Sustainable Halton

Healthy Communities Principles

May 2007

Halton
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Sustainable Halton

This is a draft final background report for the Sustainable Halton planning process. As the project continues and as we receive public feedback, there may be slight adjustments made to the content of this report.

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EXECUTIVE SUMMARY

Where we live is as important to our health as how we live. Human-modified places, known as the "built environment," determine physical as well as social environments, thereby affecting health and quality of life. The impacts of land-use planning and the built environment can be examined using the Healthy Communities model, which is rooted in the understanding that health is determined by the interaction of the environment, the community, and the economy.

Many aspects of Ontario's 2005 Provincial Policy Statement are consistent with the Healthy Communities model. The Statement intends for the provision of "appropriate development while protecting resources of provincial interest, public health and safety, and the quality of the natural environment." Using the Healthy Communities model to support the land-use planning process makes sense for Halton as a community that wishes to approach health in a holistic way.

The principles underlying the Healthy Communities model can be thought of as follows: A convivial community, a viable natural environment, and a sufficient economy overlap to create a liveable built environment, an equitable social environment, and a sustainable economic environment (Labonte, 1993). Because of the interdependency of all these factors, the way our neighbourhoods are designed and built impacts the ability of a community to achieve the other factors.

Urban form can reduce the need for commuting and make efficient public transportation feasible thereby saving energy. It can protect agricultural land by enabling future population growth through intensification of already developed land rather than through urban sprawl. It can also contribute to conviviality by providing opportunities for citizens to interact and develop a sense of community. Local governments exert a pivotal influence on the form and other elements of the communities in which we live.

There are some fundamental qualities that the World Health Organization (1997) uses to characterize a healthy community:

1. A clean, safe physical environment of high quality (including housing quality);
2. An ecosystem that is stable now and sustainable in the long term;
3. A strong, mutually supportive and non-exploitive community;
4. A high degree of participation and control by the public over the decisions affecting their lives, health and well-being;
5. The meeting of basic needs (for food, water, shelter, income, safety and work) for all the community's people;
6. Access to a wide variety of experiences and resources, with the chance for a wide variety of contact, interactions and communication;

7. A diverse, vital and innovative community economy;
8. The encouragement of connectedness with the past, with the cultural and biological heritage of community-dwellers, and with other groups and individuals;
9. A form that is compatible with and enhances the preceding characteristics;
10. An optimum level of appropriate public heath and sick care services accessible to all; and
11. High health status (high levels of positive health and low levels of disease).

The process that governments and citizens use to achieve a healthy community is just as important as achieving the overall qualities. Community participation, local government commitment, involvement of sectors, and healthy public policy are four key elements to a Healthy Communities process. The Healthy Communities model requires policies, programs, partnerships, services and decision-making that involves all areas of government and is considerably broader than the land-use planning process.

The concept of a "complete community" is highlighted in the Ontario government's legislation, *Places to Grow*. "Complete communities" provide residents with a broad range of physical and social elements that people need in their daily lives. Living in places that provide these elements has the benefit of reduced travel time for carrying out daily activities; cleaner air due to reduced number of short daily trips in vehicles; opportunities to "age in place," given greater housing choice available within a community; and healthier neighbourhood environments that are resilient and can adapt to changes and to crises (Greater Vancouver Regional District, 2001). The "complete communities" concept provides the basis of the urban form that is needed to achieve the Healthy Communities model.

While each of the Durable Halton background reports is focused on one issue— one of the Region's natural resources, some element of its infrastructure, or some indicator of health—it is understood that all of these issues are interrelated and must be considered as a whole if the process is to result in a plan that meets the needs and aspirations of the residents of Halton. The Healthy Communities model provides a holistic lens through which we can evaluate the key Durable Halton questions.

It is recommended that the Region:

1. Be guided by a commitment to the development of "complete communities" that include:

   - Connected street networks that are accessible for all modes of transportation;
   - Densities that support public transit and amenities within 5 to 10 minute walking distance of all households;

- Physical access to grocery stores either by foot or public transit for all residents;
- Mixed land uses that include a mix of housing and access to a full range of amenities and services within 5 to 10 minute walking distance;
- Adequate, affordable housing for all persons regardless of income, age, or family size;
- Community design that allows for community gardens and rooftop gardens;
- Urban planning that provides for inter-connected green space within the urban boundary by ensuring parks and by promoting tree planting, green roofs, and community gardens; and
- Community design policies and incentives that foster the above.

