

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)

ST. JOHN'S

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.

ST. JOHN'S



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

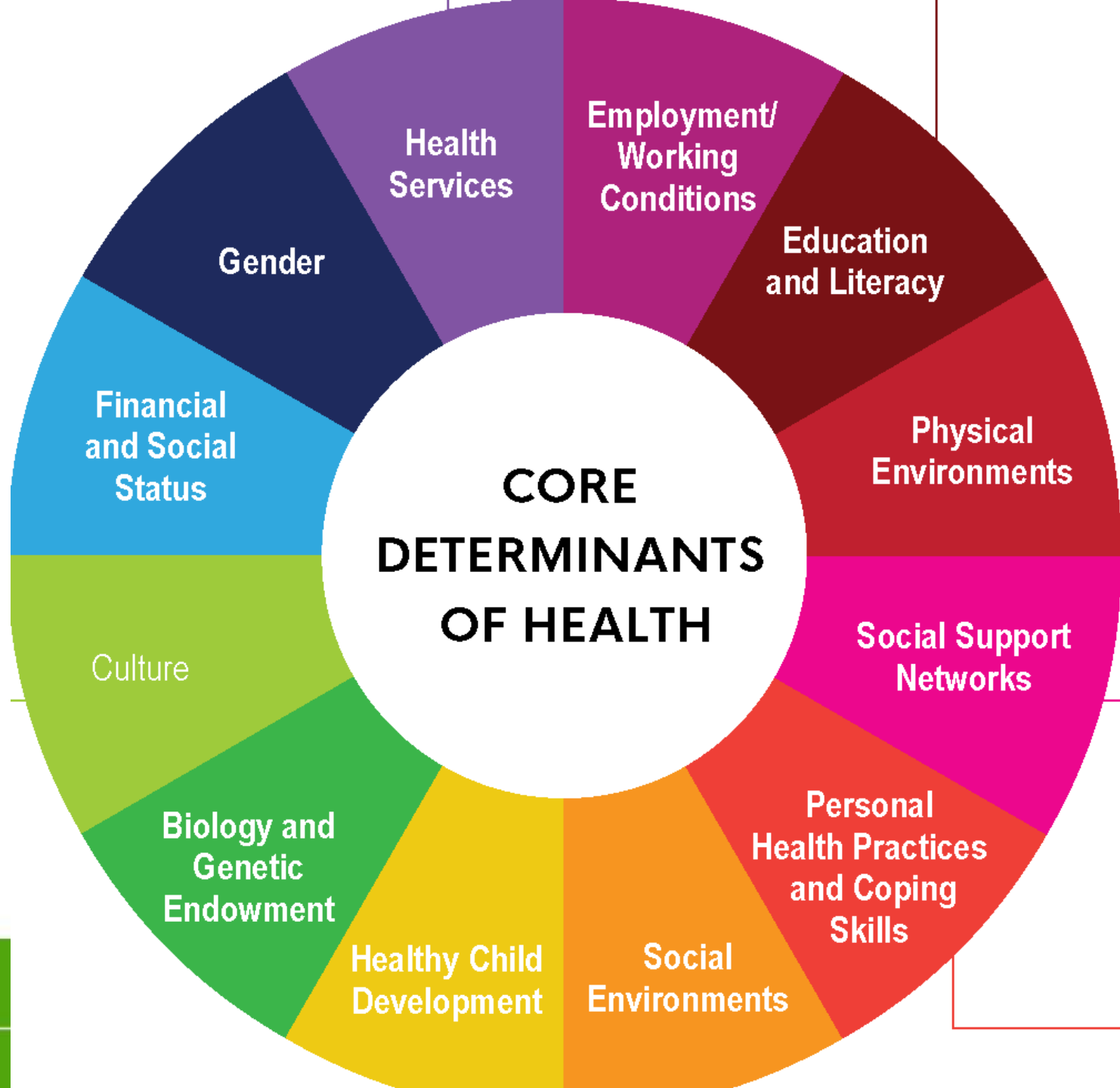
What is a Healthy City?

