

# INFORMATION NOTE

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<b>Title:</b>	<b>Healthy City Strategy Update</b>
<b>Date Prepared:</b>	January 29, 2021
<b>Report To:</b>	Inclusion Advisory Committee
<b>Councillor and Role:</b>	Councillor Deanne Stapleton
<b>Ward:</b>	N/A

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**Issue:** Healthy City Strategy update – Draft Implementation Strategies

**Discussion – Background and Current Status:** The Healthy City Strategy is a ten-year strategy that aligns existing city plans, strategies, and initiatives, as well as the work happening in community through partners, key stakeholders and other levels of government, to make St. John's a healthier city.

Pre-engagement and research over the past two years has informed the first draft of the Healthy City Strategy. The content of this strategy reflects relevant evidence, research on healthy city frameworks, best-practices and related projects in other jurisdictions across the country. This draft was reviewed, edited, and influenced by a team of internal city staff, external stakeholders, advisory committees, working groups, experts' panels, youth groups, and our key partner, Eastern Health.

Through pre-engagement, key healthy city pillars, goals, assets, and implementation strategies were drafted to inform the Healthy City Strategy. The pre-engagement also led to the identification of related actions (short, medium, and long-term actions) to support each of the implementation strategies in the coming years.

The Inclusion Advisory Committee was consulted and provided feedback on the draft Strategy on Nov 26<sup>th</sup>, 2020, Dec 1<sup>st</sup>, 2020, and Dec 10<sup>th</sup>, 2020. The initial draft of the Healthy City Strategy was reviewed by Council in January 2021 for their input prior to final public engagement. The first draft of the Healthy City Strategy Pillars, Goals and Implementation Strategies are listed below.

## Healthy City Pillars and Draft Implementation Strategies: Healthy City Pillar: 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.

# ST. JOHN'S

- 1.0 Support the use of public spaces in neighborhoods **that contribute to place-making** *[from: BC CDC Healthy Built Environment Linkages Toolkit]*
- 1.1 Continue to **foster connections between people and places** in neighborhoods *[from: Envision St. John's draft Municipal Plan]*
- 1.2 Work with partners to develop policy approaches to improve health and wellness at the neighbourhood level
- 1.3 Connect residents with health supportive services in every neighbourhood across the city
- 1.4 Improve the safety and accessibility of neighborhoods and streets for all residents, including under-represented groups
- 1.5 Improve collaboration on emergency planning with Eastern Health to support and protect public health and safety
- 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 improve health literacy as part of health promotion across the lifespan
- 1.8 Work with partners to increase social programs and resources for parents, guardians, and caregivers that supports mental health
- 1.9 Create equitable opportunities for residents to engage in active lifestyles
- 1.10 Work with partners to design programs and services that support early childhood development
- 1.11 Support and connect parents and guardians with access to information and education that promotes healthy child development
- 1.12 Provide opportunities that enable residents of all ages, abilities, and backgrounds to participate in programs that build new skills
- 1.13 Encourage the growth and development of arts and culture in the City of St. John's, including considerations of diversity and inclusion
- 1.14 **Support and protect local food systems, including urban agriculture, local food production and distribution** *[from: Envision St. John's draft Municipal Plan]*
- 1.15 Support [food security](#) efforts to expand access to healthy, affordable and culturally appropriate food within a sustainable food system.
- 1.16 Work with community partners to create environments that support healthy eating in all neighbourhoods
- 1.17 Empower residents by strengthening food literacy to improve food and nutrition knowledge, skills, self-efficacy and confidence
- 1.18 Collaborate and work with the provincial government and community partners to advocate for and create improved social supports for persons living in poverty
- 1.19 Work with community partners to minimize health inequities in vulnerable populations
- 1.20 Make St. John's an **attractive, livable city** for persons of all ages, abilities and backgrounds *[from: Roadmap 2021 Economic Plan]*

## Healthy City Pillar: Urban Design

**Goal: A City where resident's quality of life is improved through the development of accessible, healthy built environments, neighbourhoods and public spaces**

- 1.0 Support the **creation of complete, mixed use neighbourhoods** for all new and re-development opportunities *[from: Envision St. John's draft Municipal Plan]*

- 1.1 Adopt healthy community policies under the Municipal Plan
- 1.2 Enhance **neighborhood walkability** and wheel-ability *[from: Envision St. John's draft Municipal Plan]*
- 1.3 Enhance the **accessibility of streetscapes** and facilities using universal design principles *[from: Envision St. John's draft Municipal Plan]*
- 1.4 Increase understanding, advocacy and implementation of Universal Design Principles
- 1.5 Support the **implementation of complete streets** guidelines *[from: Envision St. John's Municipal Plan]*