2. Give priority to redeveloping existing communities as complete communities before developing "greenfields."

3. Recognize the need to build the necessary infrastructure to support alternative modes of transportation such as walking, cycling, and public transit. This includes ensuring a balanced transportation network that is supportive of active modes of travel and public transit.

4. In the development and assessment of alternative growth scenarios in phases II and III of the Durable Halton process, identify how the outcomes address and implement Healthy Communities principles.

1.0 INTRODUCTION

This report is one of a series documenting the context and background of the "Sustainable Halton" exercise. Sustainable Halton is a process that will:

- Ensure Halton Region policies' conformity with the Growth Plan, Provincial Policy Statement and other relevant legislation;
- Review the current Regional Official Plan;
- Determine Halton Region's goals and objectives for growth; and,
- Determine what policies are needed to reach those goals.

The newly revised Regional Official Plan was designed to accommodate growth in the Region's population from about 375,000 in 2001 to about 628,900 in 2021 and growth in the employment from about 189,000 in 2001 to about 340,000 in 2021 (Halton, 2006a). The Province's Places to Grow Growth Plan, which plans for growth in the Greater Golden Horseshoe out to 2031, requires that Halton Region accommodate about 780,000 people and 390,000 jobs by 2031 (Ministry of Public Infrastructure Renewal, 2005).

2.0 OBJECTIVE AND NATURE OF REVIEW

The specific objectives of the "Healthy Communities" report in the Halton study are:
- To describe the Healthy Communities model, qualities and process;
- To describe how the Healthy Communities model can be applied to the land-use planning process; and
- To describe how the Healthy Communities model applies to the Sustainable Halton process.

3.0 BACKGROUND

Where we live is as important to our health as how we live. Research demonstrates that the health of our population is impacted by human-modified places such as our neighbourhoods, homes, schools, workplaces, and communities. These human-modified places, known as the "built environment", impact indoor and outdoor physical environments such as climatic conditions and indoor/outdoor air quality as well as social environments such as civic participation and community capacity. Community capacity is a community's ability to define and solve its own problems. Subsequently, the built environment impacts our health and quality of life.

The built environment is a component of a larger land-use planning process that determines where and how growth in the built environment should occur. One

way to examine the impacts of land-use planning and the built environment is to use the Healthy Communities model. The Healthy Communities model is rooted in the understanding that health is determined by the interaction of the environment, the community and the economy. In order to have a healthy population, we must have a viable environment, supportive communities, and a sufficient economy. The Healthy Communities model recognizes that all three of these elements work together.

Halton Region has a long-standing commitment to the Healthy Communities approach. Halton's Official Plan states

> …Halton believes in the development of healthy communities. A healthy community is one:
> (1)   that fosters among the residents a state of physical, mental, social and economic well-being;
> (2)   where residents take part in, and have a sense of control over, decisions that affect them;
> (3)   that is physically so designed to minimize the stress of daily living and meet the life-long needs of its residents; and
> (4)   where employment, social, health, educational and recreational and cultural opportunities are accessible for all segments of the community.

In 2005, the provincial government released a new Provincial Policy Statement. This Statement identifies the goals of the Province for development across the province. Released under Section 3 of the Planning Act, the new Statement sets the policy foundation for regulating the development and use of land in Ontario. Many aspects of the Provincial Policy Statement are consistent with the Healthy Communities model. It is intended to provide "for appropriate development while protecting resources of provincial interest, public health and safety, and the quality of the natural environment".

Using the Healthy Communities model to support the land-use planning process makes sense for Halton as a community that wishes to approach health in a holistic way.

