Building Complete and Sustainable Communities:

Healthy Policies for Official Plans

Health Unit
Hastings &
Prince Edward Counties

Introduction

This workbook is a companion to *Healthy and Sustainable Communities: Healthy Policies for Official Plans (2012)* produced by the Hastings & Prince Edward Counties Health Unit. The policies and strategies listed in that document provide guidance to municipalities on how they can plan and design complete communities in the urban and rural areas of Hastings and Prince Edward Counties and suggest opportunities for municipalities to provide leadership and engage communities in the design of healthy living environments.

This workbook is a tool to assist Hastings & Prince Edward Counties Health Unit staff in the review of Official Plan policies for their appropriateness in supporting the development of healthy and complete communities. This workbook can also be used by municipal staff, municipal elected officials and other community stakeholders for the same purpose. The information in this workbook has been extracted from *Building Healthy and Sustainable Communities: Healthy Policies for Official Plans (2012)*.

The workbook is divided into 5 themes: (1) sustainable & accessible transportation, (2) access to active recreation in built & natural environments, (3) preserve & protect the local food system from production to waste management, (4) access & exposure to tobacco and alcohol products and (5) social interaction & sense of community. Two versions of this workbook are available: urban and rural. The urban version contains all of the suggested policy statements as outlined in the *Building Healthy and Sustainable Communities* document. Some of these policy statements would not be applicable to rural areas because of their very strong urban focus; those policies have not been included in the rural version of the workbook.   However, use of the urban version may be appropriate within some rural areas. For example, some suggested urban policy statements may be appropriate for consideration within urban settlement areas that are found within rural communities.   In cases where it is unclear which workbook would be most applicable, it is suggested that workbook users briefly review the policies identified as not applicable in the rural workbook (refer to both the rural workbook and the *Building Healthy and Sustainable Communities* document). If, upon review, it seems that several of these policies would be applicable to the area under review, the urban version of the workbook should be used.
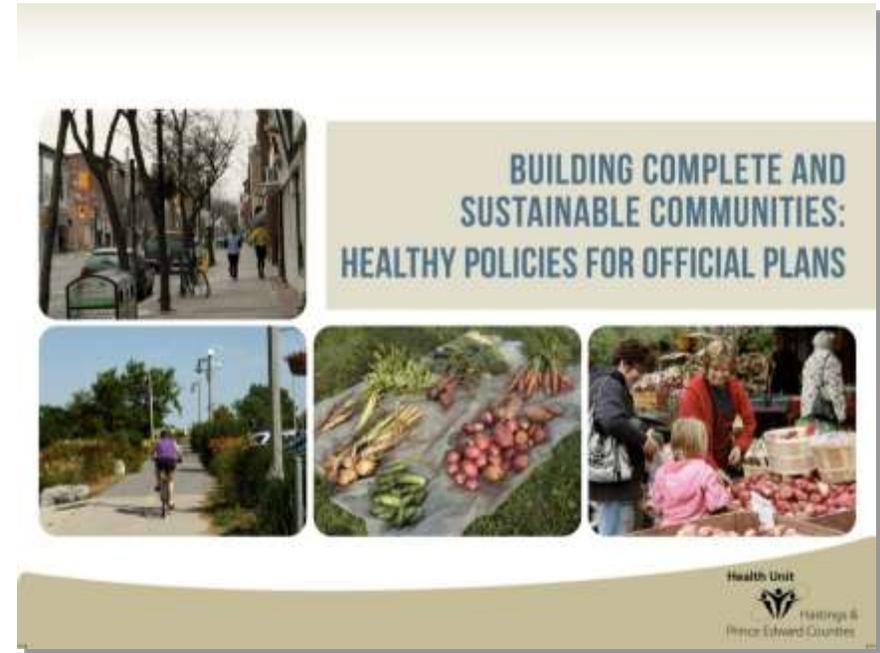
Instructions

RATIONALE. Each section of the workbook begins with information on the evidence-based rationale that makes the link between land use planning, community design and health for each theme. This information has been extracted from *Building Healthy and Sustainable Communities: Healthy Policies for Official Plans (2012)* produced by the Hastings & Prince Edward Counties Health Unit; please refer to this document for additional detail on rational and all reference sources. This information should be used as a resource when doing policy evaluations in the workbook.

WORKSHEETS. The worksheets provide a structured way to evaluate and suggest changes to an Official Plan document under review. Each worksheet contains a number of components:

Goal – A policy goal within a theme.

Objective – An objective that will help support that policy goal.

Policy – A suggested policy statement that may be included in Official Plans and/or other documents, to help achieve the objective and goal within that theme.

 – This symbol indicates that the suggested policy statement could be applicable not only in an Official Plan but as part of other policy development (e.g. zoning by-law, development guidelines, design guidelines, transportation master plan, parks master plan, etc) or be used as a tool when evaluating a specific development proposal.

Guidance – Some guidance and suggestions on what to consider when assessing whether the suggested policy is "partially" – or "not at all found" in the document being reviewed.

Evaluation – Results of the evaluation – mark <u>one</u> of the following boxes: **Yes** if the document being reviewed contains this policy or a policy with very similar intent, **Partial** if the document being reviewed contains part of this policy or **No** if the document being reviewed does not contain this or a similar policy.

Suggestions/Comments - Space to record comments or suggestions about changes that should be considered to strengthen a particular policy so that it better supports the identified objective and goals.

SUMMARY. Summary tables are provided at the end of each group of worksheets for a particular goal. Filling out this table with worksheet results will help give a sense whether – overall – that particular objective is being supported through policies in the document being reviewed. In addition to theme, goal and objective, each summary table contains the following components:

Summary – Out of the suggested policy statements reviewed for this objective, how many were evaluated as '**Yes', 'Partial'** or '**No'**? For example, six (6) policy statements are considered under Objective 1.1. As shown in the inset to the right, the summary column provides a space to indicate how many out of those six policy statements were evaluated as 'Yes', how many as 'Partial' and how many as 'No'.

Sustainable & Accessible Transportation ← Theme   Goal   Objective

SUMMARY

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

Objective 1.1 Build compact neighbourhoods with a mix of land uses to support pedestrian and cycle environments.				
Summary			Overall, is this objective supported through policies in the document being reviewed?	
Yes	Partial	No	Yes, Partial or No?	Suggestions / Comments
/6	/6	/6		

Summary   Is this objective supported through policy?   Suggestions / Comments

Is this objective supported through policy – Overall, based on your evaluation and looking at the summary numbers, is this objective generally supported through the policies in the document being reviewed – '**Yes', 'Partial'** or '**No'**? For example, if 4 of the 6 policy statements under Objective 1.1 were evaluated as 'Yes', 1 was 'Partial' then it would be reasonable to consider that Objective 1.1 is generally being supported by in the official plan document being reviewed.

Suggestions/Comments - Space to record comments or suggestions about changes that should be considered to strengthen a particular policy so that it better supports the identified objective and goals.

