancing interest.

We plan Kelowna by creating policy that balances a city-wide vision with neighborhood interests.

Learning.

We plan Kelowna by facilitating a culture of continuous learning.

Innovation.

We plan Kelowna by embracing innovation.

Participation.

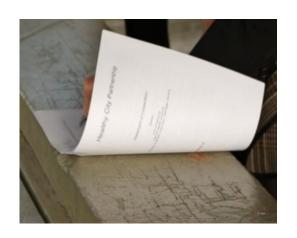
We plan Kelowna by continually working to broaden participation in city building.

Partnerships.

We plan Kelowna by pursuing partnerships with other Divisions, City Council and the public.



#### HEALTHY CITY PARTNERSHIP







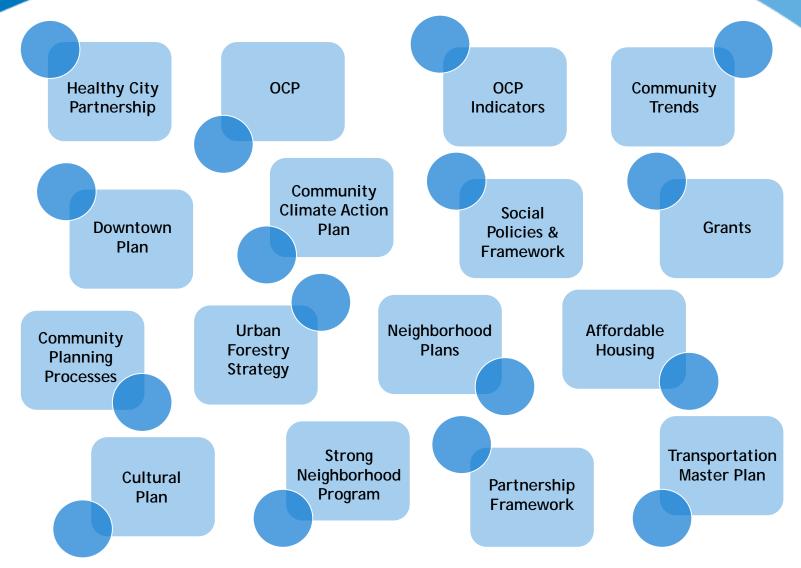








#### CITY PLANS & PROGRAMS





# COMREHENSIVE APPROACH INTEGRATION & ALIGNMENT FOR GREATER IMPACT





#### HEALTHY CITY STRATEGY

The Healthy City Strategy will be a long-term, integrative plan that will focus on healthy built environment, community health and quality of life for all Kelowna residents.

#### Draft Vision:

Working together to create built environments in which people and places thrive.





#### PRE-CONDITIONS FOR SUCCESS



World Health Organization's (2010) four preconditions for a successful long-term plan:

- 1.political commitment at the highest level
- 2.shared vision, understanding and commitment
- 3.organizational structures and processes
- 4. opportunities for partnership-building and networking



#### HEALTHY CITY STRATEGY

- Guiding Principles:
  - 1. Prioritize the built environment
  - 2. Integrate health in policies
  - 3. Maximize partnerships for impact
  - 4. Engage broadly for a healthy city
  - 5. Lead and catalyze innovation
  - 6. Embrace complexity





#### BENEFITS AND OUTCOMES

#### For residents:

- Healthier residents
- An engaged & connected City
- Livable built environments

#### For the City and partners:

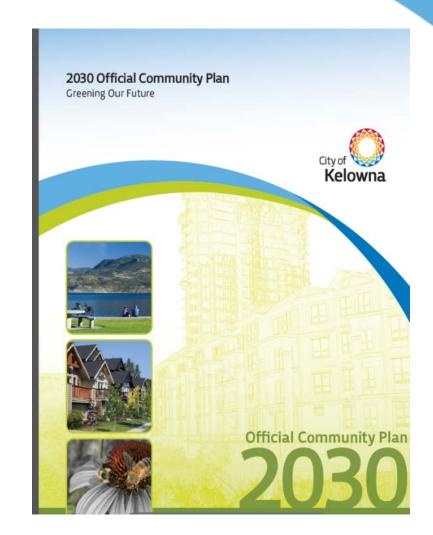
- Become a community leader
- Identify priorities
- Align resources
- Integrate goals & actions
- Enhance partnerships & innovative approaches
- Establish targets & indicators for evidence-based decisions





