

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

Challenges:

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

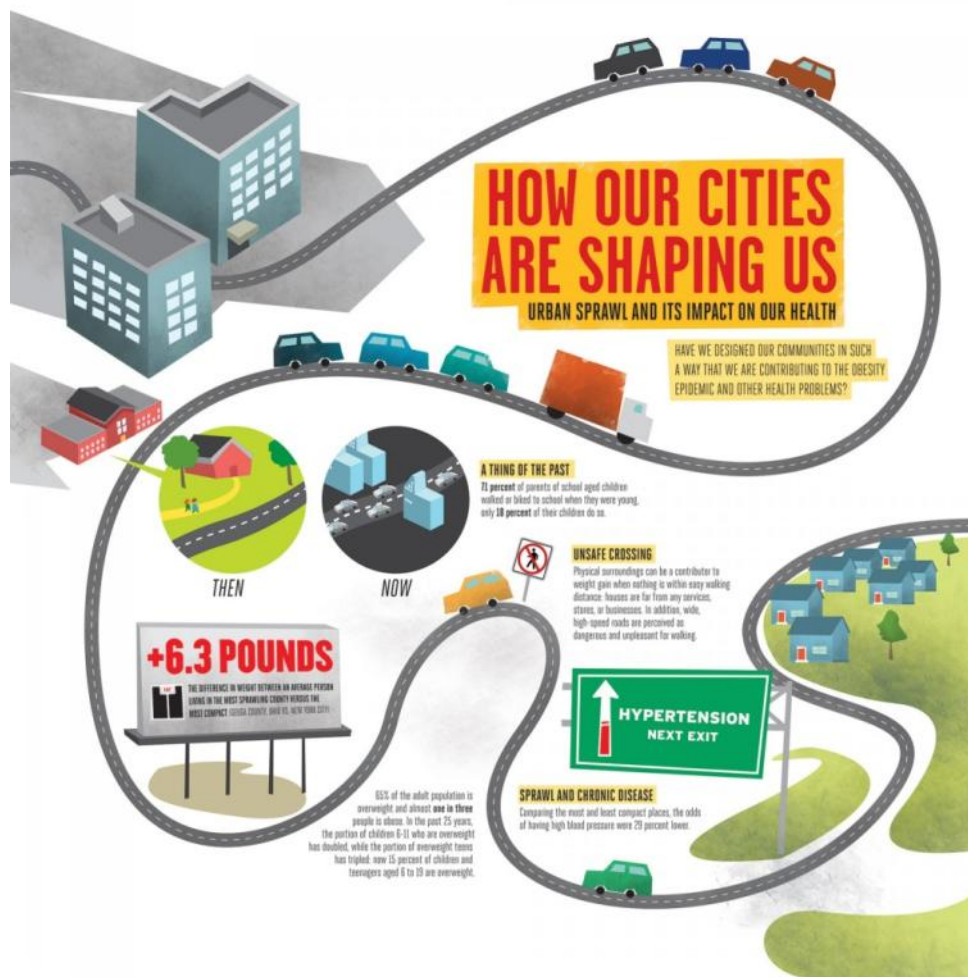
WHY URBAN HEALTH MATTERS

- ▶ *“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.



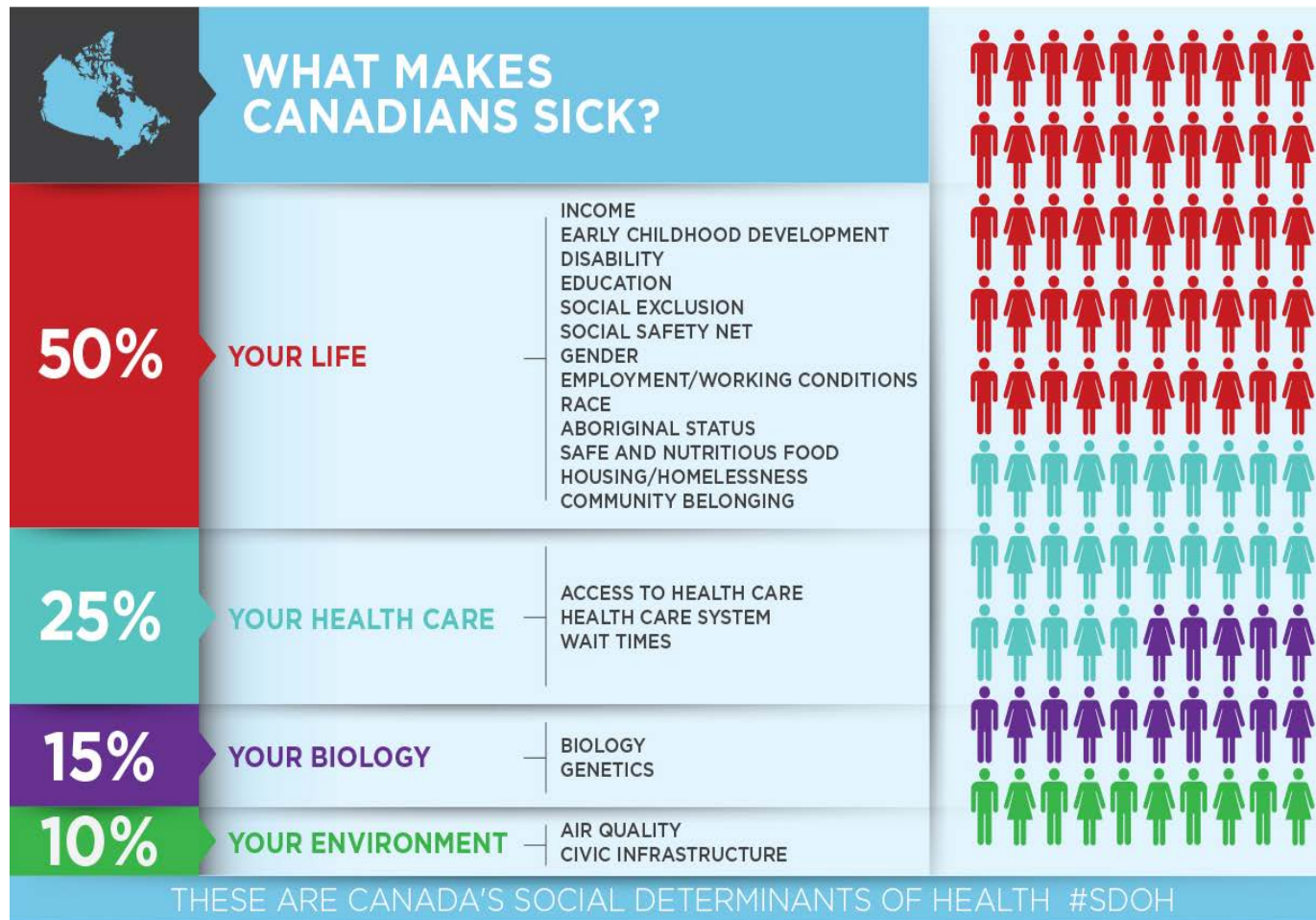
SOURCE: PEW RESEARCH, MEASURING THE HEALTH EFFECTS OF SPRAWL: A NATIONAL ANALYSIS