Sustainable & Accessible Transportation

Rationale

(For additional information, please refer to: Hastings & Prince Edward Counties Health Unit (2012). Building Complete and Sustainable Communities: Healthy Policies for Official Plans, pp.5-6. Note: numbers in parenthesis below represent research references contained in the source document.)

Environment. The transportation sector is a major source of air pollution in Canada; it is estimated that as many as 21,000 Canadians die each year as a result of air pollution (17). Automobile dependant communities also require more land for roads and parking than those that are designed to include active transportation infrastructure (20). Reducing the number of vehicle miles travelled by designing communities to encourage walking, cycling, and public transit use will reduce traffic volume and auto-dependency, resulting in a decrease in exposure to harmful air pollution and require fewer roads, allowing more opportunity for open/green space.

Injury Prevention. Safety concerns keep one in five Canadians from walking or cycling (22). Lack of lighting, inadequate traffic calming measures, and unsafe and poorly maintained infrastructure contribute to perceptions of insecurity and impact people's choice to engage in physical activity. (23) The more people travel by car, the greater potential there is for motor vehicle-related injury among motorists and pedestrians. (24) Community design that increases density and reduces the distance between places of employment, education, recreation, and residency reduces the need for motor vehicle travel and makes transit use and active transportation more viable.

Physical Activity. The majority of Canadians are inactive. (27) Physical inactivity and sedentary lifestyles contribute significantly to the population burden of chronic disease, disability, and premature death. (28) A community that is designed to encourage active transportation influences a person's capacity to be physically active. Land use planning practices that encourage high residential density and mix of utilitarian destinations increases walking behaviour by encouraging inactive people to make more utilitarian walking trips and those who are already active to become more active. (29)

Health Equity. A multi-modal transportation system that prioritizes accessibility provides more choice in transportation and results in more equitable access to community services, employment, healthy food options, and opportunities for active recreation by diverse populations. (31) Youth, seniors, people with disabilities, and people living on a low income are able to rely less on automobile transportation to maintain and enhance their quality of life. (31) Moreover, while everyone faces increased health risks due to air pollution, the risk is disproportionately greater for people with cardiovascular and respiratory conditions, people with diabetes, the elderly, pregnant women, and young children. (32)

Sustainable & Accessible Transportation

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
	Objective 1.1 Build compact neighbourhoods with a mix of land uses to support pedestrian and cycle environments.				
1.1.1	Land use designations and transportation master plans should prioritize patterns and densities that support active transportation, public transit, and pedestrian and cycling oriented development. (33)	*Are there policies that encourages higher density or compact development patterns that will support or make it easier for residents to choose these types of alternative transportation options?*	☐ Yes ☐ Partial ☐ No		
1.1.2	A diversity of land uses will be provided such that schools, workplaces, public facilities and services, retail outlets, healthy food outlets, cultural and community spaces, and places of recreation are in convenient and safe walking and cycling proximity for residents.	*Are there policies that speak to the accessibility between residential uses and employment, shopping, educational, recreational areas? Does policy support a land use pattern, density and mix of uses that make walking and cycling viable options for residents?*	☐ Yes ☐ Partial ☐ No		
1.1.3	Land use designations shall enable retailers of healthy foods such as supermarkets, small and mid-sized grocery stores, produce vendors, and farmers' markets to be located within convenient walking and/or cycling proximity from residences, workplaces, commercial and industrial areas, educational institutions, places of worship, and places of recreation[1].	*Is there specific policy that speaks to the need for these types of food retailers and for their location to be near a variety of other uses so that they are accessible by non-automobile users?*	☐ Yes ☐ Partial ☐ No		
1.1.4	All employment lands are accessible and connected to residential areas and transportation corridors, and are supported by active transportation routes and/or networks, infrastructure, and public transit services. (33)	*Does policy support making sure employment lands (clusters of businesses and economic uses) are well connected to residential areas by active transportation and /or transit connections?*	☐ Yes ☐ Partial ☐ No		
1.1.5	Development and/or design standards should be created so that new projects develop aesthetic, cultural, and safety features to support pedestrian and cycle friendly environments.	*Are there policies that speak to the need to develop appropriate development and/or design standards for new projects?*	☐ Yes ☐ Partial ☐ No		
1.1.6	Zoning by-laws should be developed to guide land use patterns and densities towards a more compact and intensified built form to encourage active transportation and public transit by providing connectivity within and among transportation modes for residents of all ages and abilities, including persons with disabilities. (33)	*Are there policies that speak to the need to develop a zoning by-law that will guide land use patterns and densities in this general direction?*	☐ Yes ☐ Partial ☐ No		

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[1] Also listed in Preserve and Protect the Local Food System from Production to Waste Management as 3.2.1.

Urban Area Checklist

Sustainable & Accessible Transportation

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

No.	Policy	Guidance	Evaluation Suggestions		Comments
Objective 1.2 Design transportation routes that is safe for all users and accessible by all ages and physical abilities.					
1.2.1	Long-range transportation planning should ensure that community-wide access for all modes of transportation is considered with specific attention to active transportation and public transit. (33)	*Are there policies that identify the need to plan for a variety of transportation modes for the long term? Are active transportation and public transit specifically supported?*	☐ Yes ☐ Partial ☐ No		
1.2.2	All roads shall be designed as complete streets to allow pedestrians, cyclists, transit riders and motorists of all ages and physical abilities to interact and move safely along and across municipal streets. (8)	*Are there policies that reference the need for streets that are designed to accommodate all of these users safely and conveniently? Check for this to be referenced in a Transportation Master Plan.*	☐ Yes ☐ Partial ☐ No		
1.2.3	To accommodate different types of roads that have different functions, Complete Street Design Guidelines should be developed to consider which elements are appropriate based on the function of the transportation facility and the adjacent land use context. (8)	*Are there policies that refers to the need for 'complete street' design guidelines or street design guidelines that include some of these elements?*	☐ Yes ☐ Partial ☐ No		
1.2.4	Ongoing road maintenance, reconstruction, new road construction, and associated infrastructure shall have equal consideration for pedestrians, cyclists, transit riders, and motorists. (8)	*Are there policies that refer to the need to consider a variety of transportation users in road maintenance, reconstruction and new construction? Check for this to be referenced in a Transportation Master Plan.*	☐ Yes ☐ Partial ☐ No		
1.2.5	The municipality should work in partnership with private developers, the province, adjacent municipalities, and/or the county to provide for a transportation system that integrates a range of travel modes to move people and goods. (8)	*Are there policies that outline the municipality's intent to work in partnership with these types of key stakeholders when it comes to trying to create this type of transportation system?*	☐ Yes ☐ Partial ☐ No		
1.2.6	Guidelines and methodology will be considered to ensure the appropriate consideration of different types of traffic calming measures that can be used to reduce the speed of traffic and balance the needs of service providers such as emergency medical services and fire rescue. (38)	*Are there policies that outline the need to develop these types of measures that would reduce or slow motor vehicle traffic?*	☐ Yes ☐ Partial ☐ No		
1.2.7	Design for roads, crossings and new developments will use active transportation, transit, and engineering best practice approaches that increase safety for non-motor vehicle road users and reduce traffic speeds without the need for	*Are there policies that support the redevelopment of existing roads and crossings, or that directs new development to use these types of best practice approaches to improve safety for non-motor*	☐ Yes ☐ Partial		

