

ST. JOHN'S

Inclusion Advisory Committee

December 10, 2020

12:30 p.m.

Virtual

Pages

1. CALL TO ORDER
2. APPROVAL OF THE AGENDA
3. ADOPTION OF THE MINUTES
4. DELEGATION
5. BUSINESS ARISING FROM THE MINUTES
 - 5.1. Healthy City Strategy Consultation
6. OTHER BUSINESS
7. DATE AND TIME OF NEXT MEETING
8. ADJOURNMENT

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INFORMATION NOTE

Title: Healthy City Strategy Presentation to Inclusion Advisory Committee

Date Prepared: November 9, 2020

Report To: Inclusion Advisory Committee

Councillor and Role: Councillor Deanne Stapleton

Ward: N/A

Issue: Healthy City Strategy – Inclusion Advisory Committee Review

Discussion – Background and Current Status:

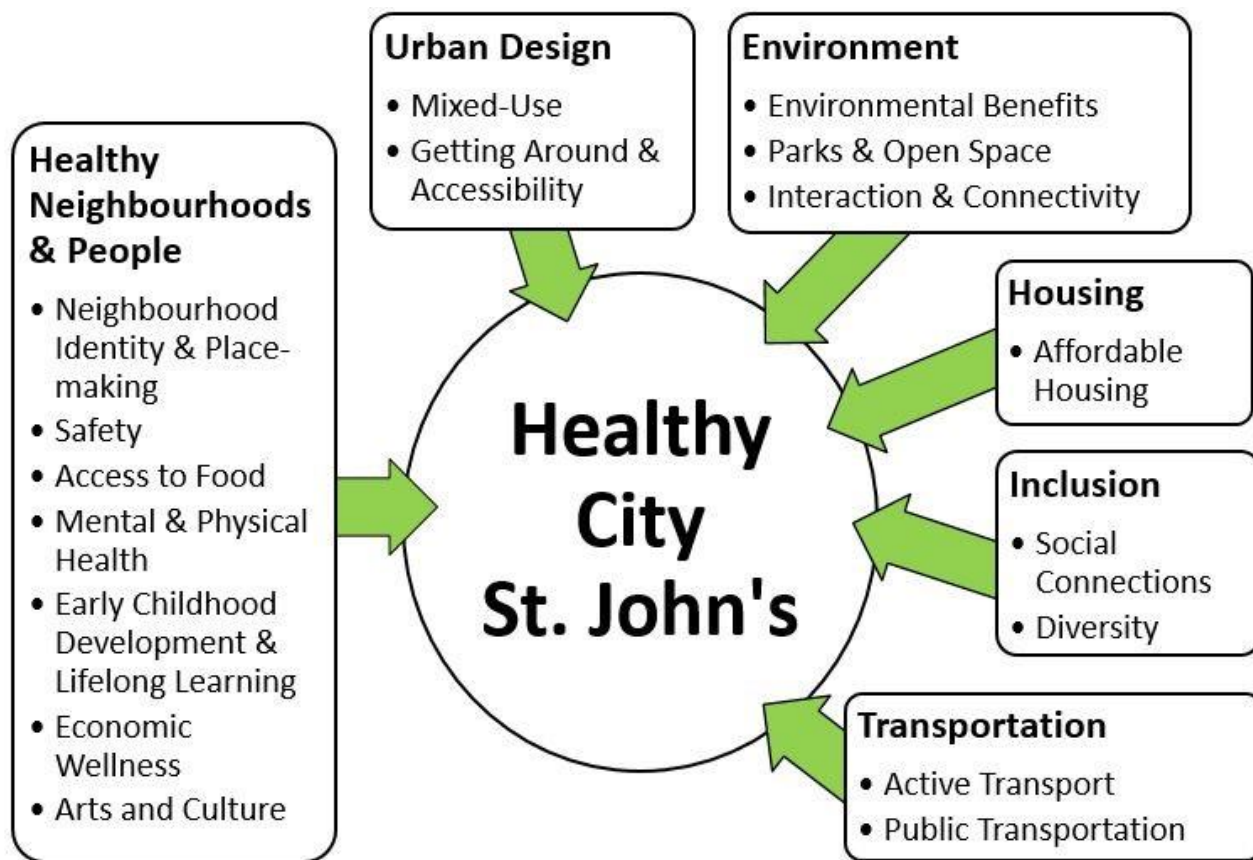
In 2018, Council approved the development of a Healthy City Strategy. The strategy will be a long-term plan focused on building healthy neighbourhoods that support the health, wellness and inclusion of all citizens.