THE IMPACT COMMUNITY ENGAGEMENT HAS ON HEALTH

Injury Prevention Food Security
Seniors' Fall Prevention
Youth Suicide Prevention Community Gardens
Community Health Promotion Work
Tobacco Reduction
Healthy Built Environment



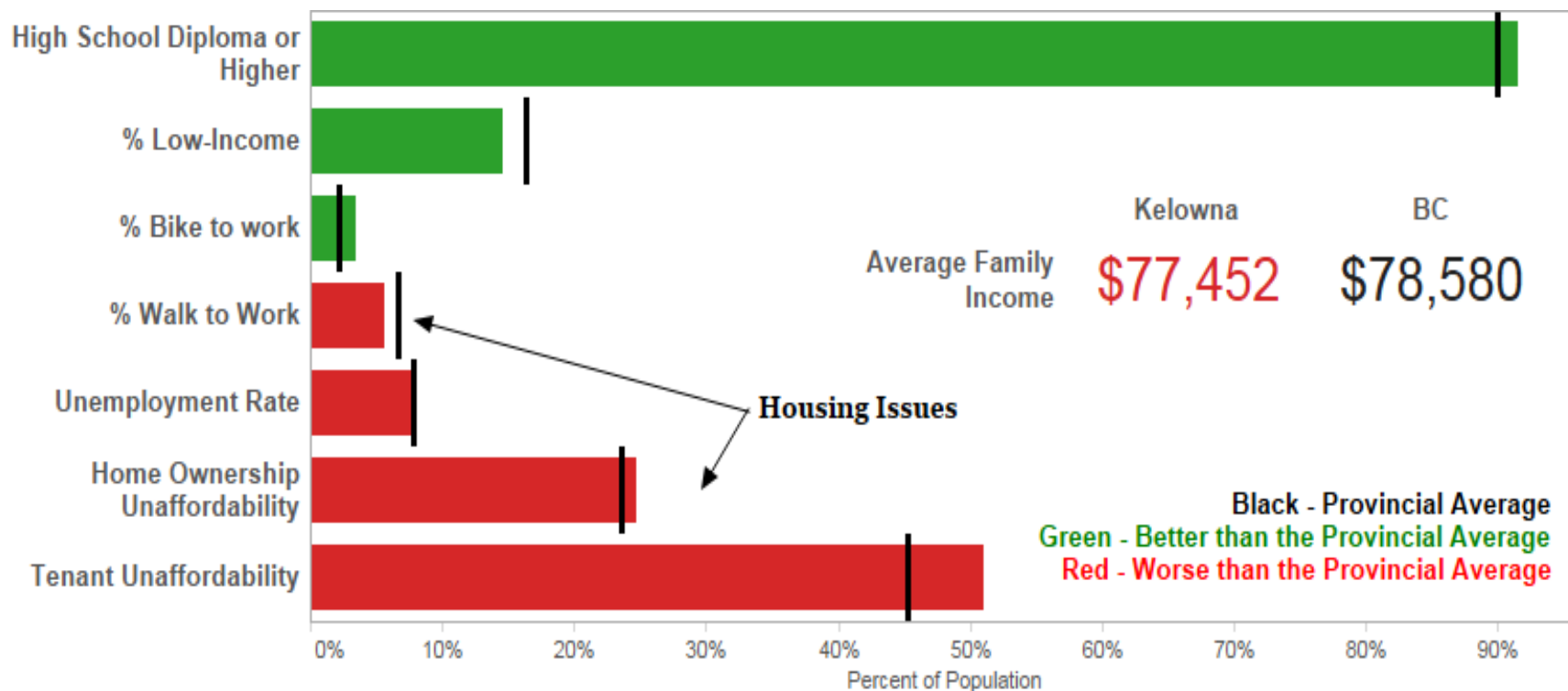
Interior Health
Every person matters



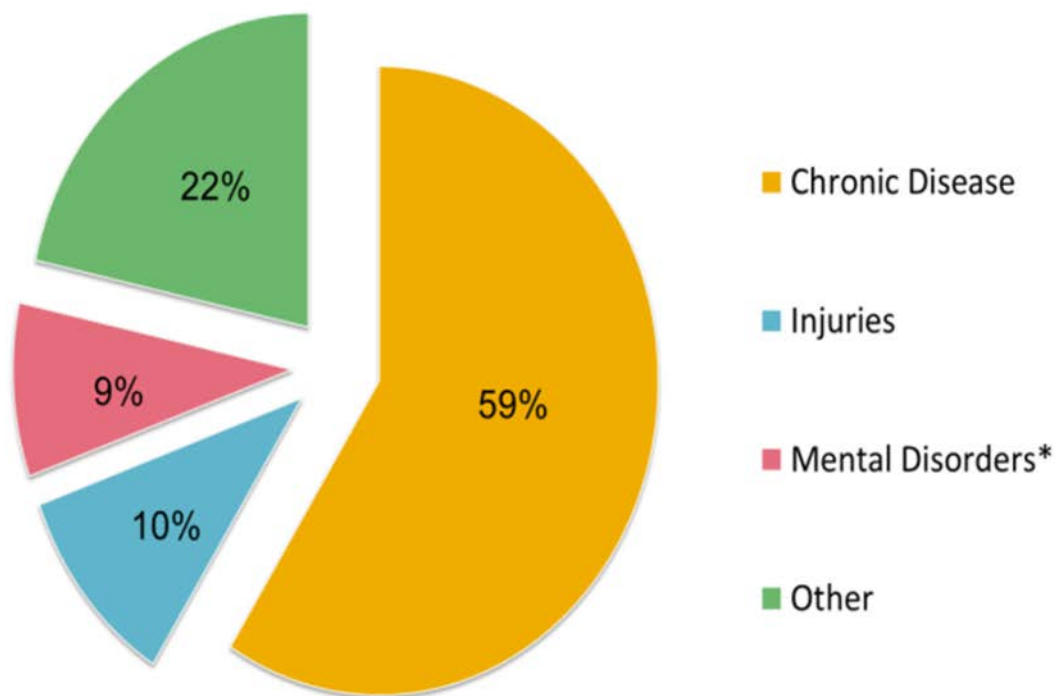
Interior Health
Every person matters

Canadian Medical Association - healthcaretransformation.ca

HOW DOES KELOWNA COMPARE TO BC?