Sustainable & Accessible Transportation

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
	enforcement. (33)	*vehicle users?*	☐ No		
1.2.8	Active transportation routes and/or networks, both adjacent to roads and independent of the road system, will be kept clear and well maintained year round, including the winter months, to increase the safety of pedestrians, cyclists, and public transit users.	*Are there policies that identify the need to maintain active transportation routes year-round so that they are always safe and convenient for users?*	☐ Yes ☐ Partial ☐ No		
1.2.9	Rural roads and off road trails for non-motorized use shall be designed to accommodate safe cycling between communities and to promote opportunities for physical activity and cycling tourism.	*Are there policies that speak to the need to make these routes safe for non-motor vehicle users? Are there policies that values rural roads and off road trails for their benefits of promoting physical activity and cycling tourism?*	☐ Yes ☐ Partial ☐ No		

Objective 1.3 Develop a transportation system that is multimodal, accessible, interconnected and transit supportive.					
No.	Policy	Guidance	Evaluation	Suggestions	Comments
1.3.1	A network of continuous active transportation and transit infrastructure should be developed that is safe, accessible, and connected to the road system and links with the various uses and destinations in the community in such a way to offer multimodal access to jobs, housing, schools, cultural and recreation opportunities, healthy food outlets, and goods and services. (33)	*Are there policies that refers to the need to have an active transportation and transit network that is safe and accessible but that also provides enough linkages to key destinations in the community that it makes it easy to choose non-motorized modes of transportation?*	☐ Yes ☐ Partial ☐ No		
1.3.2	A Transportation Master Plan should be developed for a community-wide integrated set of networks and routes that elevate the needs of pedestrians, cyclists and public transit users to a state of balance with automobile use. This plan needs to consider the establishment of a network of uninterrupted pedestrian sidewalks/pathways, safe cycling routes, and transit infrastructure through retrofitting, infill, and new development to ensure that citizens without access to vehicles have seamless access throughout the community. (33)	*Are there policies that outline the intent of the municipality to develop a Transportation Master Plan with these types of considerations?*	☐ Yes ☐ Partial ☐ No		
1.3.3	Long-range transportation planning should include the identification of community-wide safe routes to schools, workplaces, public facilities and services, retail outlets including downtown areas, healthy food outlets, places of worship, cultural and community spaces, and places of recreation.	*Are there policies that outline the need for future transportation planning that identifies safe routes (i.e. for non-motor vehicle modes of transportation) to these types of key destinations?*	☐ Yes ☐ Partial ☐ No		
1.3.4	Trail planning and design should focus on trails as both active recreation and active transportation infrastructure, including a connected system of	*Are there policies that recognize trails can be used for both transportation and recreation?*	☐ Yes		

Urban Area Checklist

Sustainable & Accessible Transportation

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

Objective 1.3   Develop a transportation system that is multimodal, accessible, interconnected and transit supportive.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
	regional trails and bike paths/lanes to permit linkages between municipalities and/or settlement areas. (33)	*Does policy refer to the need for future trail planning to include connections between communities?*	☐ Partial ☐ No		
1.3.5	Development and subdivision standards will be created to ensure that new development provides convenient and direct access to adjacent uses through integrated pedestrian sidewalks, walkways, trails, and cycling paths.	*Are there policies that reference the need to create these types of standards that ensure linkages between uses through a variety of connection types?*	☐ Yes ☐ Partial ☐ No		
1.3.6	Development standards shall include supportive infrastructure for active transportation such as bicycle-activated street lights, enhanced street crossings, pedestrian rest areas, and bicycle racks. (33)	*Are there policies that reference the need to create development standards that will include the provision of this type of active transportation infrastructure?*	☐ Yes ☐ Partial ☐ No		

SUMMARY

Objective 1.1   Build compact neighbourhoods with a mix of land uses to support pedestrian and cycle environments.

Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/6	/6	/6			

Objective 1.2   Design transportation routes that are safe for all users and accessible by all ages and physical abilities.

Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/9	/9	/9			

Objective 1.3   Develop a transportation system that is multimodal, accessible, interconnected and transit supportive.

Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments

Urban Area Checklist

Sustainable & Accessible Transportation

Goal 1   Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

Objective 1.3 Develop a transportation system that is multimodal, accessible, interconnected and transit supportive.						
Summary			Overall, is this objective supported through policies in the document being reviewed?			
Yes	Partial	No	Yes, Partial or No?	Suggestions		Comments
/6	/6	/6				

Access to Recreation in Built & Natural Environments

Rationale

(For additional information, please refer to: Hastings & Prince Edward Counties Health Unit (2012). Building Complete and Sustainable Communities: Healthy Policies for Official Plans, pp.15-17. Note: numbers in parenthesis below represent research references contained in the source document.)

Environment. The negative health effects of poor outdoor air quality are so well established that the Environment Canada Air Quality Health Index recommends that even healthy individuals restrict their physical activity levels on high smog days. (42) Considering the health benefits of physical activity and the research demonstrating the effective air cleaning qualities of trees, ensuring natural settings for active recreation is vital to further reduce cardiovascular and respiratory disease. (43) Skin cancer is the most common form of cancer in Canada, and most skin cancers are caused by exposure to ultraviolet radiation from the sun. (46) The presence of trees and structures to provide shade allows citizens to enjoy active recreation in outdoor settings while protecting them from the harmful effects of the sun's ultraviolet radiation. (45)

Healthy Eating. The presence of healthy food environments throughout a community has the ability to reinforce healthy eating behaviours. (55) As such, strategies for creating environments that support healthy eating include the establishment of healthy food outlets in public facilities and spaces. (56) The inclusion of community gardens and edible landscaping on land adjacent to or near public facilities also supports healthy eating and food skills while contributing to active recreation.

Injury Prevention. The built environment contains risks that can compromise the safety of people living within it. The design of play equipment and sport facilities influences risk for injury. For instance, playground equipment that meets current CSA standards and that reflects the various developmental abilities of children can reduce childhood injuries by as much as 49 percent. (47) In addition, taking steps to prevent crime through community design enhances perceptions of security and increases the likelihood that people will be active in outdoor environments. (48; 49)

Health Equity. Research has consistently demonstrated a disparity in levels of physical activity between different socio-economic status populations. (48) In Canada, leisure-time physical activity is less prevalent among low socio-economic status populations and the quality of recreation facilities and access to these facilities tend to be poor in lower-income communities. (62; 63) By using non-stigmatizing approaches to alleviating financial barriers and by providing no-cost opportunities for unstructured activities through outdoor parks and playgrounds, basketball courts, gymnasiums, and drop-in centres, people living on a low income can have equitable access to opportunities for physical activity through active recreation. (64)

