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The BC Picture: Health & Active Travel

WALK 21 Symposium

October 6, 2011

**Integrating Active Transportation and Health into
Municipal and Regional Transportation Planning:
Metrics & Best Practices**

**Matt Herman
Ministry of Health**



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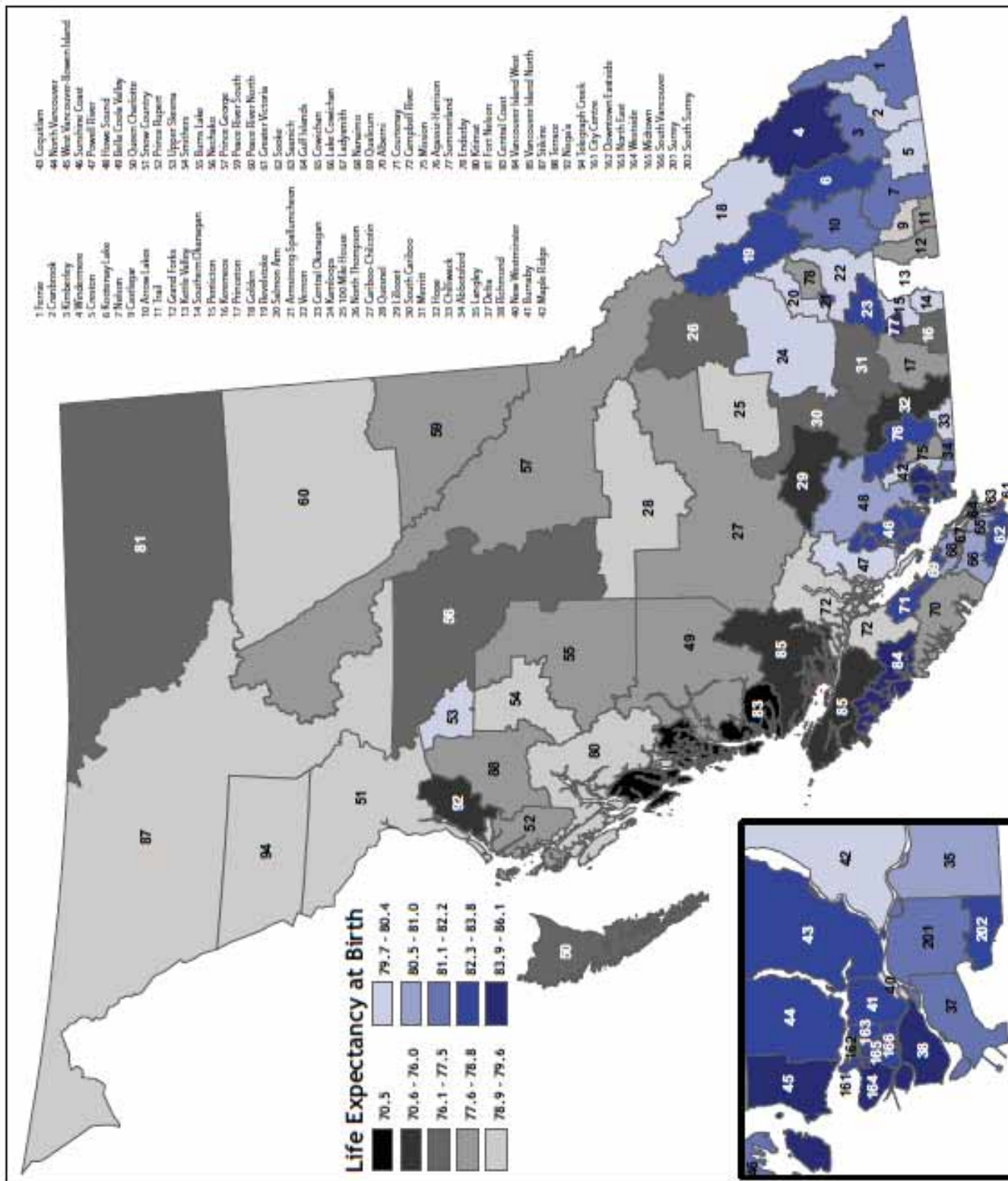


