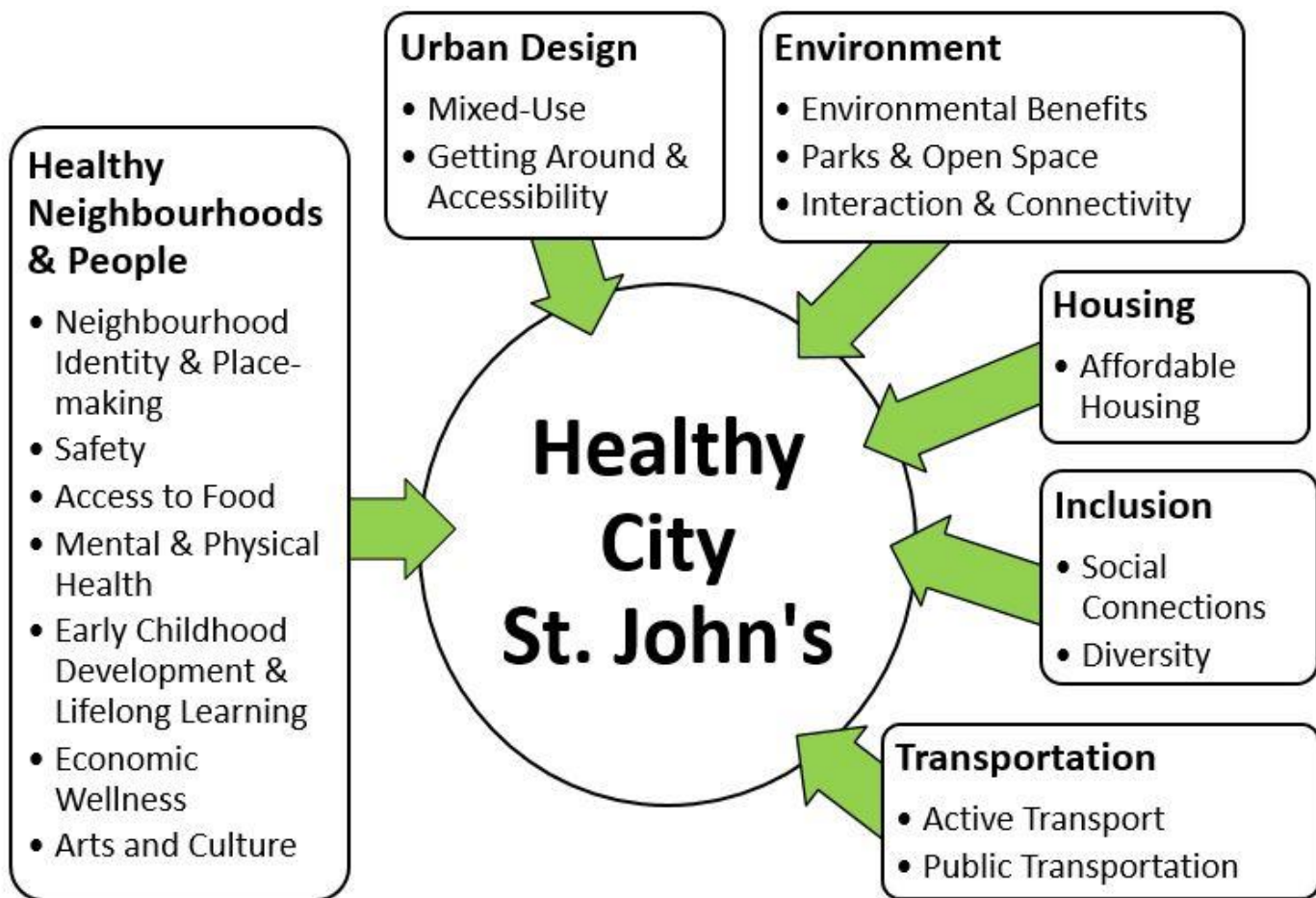


## Healthy City Strategy

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:** Inclusion

<b>Goal:</b> A diverse city where residents of all ages feel safe, included, connected, with each other and with the city
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**Healthy City Asset:** Social Connections; Diversity.

### **Implementation Strategies:**

#### Social Connections

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

Example Action: Training for Council members and Managers in Inclusion, providing insight into components of decision making that promote healthy public policies, making St. John's more accessible and inclusive

Example Action: Develop a comprehensive inclusion policy for the City

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

1.2 Support transitional programming to connect people to the community

1.3 Create equitable opportunities for residents to participate in and connect with the city

Example Action: Work with the Inclusion Advisory Committee to improve city-wide communications and wayfinding initiatives to be inclusive and accessible

#### Cultural Diversity

1.4 Support equity, diversity initiatives, and representation in St. John's

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

Example Action: Offer cultural celebrations throughout the year as part of CSJ special events

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

Example Action: Support the work of the Anti-Racism working group to address systemic discrimination and racism in St. John's

Example Action: Work with Anti-Racism Working group (including First Voice and First Light) to build relevant items from the First Voice Community Action Plan into the Healthy City Strategy

## **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.

**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

Example Action: Build partnerships with outreach organizations (Ex. Thrive, St. John's Women's Centre, St. John's Pride) to create safer streets.

### Mental and Physical Health:

1.3 Support training in Mental Health Promotion across City of St. John's and community organizations

1.4 Create equitable opportunities for residents to engage in active lifestyles

### Early Childhood Development and Lifelong Learning:

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

### Arts & Culture

1.7 Diversify Arts and Culture across the City of St. John's

### Access to Food

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

1.11 Support equitable access to and affordability of healthy food options in all neighbourhoods

Example Action: Facilitate discussions with the Inclusion Advisory Committee/Seniors Advisory Committee to capture how to improve access to affordable food during all seasons.

### Economic Wellness:

1.14 Collaborate and work with the provincial government and local non-profits to foster economic wellness for residents

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

Example Action: Address affordability of living in St. John's by working with partners to improve access to food, housing, transportation for low-income residents.

## **Pillar: Urban Design**

<b>Goal:</b> A City where resident's quality of life is improved through healthy design of streets, neighborhoods and public spaces.
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**Healthy City Asset:** Getting Around & Accessibility

### **Implementation Strategies:**

Getting Around & Accessibility:

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; 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

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

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

1. After reading the goals – what are your thoughts? Does this capture what you expect the city to be working towards around “inclusion” – What feedback do you have?
2. What are the biggest barriers to social inclusion in the city? And, what sort of activities or policies would help break down barriers?
3. If you look at the Assets listed above – is there something that is missing?
4. We’re looking for ways to increase people’s sense of belonging / social safety net in St. John’s. What comes to mind for how we can mobilize / support systems that create spaces for all ages to feel connected?
  - a. This could be captured as an implementation strategy.
5. Equity is a key piece of any healthy city strategy, and we have identified “Diversity” as a key asset (or building block of any healthy neighbourhood/city). What is the first step to increase diversity (of all peoples) and what do you think is the city’s role?
  - a. This too could be captured as an implementation strategy.