Access to Recreation in Built & Natural Environments

Social and Mental Wellbeing. The presence of trees and natural settings is linked to reduced incidence of diabetes, cancer, stress, and a decrease in symptoms associated with attention deficit disorders, Alzheimer's disease, dementia, stress, and depression. (43) Furthermore, contact with nature is associated with positive cognitive, emotional, and behavioural development in children and provides important environments for fostering imagination, creativity, and social relationships. (59)

Physical Activity. Physical activity is essential for healthy growth and development for children and youth, and for continued good health throughout the lifespan. Physical activity reduces the risk of overweight, obesity, and of developing numerous chronic diseases. (28) By providing opportunities for active recreation alongside environments that support utilitarian physical activities such as active transportation and gardening, communities can reduce the health risks associated with obesity and inactivity. (53) Access to open/green spaces, recreation and sport facilities, and age appropriate recreational programming encourages physical activity and social networking, and has been shown to have a positive effect on both physical and mental health. (1) The proximity of parks, playgrounds, and recreation facilities to residences is associated with higher levels of use and physical activity among a variety of populations. (29)

Access to Recreation in Built & Natural Environments

Goal 2 Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

Objective 2.1 Ensure the provision of safe parklands, public spaces, open/green spaces and indoor and outdoor facilities for residents of all ages and physical abilities to meet, congregate and engage in structured and unstructured recreation.					
No.	Policy	Guidance	Evaluation	Suggestions	Comments
2.1.1	The municipality shall develop (or revise) a Parks Master Plan to ensure parks, open/green spaces, community gardens and multi-use recreational trails are planned as an interconnected system that provides access between residential developments, schools, workplaces, public facilities and services, retail outlets, healthy food outlets, places of worship, cultural and community spaces, places of recreation, and tourist associated areas.[2]	*Are there policies to develop or revise a Master Plan that addresses the linkages between these types of parks / open space / green space / recreational uses and key destinations in the community?*	☐ Yes ☐ Partial ☐ No		
2.1.2	The municipality shall develop (or revise) a Recreation Master Plan to provide safe, affordable and quality recreation programs and facilities for all residents and visitors regardless of age, physical ability, and financial means. (33)	*Are there policies to develop or revise a Master Plan that addresses the need to provide these types of recreation programs and facilities in way that they will be accessible to all residents?*	☐ Yes ☐ Partial ☐ No		
2.1.3	The Parks Master Plan and Recreation Master Plan shall include guidelines to plan and provide for a full range and equitable distribution of publicly-accessible built, and natural settings for recreation, including facilities, parklands, public spaces, open/green space areas, trails and linkages, and where practical, water-based resources with particular interest to meet the needs of vulnerable populations. This includes providing an appropriate supply and distribution of community facilities and programs to meet the social, health and recreation needs of existing and future residents in a manner that maximizes accessibility regardless of age, physical ability and financial means. (65)[3]	*Are there policies that outline the requirement that these Master Plans include guidelines to plan and provide for a range of built and natural settings for recreation, particularly for the vulnerable populations of the community?*	☐ Yes ☐ Partial ☐ No		
2.1.4	Municipal parks, parklands, public spaces, open/green spaces, trails and linkages shall be designed to provide protection	*Are there policies that direct the design of recreation infrastructure in a way that minimizes sun exposure for*	☐ Yes		

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[2] Also listed in *Social Interaction & Sense of Community* as 5.1.12.
[3] Also listed in *Social Interaction & Sense of Community* as 5.1.13.

Urban Area Checklist

Access to Recreation in Built & Natural Environments

Goal 2 Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 2.1 Ensure the provision of safe parklands, public spaces, open/green spaces and indoor and outdoor facilities for residents of all ages and physical abilities to meet, congregate and engage in structured and unstructured recreation.
	from sun exposure. (33)	*users?*	☐ Partial ☐ No		
2.1.5	A community-wide Urban Forestry Master Plan will be considered with particular attention to protecting the community's stock of existing trees, supporting the growth of new trees and expanding the tree canopy of the community. (33)	*Are there policies that references development of this type of plan to protect and increase the amount of trees in the community?*	☐ Yes ☐ Partial ☐ No		
2.1.6	Design standards will incorporate the design approaches of Crime Prevention through Environmental Design: natural surveillance (occurs by placing windows in locations that allow users to see or be seen), access to control (discourages access to an area, such as doors, shrubs, fences, gates, and other physical design elements that limit access), and territoriality (features that establish a sense of ownership or belonging, such as sidewalks, landscaping, porches, and other elements that establish boundaries between public and private areas). (66)	*Are there policies that refer to the need to incorporate these types of CPTED principles into design standards?*	☐ Yes ☐ Partial ☐ No		
2.1.7	Design standards should be developed to support the creation of neighbourhood hubs to provide opportunities for recreation and social interaction.[4]	*Are there policies to create guidelines that would support the creation of these types of central locations that provide opportunities for citizens to interact and recreate?*	☐ Yes ☐ Partial ☐ No		
2.1.8	Design standards will be developed that require the use of natural and/or naturalized landscapes in new developments throughout the community including edible landscapes. (33)	*Are there policies that refer to the need to create standards that require landscape of new developments to be naturalized? Is there mention of edible landscapes?*	☐ Yes ☐ Partial ☐ No		
2.1.9	Development standards for new development should encourage the provision to provide residents with access to open/green space. (37)	*Are there policies referring to the need for design standards for new developments that encourage access to open space/green space?*	☐ Yes ☐ Partial		

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[4] Also listed in *Social Interaction & Sense of Community* as 5.1.11.

Access to Recreation in Built & Natural Environments

Goal 2 Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
**Objective 2.1** Ensure the provision of safe parklands, public spaces, open/green spaces and indoor and outdoor facilities for residents of all ages and physical abilities to meet, congregate and engage in structured and unstructured recreation.
			☐ No		
2.1.10	Ensure neighbourhoods are designed to include meeting spaces and common areas and that address the needs of people of all ages and physical abilities. (33)	*Are there policies that encourage the provision of these types of spaces that are appropriate for all residents?*	☐ Yes ☐ Partial ☐ No		
2.1.11	Ensure protection of spaces for community gardens. (35)[5]	*Are there policies that refer to the need to protect spaces specifically for community gardens?*	☐ Yes ☐ Partial ☐ No		
2.1.12	Encourage community or urban agriculture, such as community gardens and rooftop gardens. (35)[6]	*Are there policies that encourage or supports these types of community/urban agricultural uses?*	☐ Yes ☐ Partial ☐ No		
2.1.13	Consider including policies to permit community gardens and certain agricultural uses in appropriate land use designations, and particularly on vacant or underutilized lands, except lands designated for environmental protection and where the cultivation of crops might have negative impacts on existing natural features or might pose a risk to human health. (35)[7]	*Are there policies to support these types of uses within certain land use designations?*	☐ Yes ☐ Partial ☐ No		

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[5] Also listed in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.1.2 and *Social Interaction & Sense of Community* as 5.1.9.
[6] Also listed in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.1.3 and *Social Interaction & Sense of Community* as 5.1.10.
[7] Also listed in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.1.4.

Urban Area Checklist

Access to Recreation in Built & Natural Environments

Goal 2 Reduce automobile dependency by encouraging, supporting and promoting active transportation infrastructure of all ages and physical abilities.