BURDEN OF DISEASE IN BC



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



Interior Health
Every person matters

Healthy Families BC Policy Framework, Ministry of Health, 2014

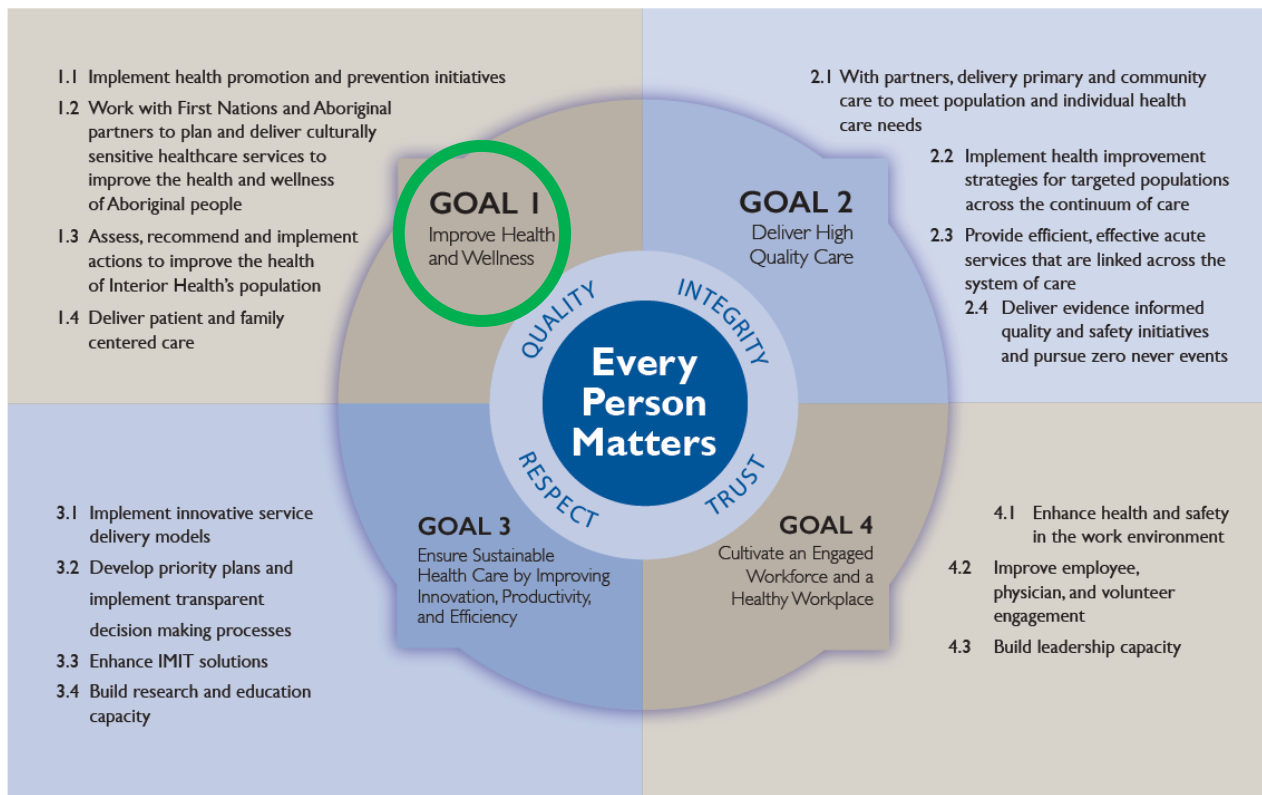
MANDATES FOR HEALTHY COMMUNITIES WORK

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, caring and efficient manner to the highest professional and quality standards.



Interior Health
Every person matters

MANDATES FOR HEALTHY COMMUNITIES WORK

Healthy Living Strategic Plan

Health Authority Interior Health

Community {insert community name}

Date Plan Initiated {insert fiscal year date e.g. Fiscal 2012/13}

Term of Current Plan {insert current plan duration in years in fiscal years e.g. 2 years (Fiscal 2015/16 – Fiscal 2016/17)}

This plan builds on the partnership agreement between the health authority and the local government(s) and documents the parties' joint planning and collaborative work on agreed upon priority actions. It focuses on upstream identified

This dynamic focuses on

PARTNERSHIP AGREEMENT

Partnership Agreement Description(s)	Type ¹	Term, in years
e.g. Partnering for Healthier Communities Committee Terms of Reference	e.g. TOR	e.g. Ongoing
{insert partnership agreement description and attach a copy of the agreement}		

FOCUSED INTERVENTION STREAMS
(Click /Mark x for all that applies)

Healthy Families BC Policy Framework Intervention Streams

<input type="checkbox"/> Healthy Eating	<input type="checkbox"/> Physical Activity	<input type="checkbox"/> Tobacco Control	<input type="checkbox"/> Healthy Early Childhood Development
<input type="checkbox"/> Positive Mental Health	<input type="checkbox"/> Culture of Moderation for Alcohol Use	<input type="checkbox"/> Injury Prevention	

Population Groups Across the Life Course

<input type="checkbox"/> Early Years	<input type="checkbox"/> Children	<input type="checkbox"/> Youth	<input type="checkbox"/> Adult
<input type="checkbox"/> Older Adults	<input type="checkbox"/> General Population		

Priority population(s) of focus, if any: (e.g. people with disability, Aboriginal or First Nations, low income)