Through stakeholder engagement and research, Healthy City St. John's identified six 'Pillars' to support the strategy, they are:

- Healthy Neighbourhoods & People
- Urban Design
- Transportation
- Environment
- Housing
- Inclusion

In the Healthy City Strategy, each 'pillar' has its own respective goal and is supported by healthy city 'assets'.

The infographic below shows how each of the pillars and assets fit together to support a healthy city.



The Healthy City Strategy aims to improve people's health and wellbeing by addressing [the social determinants of health](#). The social determinants of health are the social and economic conditions that impact people's health and the City of St. John's will work in collaboration with various levels of government, sectors, and community stakeholders to improve the health of people and the neighbourhoods they live in.

The Healthy City Strategy works to improve the determinants of health by supporting the healthy city 'assets' for every neighbourhood. These healthy city assets are the building blocks that need to be present in a City (or neighbourhood) to foster health and wellness for all. To have healthy people, we need to make sure that all residents live in neighbourhoods that support good health and wellbeing.

Before the first draft of the Healthy City Strategy goes to Council for review, we are seeking input from expert stakeholder groups, such as the Inclusion Advisory Committee, to ensure that we capture the priorities of the Inclusion Community.

Key Considerations/Implications:

1. Budget/Financial Implications: NA
2. Partners or Other Stakeholders:

- Advisory Committees of Council and related working groups and expert panels; City Staff; Eastern Health; Community Stakeholders

3. Alignment with Strategic Directions/Adopted Plans:

- A Connected City - A city where people feel connected, have a sense of belonging, and are actively engaged in community life
- A City that Moves - A city that builds a balanced transportation network to get people and goods where they want to go safely.
- A Sustainable City - A city that is sustainable today and for future generations; economically, environmentally and financially.
- Envision Municipal Plan
- Healthy City Strategy

4. Legal or Policy Implications: NA

5. Privacy Implications: NA

6. Engagement and Communications Considerations: NA

7. Human Resource Implications: NA

8. Procurement Implications: NA

9. Information Technology Implications: NA

10. Other Implications: NA

Conclusion/Next Steps:

Continue to work with the Inclusion Advisory Committee, and its respective working groups, on future engagement around the Healthy City Strategy and its deliverables and outcomes.

Prepared by/Signature: Bruce Knox, Healthy Communities Fieldworker

Reviewed by/Signature: Natalie Godden, Manager, Family & Leisure Services

Approved by/Signature: Tanya Haywood, Deputy City Manager, Community Services

Attachments: Discussion Guide

Report Approval Details

Document Title:	Healthy City Strategy Presentation to Inclusion Advisory Committee.docx
Attachments:	- IAC_ HCSReview_DiscussionGuide.docx
Final Approval Date:	Nov 23, 2020

This report and all of its attachments were approved and signed as outlined below:

Natalie Godden - Nov 23, 2020 - 4:45 PM

Tanya Haywood - Nov 23, 2020 - 5:42 PM

Healthy City Strategy Review - City of St. John's Inclusion Advisory Committee
Decembre 1 2020

Agenda:

