

# Healthy City Strategy



## COMMUNITY FOR ALL AGES

# Provincial perspective



## Chronic disease is pervasive

— One in three British Columbians is living with one or more chronic conditions, which consume approximately 80% of B.C. health care budgets.<sup>7</sup>



## People are not active enough

— 50% of adults and 91% of children and youth do not get recommended levels of physical activity.<sup>8</sup>



## Obesity is on the rise

— 26% of children in Canada are overweight or obese.<sup>9</sup> Canada's childhood obesity rates are among the highest in the developed world — rates have almost tripled since 1978.<sup>10</sup>



**Our population is aging** — By 2031, seniors in B.C. will account for 25% of the total population.<sup>11</sup>



## Our communities are designed to have us use our cars instead of our feet

— Research shows that suburban developments tend to be built with low-density, single-land use neighbourhoods and street networks that are poorly suited to walking.<sup>12</sup>

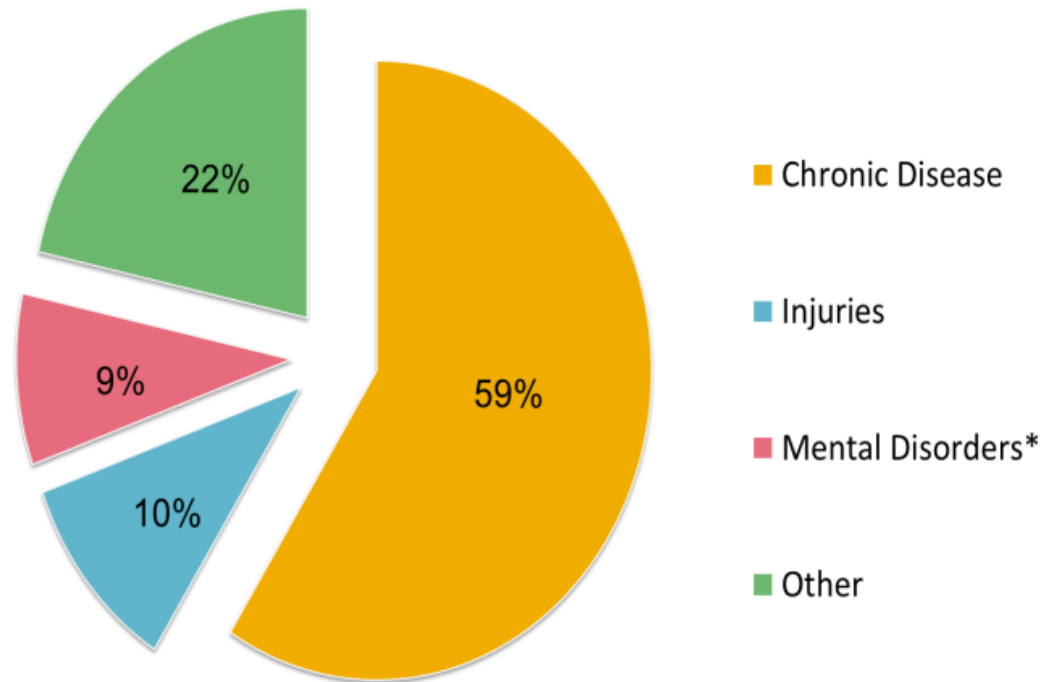


## Many of us struggle to buy healthy local food

— Research shows some populations in B.C., particularly low-income, single-parent, aboriginal, and rural populations, have difficulty accessing healthy, fresh, locally produced food.<sup>13</sup>

*A Resource Guide for Local Governments, PlanH, 2014*

# Burden of disease in BC



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

# How cities shape us

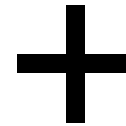


# Healthy City Strategy



Provincial Health Services Authority. (2014). *Healthy Built Environment Linkages A Toolkit for Design, Planning, Health.*

## Community for All Ages



# Community for All Ages

- ▶ \$20,000 grant from UBCM for 2016
- ▶ Percentage of seniors will increase from 20% in 2014 to 24% in 2040
- ▶ Project will focus on seniors, children and those with diverse abilities



# Community for All Ages vision

- ▶ A city that is healthy, safe, active & inclusive for seniors, children and those with diverse abilities



# Project deliverables

- ▶ Background research;
- ▶ Community Inventory;
- ▶ Create a Community for All Ages Steering Committee;
- ▶ Direct engagement;
- ▶ Policy recommendations; and
- ▶ Community for All Ages Action Plan





# Community for All Ages teams

- ▶ Healthy City Strategy Steering Committee
- ▶ Staff Technical Team
- ▶ Consultant – Barefoot Planning
- ▶ Stakeholder Advisory Committee



# Key project milestones



# Next steps

- ▶ Community Engagement
  - ▶ Online engagement at [getinvolved.kelowna.ca](http://getinvolved.kelowna.ca) (May 24 to June 13)
  - ▶ 1 stakeholder workshop (May 31)
  - ▶ 4 public engagement events (May 29-31)

