

# Measuring Healthy, Walkable and Age-Friendly Communities

Communication : C1  
Older Adult Task Force  
February 22, 2021  
Agenda Item # 1

February 22, 2021



# YOUR COMMUNITY. YOUR HEALTH.



Provide opportunities for people to incorporate daily physical activity

Support aging in place

Reduce health inequity

Strengthen social connections and support mental health

Improve air quality and reduce heat island effects

Support our partners with evidence informed data

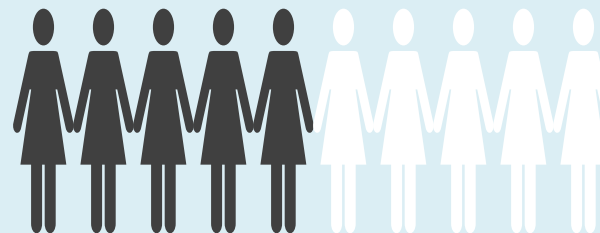


Increase awareness of the built environment's impact on health to support planning

**Engage communities and mobilize groups to participate in the development of healthy built environments**

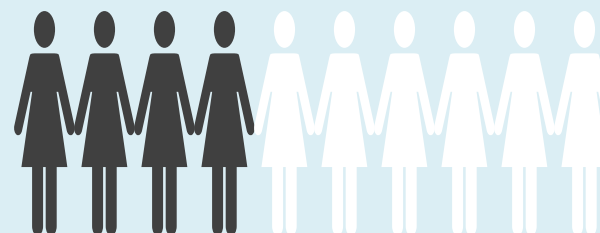


150



49%

York Region adults meeting physical activity guidelines



37%

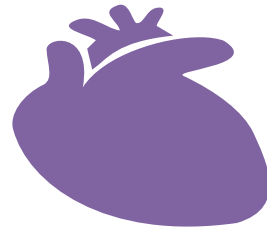
Canadian seniors meeting physical activity guidelines

Minutes of moderate to vigorous intensity physical activity per week for older adults age 65 and older