State of Health in BC:

- Highest Life Expectancy – at Birth and at Age 65
- Lowest Cancer Mortality Rates
- Highest Physical Activity Rates
- Lowest Obesity/Overweight Rates
- Lowest Tobacco Smoking Rates
- Lowest High Blood Pressure Rates
- We invest \$21/person yearly in BC in keeping people living healthy, nearly 3 times more than Ontario

Figure 28

Life Expectancy by Local Health Authority, BC, 2005-2009





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State of Health in BC

Active Travel:

- Highest rate of bicycled or walked to work /school last 3 months (CCHS)
- Highest rate of daily cycling to work (2%)
- Victoria - highest rate of walking and cycling to work of any Canadian city (2006 Census).

Room to Improve: Facing Big Trends and Costs!

- \$1.28 billion /yr CVD, diabetes, cancer costs (2009)
- Cardiovascular Disease (CVD)
 - Prevalence: Self Reported at 3.9% CCHS 2007-08
 - As Cause of Death BC second lowest to Quebec, a drop in rank in 2001
 - **BUT, 40% still die from CVD**
 - Cost: CVD leading cause of hospitalization, 3rd cause of death <75
- ↑ Diabetes Type 2 Prevalence
 - 4.6% to 4.9% (2010)
- ↑ Asthma and Child Asthma Prevalence
 - High cost of child hospitalization
- ↑ Obesity and Overweight Rates: 44.8% (2010)
- ↑ High Blood Pressure Rate: 14.7% (2010)
- ↓ Physical Activity Rates

Canadian Physical Activity Guidelines

www.csep.ca/guidelines

For more information and background on the Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines, please visit the Background Information page

Canadian Physical Activity Guidelines

JANUARY 2011

Resource

Language

Get the guidelines

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Canadian Physical Activity Guidelines for
Children 5-11 years

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Purchase bulk copies of the Guidelines from CSEP with our online shopping cart or download the order form to order by fax, mail or phone.





