

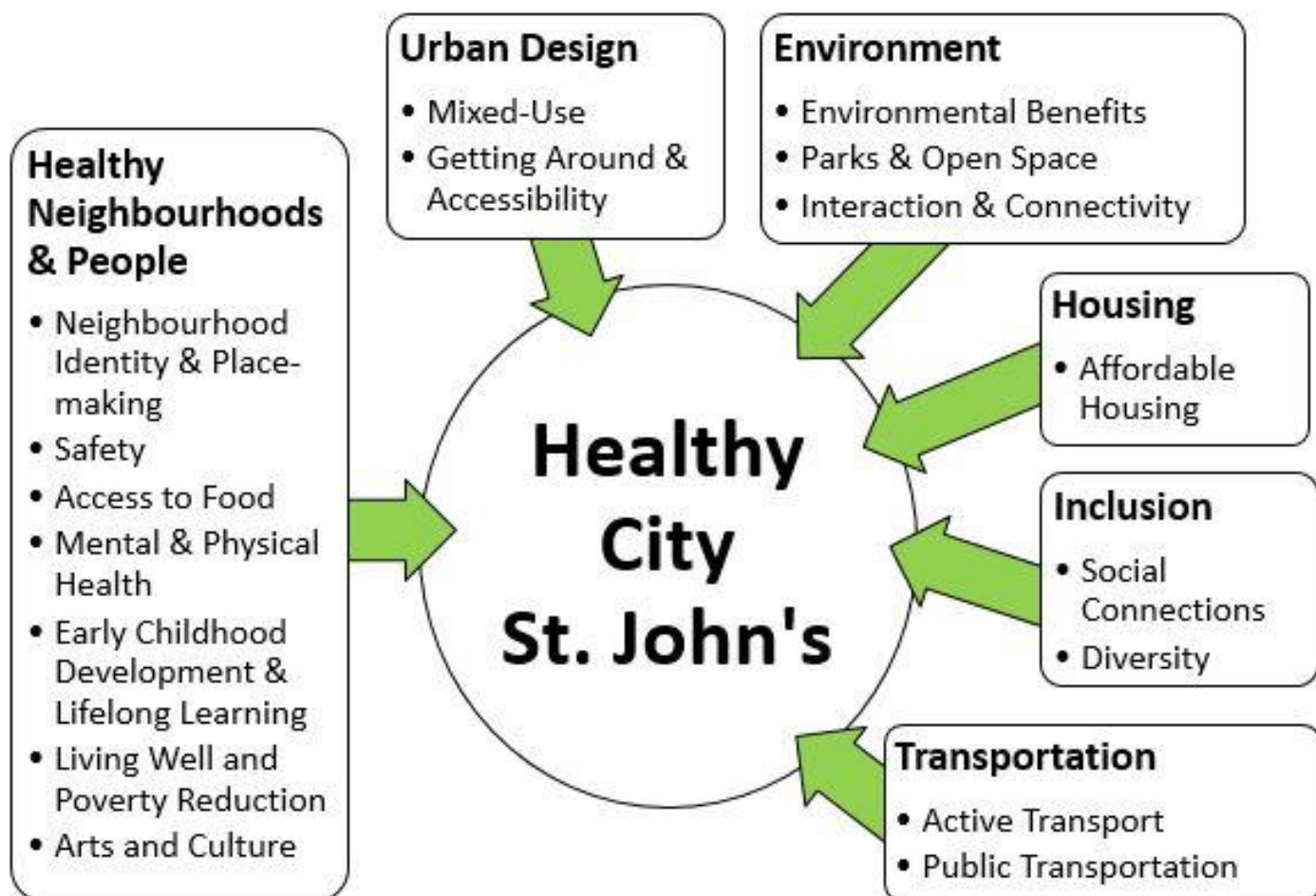
## Healthy City Strategy

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. Each 'pillar' has its own respective goal and is supported by healthy city 'assets'. The assets are the unique building blocks that support healthier neighbourhoods.

The infographic below shows how each of the pillars and assets fit together 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, work, and play.

**Healthy City Asset:** Neighborhood identity & Place Making.

**Implementation Strategies:**

Neighborhood identity & Place Making:

1.1 Continue to foster connections between people and places in neighbourhoods

Safety:

1.2 Improve the safety of neighbourhoods and streets

Mental and Physical Health:

1.4 Create equitable opportunities for residents to engage in recreation and leisure activities

1.5 Increase opportunities for persons facing barriers to participating in recreation and leisure

Early Childhood Development and Lifelong Learning:

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

Living Well and Poverty Reduction:

1.15 Residents can cover the costs of basic amenities and have access to healthy employment opportunities

1.16 Make St. John's an attractive, livable city for persons of all ages, abilities and backgrounds

**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:**

Mixed-Use

1.0 Support the creation of complete, mixed use neighbourhoods for all new and re-development opportunities

Getting Around & Accessibility:

1.2 Enhance Neighbourhood walkability/wheel ability

1.3 Enhance the accessibility of streetscapes using universal design

1.4 Support the implementation of complete street guidelines

**Pillar name:** Inclusion

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

**Healthy City Asset:** Social Connections; Diversity

**Implementation Strategies:**

Social Connections

1.0 Support activities, policies, and Programs that enable residents of all ages and abilities to connect with the city and with each other

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

1.2 Support transitional programming for people moving from healthcare to community

**Pillar:** Transportation

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

**Healthy City Asset:** Active Transportation; Public Transportation

**Implementation Strategies:**

Active Transportation:

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

Public Transportation:

- 1.2 Support a sustainable, efficient, accessible public transportation system

## **Questions for the Seniors Advisory Committee – Review of the Healthy City Strategy**

1. After reading the goal(s) – what are your thoughts? Does this capture what you expect the city to be working towards – What feedback do you have about the pillars/goals?
2. What are the biggest barriers for seniors in the city and are they captured here? What sort of activities or policies would help break down those barriers for seniors?
3. If we look at the “Healthy City Assets” listed above (being the building blocks to support the pillar) are there missing assets that you think should be under one of the pillars as a building block?
4. What comes to mind for how we can support activities, actions, initiatives that create spaces for all ages (intergenerational) to feel connected and healthy in St. John’s?
5. Since the start of Covid-19, what are the most important issues that came to light for seniors, and what kind of future/changes would you like to see happen as we recover from this pandemic.