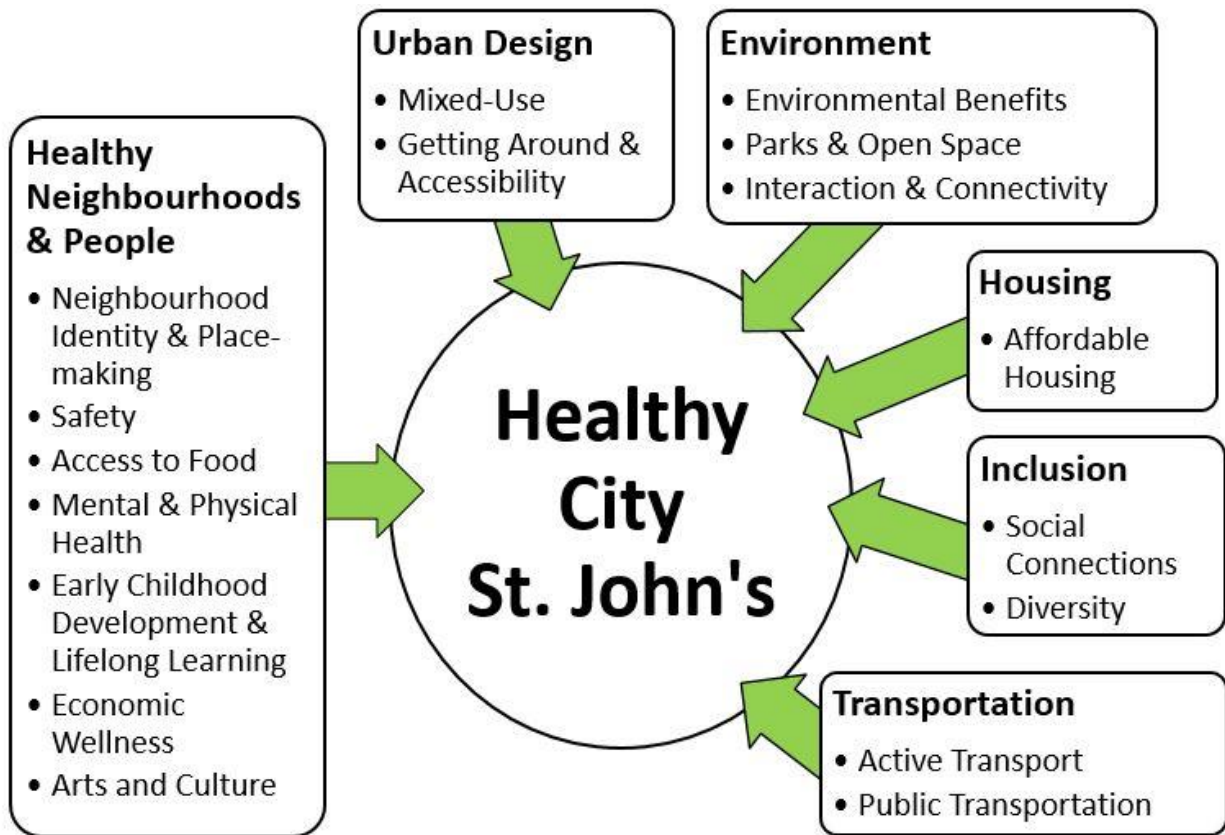
- 1. Welcome + Recap**
- 2. Discussion**
 - a. Merging Inclusion language into Workplan
 - b. Identifying gaps and missing pieces
- 3. Next Steps**
 - a. CSJ to blend this into Healthy City Strategy Workplan (Present first draft to council in December)
 - b. Future Engagement

Healthy City Strategy

A Healthy City Strategy will be the City's long-term plan to improve physical, mental, social and environmental conditions that impact people's health.

Through the Healthy City Strategy, the City of St. John's is seeking the input from experts on what we've identified as the pillars, goals, assets and implementation strategies to support a healthy city.

Healthy City Strategy Pillars



Pillar name: Healthy Neighbourhoods and People

Goal: A City of complete neighbourhoods where residents feel safe, healthy, and connected to each other - neighbourhoods where people want to live, learn, work, and play.

Supporting Asset: Neighborhood services, identity & place-making

Implementation Strategies:

1.0 Support the use of public spaces in neighborhoods that contribute to place-making

1.1 Continue to foster connections between people and places in neighborhoods

1.2 Work with partners to develop policy approaches to improve health and wellness at the neighbourhood level (*healthy public policies*)

Action: Work with partners to collect neighbourhood specific data to inform the development of healthy public policies

1.3 Connect residents with health supportive services in every neighbourhood across the city

*Action in HCS: "Facilitate 'health hubs' in every neighbourhood that provide residents with access to **health information**, social services, and supportive human services based on neighbourhood needs.*

[New] Action in HCS: Provide access to public wifi at accessible locations in neighbourhoods to improve people's access to digital health information.

[New] Action in HCS: Work with partner and community organizations to connect immigrant, refugee and newcomers to culturally relevant services in community

Supporting Asset: Safety

Implementation Strategies:

1.4 Improve the safety of neighborhoods and streets

1.5 Improve collaboration on emergency planning with Eastern Health to support and protect public health and safety

Supporting Asset: Mental and Physical Health

Implementation Strategies:

1.6 Support training in mental and physical health promotion activities across the City of St. John's and partnering community organizations.

1.7 Identify strategies and tools to address health literacy as part of health promotion

1.8 Work with partners to increase social programs and resources for new parents, guardians, and caregivers that supports mental health

1.9 Create equitable opportunities for residents to engage in active lifestyles

Supporting Asset: Early Childhood Development & Lifelong Learning

Implementation Strategies:

1.10 Work with partners to design programs and services that support early childhood development

Action: Work with Eastern Health & NLESD and External Partners to host early education programming for young families

1.11 Support and connect parents and guardians with access to information and education that promotes early childhood development

1.12 Provide opportunities that enable residents of all ages, abilities, and backgrounds to participate in programs and services that build new skills

Supporting Asset: Arts & Culture

Implementation Strategies:

1.13 Diversify arts and culture across the City of St. John's

Supporting Asset: Access to Food

Implementation Strategies:

1.14 Support and protect local food systems, including urban agriculture, local food production and distribution [taken from: CSJ Envision St. John's Master Plan]

1.15 Support research and measurement of the local food environment to inform public policies and activities that improve peoples' access to healthy food.