4.0   HEALTHY COMMUNITIES MODEL

The Ottawa Charter for Health Promotion (1986) lists the fundamental conditions and resources for health as: peace, shelter, education, food, income, a stable ecosystem, sustainable resources, social justice and equity. The Healthy Communities model is based on the understanding that in order to improve health, all of these fundamental conditions must be present and that the communities in which we live have the greatest potential to support those conditions and resources that lead to health. The Healthy Communities model

promotes quality-of-life factors that can improve the community's social, physical and economic environment, which leads to a healthier population. Figure 1 depicts this model.
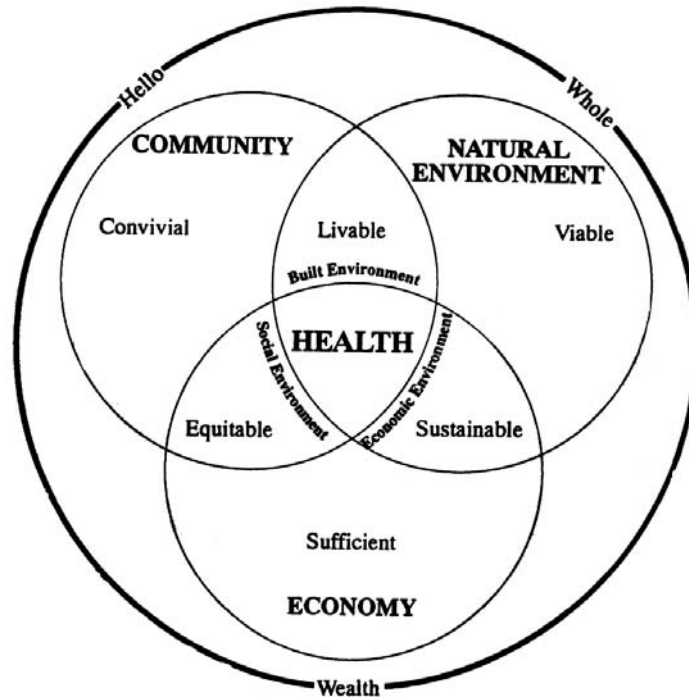
From Ronald Labonte: A Holosphere of Healthy and Sustainable Communities, Centre for Health Promotion, University of Toronto, 1993

Figure 1. A healthy communities model.

Healthy Communities recognize that health is holistic. Using words that share the same roots, the outer circle articulates the three major health goals:
- **Hello** – creating supportive communities
- **Whole** – ensuring the viability of our natural environment
- **Wealth** – meeting basic needs through the sufficiency of our economies (Labonte 1992, pg. 4)

Within the model there are six key principles that outline how a healthy community can be achieved (summarized from Labonte, 1992).

4.1   Conviviality in the Community

Conviviality refers to the process of sharing and caring. A convivial society ensures that all citizens have access to community life including services, appropriate housing and transportation. A key feature of a convivial community is having citizens who join together to pursue positive change (Wilcox, 2000). It also provides social support and interaction among community members and

recognizes that people who are isolated because they lack adequate social networks and supportive relationships suffer a greater risk of ill health.

4.2   Viability of the Natural Environment

Over the past two decades, it has become apparent that the sustainability of Earth's ecosystem is a crucial factor for maintaining health (WHO, 1997a). There are two characteristics that must be preserved if an ecosystem is to remain sustainable and resilient to stress. First the stress of resource use, which includes contamination or degradation, must remain within the limits of the ecological carrying capacity; and second, species diversity must be maintained.

4.3   Sufficiency in the Economy

Economic sufficiency means having a level of economic activity that can meet the basic needs of the population (WHO, 1997a). The health of the population is related to the vitality of the economy. However, this relationship is not linear. This means that at a certain point, increased economic activity does not translate into better health.   Equitable income distribution is more important than average income, which can be associated with declining health even when rising if wealth is concentrated in fewer pockets (Evans, Barer, Marmer, 1994).   Economies must be sufficient but they cannot be perpetually expansive or resource intensive.

4.4   Sustainability in the Economic Environment

An economy needs to meet the needs of the present without compromising the ability of future generations to meet their own needs (WHO, 1997a).   A sustainable economic environment does not refer to continued economic growth because ecosystems are finite.   Concern about the effects of unrestricted economic development on the environment is rooted in the Earth's limited capacity to support humanity. Increasing consumption of the Earth's resources, including the finite stock of mineral resources and farming land, is a major cause for concern (WHO, 1997a).