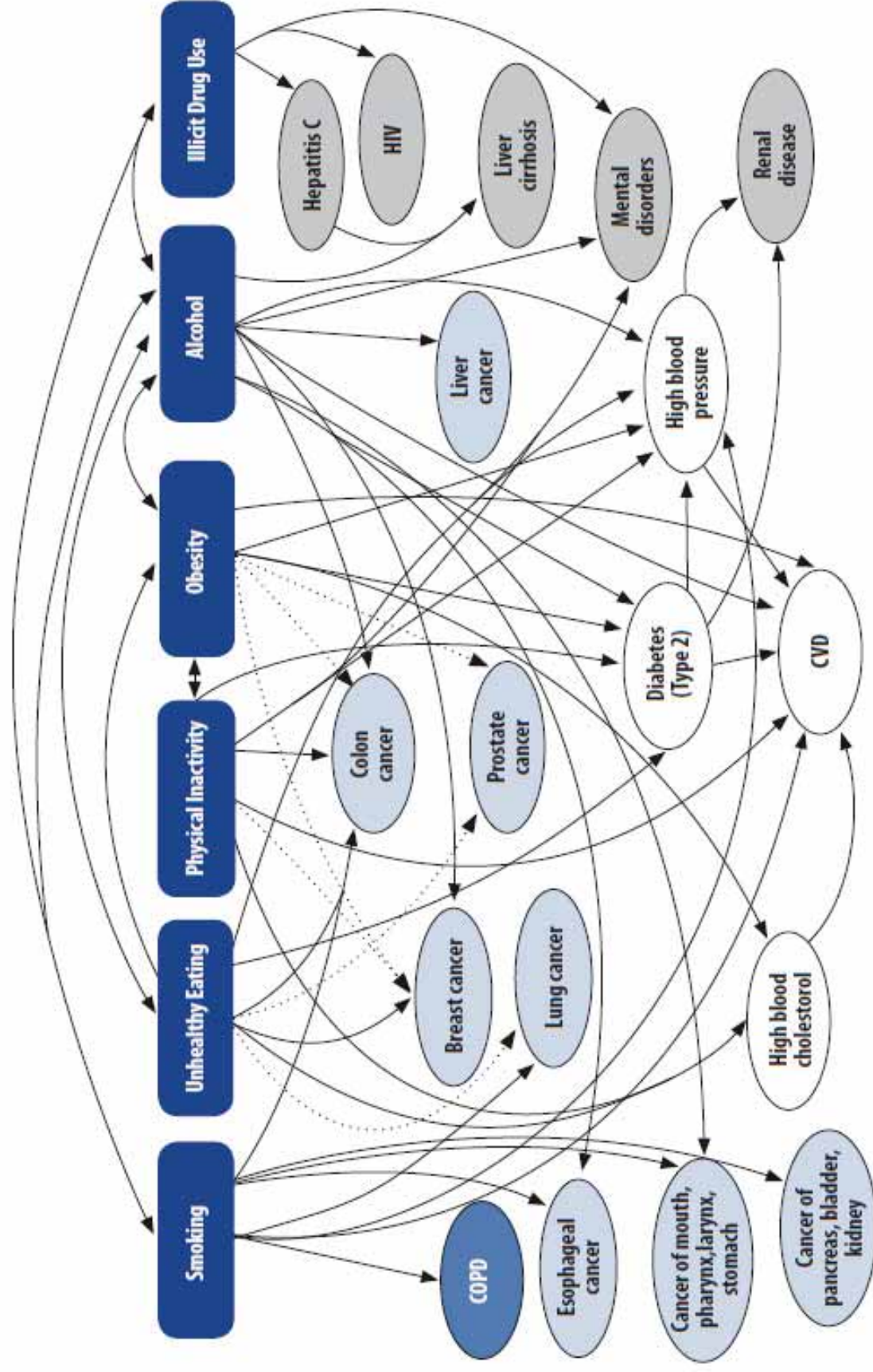
Room to Improve: Facing Big Trends and Costs!