## Healthy City Pillar: Environment

**Goal: Connect and preserve parks and open spaces to support equitable access to natural environments**

**1.0 Support the addition and preservation of diverse and accessible forms of neighborhood parks** *[from: BC CDC Healthy Built Environment Linkages Toolkit]*

**Implementation Strategies:**

- 1.1 Use **greenways and trails to provide continuous connections between neighborhoods and to destinations across the city** *[from: Open Space Master Plan]*
- 1.2 Support the **connectivity of natural space to neighborhoods and residential areas** *[from: Open Space Master Plan]*
- 1.3 Support natural environment features and **sustainable infrastructure in public spaces and in new developments to mitigate the impacts of climate change** *[from: Envision St. John's draft Municipal Plan]*
- 1.4 Support the development and implementation of a stormwater management policy, incorporating climate change **to ensure safe, clean, reliable drinking water** *[from: Envision St. John's draft Municipal Plan]*
- 1.5 Support a sustainability plan to address the effects of climate change on the City of St. John's

## Healthy City Pillar: Housing

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

- 1.0 Support the implementation of the City of St. John's Affordable Housing Strategy to address housing needs by working with partners, stakeholders, and residents to create and maintain safe, suitable and affordable housing throughout the city *[from: Affordable Housing Strategy 2019-2028]*
- 1.1 **Support End Homelessness St. John's, Community Entity under Reaching Home, as they lead the implementation of the St. John's community Plan to End Homelessness** *[from: Affordable Housing Strategy 2019-2028]*
- 1.2 **Advocate for and support collaboration across all three levels of government in their housing and homelessness sector commitments** *[from: Affordable Housing Strategy 2019-2028]*

1.3 Increase residents understanding of the connection between affordable housing and health (addressing housing as a basic human rights and health equity issue)

## Healthy City Pillar: Inclusion

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

1.0 Support activities, policies, and programs that enable equitable opportunities for residents to participate in and connect with the city

1.1 Collaborate with community partners to support transitional, alternative, and bridging programming to connect people to the community

1.2 Foster equity and support diversity initiatives and visibility of under-represented groups and demographics in St. John's

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

\*including, but not limited to: ableism, indigeneity sexism, sexual-orientation, gender-identity, cultural identity.

## Healthy City Asset: Transportation

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

1.0 Support the **implementation, monitoring and evaluation of the Bike Master Plan** [from: *Bike St. John's Master Plan*]

1.1 Support the **expansion and maintenance of a safe, accessible active transportation network** for all users [from: *City of St. John's Strategic Plan 2019-2029*]

1.2 Support a **sustainable, efficient, accessible public transportation system** [from: *Envision St. John's draft Municipal Plan*]

1.3 **Increase public transit through higher density areas, mixed-use areas and along main transit corridors** [from: *Envision St. John's draft Municipal Plan*]

1.4 Build an **accessible, coordinated multi-modal transportation system** [from: *City of St. John's Strategic Plan 2019-2029; Bike St. John's Master Plan*]

### Key Considerations/Implications:

1. Budget/Financial Implications: N/A

2. Partners or Other Stakeholders:

a. 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
  - Bike Master Plan
  - Parks & Open Space Master Plan
  - Recreation Master Plan
  - Transportation Master Plan (in development)
  - Resilient St. John's Plan
  - Draft Economic Development Plan
4. Legal or Policy Implications: N/A
  5. Privacy Implications: N/A
  6. Engagement and Communications Considerations:
    - a. Support has been provided by Strategy and Engagement team for the pre-engagement and will be required for the public engagement scheduled for 2021. Upon completion of the strategy, support will be required from Communications to develop a plan for public release and updates
  7. Human Resource Implications:
    - a. Key City staff from supporting departments will need to be identified as Healthy City Staff leads.
  8. Procurement Implications: N/A
  9. Information Technology Implications: N/A
  10. Other Implications: N/A

**Conclusion/Next Steps:** Sign Memorandum of Understanding with Eastern Health  
Formation of Healthy City Strategy Advisory Committee  
Formalize Internal City Staff – Healthy City Mobilization Team  
Public Engagement  
Final Council Approval of Strategy – September 2021

### Report Approval Details

Document Title:	Healthy City Strategy Update.docx
Attachments:	
Final Approval Date:	Feb 4, 2021

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

**Natalie Godden - Feb 4, 2021 - 4:04 PM**

**Tanya Haywood - Feb 4, 2021 - 4:13 PM**