4.5   An Equitable Social Environment

Our economy must contribute to the creation of a social environment that is equitable by ensuring that all citizens have economic well-being and access to appropriate jobs, income and cost of living.   The relationship between socioeconomic status and health is well known. Lower socioeconomic groups are less happy, suffer higher rates of disease and disability and die at significantly younger ages (Labonte, 1992). Creating social cohesion and a civic community ensures the benefits of economic activity are distributed in a way that is socially equitable (WHO, 1997a).

4.6   Built Environments that are Livable

The way our neighbourhoods are designed and built impacts the ability of a community to achieve the other preceding five principles. Urban forms can reduce the need for commuting and make efficient public transportation more feasible. This saves energy and protects agriculture land by promoting future urban growth through intensification of already developed land rather than through urban sprawl.   It can also contribute to conviviality by providing opportunities for citizens to interact and develop a sense of community.

Our local government influences the communities in which we live more so than any other level of government.

The model described above can be used as a way of assessing all of the decisions within local government including the land-use planning process. Assessing policies holistically to determine how they build all three components is an important way to achieve the overall qualities that healthy communities possess.

5.0   QUALITIES OF A HEALTHY COMMUNITY

Each community is different, with unique characteristics and dynamics. As a result citizens must decide about the kind of place they want for the future. However, there are some fundamental qualities that the World Health Organization (1997) uses to characterize a healthy city, which also encompasses the broader concept of healthy community:

1. A clean, safe physical environment of high quality (including housing quality);
2. An ecosystem that is stable now and sustainable in the long-term;
3. A strong, mutually supportive and non-exploitive community;
4. A high degree of participation and control by the public over the decisions affecting their lives, health and wellbeing;
5. The meeting of basic needs (for food, water, shelter, income, safety and work) for all the city's/town's people;
6. Access to a wide variety of experiences and resources, with the chance for a wide variety of contact, interactions and communication;
7. A diverse, vital and innovative city/town economy;
8. The encouragement of connectedness with the past, with the cultural and biological heritage of city-dwellers and with other groups and individuals;
9. A form that is compatible with and enhances the preceding characteristics;
10. An optimum level of appropriate public heath and sick care services accessible to all; and

11. High health status (high levels of positive health and low levels of disease).

These qualities highlight the important role that local government plays in creating and supporting conditions to maximize life chances and to optimize individual and community health and well-being. How governments support and create those conditions in another key component of the approach.

6.0   PROCESS FOR DEVELOPING HEALTHY COMMUNITIES

The process that governments and citizens use to achieve a healthy community is just as important as achieving the overall qualities. There are four key elements to a Healthy Communities process:

1. *Community participation*

    Healthy Communities emphasize wide citizen participation and promote more active roles for citizens to be engaged in the planning and decision-making in their neighbourhoods, cities and towns. Examples include: participation on Regional or Municipal citizen advisory committees, or participation in a community forum or consultation.   The process involves providing opportunities for people to have a direct influence on political decisions and on the activities of city departments and their organizations.

2. *Local government commitment*

    Healthy Communities affirm the holistic nature of the determinants of health and recognize that many local government policies, programs, and plans directly affect the physical, mental and social well-being of communities. Public health, emergency services, social services, housing, land-use planning, waste management, public transit and parks among others are examples of services that contribute to the health of a community. This process involves strengthening the contribution of such programs by political decision-making that is committed to developing healthy communities.

3. *Involvement of sectors*

    Healthy Communities involve many sectors, which increases the level of commitment to the model. It is important to create processes through which municipal and regional departments come together with other sectors of the community to share responsibilities and negotiate their contributions.

4. ***Healthy public policy***

The outcome of Healthy Communities is healthy public policy[1]. The success of the process is reflected in the degree to which policies that create settings for health are in effect throughout all government departments. The goals of the model are achieved when homes, schools, workplaces, and other parts of the community become healthier settings in which to live (Adapted from the Ontario Healthy Communities Coalition, 2003).