1.16 Support food security efforts to expand access to healthy, affordable and culturally appropriate food within a sustainable food system.

1.17 Work with partners to create environments that support healthy eating in all neighbourhoods?

1.18 Empower residents by strengthening food literacy

** Food Literacy encompasses food and nutrition knowledge, skills, self-efficacy/confidence, food decisions, and other ecologic factors (external) such as income security, and the food system.*

Supporting Asset: Economic Wellness and Poverty Reduction

Implementation Strategies:

1.19 Collaborate and work with the provincial government and community partners to advocate for and create improved social supports for persons living in poverty.

1.20 Make St. John's an attractive, livable city for persons of all ages, abilities and backgrounds [taken from: CSJ Roadmap 2021].

1.21 Work with partners to minimize health inequities in vulnerable populations.

Pillar name: Inclusion

Goal: A diverse city where residents of all ages feel safe, included, connected, with each other and with the city.

Supporting Asset: Social Connections

Implementation Strategies:

- 1.0 Support activities, policies, and programs that enable residents of all ages, abilities, and backgrounds to connect with the city and with each other.
- 1.1 Support transitional and bridging programming to connect people to the community
- 1.2 Create equitable opportunities for residents to participate in and connect with the city

Supporting Asset: Diversity

Implementation Strategies:

- 1.3 Support equity, diversity initiatives and visibility of under-represented groups and demographics in St. John's.

Action in HCS: Support the work of the Local Immigration Partnership Working Group on Health and Wellness and Welcoming Communities

- 1.4 Foster anti-racism and inclusion in our city through collaboration with individuals, organizations and experts with lived experience of racism and discrimination.

Pillar: Urban Design

Goal: A City where resident's quality of life is improved through healthy design of streets, neighborhoods and public spaces.

Healthy City Asset: Getting Around & Accessibility

Implementation Strategies:

1.2 Enhance Neighbourhood walkability/wheelability

1.3 Enhance the accessibility of streetscapes and facilities using universal design principles

1.4 Increase understanding, advocacy and implementation of Universal Design Principles

Example Action: Transfer knowledge throughout the construction industry and with landlords to enable a better understanding of Universal Design (UD) features versus full accessibility

1.5 Support the implementation of complete street guidelines

Pillar: Transportation

Goal: An efficient, active and accessible transportation network that gets people where they want to go safely.

Healthy City Asset: Active Transportation

Implementation Strategies:

1.1 Support the expansion and maintenance of a safe, accessible active transportation network for all users.

Healthy City Asset: Public Transportation

Implementation Strategies:

1.2 Support a sustainable, efficient, accessible public transportation System

1.3 Increase public transit through higher density areas, mixed-use areas and along main transit corridors

1.4 Build an accessible multi-modal transportation system

Healthy City



ST. JOHN'S





ST. JOHN'S

For your consideration

This Healthy City Strategy is still in its infancy and this first draft is focusing on high level priority areas and how we will start to create change in our city. Today we are focusing on the language in the mail goals and implementation strategies.

Make the **Healthy** Choice the *Easy* Choice

(Filling the Gaps)

In December 2018...



Healthy City St. Johns

Making small changes in our neighborhoods that work to promote mental and physical health, strengthen capacity and create a sustainable healthy future for all.

Recommendation 1: Council approval to develop and execute a Healthy City St. John's Strategy and its desired outcomes.



