



# New Official Plan

## The Building Blocks for a Healthy Ottawa

Health starts in our communities. Through the Official Plan, we can plan, build and use our communities so that people have more opportunities to lead healthy lives.

### **Neighbourhood Design**

Building compact, well-connected neighbourhoods that include different types of housing, shops and services, schools, employment and greenspaces can make it easier to meet daily needs by foot or by bicycle and reduce dependence on driving. Living in a walkable, “20-minute neighbourhood” with all these features helps promote better social, physical and mental health.

### **Transportation**

The way we design our roads and transportation networks affects how we decide to travel and live our lives, and this impacts health - e.g. diabetes and heart disease. Healthy transportation is promoted through providing well-connected networks for walking, biking and public transit that are safe and convenient for all ages and abilities. This includes sidewalks, protected bike lanes and designing for traffic-calmed streets.

### **Housing**

Having access to affordable and safe housing that is suitable to your stage of life and supports various life situations is important for physical and mental health. This can be promoted through ensuring all communities have a mix of housing types and sizes.

### **Food**

Lack of nutritious food can lead to chronic diseases like heart disease. Ensuring that people can access local, healthy food easily and safely by walking, biking and transit supports healthy eating. This can also be enabled by making sure there are enough people in a community to support a client-base for local grocery stores.

### **Natural Environments and Greenspaces**

Nature and greenspaces affect physical and mental health in many ways. Climate change will make our communities hotter in the summer. Greenspaces, including recreational spaces and parks, with trees and vegetation can help filter and cool the air, reduce stress, promote physical activity, and buffer noise. People’s health and well-being can also benefit from easy, local and safe access to nature.