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

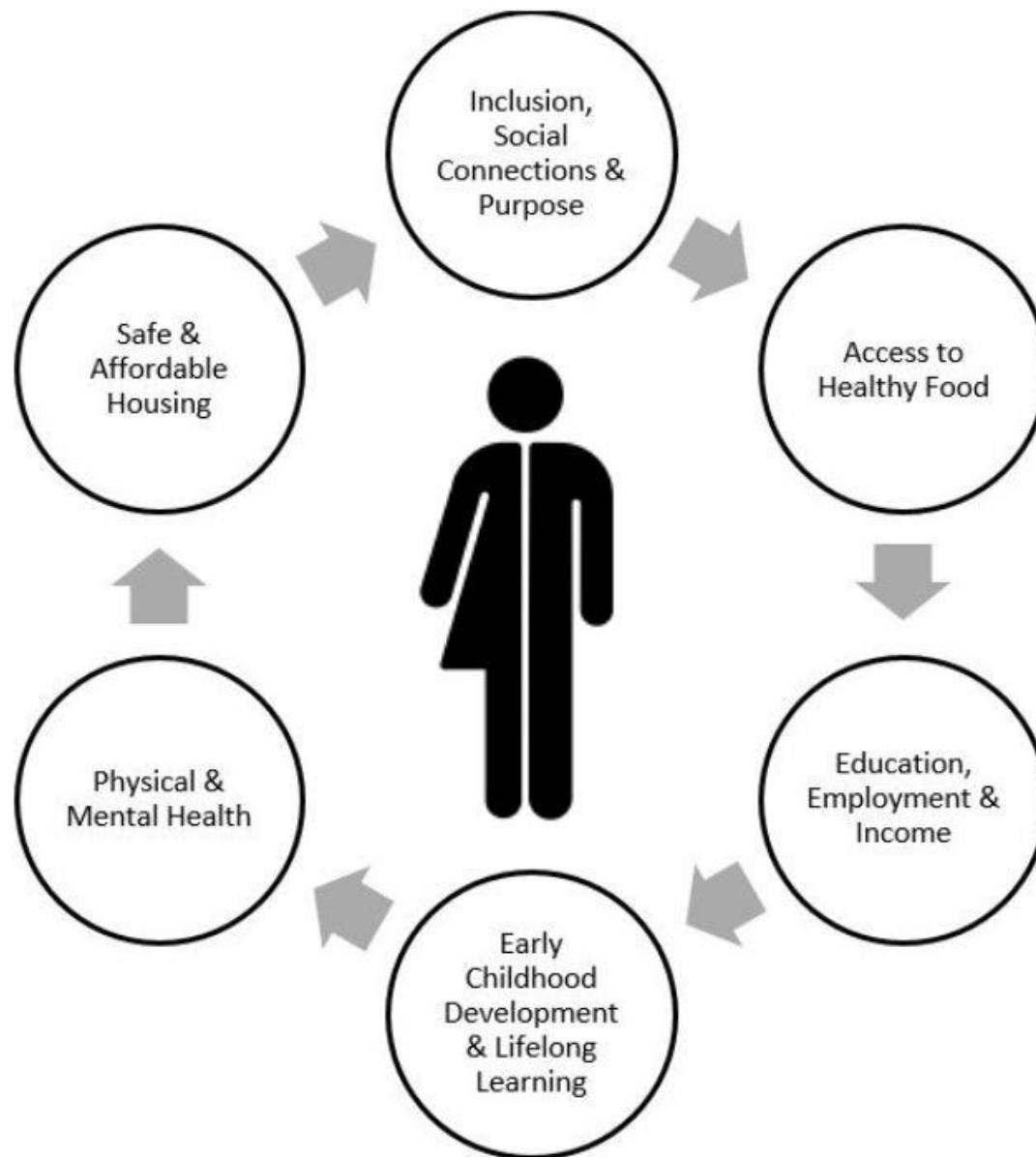


What is a Healthy City Strategy?