BIKE ST. JOHN'S MASTER PLAN

2019-2029

CITY OF ST. JOHN'S
**STRATEGIC
PLAN**



Affordable Housing
ST. JOHN'S

CITY OF ST. JOHN'S
10-YEAR

Affordable Housing
Strategy

2019-2029



World Health
Organization

The Global Network for
Age-friendly Cities and Communities

ROADMAP 2021
A Strategic Economic Plan For St. John's

Envision St. John's
Municipal Plan

ST. JOHN'S PARKS & OPEN SPACE MASTER PLAN

December 2014 | FINAL REPORT

ST. JOHN'S

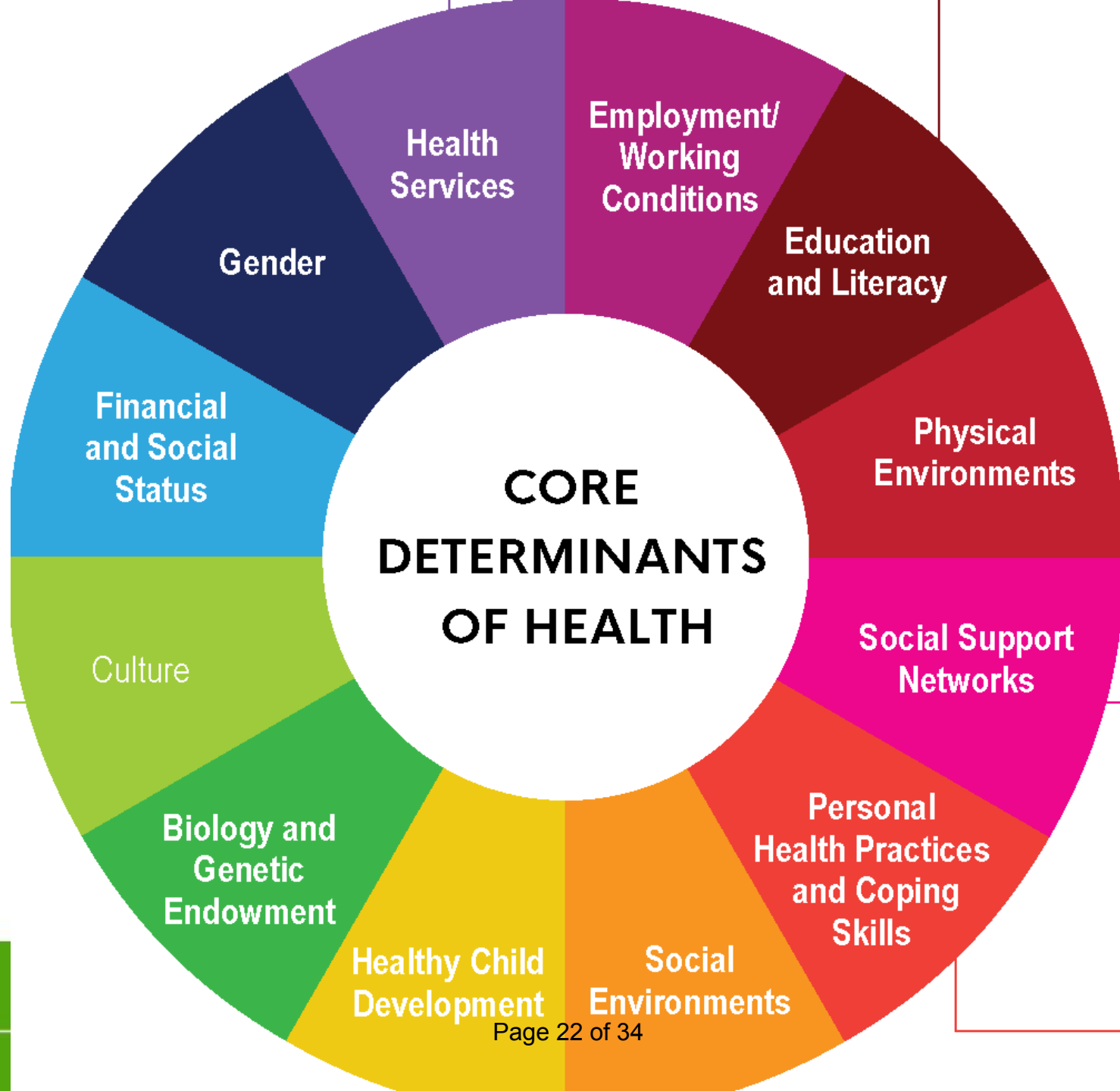
What is a Healthy City?

- All residents have access to the conditions and services that promote health and wellbeing.
- Where the healthy choice is the logical choice.