Healthy Communities provides a way of thinking about communities and a process for working together towards a self-defined goal. Local governments can foster tolerance and respect as a way to celebrate urban diversity and ultimately acknowledge that a healthy community embraces unique needs in an integrated way.

7.0   HEALTHY   COMMUNITIES   AND   THE   LAND-USE   PLANNING PROCESS: COMPLETE COMMUNITIES

The Healthy Communities model requires policies, programs, partnerships, services and decision-making that involves all areas of government and is considerably broader than the land-use planning process.   The concept of a "complete community" is highlighted in the Ontario Provincial Government's legislation titled *Places to Grow* and provides direction for how a healthy communities model can be applied to the land-use planning process. The Places to Grow legislation focuses on form:

> "A complete community means meeting people's needs for daily living throughout an entire lifetime by providing convenient access to an appropriate mix of jobs, local services, a full range of housing, and *community infrastructure* including *affordable* housing, schools, recreation and open space for their residents.   Convenient access to public transportation and options for safe, non-motorized travel is also provided" (Ministry of Public Infrastructure and Renewal, 2006, p.41).

Complete communities provide residents with a broader range of physical and social elements that people need in their daily lives. Living in places that provide these elements has the following benefits:

- Reduction in travel time for people to carry out their daily activities;
- Cleaner air due to reduced number of short daily trips in vehicles;

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[1] Please take a moment to reflect on the meanings of 1. policy, 2. public policy, 3. public health policy, and 4. healthy public policy. An example of a public health policy decision is the decision to fund a prenatal program. An example of a healthy public policy decision is the decision to fund the building of a commuter rail line rather than expanding the existing road.

- Opportunities to "age in place", given greater housing choice available within a community; and
- Healthier neighbourhood environments, which are resilient and can adapt to changes and to crises (Greater Vancouver Regional District, 2001).

It is clear that the complete communities concept provides the basis of the urban form that is needed to achieve the Healthy Communities model. The following outlines how complete communities fulfill the Healthy Communities model discussed in Section 4 of this report.

7.1 Complete Communities as Convivial Communities

A convivial community provides the necessary supports to all citizens to participate in society. Complete communities allow for greater social cohesion by providing intentional spaces for people to congregate and interact with one another. Low-density residential developments are often blamed for a reduction in social engagement and social cohesion because there are fewer public spaces to foster interaction between neighbours. In addition, they often involve more commuting time, which provides less time for social activities and civic engagement (Curran, 2003). Complete communities, on the other hand, that have corner stores, neighbourhood parks, community gardens, and public transit within walking distance of people's homes, encourage residents to interact with one another and to develop a shared sense of community (Curran, 2003).

Complete neighbourhoods that include a mix of housing allow people of different ages and economic backgrounds to live together within the same community. People who need jobs have the opportunity to mix with people who know about job openings. The elderly may feel less isolated because they can stay in neighbourhoods where they could be close to family and friends.

7.2 Complete Communities Support a Sufficient Economy

Complete communities support the economic well-being of the community by reducing the costs associated with the infrastructure and services needed by the community. Complete communities are often cheaper to service than conventional suburban neighbourhoods because they make more efficient use of existing infrastructure and green space. This decreases the costs of infrastructure and services per household and increases the viability of commercial services and transit (Curran, 2003).

For example, one study of the land and infrastructure needs for the Central Okanagan area found that conventional residential development would require 20,645 acres and cost $1.57 billion to service over the next 40 years. The study found that, using compact suburban development and infill, the total acreage needed could be cut in half to 10,735 acres and service costs could be cut by 34% to $1.04 billion (Ramlo, 2000).

Another study, cited in a review of the literature conducted by the C.D. Howe Institute, found that a compact development pattern in the Greater Toronto Area could save approximately $500 million a year in capital and maintenance costs, and that an additional $200 million per year could be saved in costs related to air pollution, healthcare and policing associated with automobile collisions (Slack, 2002). When lower congestion, parking and land acquisition costs were factored into the equation, it was estimated that $1 billion per year could be saved in the governments in the GTA by containing urban sprawl (Slack, 2002). These savings mean lower taxes for residents and more money for other services in the community.