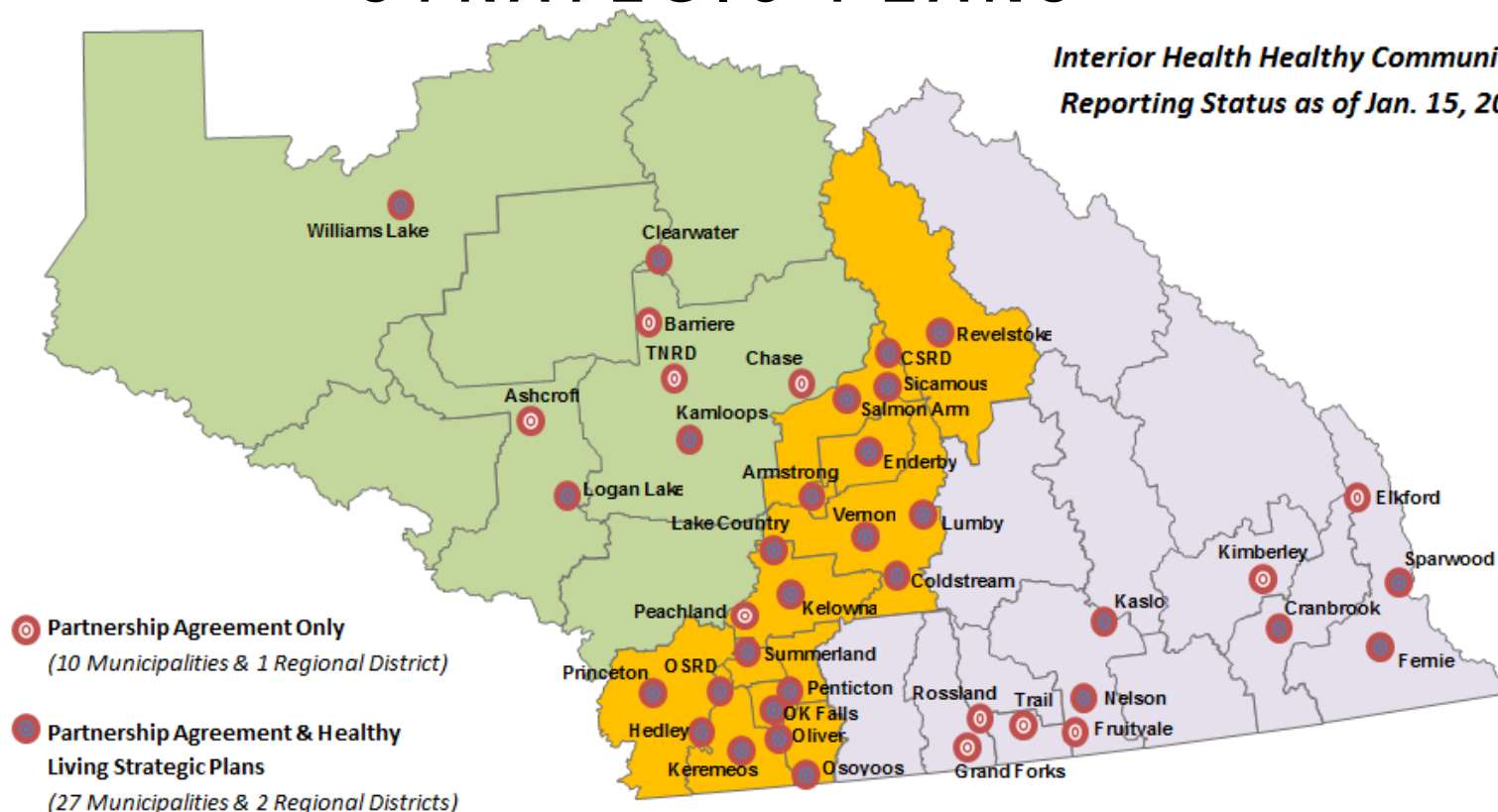
Healthy Built Environment Linkages

<input type="checkbox"/> Neighbourhood Design	<input type="checkbox"/> Transportation Networks	<input type="checkbox"/> Natural Environments	<input type="checkbox"/> Food Systems
<input type="checkbox"/> Housing			

¹ MOU, Term agreement

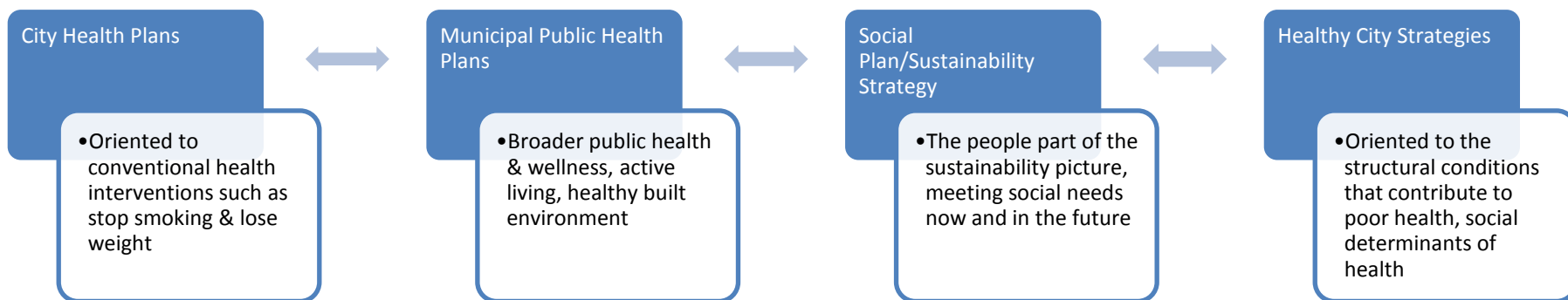
PARTNERSHIP AGREEMENTS AND HEALTHY LIVING STRATEGIC PLANS

*Interior Health Healthy Communities
Reporting Status as of Jan. 15, 2016*



Interior Health
Every person matters

MUNICIPAL HEALTH PLANS BEST PRACTICES OVERVIEW



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

Open for opportunity

Council priorities 2014-2018

September 2015



Planning a great City

together.

1

City building.

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

2

Balancing interest.

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

3

Learning.

We plan Kelowna by facilitating a culture of continuous learning.

4

Innovation.

We plan Kelowna by embracing innovation.

5

Participation.