**31%**

Cancer



**27%**

Heart Diseases



**9%**

Mental and  
Behavioural  
Disorders



**8%**

Respiratory  
System Diseases





Annual health care cost linked to physical inactivity for Ontario

**\$0.98  
Billion**

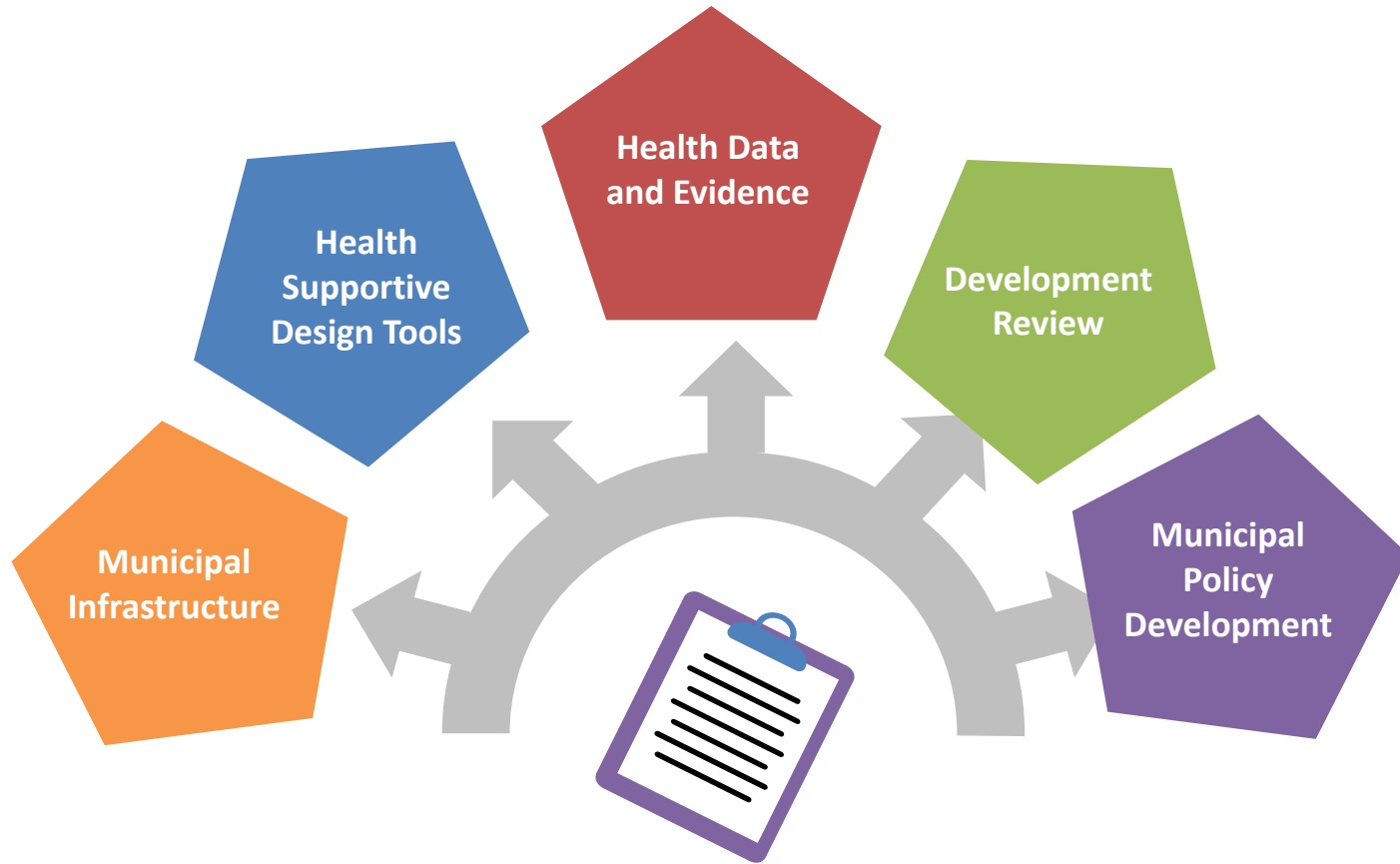
**Direct**

**\$1.65  
Billion**

**Indirect**

Cancer	Coronary Heart Diseases	Diabetes	Hypertension
<p>Incidence of cancer among 65+ year old slightly decreased (13 to 11.3 cases / 1,000)</p> <p>New cases of all cancer are increasing slightly in the 50 to 64 year olds but mostly among 65+</p> 	<p>Coronary heart disease among 65+ average at 21.4 new cases per 1,000 persons per year</p> <p>The average incidence rate in the 50 to 64 year olds has been 8 new cases per 1,000 persons per year</p> 	<p>Diabetes rate increased among seniors age 65+, from 28% to 34%.</p> <p>Diabetes also increasing among adults age 50 to 64, from 15% to 17%</p> 	<p>Hypertension rate among seniors age 65+ is high and consistent at 70%</p> <p>Hypertension rates for adults age 50 to 64 is stable at 34%</p> 