SUMMARY

Objective 2.1 Ensure the provision of safe parklands, public spaces, open/green spaces and indoor and outdoor facilities for residents of all ages and physical abilities to meet, congregate and engage in structured and unstructured recreation.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/13	/13	/13			

Preserve & Protect the Local Food System from Production to Waste Management

Rationale

(For additional information, please refer to: Hastings & Prince Edward Counties Health Unit (2012). Building Complete and Sustainable Communities: Healthy Policies for Official Plans, pp.23-25. Note: numbers in parenthesis below represent research references contained in the source document.)

Environment. The Food is connected not only to individual health, but to the environment, the economy, and the sense of community. The ways that communities produce, access, prepare, and dispose of food is directly linked to the sustainability of those communities. (35) There are a number of municipalities in Ontario that are engaging in food system planning, which has the potential to: protect spaces for community gardens; provide greater opportunity for local food production, processing and sale; encourage the development of healthy community food sources; and protect agricultural land for food growing and production. (69) Moreover, food system planning can decrease the distance that food travels, reducing greenhouse gases emitted in the transport of food. A sustainable local food system not only makes nutritious food available, accessible, and affordable to all, it fosters economic growth, protects farmers and others working in the food system, while at the same time protects the environment.

Health Equity. In Canada and elsewhere, low income and poverty are also associated with food insecurity. There is evidence to suggest that residents of lower income neighbourhoods have less access to healthy food choices than those in wealthier neighbourhoods (78), are more likely to experience food insecurity (79), and their diets are more likely to be calorically dense and nutrient poor. (80) There is an unequal distribution of food resources, as measured by the proximity of retail food outlets to residential areas, with "food deserts" (communities that do not have grocery stores in close proximity to where they live) being found more often in lower-income neighbourhoods. (81)   While decisions to eat a nutritionally balanced diet are complex, the impact of community design cannot be overlooked. A built environment and community design that provides options for purchasing nutritious food is more conducive to healthy eating than one that allows easy access to fast food outlets. (83)

Physical Activity. Increasing the accessibility of healthy foods through community design not only contributes to improved nutritional health of a community, but can also contribute to increased levels of physical activity. Specifically, the inclusion of community gardens in community design supports healthy eating and food skills while contributing to active recreation. According to the Canadian Fitness and Lifestyle Research Institute, gardening is the second most popular physical activity for Canadian adults. (57)

Urban Area Checklist

Preserve & Protect the Local Food System from Production to Waste Management

Healthy Eating. Access to healthy food is a key factor in enabling people to eat a healthy diet. (74) People are more likely to meet their nutrition needs when affordable healthy food outlets are easily accessible. (74) Research has found that living close to "fast food" outlets is linked with lower quality diets, obesity, and other health conditions, while living near a supermarket has been linked with eating more vegetables and fruit, healthier diets, and lower levels of obesity. (75) With diet related diseases such as obesity and diabetes proving resistant to traditional education approaches, and the consumption of low-nutrient high calorie "fast foods" on the rise (72), municipalities have the unique opportunity to improve the nutritional health of their communities by positioning the healthy food choice as the easy choice through community design.

Social and Mental Wellbeing. Land use planning that works to increase access to healthy food can support mental wellbeing and foster a strong sense of community. With community gardens in particular, not only do they provide access to healthy food, but they also have the potential to strengthen community pride and ownership. (76) For example, planning policies that support community gardens, community based agricultural food skills programming, and edible landscaping, can bring community members together by providing opportunity for people to work together to decide which foods to plant based on cultural or taste preferences. (58) As well, neighbourhoods that have community gardens have the potential to be safer because they create meeting spots and increase the number of people outside on the streets. (58) In addition, the siting of community gardens and/or mobile food vendors in low income neighbourhoods increases social cohesion and neighbourhood safety. (35)

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.1 Ensure a strong, diverse, environmentally responsible and sustainable local food system.					
3.1.1	Support the development of an environmentally sustainable and economically viable regional food system by encouraging farming operations to utilize sustainable agricultural practices which conserve and enhance the natural environment, protect surface and ground water quality and quantity and minimize impacts on adjacent land uses. (71)	*Are there policies that support a regional food system and that encourage sustainable agricultural practices?*	☐ Yes ☐ Partial ☐ No		
3.1.2	Ensure protection of spaces for community gardens. (35)[8]	*Are there policies that refer to the need to protect spaces specifically for community gardens?*	☐ Yes ☐ Partial ☐ No		
3.1.3	Encourage community or urban agriculture, such as community gardens, and rooftop gardens. (35)[9]	*Are there policies that encourage or supports these types of community/urban agricultural uses?*	☐ Yes ☐ Partial ☐ No		
3.1.4	Consider including policies to permit community gardens and certain agricultural uses in appropriate land use designations, and particularly on vacant or underutilized lands, except lands designated for environmental protection and where the cultivation of crops might have negative impacts on existing natural features or might pose a risk to human health. (35) [10]	*Are there policies to support these types of uses within certain land use designations?*	☐ Yes ☐ Partial ☐ No		
3.1.5	Undertake a comprehensive development of guidelines to conduct an Environmental Site Assessment for sites that are known to be contaminated and/or potentially contaminated. Community gardens could be encouraged through the use of planters or other means that would avoid soil disturbance. This type of strategy could be used to enhance or beautify what are otherwise unsightly or underutilized	*Are there policies referring to the need to develop guidelines that require an Environmental Site Assessment for potentially contaminated or contaminated sites? Is there a strategy to develop community gardens (using safe methods) on these sites as a temporary use?*	☐ Yes ☐ Partial ☐ No		

[8] Also listed in *Access to Recreation in Built and Natural Environments* as 2.1.11 and *Social Interaction & Sense of Community* as 5.1.9.
[9] Also listed in *Access to Recreation in Built and Natural Environments* as 2.1.12 and *Social Interaction & Sense of Community* as 5.1.10.
[10] Also listed in *Access to Recreation in Built and Natural Environments* as 2.1.13.