Complete community concepts can also support the economic viability of a community by making it a more attractive place to live. A 2005 report from the Federation of Canadian Municipalities (FCM) concluded that there is convincing evidence that the quality of place is important for attracting knowledge workers and businesses. This means that economic development of a community is dependent upon having "a vibrant, healthy, socially cohesive and environmentally sustainable community" (FCM, 2005, p. 7). Building complete communities addresses these quality of life issues.

7.3   Complete Communities and the Natural Environment

Complete communities have many positive benefits for the natural environment. By containing urbanized areas, complete communities allow a greater portion of land to be allocated to green space. They allow communities to preserve the spaces needed to support natural features including water and air, wetlands and woodlands, and the protection of species and habitat. Also, green space can act as separator between land uses to provide relief from air pollution and noise. Greenspace also acts as a sink for greenhouse gases that contribute to climate change and mitigates the "urban heat island effect".

Green space, incorporated into the infrastructure of the urban environment, can provide both environmental and economic benefits. This "green infrastructure" can include:

- Rivers, creeks, streams and wetlands and sufficient adjacent lands, that retain and carry storm water, improve water quality, and provide habitat;
- Aquifers and watersheds that provide drinking water;
- Engineered wetlands and storm water detention ponds that retain storm water and improve natural filtration; and
- Trees and rooftop gardens that clean air and cool urbanized areas in the summer (Curran, 2003).

Natural environments also provide recreational opportunities for residents, and may provide mental health and spiritual benefits for a community by allowing people to interact with and enjoy nature.

7.4 Complete Communities help Sustainability in the Economic Environment

Complete communities support the principle of sustainable economies by using our natural resources wisely. By containing urbanization, complete communities allow communities to preserve a greater portion of their land for agriculture. Much of the undeveloped land in Halton Region is prime agricultural land, a dwindling natural resource in Halton and Canada.

Experts have warned that, with climate change, agricultural land may become a very scarce resource on an international scale in the coming decades. The Consultative Group on International Agricultural Research (CGIAR) has estimated that 200 million people in India, Pakistan, Nepal and Bangladesh may be at risk for starvation by 2050 as a result of climbing temperatures on fertile farmlands in that Region (Mittelstaedt, 2007). Imports to Canada from other countries, including the United States, may become unstable due to drought conditions.

7.5 Complete Communities Provide an Equitable Social Environment

Complete communities also provide a diversity of housing types to enable citizens from a wide range of economic backgrounds and age groups to live together within the neighbourhood (West Coast Environmental Law, 2007). One of the most stark examples of the lack of diversity of housing options are the large number of elderly persons who must move to a different neighbourhood when they sell their single family home (Curran, 2003) or when driving is no longer a safe option. Further, a community that provides a wide range of housing types is more affordable for residents of all income levels than a community that is composed entirely of detached single family dwellings (Curran, 2003).

Inequities in peoples' health status usually result from inequities in access to basic health prerequisites such as housing, food, income, employment, recreation and other aspects of our economically determined social circumstances. Complete communities address issues such as access to grocery stores, availability of affordable housing, live/work options, and access to green space and recreation.

Complete communities also provide protective factors for the more vulnerable in our society. Neighbourhoods built for the automobile provide fewer transportation opportunities for children, the elderly, people living with disabilities and people living on low income as these are the populations most likely to be unable to drive. Overall, these more vulnerable populations have greater mobility

issues than the general population. Complete communities support these populations by providing schools, amenities, grocery stores and services are within a close enough distance to walk and that public transit is reliable and accessible.

7.6   Complete Communities Provide a Livable Built Environment

Complete communities provide a livable built environment for all citizens by encouraging a compact urban environment, alternative modes of transportation, energy efficiency, and alternative forms of energy, all of which save energy and reduce emissions of air pollution and greenhouse gases that contribute to climate change.

The transportation sector is one of the most significant sources of air pollution and greenhouse gases that contribute to climate change. Complete communities that encourage live/work relationships, walking and cycling as modes of transportation, and the efficient use of public transit, have the potential to significantly reduce emissions of air pollutants and greenhouse gases by reducing our reliance on automobiles (MOH, Halton Region Health Department, 2007).

