

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

**Agenda:**

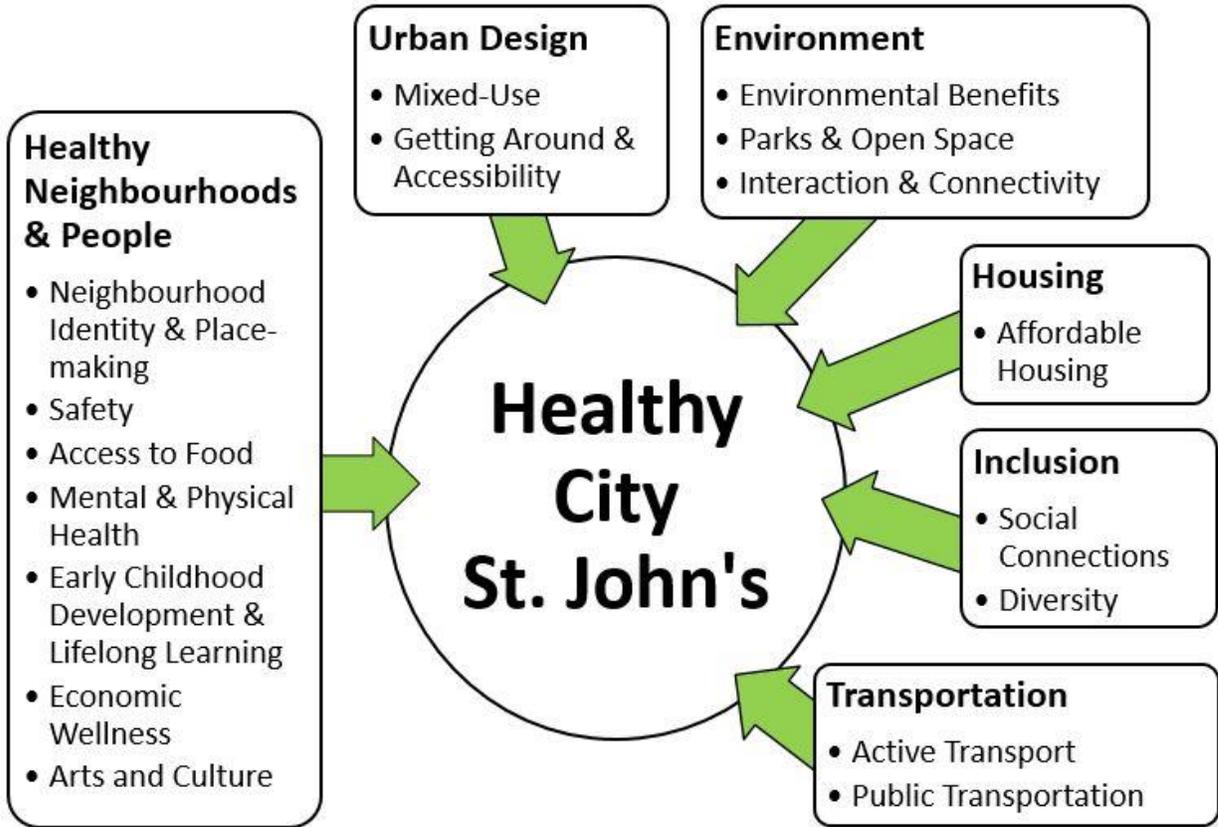
- 1. Welcome + Recap**
- 2. Discussion**
  - a. Merging Inclusion language into Workplan
  - b. Identifying gaps and missing pieces
- 3. Next Steps**
  - a. CSJ to blend this into Healthy City Strategy Workplan (Present first draft to council in December)
  - b. Future Engagement

**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