Urban Area Checklist

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
	Objective 3.1 Ensure a strong, diverse, environmentally responsible and sustainable local food system.				
	vacant properties and could act as an excellent transitional or temporary use for sites that are being remediated over time using in-situ type methods. (35)				
3.1.6	Institute community-wide composting programs and permit small-scale community-based composting initiatives in accordance with provincial standards. (84)	*Are there policies that support local composting initiatives?*	☐ Yes ☐ Partial ☐ No		
3.1.7	Establish guidelines that include the food producers, processors, and retailers as part of the Official Plan review process. (85)	*Are there policies to establish guidelines that would engage these types of stakeholders from the food sector in the Official Plan review process?*	☐ Yes ☐ Partial ☐ No		
3.1.8	Develop guidelines and permit secondary uses within agriculture areas that are supportive of farmers and the local food system. (85)	*Are there policies to develop these types of guidelines that support the local food system and make it easier for farmers to be financially stable?*	☐ Yes ☐ Partial ☐ No		
3.1.9	Provide opportunities to support local food, and promote the sustainability of agri-food and agri-product businesses by protecting agricultural resources and minimizing land use conflicts. (2)	*Are there policies to protect agricultural resources and minimize conflicts between these types of uses and other non-agricultural uses?*	☐ Yes ☐ Partial ☐ No		

Urban Area Checklist

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.2 Ensure that healthy food is accessible to all residents.					
3.2.1	Land use designations shall enable retailers of healthy foods such as supermarkets, small and mid-sized grocery stores, produce vendors, and farmers' markets to be located within convenient walking and/or cycling proximity from residences, workplaces, commercial and industrial areas, educational institutions, places of worship, and places of recreation. (33) [11]	*Is there specific policy that speaks to the need for these types of food retailers and for their location to be in proximity to a variety of other uses so that they are accessible by non-automobile users? Are there policies that provide for small scale neighbourhood retail food outlets?*	☐ Yes ☐ Partial ☐ No		
3.2.2	The number of retailers of foods that are primarily of low nutritional value, such as fast-food restaurants and convenience stores, shall be limited based on community size and density of retailers of healthy foods, such as supermarkets, small and mid-sized grocery stores, and farmers' markets such that the availability and accessibility of healthy foods is greater than unhealthy foods. (35)	*Are there policies that refer to regulating the density of food retailer types?*	☐ Yes ☐ Partial ☐ No		
3.2.3	Land use designations shall encourage the establishment of retailers of healthy foods such as supermarkets, small and mid-sized grocery stores, and farmers' markets and shall restrict the establishment of retailers of foods that are primarily of low nutritional value, such as fast-food restaurants and convenience stores, within walking proximity from facilities frequented by children and youth, especially elementary and secondary schools.	*Are there policies that refer to restricting the locations of various food retailer types in terms of their proximity to places like schools, recreation centres, etc.?*	☐ Yes ☐ Partial ☐ No		
3.2.4	A range of human services including affordable housing, subsidized daycare, employment and income supports will be supported to ensure all residents have adequate incomes to afford healthy food after paying fixed expenses. (71)[12]	*Are there policies that refer to the importance of providing a range of human services so that residents have enough income to afford healthy food?*	☐ Yes ☐ Partial ☐ No		

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[11] Also listed in *Sustainable & Accessible Transportation* as 1.1.3
[12] Also listed in *Social Interaction & Sense of Community* as 5.1.3.

Urban Area Checklist

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.2 Ensure that healthy food is accessible to all residents.					
3.2.5	Municipalities shall engage key stakeholders and support food system planning as a means of supporting and enhancing the local food system.	*Are there policies outlining the intent of the municipality to engage these key stakeholders?*	☐ Yes ☐ Partial ☐ No		

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.3 Increase the capacity of residents to grow and share fresh food.					
3.3.1	To enable the community to integrate opportunities for community/urban agriculture all land use designations shall permit community gardens, edible landscaping, and roof top gardens as accessory uses for community facilities such as places of worship, schools, health, cultural, and recreational institutions. (33)	*Do all land use designations permit these types of uses as accessory uses for community facilities?*	☐ Yes ☐ Partial ☐ No		
3.3.2	A community wide Parks Master Plan shall incorporate a network of community gardens to ensure access by all residents as a means for active recreation, access to locally grown produce, and to foster community spirit. (33)	*Are there policies to develop this type of Master Plan which would include a network of community gardens?*	☐ Yes ☐ Partial ☐ No		
3.3.3	Establish a policy framework for regulating *community gardens*. Ensure that this policy: ➢ defines *community gardens* as gardening which is undertaken by a community or group of individuals for not-for-profit purposes ➢ encourages *community gardens* to be located on publicly-owned properties ➢ permits *community gardens* on all land use designations, except where the cultivation of crops might have negative impacts on existing natural features or where the cultivation might pose a risk to human health; and ➢ limits *community garden* activities to seasonal crop growing activities, such as cultivation of flowers, fruits and vegetables, but not livestock. (35)	*Are there policies that establish a framework regulating community gardens? Does it include any / some of the components listed?*	☐ Yes ☐ Partial ☐ No		
3.3.4	Land for use as community gardens shall be designated in all new residential developments in addition to parkland dedication.	*Are there policies that outline a requirement for new residential developments and parkland dedication to include lands for community gardens?*	☐ Yes ☐ Partial ☐ No		
3.3.5	Provide infrastructure (e.g. raised beds, water, rain barrels, top soil, and compost) to support garden start-up as well as for existing community gardens. (35)	*Are there policies that the municipality will provide this type of infrastructure to support community gardens?*	☐ Yes ☐ Partial ☐ No		

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.3 Increase the capacity of residents to grow and share fresh food.					
3.3.6	Develop guidelines for permitting the keeping of rabbits, bees, and hens in urban residential areas. (35)	*Are there policies that outline guidelines that would govern the keeping of these types of animals in residential areas?*	☐ Yes ☐ Partial ☐ No		
3.3.7	Ensure community education and outreach programs are available to highlight the importance of agricultural food skills and support the use of urban agriculture initiatives. (35)	*Are there policies to support availability of these types of programs to encourage urban agriculture?*	☐ Yes ☐ Partial ☐ No		
3.3.8	Work with community groups, farmers, and residents to remove barriers and encourage the establishment of year round permanent and/or satellite farmers' markets, sidewalk produce stands, and farm stands in 'hub areas' of the community, particularly in rural areas such as community centres, schools, parks, churches, and corner stores.	*Are there policies to work with these stakeholders to support an increase in the number and frequency of these local food retail uses, particularly in these types of rural areas?*	☐ Yes ☐ Partial ☐ No		
3.3.9	Land use designations shall encourage small-scale food processing facilities and distribution centre(s) for locally produced food as a means of encouraging local food production and distribution and reducing transportation needs. (33)	*Are there policies that encourage these types of facilities?*	☐ Yes ☐ Partial ☐ No		
3.3.10	The following uses will be considered as agriculture-related uses: ➤ Agricultural research and training - provided that the use is related to and will benefit the agricultural industry, the use will assist in the furthering of knowledge of the agricultural sector of the economy, and the use will assist local farmers through training and the identification of improved methods and procedures ➤ Agricultural storage and processing - involving the storage and processing of crops and/or livestock that are predominantly from the surrounding area; ➤ Farm related tourism establishments - such as machinery and equipment	*Are there policies that consider and provides guidance on these types of agriculture-related uses? All? Some? None?*	☐ Yes ☐ Partial ☐ No		

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 3.3 Increase the capacity of residents to grow and share fresh food.					
	exhibitions, farm-tours, petting zoos, hay rides, sleigh rides, processing demonstrations, pick your own produce, farm theme playground for children, and small scale educational establishments that focus on farming instruction (which may include limited residential accommodation); ➢ Farm vacation homes (with 5 to 6 rooms); ➢ Farm and Estate wineries - where wines are produced and may include storage display, processing, wine tasting, storage, hospitality room, administrative facilities, outdoor patio area, an on-site restaurant, dining facility, commercial kitchen, banquet hall, retail facility, or other amenity; and ➢ Seasonal home grown produce stands. (88)				
3.3.11	Infrastructure such as distribution and/or processing centres for local foods, agricultural product warehouses, abattoirs, incubator kitchens, and other agriculturally-related commercial, industrial, and/or institutional facilities and activities that build local food self-sufficiency will be considered and an assessment plan developed. (33)	*Are there policies that consider these types of uses?*	☐ Yes ☐ Partial ☐ No		

Preserve & Protect the Local Food System from Production to Waste Management

Goal 3   Increase the accessibility, affordability, and availability of local, fresh, healthy foods through community design.