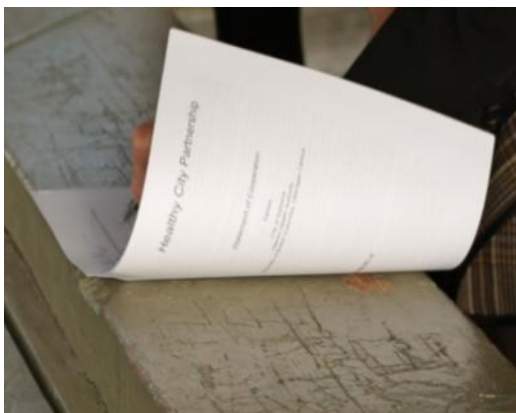
We plan Kelowna by continually working to broaden participation in city building.

6

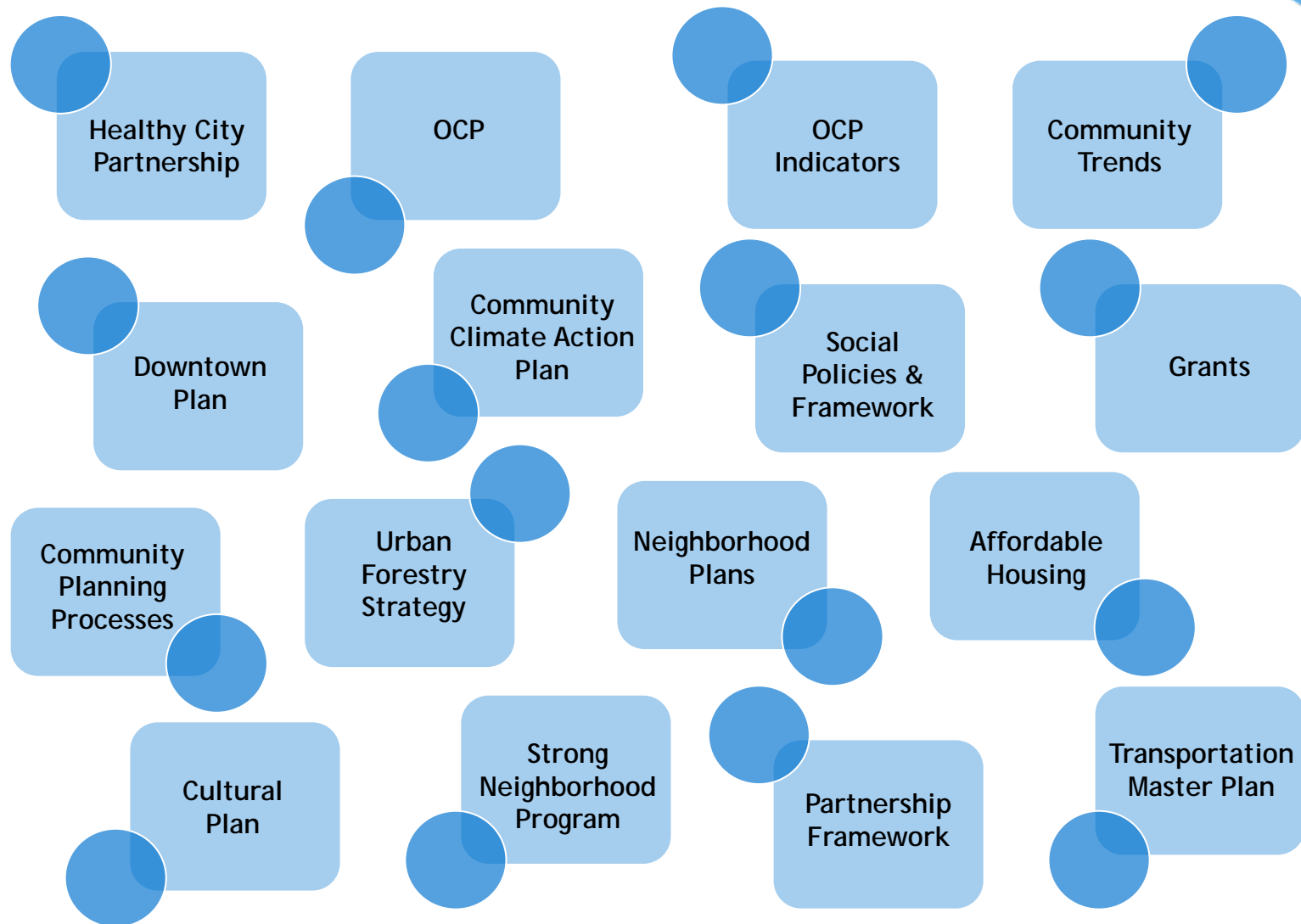
Partnerships.

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

HEALTHY CITY PARTNERSHIP



CITY PLANS & PROGRAMS



COMPREHENSIVE 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

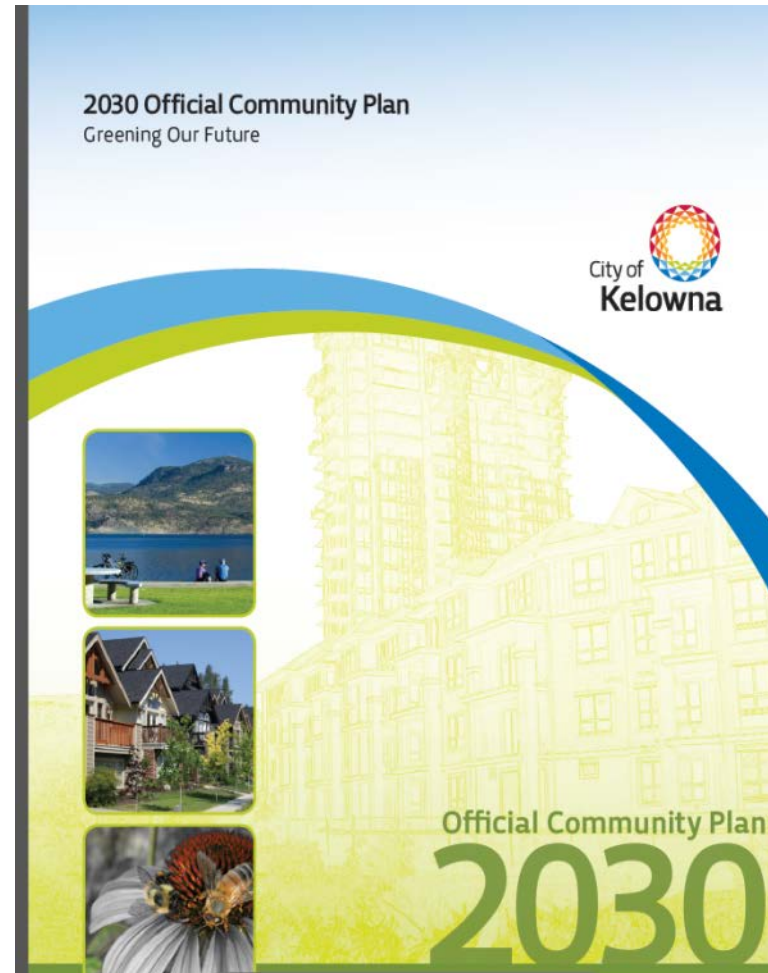
For the City and partners:

