

A stylized landscape illustration featuring a blue body of water in the center, surrounded by green hills and mountains. The sky is a gradient of yellow and orange, suggesting a sunrise or sunset. The foreground shows a sandy beach on the right and green trees on the left.

How Active Transportation Links to Health

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**World Health
Organization**

Health:

a state of complete **physical, mental, and social well-being** and not merely the absence of disease or infirmity

Healthy Community Approach:

Considers the **social, economic, environmental** and **physical factors** that influence the health & well-being of individuals, and build on a community's existing capacity.



WHAT MAKES CANADIANS SICK?

50%

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

25%

YOUR HEALTH CARE

- ACCESS TO HEALTH CARE
- HEALTH CARE SYSTEM
- WAIT TIMES

15%

YOUR BIOLOGY

- BIOLOGY
- GENETICS

10%

YOUR ENVIRONMENT

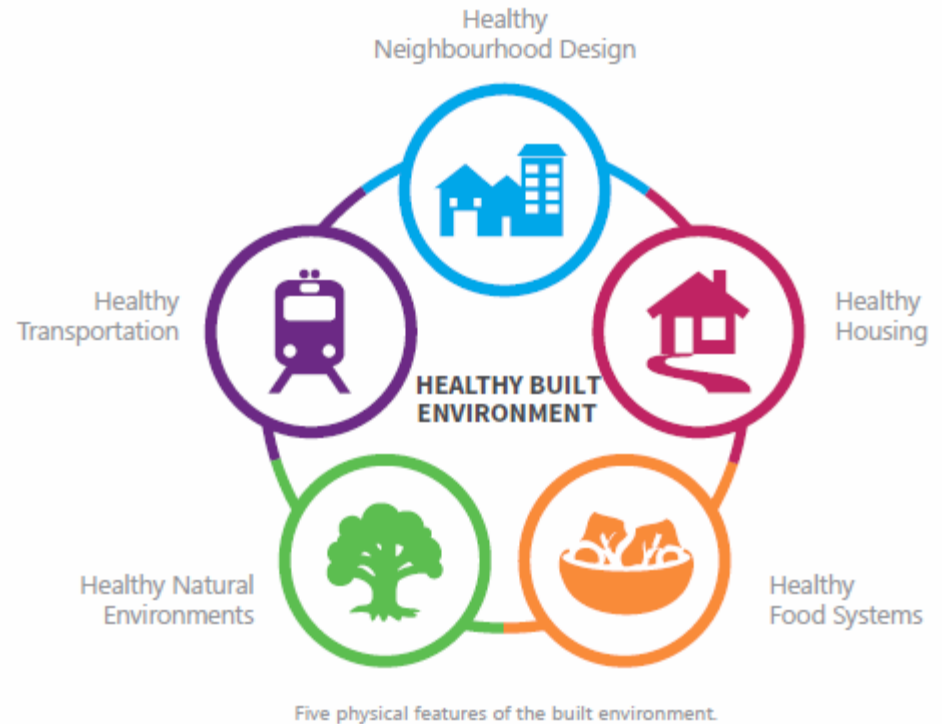
- AIR QUALITY
- CIVIC INFRASTRUCTURE



THESE ARE CANADA'S SOCIAL DETERMINANTS OF HEALTH #SDOH

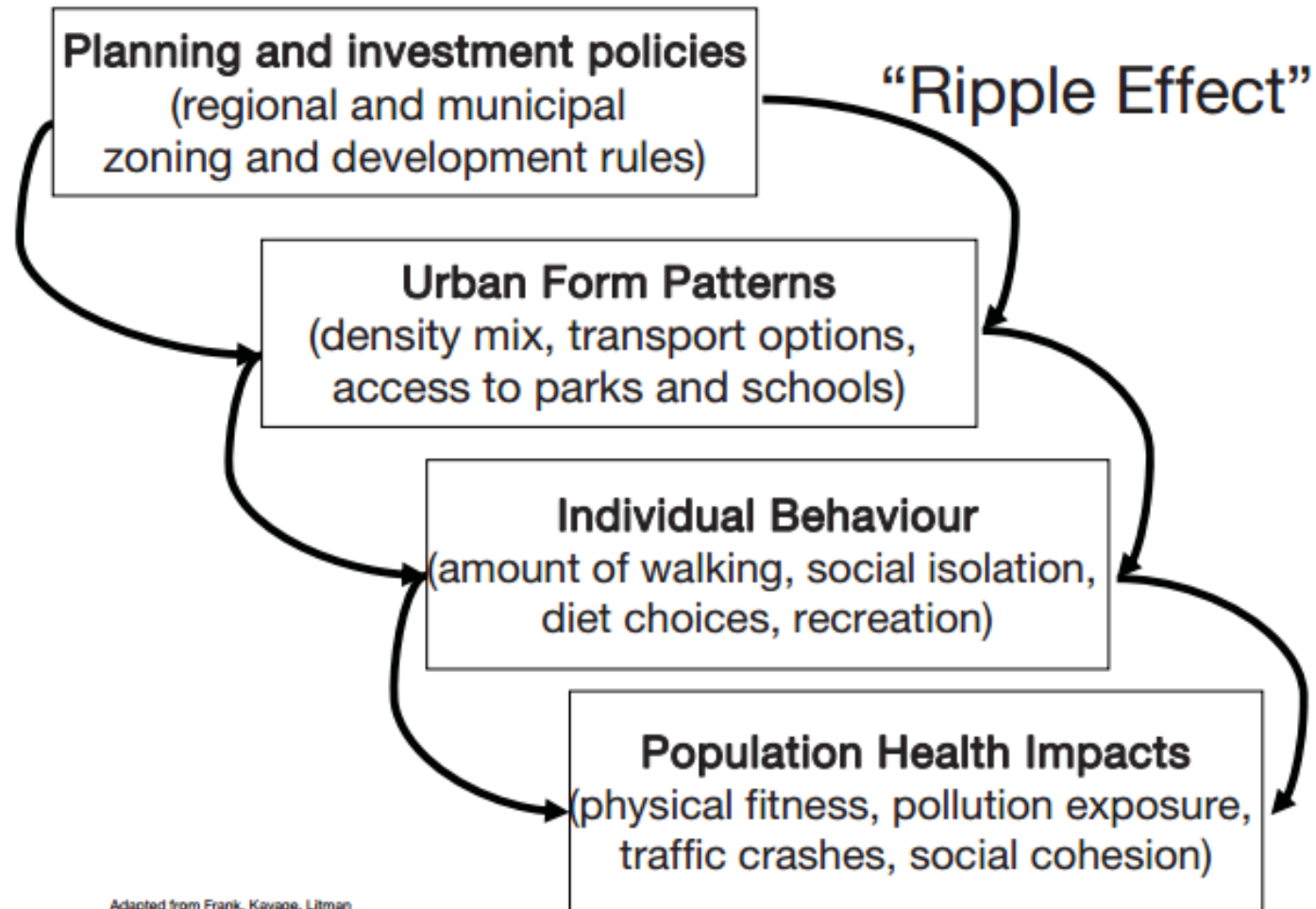
Built Environment

refers to the human-made or modified physical surroundings in which people live, work, and play.



The physical, mental, and social health of people is directly affected by how a community is planned and built, and the services and resources that are provided.

