

BUILDING HEALTHY COMMUNITIES



Healthy Communities

Where you live affects your health. Community design can influence our lives in many ways. Healthy communities strive for a strong economy, a clean environment and a healthy population.

Building complete, mixed-use communities helps protect and promote residents' health by providing: options for sustainable transportation; daily destinations accessible by active transportation and transit, thereby promoting physical activity; access to healthy foods; a safe physical environment; infrastructure and buildings designed for people of all ages and abilities; clean air, safe water and a protected natural environment.

The way a community is designed can influence access to healthier choices and opportunities including fresh food markets and grocery stores, recreational facilities and parks, and other local amenities.

PUBLIC HEALTH

1-877-464-9675

york.ca/HealthyBuiltEnvironment

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DID YOU KNOW?

- When communities are designed to accommodate cars, the result is more vehicles on the road. More vehicles increase both air pollution, and greenhouse gas emissions that contribute to climate change, and the risk of motor-vehicle related injuries and deaths.
- Fewer people walk or cycle in neighbourhoods that are spread out and car dependent which adds to air pollution. This contributes to poor health.
- Access to fresh healthy foods at neighbourhood grocery stores and farmer's markets increase the chance that people will choose healthy food.
- Greenspace is critical to good air quality and reduces the impact of extreme heat, climate change and protects water.
- Access to open spaces and public gathering places can facilitate social connectedness, mental health, and increase personal well-being


York Region

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You make a difference when you...

- Get to know your community. Walk, cycle, and use transit more often and use your car less
- Eat local, healthy food. Buy fresh food at your local farmers' market
- Reduce your carbon footprint by conserving energy at home and on the road
- Speak with your neighbours about community issues. Discuss ways to solve problems
- Participate on a municipal or community committee
- Learn more about your municipality's official plan and how it affects your community

Municipalities show leadership when they...

- Plan for compact, mixed use land development. Reduce distances people need to travel to jobs, shopping, schools and recreation
- Regularly maintain and upgrade sidewalks, trails and walkways so these are safe and convenient year-round
- Provide a variety of housing and transportation options for people of all ages, incomes and abilities
- Include energy conservation, climate-resiliency and healthy community design policies in official plans
- Build where infrastructure, roads and services already exist

BE AN ACTIVE PARTNER WHERE YOU LIVE, LEARN, WORK AND PLAY.
Participate in building healthy communities!