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Planning By Design: a healthy communities handbook

Heart disease, asthma, diabetes, obesity, stroke, cancer, stress and depression are just some of the serious health issues that are reducing community vitality and resiliency through productivity loss and increasing demands on public and private sector resources.

Built environments – buildings, transport networks, green spaces, public realms, natural systems and all the other spaces that make up a community – can perform a critical role in shaping people’s physical and psychological well being. Rural and urban planning and design strategies, including land-use patterns, transportation networks, public spaces and natural systems, are all factors that can promote increased physical activity, psychological well being and healthier outcomes for all community members.

According to the Canadian Institute for Health Information, health-care spending is growing faster than Canada’s economy and spending on prescription and non-prescription drugs is growing faster than spending on hospitals and physicians.

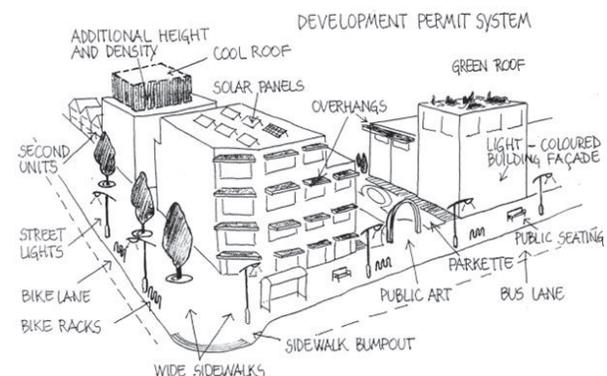


The **Planning By Design** handbook is the result of a partnership between the **Ministry of Municipal Affairs and Housing** and the **Ontario Professional Planners Institute**. The purpose of this initiative is to share and generate ideas on how places can be planned and designed more sustainably for healthy, active living and to retain and attract residents, investors and visitors.

If Canadians were to become more active, it is estimated that there would be:

- 26% fewer deaths from type II diabetes;
- 20% fewer deaths from colon cancer; and
- 22% fewer deaths from cardiovascular disease.

Source: Canadian Fitness and Lifestyle Research Institute,
www.cflri.ca



A copy of this handbook can be accessed at ontario.ca/mah and ontarioplanners.on.ca

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