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



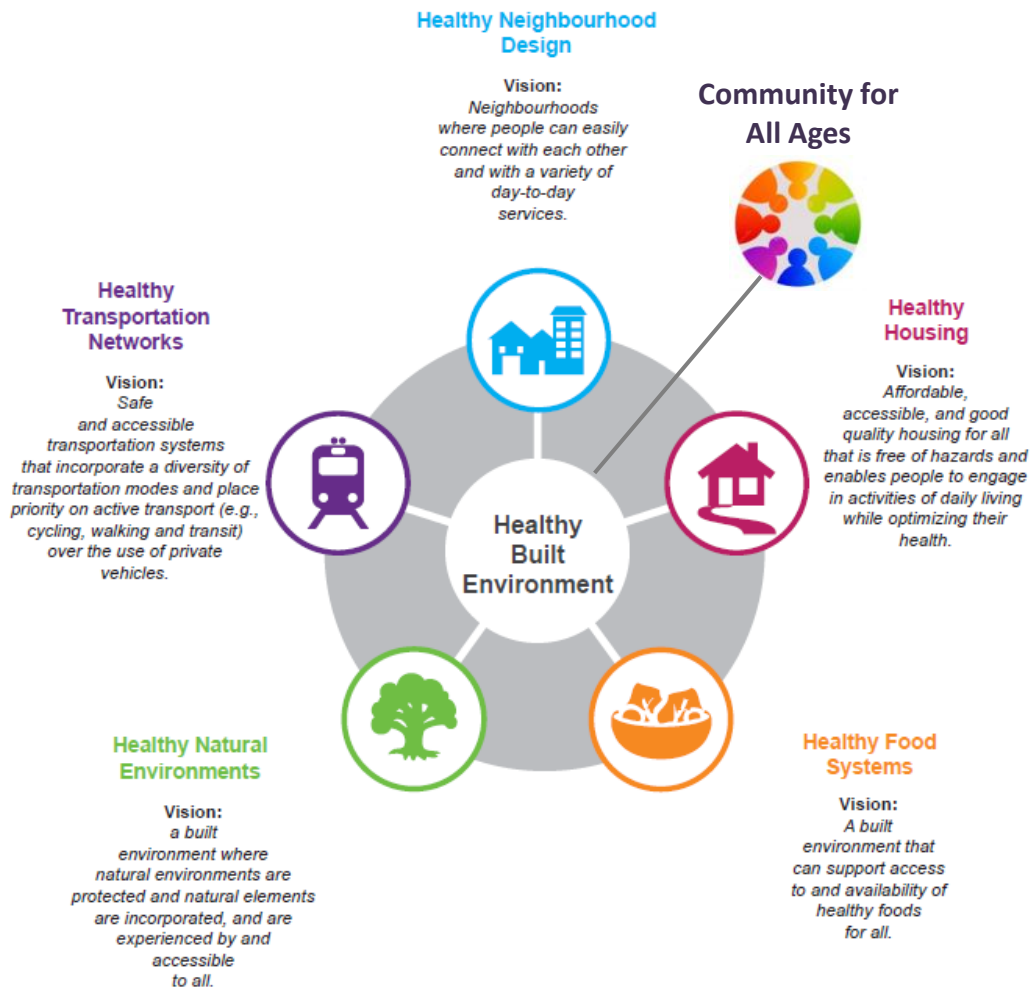
HEALTHY CITY STRATEGY

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



OCP	Healthy City Strategy	Corporate Framework
Contain Urban Growth	<ul style="list-style-type: none"> • Healthy Neighbourhood Design 	<ul style="list-style-type: none"> • Resilient, well-managed infrastructure • An active, inclusive city
Address Housing Needs	<ul style="list-style-type: none"> • Healthy Housing • Community for All Ages 	<ul style="list-style-type: none"> • An active, inclusive city • Resilient, well-managed infrastructure
Provide a Balanced Transportation Network	<ul style="list-style-type: none"> • Healthy Transportation Systems • Community for All Ages 	<ul style="list-style-type: none"> • An active, inclusive city • Resilient, well-managed infrastructure • A clean, healthy environment
Improve Building Efficiency	<ul style="list-style-type: none"> • Healthy Housing • Healthy Natural Environments 	
Foster Prosperity		<ul style="list-style-type: none"> • A strong economy
Protect Natural Areas	<ul style="list-style-type: none"> • Healthy Natural Environments 	<ul style="list-style-type: none"> • A clean, healthy environment • A safe city
Provide Spectacular Parks	<ul style="list-style-type: none"> • Community for All Ages 	<ul style="list-style-type: none"> • An active, inclusive city
Develop Great Neighbourhoods	<ul style="list-style-type: none"> • Healthy Neighbourhood Design • Community for All Ages 	<ul style="list-style-type: none"> • An active, inclusive city • Resilient, well-managed infrastructure
Enable Healthy Agriculture	<ul style="list-style-type: none"> • Healthy Food Systems 	<ul style="list-style-type: none"> • A strong economy
Encourage Cultural Vibrancy		<ul style="list-style-type: none"> • An active, inclusive city

