



**CITY OF HAMILTON**  
**PUBLIC HEALTH SERVICES**  
Office of the Medical Officer of Health

<b>TO:</b>	Mayor and Members Board of Health
<b>COMMITTEE DATE:</b>	June 16, 2014
<b>SUBJECT/REPORT NO:</b>	Improving Health by Design in the Greater Toronto-Hamilton Area - BOH14017 (City Wide)
<b>WARD(S) AFFECTED:</b>	City Wide
<b>PREPARED BY:</b>	Dr. Ninh Tran (905) 546-2424, Ext. 2169
<b>SUBMITTED BY:</b>	Elizabeth Richardson, MD, MHSc, FRCPC Medical Officer of Health Public Health Services Department
<b>SIGNATURE:</b>	

## RECOMMENDATION

- (a) That the Board of Health endorse the report *Improving Health by Design in the Greater Toronto-Hamilton Area*, and support in principle the funding and sustainable implementation of the Big Move, strengthening provincial policies and integrating health into municipal planning;
- (b) That Public Health Services work with the City Manager's Office, Public Works, and Planning and Economic Development to report back on the specific recommendations contained in the *Improving Health by Design in the Greater Toronto-Hamilton Area* report and what local actions could be implemented;
- (c) That Public Health Services continue to work with the City Manager's Office, Public Works, and Planning and Economic Development regarding transportation planning and land-use planning to maximize health benefits.

## EXECUTIVE SUMMARY

How we live and move impacts our health. Over a period of decades, we have removed physical activity from people's lives, for example through the design of communities that depend on the use of cars. Currently, obesity and physical inactivity cost the Greater Toronto-Hamilton Area (GTHA) \$4 billion a year. Diabetes-related medical costs due to inactivity are estimated to be over \$550 million each year with over 12,500 new cases of

diabetes occurring each year due to physical inactivity. Also, traffic-related air pollution is responsible for over 850 premature deaths a year and thousands of hospitalizations.

Without significant action, physical inactivity is expected to continue to add thousands of cases of diabetes and other chronic diseases. Commute times and traffic-related air pollution and greenhouse gas emissions will increase. This will only get worse, as over the next 20 years, the population in the GTHA is projected to grow by another 2.2 million people.

Supporting and implementing existing plans such as Places to Grow and The Big Move is needed to improve land use and transportation. The Big Move, as well as modest increases in active transportation (walking, cycling, public transit), would prevent 338 premature deaths and over 1,000 cases of diabetes each year in the GTHA and have an economic impact of \$2.2 billion. These and other positive health impacts (improved safety, social connectedness/equity) show how important investment in public transit and designing healthy, complete communities<sup>1, 2</sup> is to the public's health.

The Improving Health by Design (IHBD) report provides further details on the impacts of transportation and land use planning and provides recommendations for action at both a local and provincial level. Public Health Services (PHS), Public Works (PW), and Planning and Economic Development (P&ED) working together to review and implement these recommendations can provide Council with advice to weave physical activity back into our daily lives, create sustainable walkable, transit-supportive environments and maximize the health, environmental and economic benefits for Hamiltonians.

#### ***Alternatives for Consideration – See Page 4***

#### **FINANCIAL – STAFFING – LEGAL IMPLICATIONS (for recommendation(s) only)**

**Financial:** No financial implications for endorsing the IHBD report in principle. Future reports may have financial implications, including municipal funding for public transit.

**Staffing:** No staffing implications

**Legal:** No legal implications

#### **HISTORICAL BACKGROUND (Chronology of events)**

In September of 2013, Peel Region contacted PHS to join a working group of Medical Officers of Health in the GTHA to produce a report on the built environment to be launched in 2014.

From September 2013 to April 2014, Hamilton's Associate Medical Officer of Health and Medical Officers of Health in the GTHA worked collaboratively to produce a report on the built environment, with a focus on transportation and health.

In early 2014, PHS, through its Associate Medical Officer of Health, consulted PW and P&ED regarding the IHBD report's main recommendations. The IHBD report on the built environment was finalized in April 2014. On May 14, 2014 the IHBD report was formally released with a media launch.

## **POLICY IMPLICATIONS AND LEGISLATED REQUIREMENTS**

No current policy implications for endorsing the IHBD report in principle. Future reports may have policy implications, given recommendations on land-use planning policies.

## **RELEVANT CONSULTATION**

PW and P&ED were consulted on the high-level recommendation of the IHBD report and were overall supportive of the high-level recommendations of the report during its production.

The City of Hamilton's Senior Management Team (SMT) was consulted on the final recommendations of the report and is supportive of the IHBD report.

## **ANALYSIS AND RATIONAL FOR RECOMMENDATION**

**(Include Performance Measurement/Benchmarking Data if applicable)**

The IHBD report describes the health impacts of transportation and land use planning and provides recommendations at both a local and provincial level. Please refer to the appendices for further details.