## HEALTHY CITY STRATEGY

- •The 2040 OCP will be more focused on landbased components of planning
- •The *Healthy City Strategy* will be a companion document



ОСР	Healthy City Strategy	Corporate Framework
Contain Urban Growth	Healthy Neighbourhood Design	<ul> <li>Resilient, well-managed infrastructure</li> <li>An active, inclusive city</li> </ul>
Address Housing Needs	<ul><li>Healthy Housing</li><li>Community for All Ages</li></ul>	<ul><li>An active, inclusive city</li><li>Resilient, well-managed infrastructure</li></ul>
Provide a Balanced Transportation Network	<ul><li>Healthy Transportation Systems</li><li>Community for All Ages</li></ul>	<ul> <li>An active, inclusive city</li> <li>Resilient, well-managed infrastructure</li> <li>A clean, healthy environment</li> </ul>
Improve Building Efficiency	<ul><li>Healthy Housing</li><li>Healthy Natural Environments</li></ul>	
Foster Prosperity		A strong economy
Protect Natural Areas	Healthy Natural Environments	<ul><li>A clean, healthy environment</li><li>A safe city</li></ul>
Provide Spectacular Parks	Community for All Ages	• An active, inclusive city
Develop Great Neighbourhoods	<ul><li>Healthy Neighbourhood Design</li><li>Community for All Ages</li></ul>	<ul><li>An active, inclusive city</li><li>Resilient, well-managed infrastructure</li></ul>
Enable Healthy Agriculture	Healthy Food Systems	A strong economy
Encourage Cultural Vibrancy		An active, inclusive city



## HEALTHY BUILT ENVIRONMENT

#### Healthy Neighbourhood Design

#### Vision: **Community for** Neighbourhoods where people can easily **All Ages** connect with each other and with a variety of day-to-day services. Healthy Healthy **Transportation** Housing Networks Vision: Vision: Affordable. Safe accessible, and good and accessible quality housing for all transportation systems that is free of hazards and that incorporate a diversity of enables people to engage transportation modes and place in activities of daily living priority on active transport (e.g., Healthy while optimizing their cycling, walking and transit) health. Built over the use of private vehicles. **Environment Healthy Natural** Healthy Food Systems **Environments** Vision: Vision: A built a built environment that environment where can support access natural environments are to and availability of protected and natural elements healthy foods are incorporated, and are

experienced by and accessible to all. for all.



#### PLANNED DELIVERABLES

- Each of the 6 theme areas will have:
  - Goals
  - Indicators
  - Targets





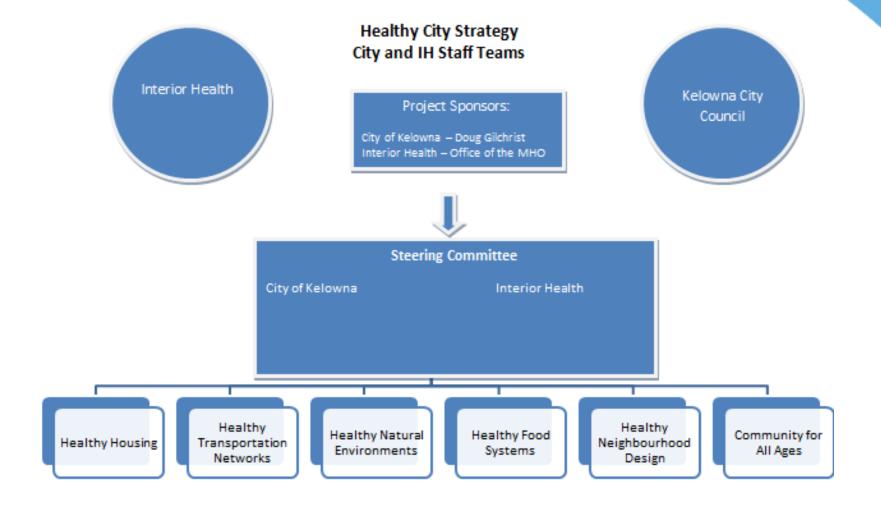
#### CRITERIA FOR INDICATOR DEVELOPMENT

- Aspirational
- Meaningful
- Innovative
- Transformative
- Evidence-based
- Measurable
- Fiscally Feasible