SUMMARY

Objective 3.1 Ensure a strong, diverse, environmentally responsible and sustainable local food system.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/9	/9	/9			

Objective 3.2 Ensure that healthy food is accessible to all residents.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/5	/5	/5			

Objective 3.3 Increase the capacity of residents to grow and share fresh food.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/11	/11	/11			

Urban Area Checklist

Limit Access & Exposure to Tobacco & Alcohol Products

Rationale

(For additional information, please refer to: Hastings & Prince Edward Counties Health Unit (2012). Building Complete and Sustainable Communities: Healthy Policies for Official Plans, pp.35-37. Note: numbers in parenthesis below represent research references contained in the source document.)

Alcohol Use. Reducing alcohol-related harms will help create a healthier and safer community. (97) Alcohol misuse can cause harms including: violence, addiction, criminal activity, injuries and death (e.g. due to violence, vehicle crash injuries etc.). (98) The consumption of alcohol can also contribute to chronic diseases such as cancers, cardiovascular disease and mental illnesses. (97) Reducing the physical availability of alcohol through limitations on the number and placement of outlets will result in reductions in alcohol-related problems. (99) Therefore, addressing alcohol outlet density by limiting the availability and concentration of both on-premise and off-premise outlets will help to reduce harms related to alcohol misuse. Special attention should be paid to planning policies and zoning by-laws in order to protect residential areas and areas used by children and youth (e.g. schools, parks). (35)

Environmental Tobacco Smoke. Tobacco use is the single most significant cause of preventable disease and death in Canada, resulting in 13,000 deaths per year in Ontario alone. (94) Recommendations to limit the concentration of tobacco outlets, limit access and availability to tobacco outlets, and protect areas that children and youth frequent from incompatible land uses via planning policies and zoning by-laws have been made. (35) Though Official Plan policies are typically silent on the control of tobacco retailers, zoning measures offer creative ways for communities to influence public health and welfare at the local level, by reducing the availability of a harmful consumer product. (95) As with licencing, zoning by-laws could be used in a number of ways to reduce tobacco product availability.

- Prohibit tobacco sales along certain access routes to schools that are designated "safe routes";

- Prohibit retailers from selling tobacco within x metres of a school or other youth-oriented facility;

- Prohibit tobacco retailers from locating in residential zones;

- Limit the proximity of tobacco retailers to each other; and

- Restrict the location of tobacco retailers to particular zones in a community, perhaps those zoned "light industrial." (96)

Health Equity. Tobacco use contributes to inequalities in health as studies show that mortality and smoking prevalence decreases as educational achievement increases. (101) As a result, smoking is likely to have a greater impact on lower socio-economic groups thus perpetuating disparities in health. (102) With respect to harms related to alcohol misuse, the negative effects of high risk drinking cross all sectors of the population, but exert greatest pressure on the young, those living in low-income households and those having relatively little education. (104; 105)

Urban Area Checklist

Limit Access & Exposure to Tobacco & Alcohol Products

Goal 4   Limit access to and concentration of tobacco products and alcohol outlets.

Objective 4.1   Create smoke-free municipal spaces to protect health and air quality where residents live, work, learn and play.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
4.1.1	Identify sensitive land uses, such as public spaces and facilities where there is a concentration of children and youth, and identify the importance of protecting them from incompatible uses that may cause adverse health impacts, such as tobacco retailers and establishments serving tobacco (e.g. on outdoor patios).	*Are there policies that outline the importance of protecting spaces and facilities with a high concentration of youth from these types of incompatible uses that may cause adverse health effects?*	☐ Yes ☐ Partial ☐ No		
4.1.2	Amend municipal zoning by-laws that prohibit and/or restrict the number of tobacco retailers and establishments from specified distances of sensitive and child and youth land uses.	*Are there policies that outline intent to prohibit and/or restrict these types of uses within specified distances from sensitive land uses?*	☐ Yes ☐ Partial ☐ No		

Objective 4.2   Create an environment that reduces harms related to alcohol misuse.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
4.2.1	Identify sensitive land uses, such as public spaces and facilities where there is a concentration of children and youth, and identify the importance of protecting them from incompatible uses that may cause adverse health impacts, such as alcohol retailers and establishments serving alcohol.	*Are there policies that outline the importance of protecting spaces and facilities with a high concentration of youth from these types of incompatible uses that may cause adverse health effects?*	☐ Yes ☐ Partial ☐ No		
4.2.2	Develop guidelines for acceptable alcohol outlet density within the community to reduce harms related to alcohol misuse.	*Are there policies that outline intent to restrict the density of alcohol retailers within the community?*	☐ Yes ☐ Partial ☐ No		

Limit Access & Exposure to Tobacco & Alcohol Products

Goal 4   Limit access to and concentration of tobacco products and alcohol outlets.

SUMMARY

Goal 4   Limit access to and concentration of tobacco products and alcohol outlets.

Objective 4.1 Create smoke-free municipal spaces to protect health and air quality where residents live, work, learn and play.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/2	/2	/2			

Objective 4.2 Create an environment that reduces harms related to alcohol misuse.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/2	/2	/2			

Social Interaction & Sense of Community

Rationale

(For additional information, please refer to: Hastings & Prince Edward Counties Health Unit (2012). Building Complete and Sustainable Communities: Healthy Policies for Official Plans, pp.41-42. Note: numbers in parenthesis below represent research references contained in the source document.)