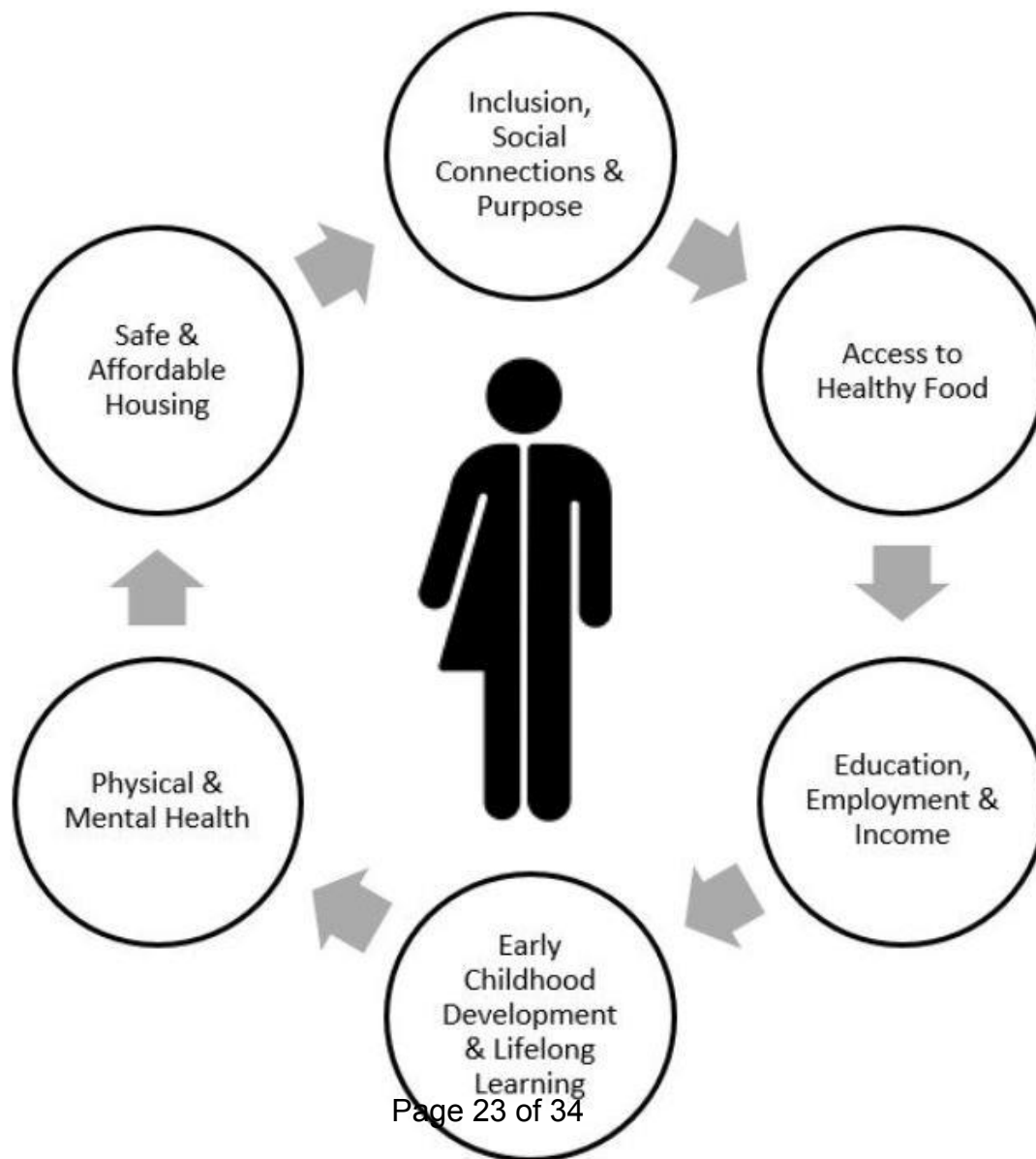


What is a Healthy City Strategy?