Linking Health and Community Planning



Adapted from Frank, Kavage, Litman

Figure 3: Linking the Built Environment to Population Health¹¹

What is Active Transportation?

- Using physical activity to move from one place to another.
- Typically by walking, cycling and using transit
- Often to daily destinations such as school, work and grocery stores but...
- For recreation too



Our trails are used for active transportation

Active Transportation Planning Principles



- Encourage cycling, walking or using transit with smart infrastructure & engineering choices
- Prioritize safety... consider pedestrians first

Active Transportation Planning Principles



- Promote safer streets
- Enable mobility for all ages and abilities

Active Transportation Planning Principles



- Increase trail and road network connections to each other and to places people need to go

Health Outcomes of Active Transportation Planning Principles

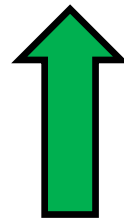


Obesity/ Body Mass Index

Unintentional injury

Premature death

Respiratory disease



Mental health

Social cohesion & connection

Quality of life

Health Outcomes of Active Transportation Planning Principles

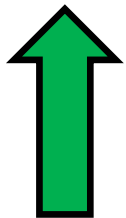


Greenhouse Gas Emissions

Cost to Health Care System

Cost of Living

Food Insecurity



Health Equity

Affordable Housing Options





Kukwstsétselp - Thank you

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