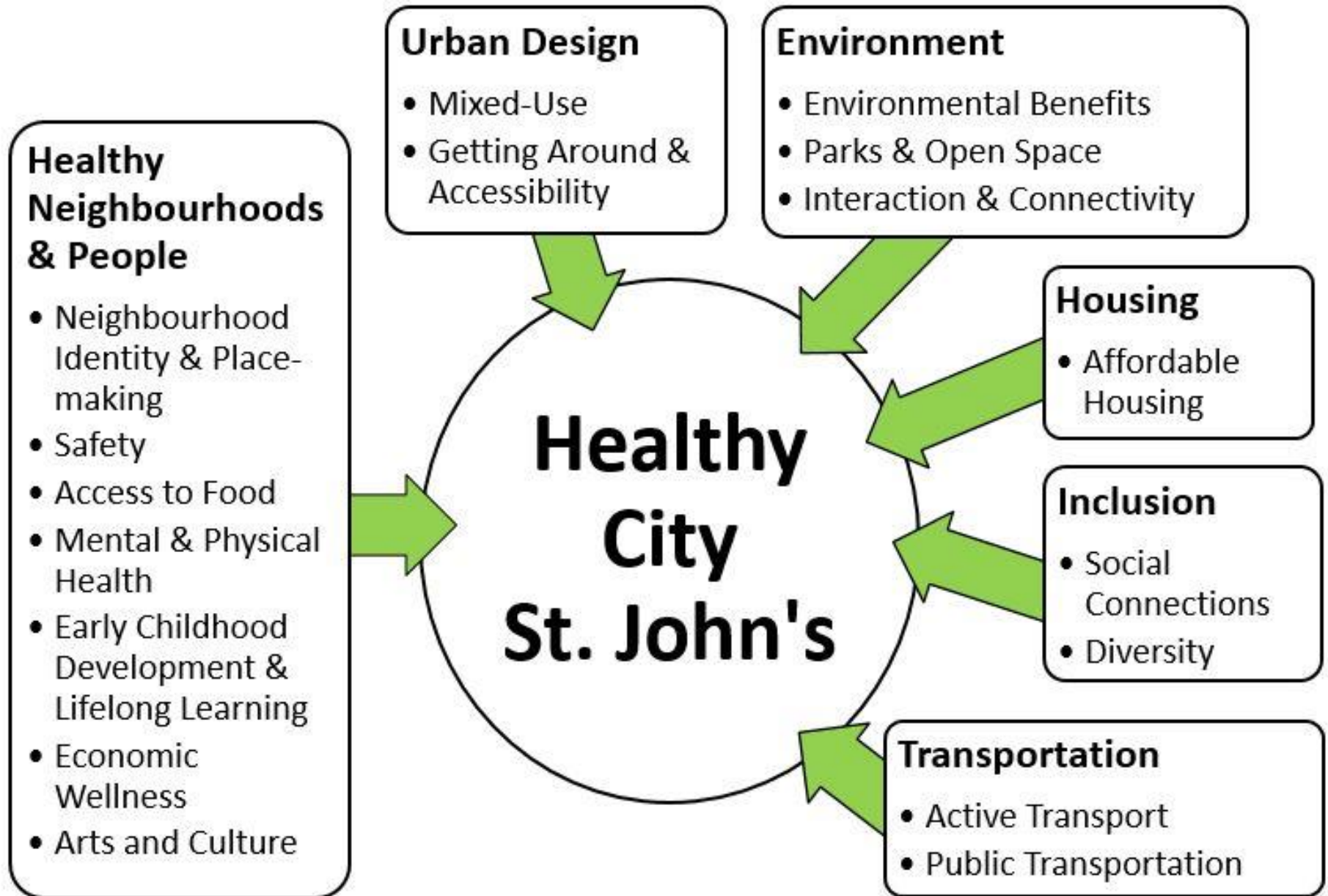
- Long-term plan to improve physical, mental, social and environmental conditions that impact health
- Long Term plan (short; medium; long goals)
- Brings health to the decision-making table



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





PROMOTING EQUITY • ACCESS • DESIGN FOR ALL AGES

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

Healthy Neighbourhoods & People

- Neighbourhood Identity & Place-making
- Safety
- Access to Food
- Mental & Physical Health
- Early Childhood Development & Lifelong Learning
- Economic Wellness
- Arts and Culture

Urban Design

- Mixed-Use
- Getting Around & Accessibility

Environment

- Environmental Benefits
- Parks & Open Space
- Interaction & Connectivity

Housing

- Affordable Housing

Inclusion

- Social Connections
- Diversity

Transportation

- Active Transport
- Public Transportation

**Healthy
City
St. John's**

```
graph TD;
    A[Urban Design] --> C((Healthy City St. John's));
    B[Environment] --> C;
    D[Housing] --> C;
    E[Inclusion] --> C;
    F[Transportation] --> C;
    G[Healthy Neighbourhoods & People] --> C;
```

Thank You

Questions?

ST. JOHN'S

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
Repairs



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).