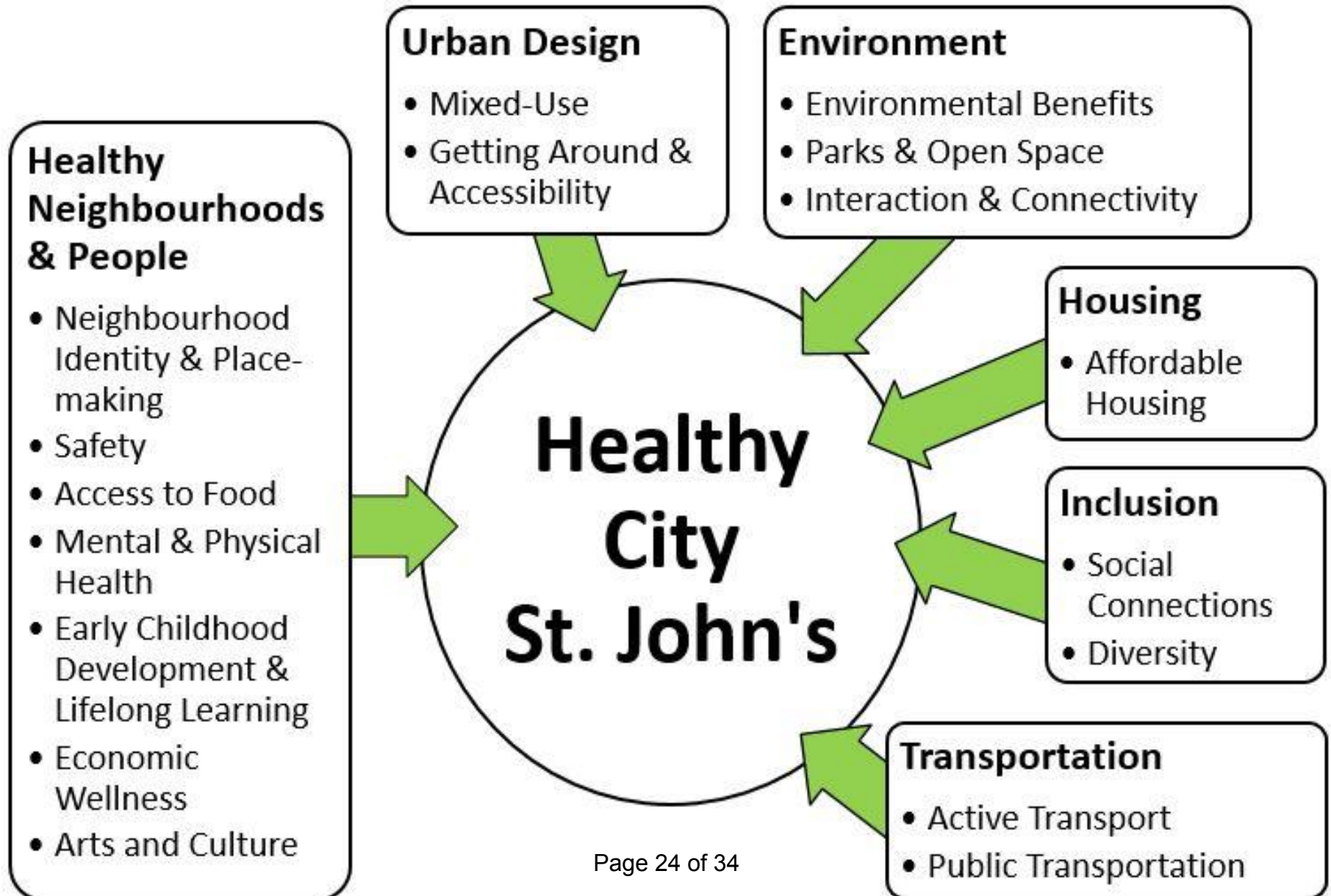
- Long-term plan to improve physical, mental, social and environmental conditions that impact health
- Long Term plan (short; medium; long goals)
- Brings health to the decision-making table



Healthy People



Pillars of a Healthy City



Healthy City Pillars and Goals

Healthy Neighbourhoods and People: A City of complete neighbourhoods where residents feel safe, healthy, and connected to each other - neighbourhoods where people want to live, learn, work, and play.

Urban Design: A City where resident's quality of life is improved through healthy design of streets, neighborhoods and public spaces.

Environment: Connect and preserve parks and open spaces to support equitable access to natural environments.

Healthy City Pillars and Goals

Housing: A city with a wide range of affordable, adequate, and accessible housing options that contribute directly to community health, sustainable growth and economic security.

Inclusion: A diverse city where residents of all ages feel safe, included, connected, with each other and with the city.

Transportation: An efficient, active and accessible transportation network that gets people where they want to go safely.

City of St. John's

Healthy City 'Assets'

Affordable Housing	Mixed-Use
Getting Around & Accessibility	Active Transportation
Public Transportation	Parks & Open Space
Interaction & Connectivity	Environmental Benefits
Neighborhood Identity & Place-making	Safety
Mental & Physical Health	Economic Wellness
Arts & Culture	Access to Food
Early Childhood Development & Lifelong Learning	Social Connections
Diversity	Collaborative Leadership

Healthy City Asset Mapping





What Does this Mean for City of St. John's

The **Healthy City Strategy** provides the City with the **framework** to take a **leadership role** in the planning of **healthy, inclusive and safe neighborhoods**, while highlighting our current and future work that **promotes a city where people don't just survive, but thrive.**