## HEALTHY CITY STRATEGY CITY AND IH STAFF TEAMS





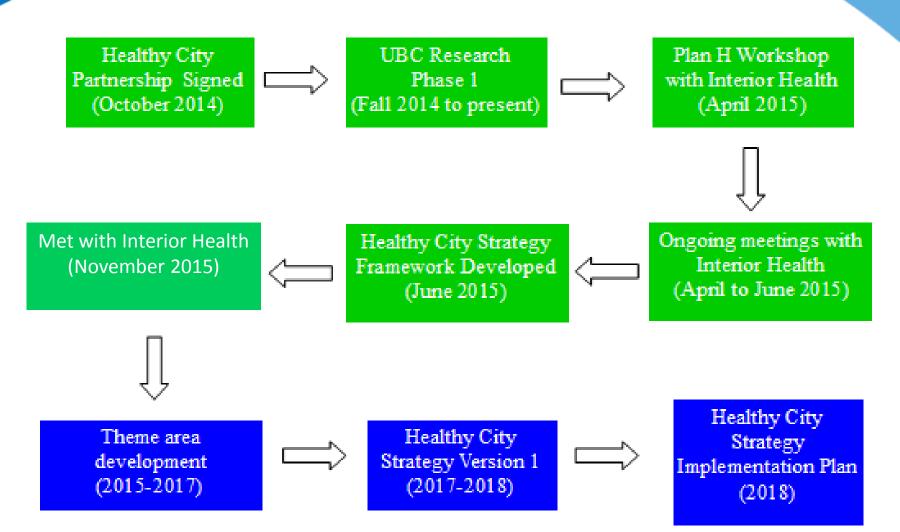
## RELATIONSHIP TO THE CITY AS A WHOLE

- 1. Agree on what matters most
- 2. Share knowledge and power
- 3. Joint project delivery

СОМРЕТЕ	CO-EXIST	COMMUNICATE	COOPERATE	COORDINATE	COLLABORATE	INTEGRATE
Competition for clients, resources, partners, public attention	No systematic connection between agencies	Inter-agency information sharing (e.g. networking)	As needed, often informal interaction, on discrete activi- ties or projects	Organizations systematically adjust and align work with each other for great- er outcomes	Longer term interaction based on shared mission goals; shared decision-makers and resources	Fully integrate programs, planning, funding
TURF						



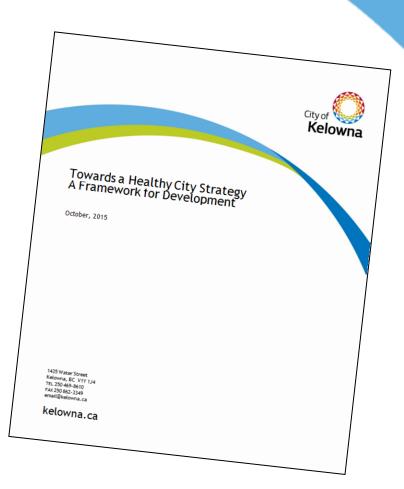
#### MAJOR MILESTONES





#### 2016 NEXT STEPS

- Formulize Steering Committee
- Build out Strategy Framework
- Health Proof Model
- Determine sharable data
- Develop criteria for indicators, goals and targets
- Partnership Expansion
- Project Delivery Community for all Ages
- Evaluate, Adjust, Report Back





#### COMMUNITY FOR ALL AGES

- UBCM Grant for \$20,000 approved!
- Percentage of seniors will increase from 19.9% in 2014 to 25.5% in 2030
- Opportunity to build resiliency, foster generational inclusiveness and promote a higher quality of life for all ages and abilities.





# COMMUNITY FOR ALL AGES DELIVERABLES

- Background research;
- Age friendly community assessment;
- Community for All Ages Steering Committee;
- Direct engagement;
- Policy recommendations; and
- Community for All Ages Plan.





## COMMUNITY FOR ALL AGES INITIAL IDENTIFIED STAKEHOLDER LIST

- Interior Health
- UBC
- School District #23
- Community Action Towards Children's Health
- Pathways Abilities Society
- Central Okanagan Division of Family Practice





## MOVING THE HEALTHY CITY STRATEGY FORWARD

#### **Draft Vision:**

Working together to create built environments in which people and places thrive.

#### Staff's Role

- Ensuring the Strategy aligns with other visions and priorities
- Building community partnerships
- Establishing strategic public engagement
- Creating and developing the Healthy City Strategy and Implementation Plan

#### Council's role

- Championing each theme area moving forward
- Positioning the City to form long-term community partnerships
- Building on the community passions and sense of belonging