

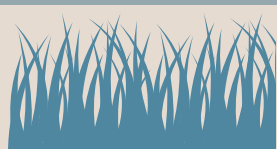
The Relationship Between Built Environment and Health in Canada

WHY CREATE HEALTH SUPPORTIVE ENVIRONMENTS?

The World Health Organization's 1986 Ottawa Charter for Health Promotion acknowledged the need to create health supportive environments to address chronic disease and promote health and wellbeing by protecting people from factors that threaten good health. (1,2)

NEIGHBOURHOOD FEATURES CAN AFFECT PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, DIET, AND SOCIAL INTERACTION, INFLUENCING HEALTH AND WELLBEING.

PARKS



NEIGHBOURHOOD DESTINATIONS



BUILDINGS



LIGHTING AND AESTHETICS



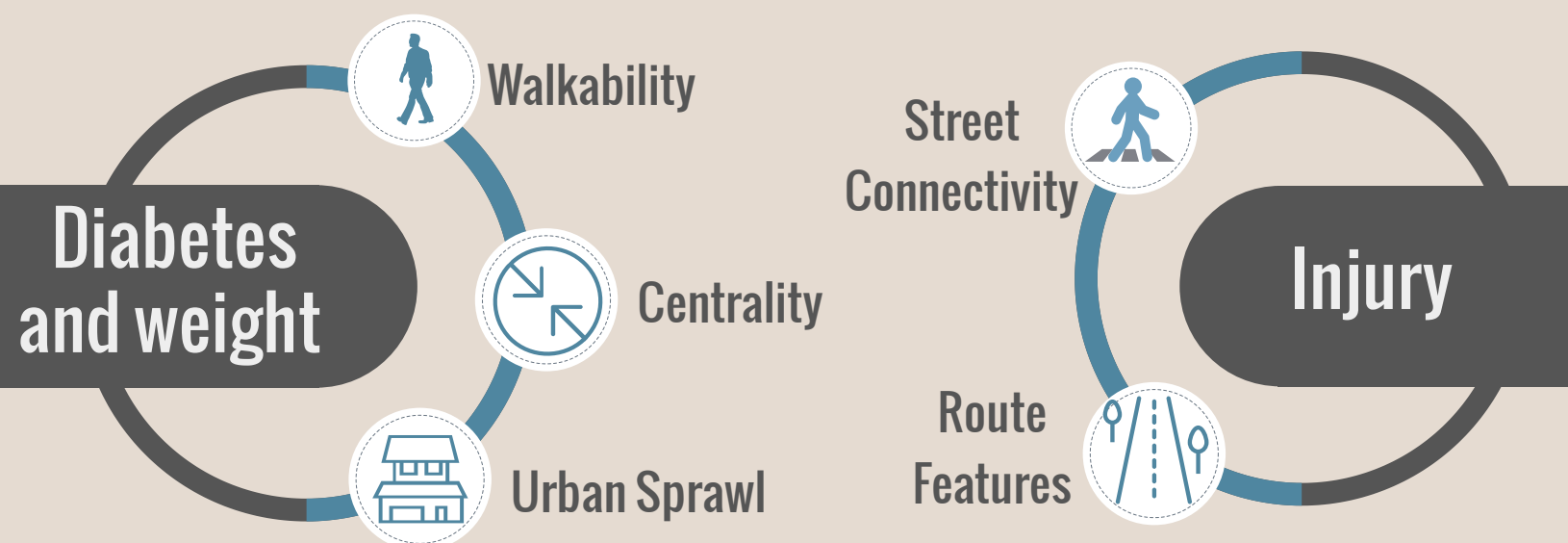
STREETS, SIDEWALKS, AND PATHS



DENSITY



IN CANADA THE BUILT ENVIRONMENT IS ASSOCIATED WITH HEALTH INCLUDING...*



Greenspace, parks and recreation features also impact many health outcomes



CREATING HEALTH SUPPORTIVE BUILT ENVIRONMENTS IS IMPORTANT FOR ENHANCING POPULATION HEALTH.

***For more information:**

McCormack GR, Cabaj J, Orpana H, Lukic R, Blackstaffe A, Goopy S, Hagel B, Keough N, Martinson R, Chapman J, Lee C, Tang J, Fabreau G. *A scoping review on the relations between urban form and health: a focus on Canadian quantitative evidence.* Health Promotion and Chronic Disease Prevention in Canada. 2019;39(5), 19-32.

References:

1) World Health Organization. The Ottawa Charter for health promotion Health Promotion International. 1986:1-3-5.
2) World Health Organization. Global strategy on diet, physical activity and health [Internet]/ Geneva (Switzerland): WHO; 2004.



BUILT ENVIRONMENT
AND
HEALTHY LIVING
www.BEHealthyLivingLab.com