Motor vehicle crashes are responsible for a significant number of deaths and injuries in our society. In Ontario, about 900 people are killed and 84,000 are injured each year from motor vehicle collisions (Ontario Ministry of Transportation, 2002). Studies have shown that residents are four times more likely to be hit by a car on wide curving suburban streets than they are on traditional narrower, grid-pattern residential streets (Curran, 2003). Complete communities have small block, grid, street designs that have the potential to decrease the number of automobile-pedestrian accidents.

Further, travel by public transit is safer than travel by automobiles. One study documented a 20-fold difference in the vehicle-related death rates associated with travel by automobiles than by public transit. It found that travel by public transit was associated with 0.66 deaths per billion miles travelled, while travel by automobiles was associated with 13.20 deaths per billion miles travelled (Hancock, 2000).

Fuel consumption for electricity generation and space and water heating is a significant source of air pollution and greenhouse gases in Canada as well.   The size, design and lay-out of homes and workplaces can have a significant impact on the amount of electricity used for air conditioning and lighting and the amount of the natural gas or oil used for space and water heating.   Complete communities can reduce emissions associated with fuel consumption by encouraging the development of housing that requires less energy for heating and cooling.   Complete communities that encourage energy efficiency, co-

generation, and renewable energies also reduce the demand for polluting energy sources (MOH, Halton Region Health Department, 2007).

8.0   WHAT IS THE SUSTAINABLE HALTON PROCESS?

The Sustainable Halton process is a long-term planning process that examines how growth should happen in Halton Region from 2021 to 2031 and beyond. It examines the 'big picture' land use questions. The process is informed by a number of background reports that are designed to answer pivotal questions such as:

- What is the viability and significance of the agricultural sector in Halton Region?
- How much green space is needed to preserve ecological biodiversity in Halton Region?
- How much land is required to accommodate the population and jobs that the Province has directed the Region to plan for under various scenarios?

The process is also informed by a number of background reports that examine the infrastructure and resources that exist in the Region and how those may change over time. These reports are directed at water and wastewater, waste management, transportation networks, energy systems and aggregate resources.

The process is also informed by a number of reports that discuss how different patterns of development can affect the health and well-being of citizens in the community. These reports discuss how local food supplies, neighbourhood design, modes of transportation, forms of energy, building design, and the situation of workplaces, community services, and recreational facilities can impact upon the health and well-being of residents through the lenses of community food security, air quality, physical activity, climate change, and social cohesion.

While each of these background reports is focused on one issue – one of the Region's natural resources, some element of its infrastructure, or some indicator of health – it is understood that all of these issues are inter-related and must be considered as a whole if the process is to result in a plan that meets the needs and aspirations of the residents of Halton. This is where the healthy community principles come in. They provide the principles and a holistic lens with which we can evaluate the pivotal Sustainable Halton questions.

9.0 RECOMMENDATIONS

It is recommended that the Region:

1. Be guided by a commitment to the development of "complete" communities that include:

    - Connected street networks that are accessible for all modes of transportation;
    - Densities that support public transit and amenities within 5 to 10 minute walking distance of all households;
    - Physical access to grocery stores either by foot or transit for all residents;
    - Mixed land uses that include a mix of housing and access to a full range of amenities and services within 5 to 10 minute walking distance;
    - Adequate affordable housing for all persons regardless of income, age or family size;
    - Community design that allows for community gardens and rooftop gardens;
    - Urban planning that provides for inter-connected green space within the urban boundary by ensuring parks and by promoting tree planting, green roofs and community gardens; and
    - Community design policies and incentives that foster the above.

2. Give priority to redeveloping existing communities as complete communities before developing "greenfields".

3. Recognize the need to build the necessary infrastructure to support alternative modes of transportation such as walking, cycling and public transit. This includes ensuring a balanced transportation network that is supportive of active modes of travel and transit.

4. In the development and assessment of alternative growth scenarios in Phases II and III of the Sustainable Halton process identify how the outcomes address and implement Healthy Communities principles.

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