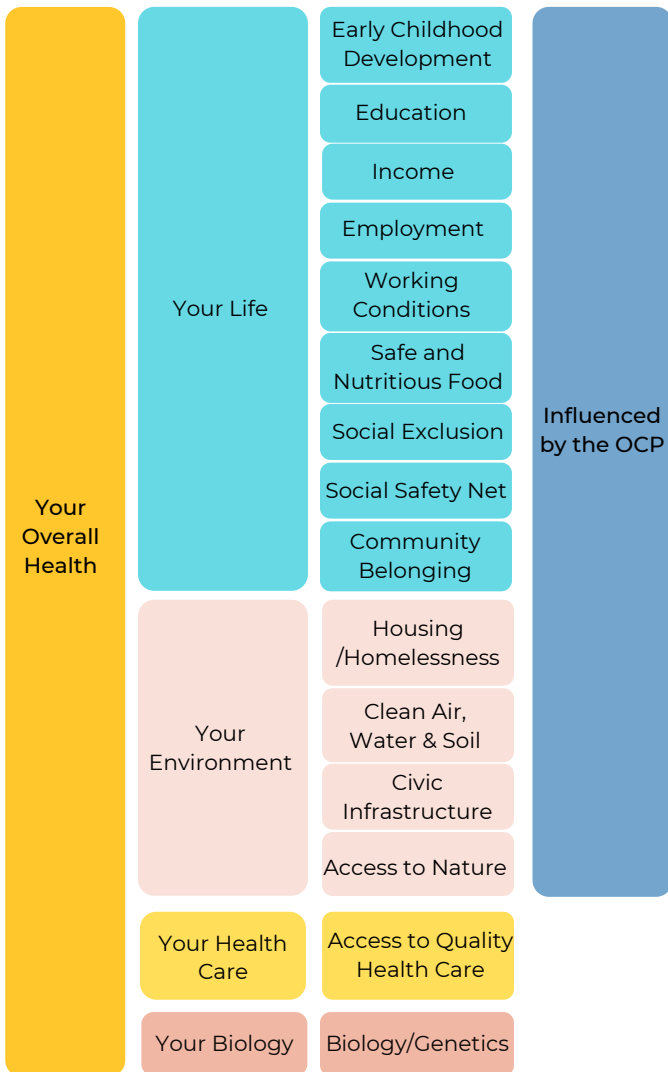


# HEALTH & OCP INFLUENCES

Research shows that approximately 60% of what influences our individual health is related to elements found within our everyday lives and the environment that we live in. An Official Community Plan (OCP) has the ability to significantly impact the way our communities are planned, and therefore significantly influence the individual health of community members. Below is a breakdown of what type of things influence a person's health and what can also influence an OCP:



## LEARN MORE

[www.planh.ca](http://www.planh.ca)  
[www.thinkupstream.net](http://www.thinkupstream.net)  
[www.interiorhealth.ca](http://www.interiorhealth.ca)



## COMMUNITY ENGAGEMENT HELPS TO BUILD HEALTHY COMMUNITIES



## GET INVOLVED TODAY!

(Contact your local government)

References:  
 BC Center for Disease Control. Healthy Built Environment Linkages Toolkit: making the links between design, planning and health, Version 2.0. Vancouver, BC. Provincial Health Services Authority, 2018.  
 Canadian Medical Association. Health Care Transformation. 2013.

Updated April 2022

# BUILDING HEALTHY COMMUNITIES



## The Role of Local Government & The OCP

(Official Community Plan)



## WHAT IS AN OFFICIAL COMMUNITY PLAN?

An official community plan (OCP) is a bylaw adopted by local government Council, which contains goals and policies that guide land use into the future. The OCP reflects the values and priorities of the community members who were engaged in creating it. It serves as a guiding document for city staff and elected officials when making decisions about many aspects of community planning.

## WHAT IS A HEALTHY COMMUNITY?

A healthy community is when the **built, social, economic, and natural environments** are well balanced to allow people the opportunity to live to their full potential and come together to make their community better for themselves, their family, friends, neighbours and others.

## LINKING HEALTH & THE OCP

The opportunities and barriers people experience from infant to old age have a big impact on their health. People who experience barriers in their community related to low income, for example, are more likely to experience poor health. Community planning with health in mind provides more opportunities and reduces barriers for all people to live healthy lives.

# HEALTHY PLANNING PRINCIPLES

## KEY FACTORS

To positively influence the health of your community, remember these key factors when participating in an OCP engagement session:

### BUILT & NATURAL



#### NEIGHBOURHOOD DESIGN

Create complete, compact and connected communities.



#### TRANSPORTATION NETWORKS

Prioritize and support transportation options like walking, cycling and use of public transit.



#### HOUSING

Access to different types of affordable, quality housing with a variety of rental and ownership options.



#### FOOD SYSTEMS

Access to affordable and healthy food options.



#### NATURAL ENVIRONMENTS

Preserve and connect to the natural environment.



#### CLIMATE CHANGE

Reduce greenhouse gas emissions and adapt to local impacts of climate change.

### SOCIAL & CULTURAL



#### SOCIAL WELL-BEING

Create opportunities to socialize and connect with others.



#### ARTS & CULTURE

Access to affordable arts and cultural experiences.



#### CHILD CARE

Access to safe, quality, and affordable licensed daycare within close distance to work or home.



#### AGE FRIENDLY

Create opportunities for people of all ages and abilities.

### ECONOMIC



#### ECONOMY

Create a wide range of job opportunities.



#### INCOME

Create opportunities to earn a sustainable income.