

D1 - Healthy By Design: Transportation & Healthy Built Environments

Presentation title: Healthy Built Environments: Active Transportation Planning for BC Communities

Presenters:

Cara Fisher - BC Recreation & Parks Association / BC Healthy Living Alliance

Lawrence Frank - University of BC, Centre for Human Settlement & the School of Regional and Community Planning

Cam Brewer - Smart Growth BC

Abstract

Evidence based research shows that the design of neighbourhoods can significantly impact an individual's physical activity level and overall health. As communities recognize the impact of design, policy and development on health, there has been a growing movement to create more walkable and bikeable communities. Here in BC there is also a growing healthy built environment movement. A panel of professionals involved in the Healthy Built Environment Alliance will discuss the connections between the built environment, health and transportation planning. The panelist will present on the following: - Healthy Built Environment indicators - Outcomes from the Built Environment & Active Transportation Initiative (BEAT) Community Planning Grants program - Issues & strategies for active transportation planning in rural and semi-urban communities in BC - Review the "Land Use Planning Guidelines for Healthy Communities" – a toolkit that provides land use actions that a local government can implement to promote healthy lifestyles in their community.

Speaker Biography

Dr. Frank, J. Armand Bombardier Chair, University of British Columbia Larry specializes in the interaction between land use, travel behavior, air quality, and health. He has co-authored two books on these topics: Health and Community Design, The Impacts of The Built Environment on Physical Activity and Urban Sprawl and Public Health. Cheeying Ho, Executive Director, Smart Growth BC Cheeying has worked in the area of land use and transportation for the past thirteen years. Before taking on the helm of Smart Growth BC,