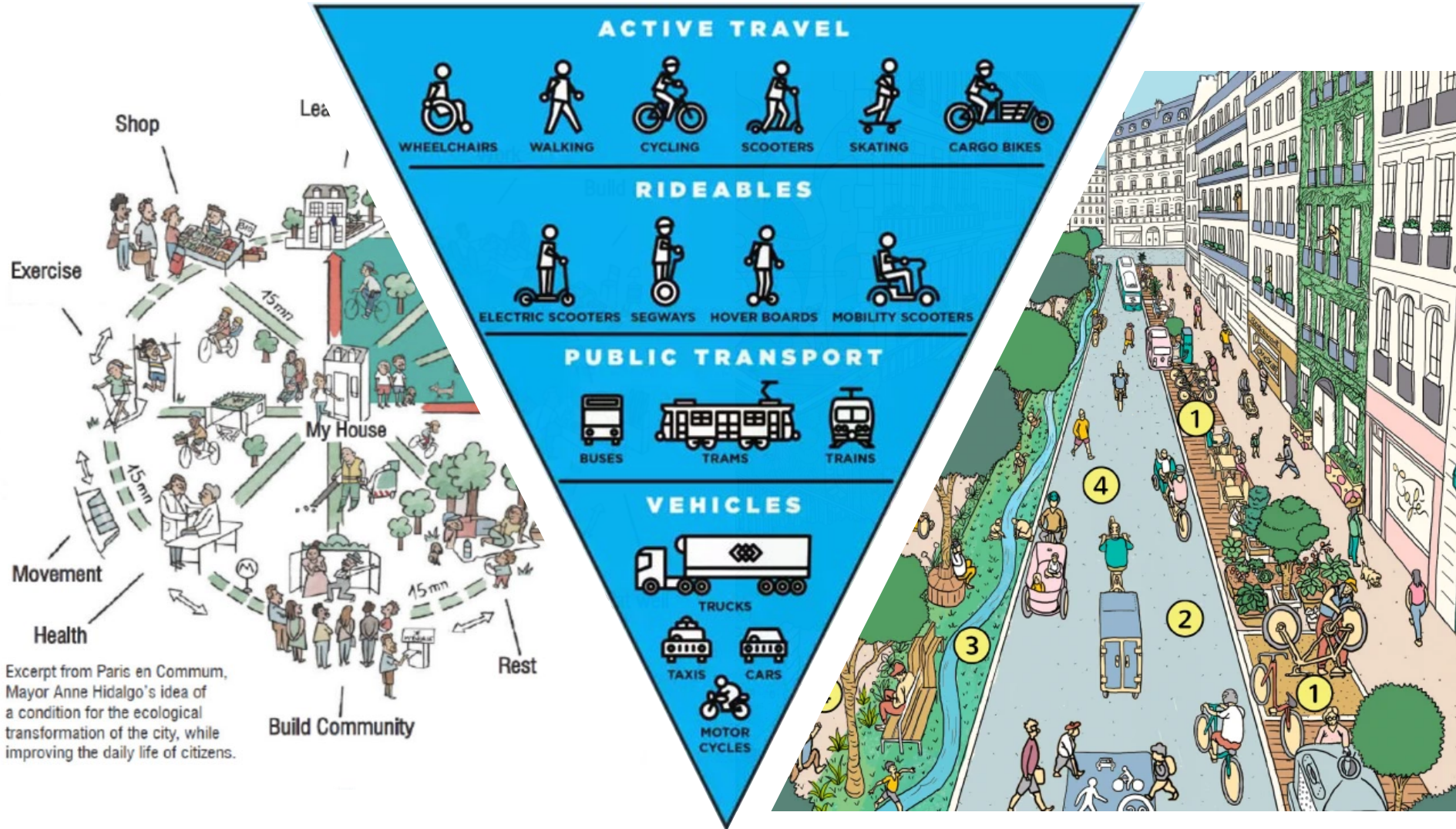
Notes: Trends exhibit incidence and prevalence rates from 2007 to 2017