Crime Prevention. Community planning and design has an important role in enhancing people's perceptions of security from crime. (16) Crime Prevention through Environmental Design (CPTED) includes strategies to deter criminal activity by encouraging natural surveillance, limiting access to certain areas through design features such as shrubs, fences, and other design elements, and by creating design features that establish a sense of ownership and boundaries between private and public areas. (66)

Social and Mental Wellbeing. Feeling connected to one's community is associated with lower stress, improved overall health status and lower mortality rates. (16) By fostering supportive social environments that respect culture, social justice, diversity and personal dignity, mental health can be promoted within a community. (107) Social capital is commonly referred to the "glue" that ties people together within a community. (108) It is characterized by the degree of citizen involvement in a community, the degree to which people know and trust their neighbours, and the number of social interactions and transactions that people have as they go about their daily business. (107)

Health Equity. Mixed housing communities that integrate affordable housing can provide opportunities for aging in place as people move through their life cycle. Mixed housing can also prevent concentrations of poverty, which is associated with crime, health disparities, and environmental health risks. (112) Finally, mixed housing has the potential to decrease food insecurity. Food insecurity is linked in part to where a person lives and is more prevalent in low income neighbourhoods and where social housing is located. (76) This is particularly the case since food deserts are found more often in lower income neighbourhoods. (81) Social capital is increased by:

- Providing access to open/green spaces that are designed to influence the quality of social interactions experienced by residents. (59)

- Creating walking and cycling friendly environments to allow greater opportunities for neighbours to interact. (107) Social capital can be undermined when there are more single-occupant vehicles on the road and fewer pedestrians, cyclists, public transit users, and carpoolers. (109)

- Designing neighbourhoods with mixed land uses where residents are more likely to know and trust their neighbours and have greater civic and social participation. (110) *Complete communities* that provide proximity to neighbours, workplaces, schools, and services have been shown to promote neighbourhood cohesion and social capital. (111) Children are more likely to engage in active outdoor play when parents perceive communities as safe with high levels of neighbourhood cohesion. (49)

Urban Area Checklist

Social Interaction & Sense of Community

Goal 5   Increase social interaction to sustain the wellbeing of residents through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
Objective 5.1 Support complete neighbourhoods and mixed housing to meet the needs of residents of all ages and abilities.					
5.1.1	Provide mixed neighbourhoods that balance residential, commercial, and institutional development and that reduce the need for residents to commute long distances to work, school, shops, and services. (33)	*Are there policies that encourage development of neighbourhoods with a mix of uses?*	☐ Yes ☐ Partial ☐ No		
5.1.2	Allow for mixed and non-traditional housing arrangements to support residents of all ages (e.g. universal design, secondary unit, multiple housing types within neighbourhoods). (33)	*Are there policies that allows for a mix of housing types and arrangements?*	☐ Yes ☐ Partial ☐ No		
5.1.3	A range of human services including affordable housing, subsidized daycare, employment, and income supports will be supported to ensure all residents have adequate incomes to afford healthy food after paying fixed expenses. (71) [13]	*Are there policies that refer to the importance of providing a range of human services so that residents have enough income to afford healthy food?*	☐ Yes ☐ Partial ☐ No		
5.1.4	Adopt affordable housing targets and standards that are integrated into mixed-income neighbourhoods within complete communities. (33)	*Are there policies that support affordable housing targets and standards that will result in mixed-income neighbourhoods?*	☐ Yes ☐ Partial ☐ No		
5.1.5	Housing for older adults and supportive housing for people with other special needs shall be located wherever possible, in proximity to transit routes, medical, social service and community facilities, open/green spaces, recreation facilities, and shopping areas. (113)	*Are there policies that encourage the location of housing for vulnerable populations in proximity to key land uses and transportation services?*	☐ Yes ☐ Partial ☐ No		
5.1.6	Create a community environment that minimizes the incidence of crime and enhances perceptions of security by applying the principles of Crime Prevention Through Environmental Design (CPTED) within the site design and development approval process.	*Are there policies that support application of CPTED in site design and development approval processes?*	☐ Yes ☐ Partial ☐ No		

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[13] Also listed in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.2.4.

Social Interaction & Sense of Community

Goal 5   Increase social interaction to sustain the wellbeing of residents through community design.

No.	Policy	Guidance	Evaluation	Suggestions	Comments
**Objective 5.1 Support complete neighbourhoods and mixed housing to meet the needs of residents of all ages and abilities.**
5.1.7	Encourage a sense of place through built form, cultural planning, and by promoting features that help define character, such as cultural heritage resources. (2)	*Are there policies that support these types of features, which help to create those characteristics that help to foster a sense of community attachment and belonging?*	☐ Yes ☐ Partial ☐ No		
5.1.8	Ensure neighbourhoods are designed to include meeting spaces and common areas that address the needs of residents of all ages and physical abilities. (71)	*Are there policies that encourage the provision of these types of spaces that are appropriate for all residents?*	☐ Yes ☐ Partial ☐ No		
5.1.9	Ensure protection of spaces for community gardens. (35)[14]	*Are there policies that refer to the need to protect spaces specifically for community gardens?*	☐ Yes ☐ Partial ☐ No		
5.1.10	Encourage community or urban agriculture, such as community gardens and rooftop gardens. (35)[15]	*Are there policies that encourage or supports these types of community/urban agricultural uses?*	☐ Yes ☐ Partial ☐ No		
5.1.11	Design standards should be developed to support the creation of neighbourhood hubs to provide opportunities for recreation and social interaction.[16]	*Are there policies to create guidelines that would support the creation of these types of central locations that provide opportunities for citizens to interact and recreate?*	☐ Yes ☐ Partial ☐ No		
5.1.12	A municipality shall develop (or revise) a Parks Master Plan to ensure parks, open/green spaces, community gardens, and multi-use recreational trails are planned as an interconnected system that provides access between residential developments, schools, workplaces, public facilities and services, retail	*Are there policies to develop or revise a Master plan that addresses the linkages between these types of parks / open space / green space / recreational uses and key destinations in the community?*	☐ Yes ☐ Partial ☐ No		

[14] Also listed in *Access to Recreation in the Built and Natural Environments* as 2.1.11 and in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.1.2.
[15] Also listed in *Access to Recreation in the Built and Natural Environments* as 2.1.12 and in *Preserve and Protect the Local Food System from Production to Waste Management* as 3.1.3.
[16] Also listed in *Access to Recreation in the Built and Natural Environments* as 2.1.7

Urban Area Checklist

Social Interaction & Sense of Community

Goal 5   Increase social interaction to sustain the wellbeing of residents through community design.

Objective 5.1 Support complete neighbourhoods and mixed housing to meet the needs of residents of all ages and abilities.					
No.	Policy	Guidance	Evaluation	Suggestions	Comments
	outlets, healthy food outlets, cultural and community spaces, places of recreation, and tourist associated areas.[17]				
5.1.13	The Parks Master Plan and Recreation Master Plan shall include guidelines to plan and provide for a full range and equitable distribution of publicly-accessible built and natural settings for recreation, including facilities, parklands, public spaces, open/green space areas, trails and linkages, and where practical, water-based resources with particular interest to meet the needs of vulnerable populations. This includes providing an appropriate supply and distribution of community facilities and programs to meet the social, health, and recreation needs of existing and future residents in a manner that maximizes accessibility regardless of age, physical ability, and financial means. (65)[18]	*Are there policies that outline the requirement that these Master Plans include guidelines to plan and provide for a range of built and natural settings for recreation, particularly for the vulnerable populations of the community?*	☐ Yes ☐ Partial ☐ No		

SUMMARY

Objective 5.1 Support complete neighbourhoods and mixed housing to meet the needs of residents of all ages and abilities.					
Summary			Overall, is this objective supported through policies in the document being reviewed?		
Yes	Partial	No	Yes, Partial or No?	Suggestions	Comments
/13	/13	/13			

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[17] Also listed in *Access to Recreation in the Built and Natural Environments* as 2.1.1.
[18] Also listed in *Access to Recreation in the Built and Natural Environments* as 2.1.3.