HEALTHY BUILT ENVIRONMENT



PLANNED DELIVERABLES

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

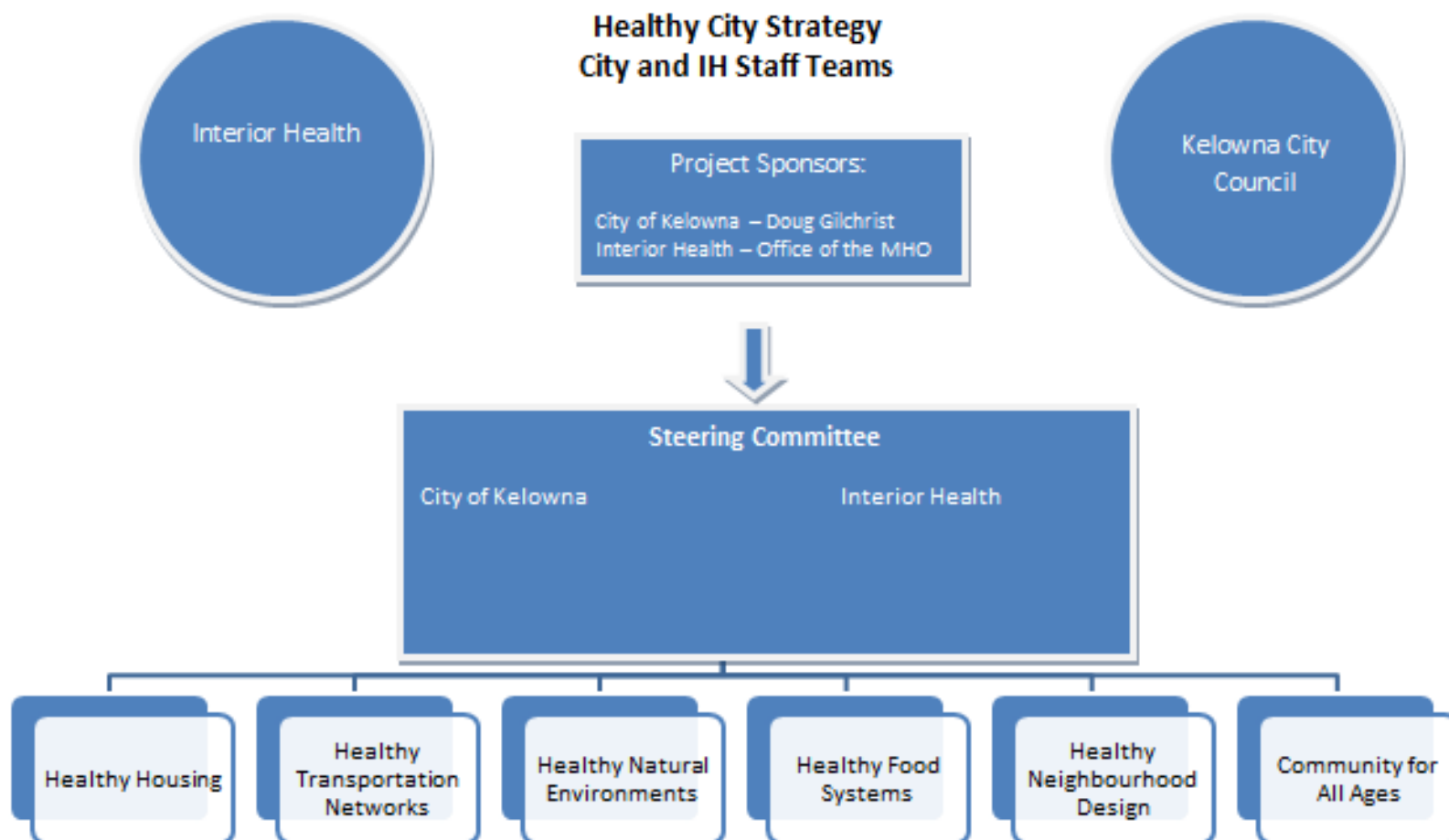


CRITERIA FOR INDICATOR DEVELOPMENT

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

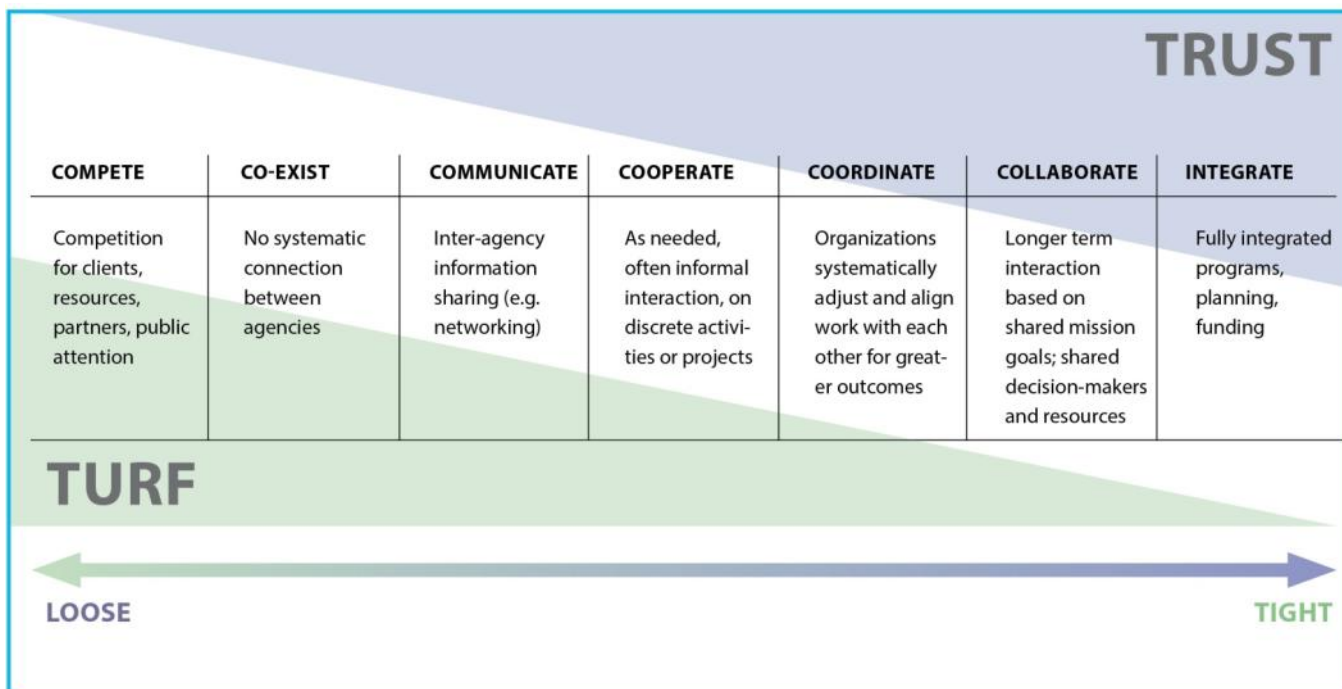