# Walkable 15-minute Communities



# What is a 15-minute Community?



**Ottawa:**  
Westboro Village Mixed-use Neighbourhood

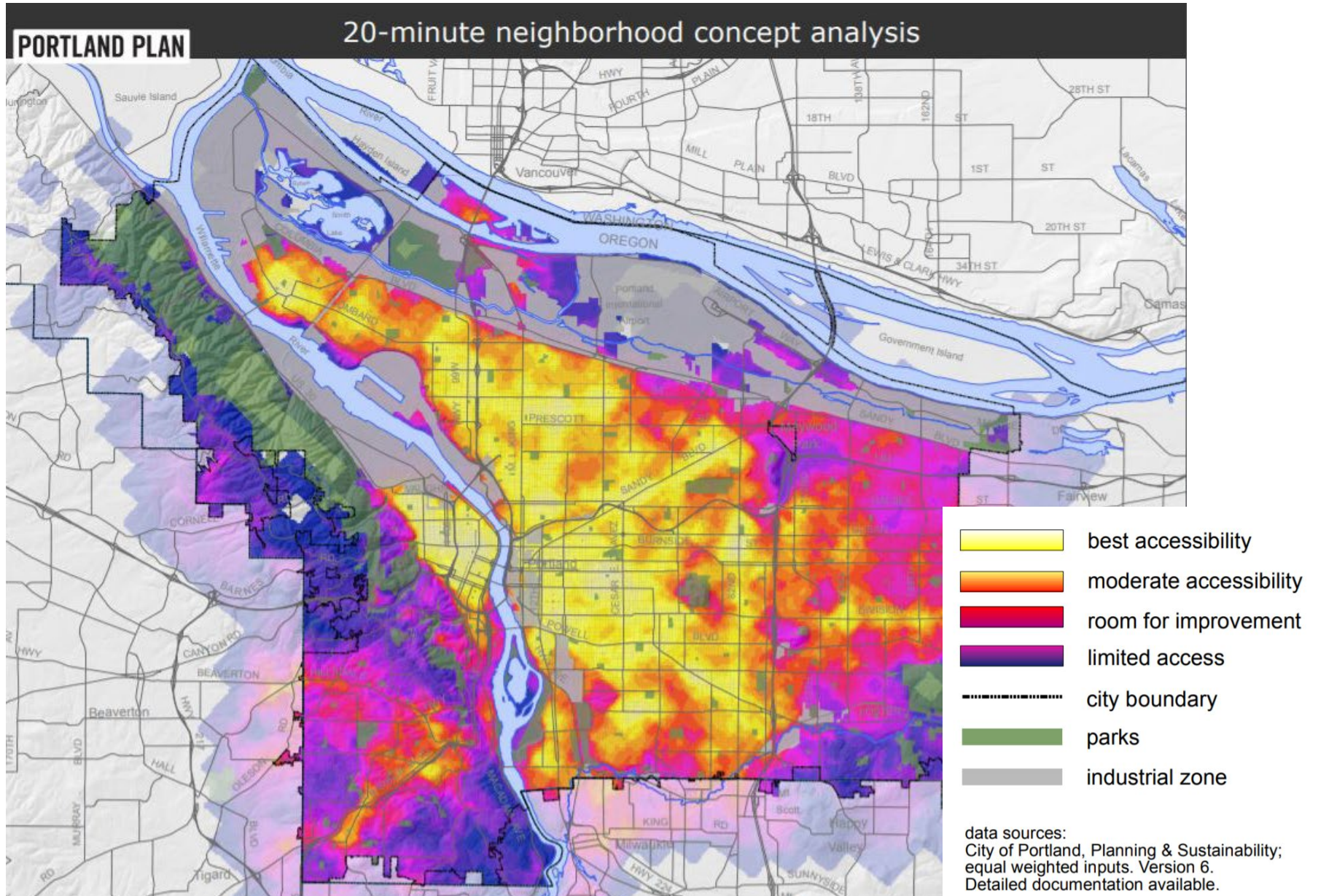


**Brampton:**  
Shoppers World Mall Redevelopment



Source: Hobin Architecture

Source: City of Brampton





- Grocery stores
- Retail/Commercial Uses  
convenience stores, bakeries,  
restaurants, etc.
- Health Care services
- Community Facilities  
libraries, community centres,  
daycares, etc.
- Parks and Greenspaces
- Transit Stops
- Schools

# Discussion Question

What makes your walk safe and enjoyable?

Mentimeter



# Discussions

# Thank you!

## Project Contacts:

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15-Minute Community: Jessica Wu, Jeff Hignett