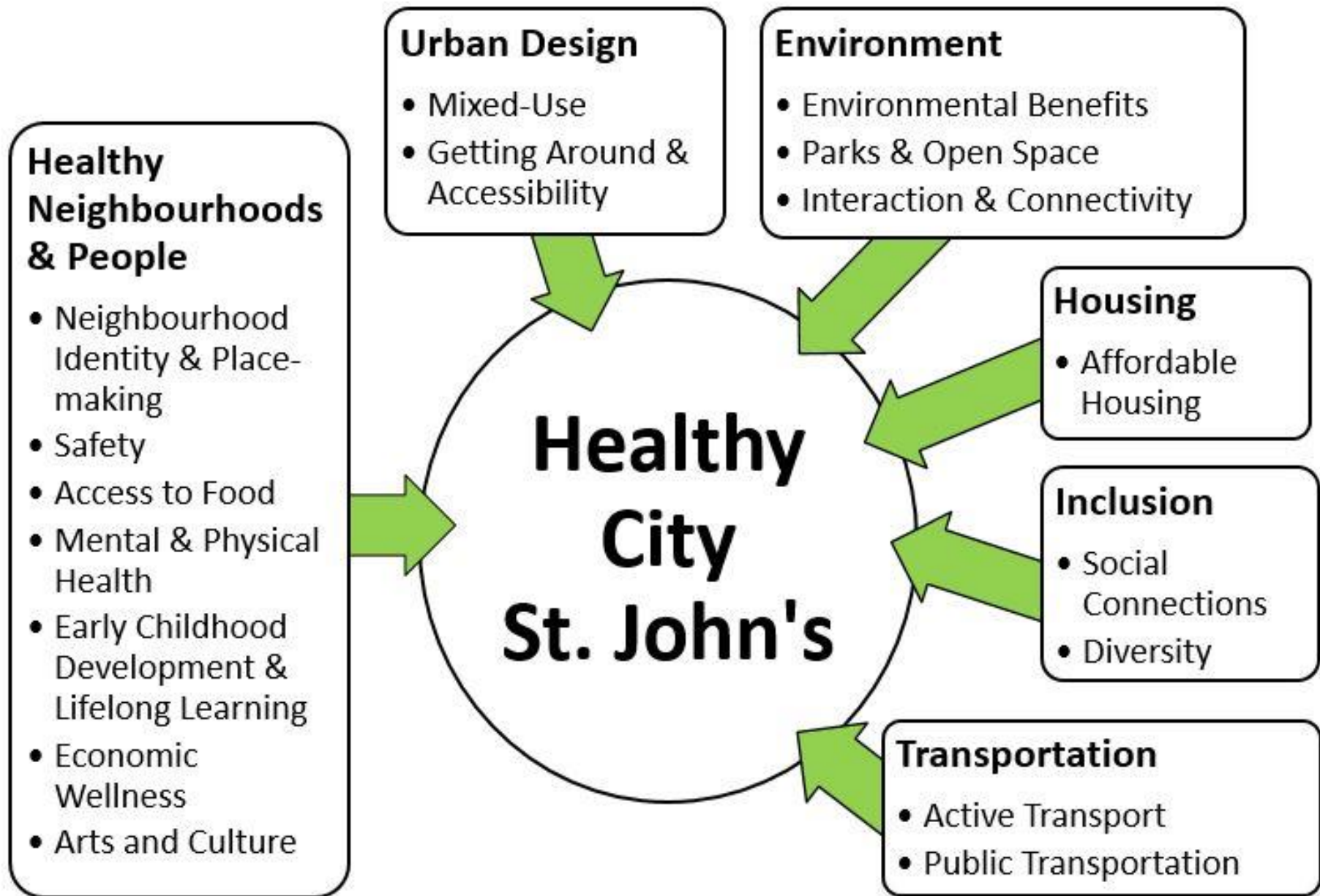
Measurement Evaluation & Funding



- Partnership with External Partners and Stakeholders – Ex. CIHR Healthy Cities
- Using evidence + data + evaluation to measure impact
- Adapting existing data collection tools

Where We Are Now

- Through the Healthy City Strategy, the City of St. John's is seeking the input from experts
- Finalize the 'Healthy City Strategy Workplan'
- Public & Stakeholder Engagement to inform Related Actions/Projects



Thank You

Questions?

Living in St. John's

City Services

Your City

Budget Information

Careers

City Awards

City Grants

City Guide

Getting Around St. John's

Healthy City St. John's

Neighbourhood Profiles

Our City Our Story

Sustainability

Volunteer

Your Property

Animal Care and Adoption

Building, Renovation and
Renaire

Home > Living in St. John's > Your City > Healthy City St. John's

Healthy City St. John's

A A A    

Healthy City Strategy

Healthy City FAQ

Community Gardens

Northeast Avalon Healthy Communities Alliance

Healthy City St. John's is about making small changes in our neighbourhoods that work to promote healthier people and healthier places that support a healthier future, for everyone.

What Makes a Healthy City?

A 'Healthy City' is one where all resident, regardless of their background, or what neighbourhood they live in, have access to the factors and conditions that impact health and wellbeing.

A healthy city is a place where the healthy choice is not only the easy choice, but the logical choice.

To learn more about Healthy City St. John's see the section on our [Healthy City Strategy](#)

For more information on the City of St. John's Healthy City project, explore the [FAQ's](#), connect with us by email at healthycommunities@stjohns.ca, or by phone at [\(709\) 576-8628](tel:709-576-8628).