HEALTHY CITY STRATEGY CITY AND IH STAFF TEAMS

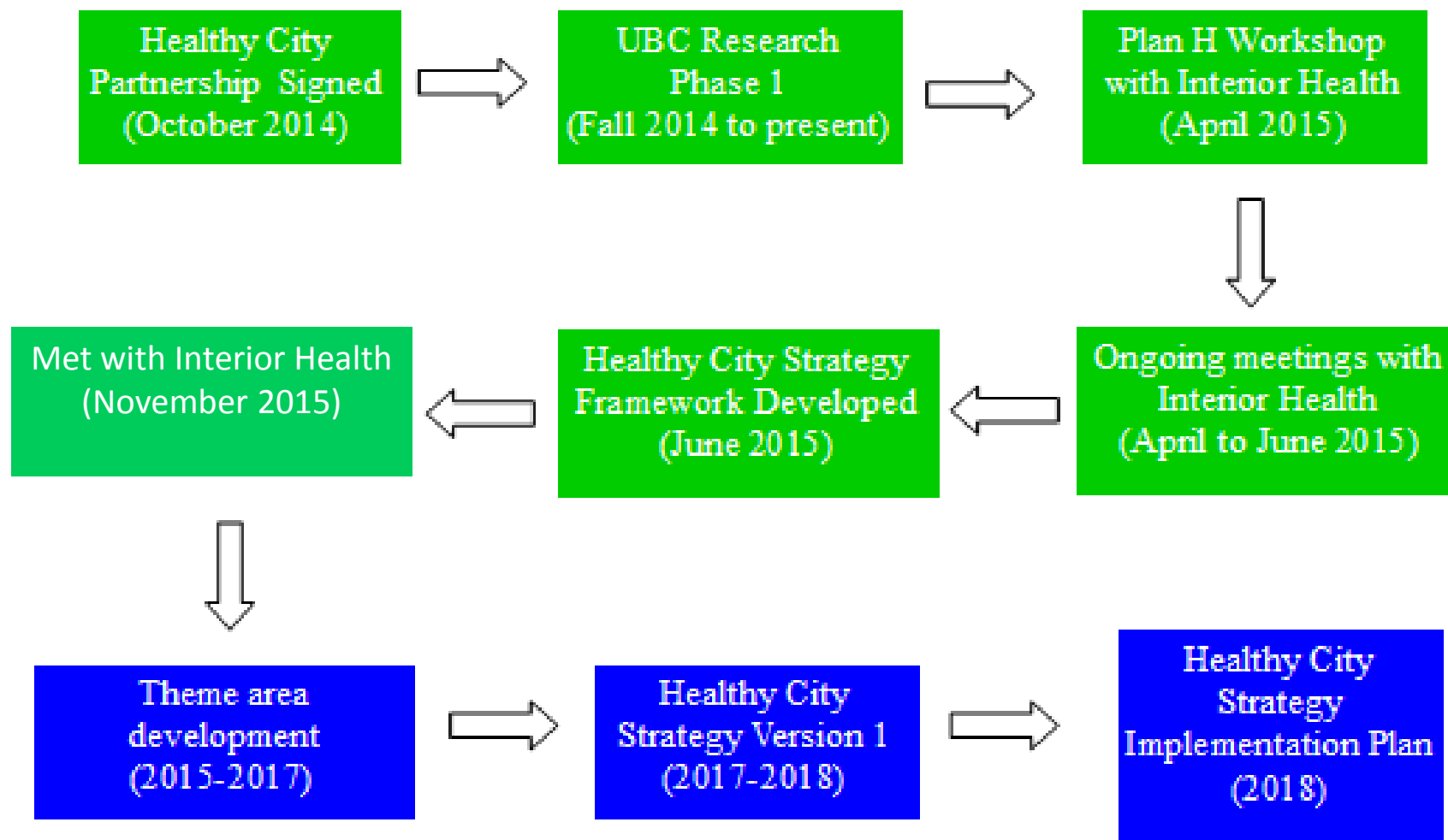


RELATIONSHIP TO THE CITY AS A WHOLE

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

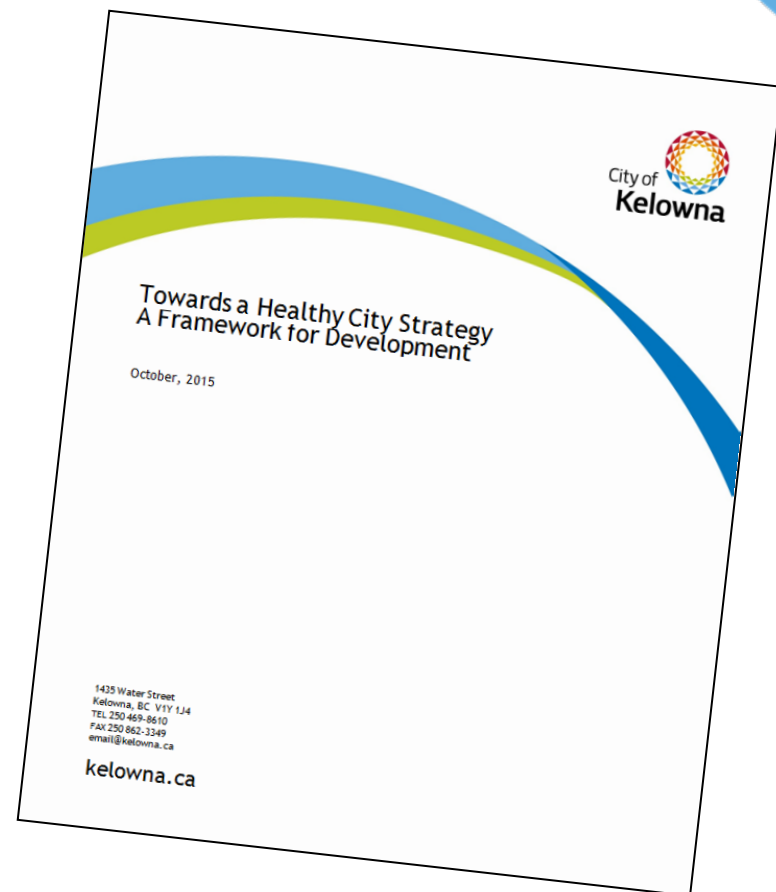


MAJOR MILESTONES



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