



Healthy and Inclusive Communities through the New Official Plan

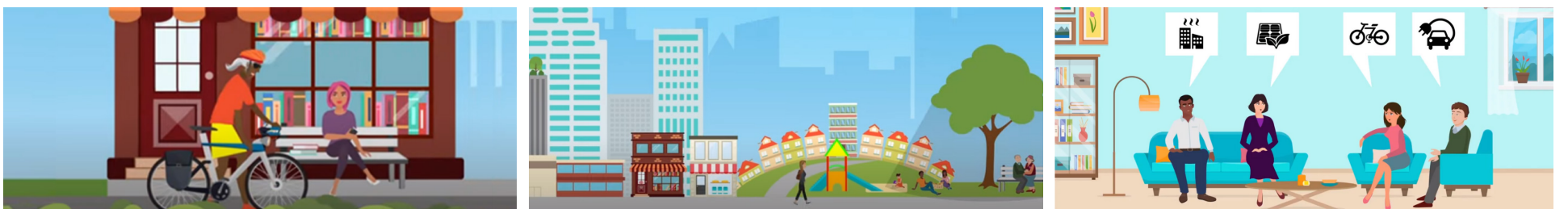
Changes to the built environment can lead to better or worse personal health.

The built environment can affect our behaviours and how we feel. Walkable and inclusive neighbourhoods that make it easy for everyone to access healthy food and get around by transit, foot or bicycle can contribute to better health and happiness.

A healthy built environment can:

- Make the healthy choice the easy choice

- Encourage being physically active through active transportation and improve mobility options for those not driving
- Support access to food and healthy eating
- Foster social interactions and connections
- Reduce air pollution and improve water and soil quality
- Provide access to natural and green spaces and reduce urban heat islands
- Support equitable opportunities for all people to thrive and be healthy



Ottawa's New Official Plan provides us with a blueprint for building healthier and more inclusive neighbourhoods. This includes:*

Build walkable, 15-minute neighbourhoods:

- Enable meeting most daily needs within a 15 minute walk, and support living car light or car free
- Provide different types of housing to meet needs across life stages
- Include grocery stores, local shops and services, public spaces for gathering, parks and greenspaces
- Support safe and convenient walking and biking routes, for all ages, throughout the seasons
- Human-scale urban design and environments that create a sense of place and foster social connections

Build neighbourhoods for everyone:

- Integrate and honour Indigenous values, knowledge and cultures in city-building
- Incorporate age-friendly design, considering the needs of children and older adults, making sure people can live and thrive in a neighbourhood at all stages of life
- Consider the needs of women and equity seeking groups in placemaking and urban design
- Provide a mix of housing options for a range of incomes, including affordable housing
- Acknowledge that some neighborhoods have stronger equity concerns than others and the planning process should recognize and respond to this

Foster green and sustainable design:

- Provide resilient, sustainable building design
- Buffer sensitive land uses from traffic-related air pollution
- Allow for community gardens, farmers markets and crop production
- Prioritize a shift to energy efficient transportation modes & renewable energy sources
- Protect trees and use nature-based solutions for resiliency
- Reduce urban heat islands

Ensure planning decisions promote health and well-being:

- All land-use and transportation planning decisions need to support health and well-being, leading to more resilient communities
- City master plans, zoning bylaws, local plans such as secondary plans and community design plans, guidelines, must integrate health and equity considerations

*These policies are described in the New Official Plan **section 2.2.4**, and have many supporting implementation policies throughout, which get into the details of how these goals are achieved. They are tagged with a "heart" icon.



Housing
(e.g., low, medium and high rise)



Retail, Commercial and Health Services
(e.g., grocery stores, pharmacies, doctor's offices)



Public Service Facilities
(e.g., recreation facilities, libraries, indoor community centres)



Education
(e.g., schools, day-cares)



Parks and Greenspaces
(e.g., playgrounds, pathways)



Sustainable Mobility
(e.g. cycling facilities, sidewalks, transit)

For more information about the City's Official Plan, visit Ottawa.ca/NewOP or more information about healthy built environments, visit OttawaPublicHealth.ca/HealthyCommunities

Sample of Key Implementation Policies

Growth Management Framework:

- 3.2 Support Intensification
- 3.3 Design new neighbourhoods to be 15-minute neighbourhoods

Mobility:

- 4.1.1 Provide mobility options to safely and equitably navigate the city
 - Building equity considerations in transportation investments
- 4.1.2 Promote healthy 15-minute neighbourhoods
 - Designing all local roads to low operating speeds and making sure they have sidewalks where possible
- 4.1.4 Support the shift towards sustainable modes of transportation
 - Re-allocating parts of streets for other purposes, such as woonerven (streets that support community interaction, play, and greenery with significantly reduced vehicle speed)

Housing:

- 4.2.2 Maximize the ability to provide affordable housing throughout the city
 - Striving for 20% of new residential units to be affordable, and of that 70% to be affordable for those with deep core affordability needs
- 4.2.3 Protect existing rental housing stock and support the production of more rental units
 - Limiting the conversion of rental stock in places with low vacancy rates
- 4.2.4 Direct attention to the needs of those households with the lowest 40% of income levels, as well as other vulnerable groups
 - Ensuring that housing for people who don't form part of a household, such as group homes, shelters or rooming houses are allowed in all residential areas, with no restrictions
 - Supporting inclusionary zoning

Parks and Recreation Facilities:

- 4.4.6 Design parks that contribute to quality of life and respond to climate change
 - Providing cooling amenities and shade trees

Urban Design:

- 4.6.3 Ensure capital investments enhance the City's streets, sidewalks, and other public spaces supporting a healthy lifestyle
 - Guiding public realm investments by using the Neighbourhood Equity Index
- 4.6.4 Encourage innovative design practices and technologies in site planning and building design
 - Including that certain type of buildings abide by High-performance Development Standards
 - Encouraging photovoltaic panels, permitting green roofs and rooftop gardens
 - Reducing the health risks from traffic related air pollution for children in outdoor play areas near major roads

Drinking Water, Wastewater and Stormwater Infrastructure:

- 4.7.1 Provide adequate, cost-effective drinking water, wastewater and stormwater infrastructure, and assist in meeting growth targets in the urban area
 - Including using Low Impact Development (water budget calculations)

Natural Heritage, Greenspace and the Urban Forest:

- 4.8.2 Provide residents with equitable access to an urban forest canopy
- 4.8.3 Provide residents with equitable access to an inclusive urban greenspace network

Water Resources:

- 4.9.3 Restrict or limit development and site alteration near surface water features
 - Using a 1 in 100 year flood plain as the limit (not 1 in 350)

School Facilities:

- 4.10.1 Make it safe and easy to walk, bike or take a bus to school through supportive site and neighbourhood design
- 4.10.2 Locate schools and other neighbourhood uses close together to provide convenient access to residents
- 4.10.3 Make trees an important component of a school's outdoor space

Protection of Health and Safety:

- 10.3 Build resiliency to the impacts of extreme heat
 - Prioritizing trees and shade structures; and ensuring heat mitigation measures are incorporated in non-residential uses
- 10.4 Enhance personal security through design

