

## Eight Healthy Planning Principles

These are the eight healthy planning principles that came from the Nose Creek Area Structure Plan and Health Impact Assessment.

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- Active Areas:** Co-located activities that will allow for multiple uses and flexible programming. Plan to encourage physical activity by integrating supporting land uses so people are able and drawn to travel without being auto-dependent. Consider active living strategies at the building design stage.
- People Places:** Incorporate health impacts into planning and design. Consider the scale, the connectors, and the destination, and prioritize people over automobiles. Design to create the best place for people.
- Mix and Mingle:** Include a variety of land uses, building types and mixed-use development, both vertically and horizontally. From day one, provide an array of public spaces within communities and neighbourhoods to support physical and social interaction.
- Empower Engagement:** Integrate community engagement through planning tools such as a Health Impact Assessment. Engaging the community in a shared vision increases the likelihood of achieving the goal of inclusively-planning healthy communities that are more resilient.
- Character Communities:** Access to nature and placemaking connects people to their communities. Use natural features and environmental systems to create unique communities.
- All Ages and Abilities:** Provide equitable access to amenities, schools and services and integrate a mix of housing options to create opportunities for all people. Land use and planning should support opportunities for aging in place.
- Growing Groceries:** Access to healthy food sources in the form of local grocery stores, community gardens and orchards that are within walking or cycling distance allows for all socioeconomic groups to be healthy. Consider the placement of land uses and the route from the home to healthy food to be planned for people first over cars.
- Resilient and Responsible:** Plan and build walkable, mixed-use and transit-rich communities to meet the mobility desires of residents and current market trends. These communities are more adaptive and resilient through economic shifts.

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