Some of the estimated costs and health impacts for the GTHA include:

- \$4 billion per year for obesity and physical inactivity.
- \$550 million and 12,500 new cases of diabetes due to physical inactivity each year.
- 850 premature deaths and thousands of hospitalizations due to traffic-related air pollution

Without action, this will worsen over the next 20 years as the population in the GTHA will grow by 2.2 million people.

Supporting the recommendations in the IHBD report is estimated to prevent 338 premature deaths and over 1,000 cases of diabetes each year in the GTHA, as well as have a positive economic impact of \$2.2 billion.

Consistent with the Board of Health's strategic goals to improve physical activity, safety and to reduce obesity and air pollution; it is recommended that the Board of Health endorse the IHBD report in principle.

The recommendations in the IHBD report are comprehensive, and have potential financial and legal impacts to the City, specifically through the mandates of the PW and P&ED departments. It is recommended that further exploration of the recommendations be done, with a goal to provide further analysis and recommendations for action to Council that are specific to Hamilton.

The IHBD report recommendations are in alignment with many of the major City initiatives including:

- Transportation Master Plan (Rapid Ready Report)
- Pedestrian Mobility Plan
- Neighbourhood Action Strategy
- Housing and Homelessness Action Plan
- Urban (Official) Plan
- Active and Safe School Travel (ASST)

These initiatives, as well as others, serve to address the determinants of health, including transportation and land use planning, which are included in the IHBD report. The transportation recommendations also align with the City Manager's proposed Goods Movement Strategy.

The analysis, principles and recommendations contained in the IHBD report will be incorporated as important building blocks to the development of the Community Vision.

## **ALTERNATIVES FOR CONSIDERATION**

**(Include Financial, Staffing, Legal and Policy Implications and Pros and Cons for each alternative)**

- 1) The Board of Health could choose not to endorse the principles outlined in the IHBD report. This would have significant health impacts for Hamiltonians related to transportation, air quality, physical inactivity and economic impacts, as outlined above and in the report.

**Financial:** No immediate financial implications. However financial impacts of alternate decisions would need to be assessed as to their cost vis-à-vis the recommendations outlined here. Further the negative consequences on the community's health would have negative financial costs as outlined in the report. Following this approach would not be consistent with the City's strategic vision and goals, or the values of excellence, accountability and cost-consciousness.

**Staffing:** No immediate staffing implications. However, alternate decisions would need to be assessed as to their staffing implications vis-à-vis the recommendations outlined here. Further the negative consequences on the community's health, may lead to staffing impacts related to community supports for those with poor health.

**Legal:** No legal implications

**Policy:** No policy implications

- 2) Endorsing the implementation of all of the specific recommendations of the IHBD report is premature. A full review of the recommendation details and local implementation is required. PHS would prefer to work with its colleagues in PW and P&ED to complete this detailed review and consider implementation at a local level. This is timely with a newly hired General Manager in P&ED.

**Financial:** The specific impact is unknown and therefore requires the further collaborative review. Funding these recommendations without ensuring the best solution for Hamilton may lead to less efficient use of resources and is not consistent with the City's values of accountability, excellence or cost-consciousness.

**Staffing:** May have increased staffing requirements, but details unknown at this time, and impacts would be similar to the financial impacts noted above.

**Legal:** No legal implications

**Policy Implications:** Municipal planning policies to incorporate health lens are anticipated to arise from implementing these recommendations; however without further analysis these would not be tailored to Hamilton's specific situation.

## **ALIGNMENT TO THE 2012 – 2015 STRATEGIC PLAN**

### **Strategic Priority #1**

A Prosperous & Healthy Community

*WE enhance our image, economy and well-being by demonstrating that Hamilton is a great place to live, work, play and learn.*

### **Strategic Objective**

- 1.4 Improve the City's transportation system to support multi-modal mobility and encourage inter-regional connections.
- 1.5 Support the development and implementation of neighbourhood and City wide strategies that will improve the health and well-being of residents.

1.6 Enhance Overall Sustainability (financial, economic, social and environmental).

## **APPENDICES AND SCHEDULES ATTACHED**

Appendix A to Report BOH14017 – Improving Health by Design in the Greater Toronto-Hamilton Area MOH Report

Appendix B to Report BOH14017 – Improving Healthy by Design in the Greater Toronto-Hamilton Area Highlights Report

## **REFERENCES**

1. “Healthy complete communities support walking, cycling and transit use providing convenient access to an appropriate mix of jobs, local service, and a full range of housing and community infrastructure.” Improving Health by Design in the Greater Toronto-Hamilton Area - A Report of the Medical Officers of Health in the GTHA, May 2014.
2. “Complete communities provide convenient access to a mix of jobs, local services and shops, a full range of housing and community facilities such as schools, recreation facilities, open space, health care facilities, cultural facilities, and more. Complete communities enable residents to meet most of their daily needs within a short distance from their homes, facilitating ease of access and use of public transit and active modes of transportation.” B.3 1 of 55 Urban Hamilton Official Plan, February 2014.