Figure 12

Interrelationships between Risk Factors and Different Chronic Diseases



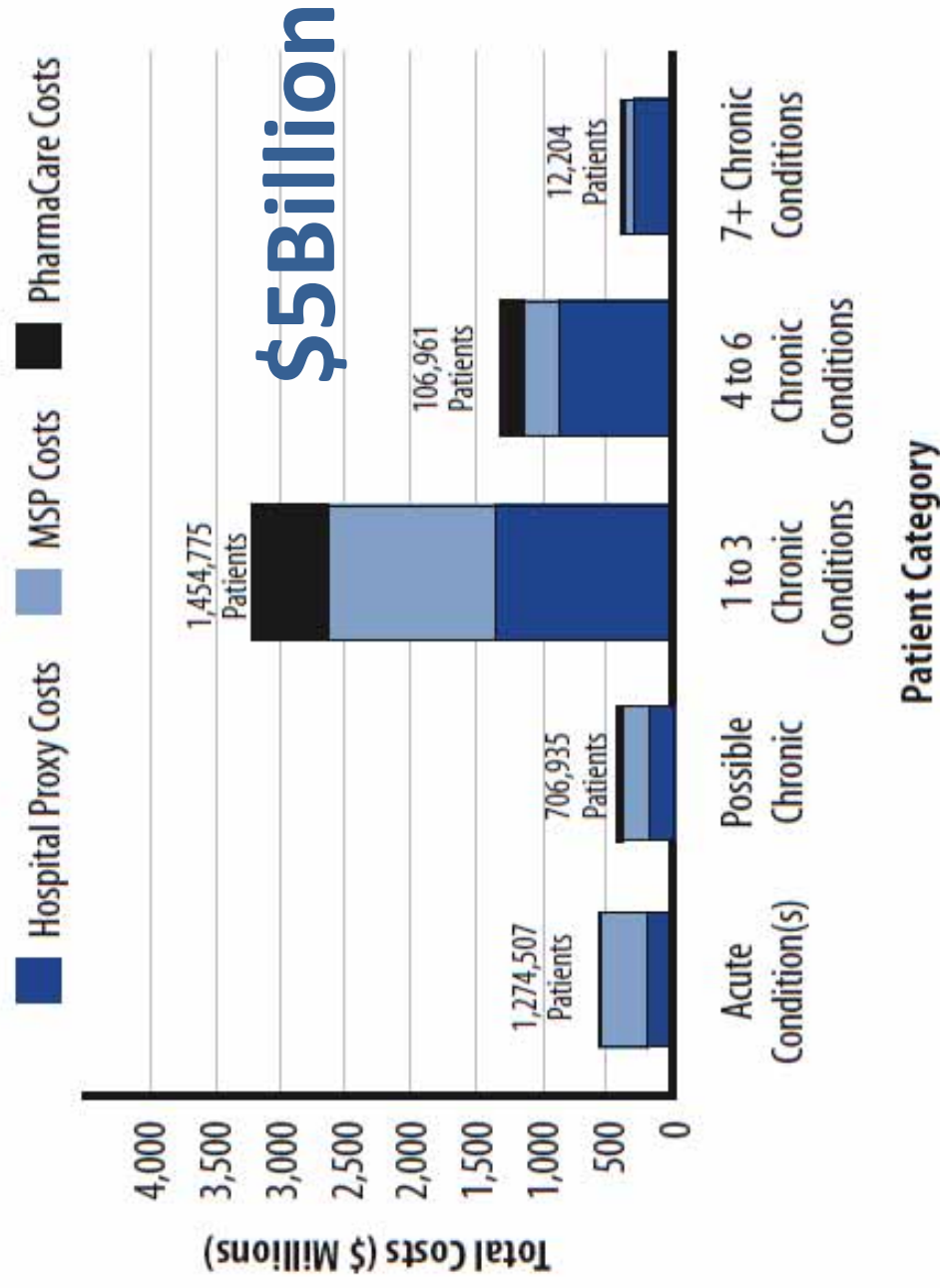


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Figure 10

Acute Care, Medical Services Plan and PharmaCare
Expenditures by Health Status, BC, 2007/2008



Source: BC Ministry of Health Services, (2007/2008) Discharge Abstract Database, Medical Services Plan, PharmaCare data.



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Government Expenditures

High Costs of Health care:

Scenario

Assumptions:

Revenue

Growth + 3%

Education

Growth + 3%

Health

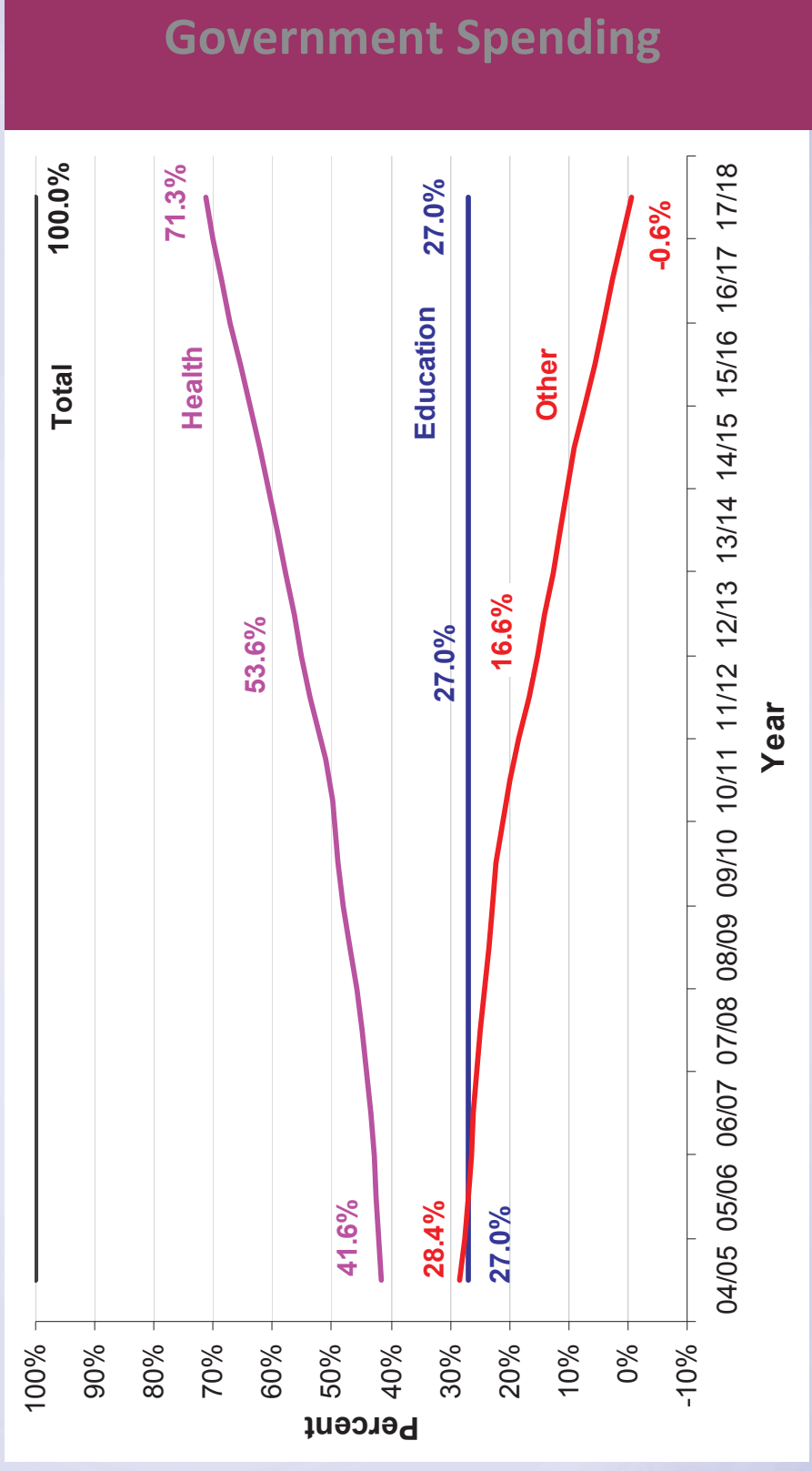
Growth + 8%

Other

spending

reaches zero

by 17/18





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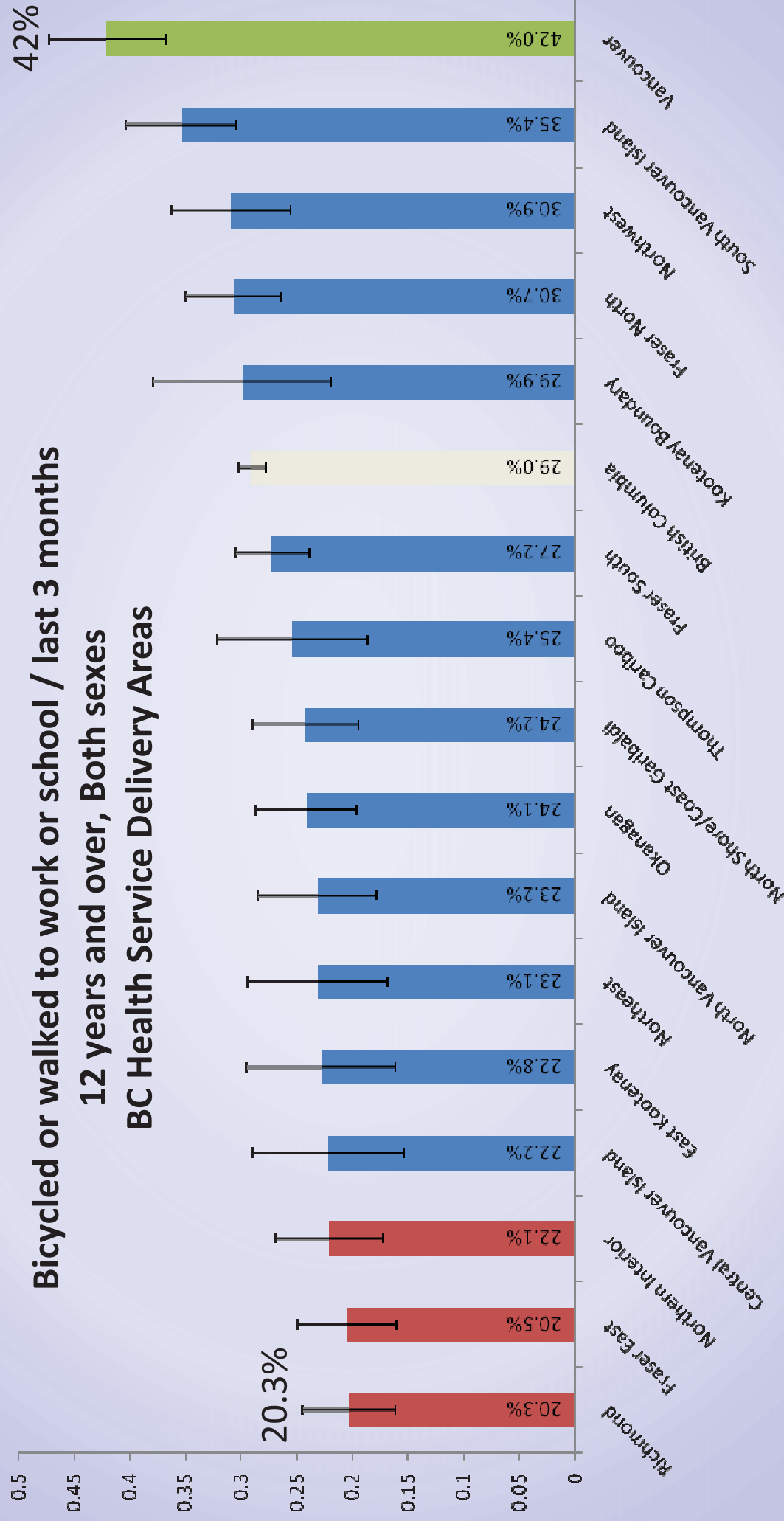
BC Trends in Physical Activity and Active Transport

- Slight decline in car commuting: 1.6% over 10 yrs in 2006
- Rates of Sustainable Transportation Mode (STM): BC leads Canadian jurisdictions overall (cycling+walking+public transit)
- Variations across communities (CMA's): daily to work

	Walking 96→06	Cycling 96→06
Victoria	9.8→ 10.4 %	4.9→ 5.6 %
Vancouver	5.8→ 5.3 %	1.7→ 1.7 %
Kelowna	4.6→ 4.6 %	2.0→ 2.1 %
Abbotsford	3.6→ 3.2 %	0.9→ 0.7 %



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Source: Statistics Canada. Canadian Community Health Survey, 2009_10 (Share File)
Prepared by Business Operations and Surveillance, Ministry of Health, October 4th, 2011.



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What Have We Been Doing About

It?

- We focus on improving individual knowledge & skills and supportive environments.
- We engage families and communities.
- We promote Healthy Living in Key environments: schools, workplaces, built environments of our communities
- Leadership: intersectoral approach: PA improvements require leadership within/beyond Health sector - many stakeholders
- Partnerships we're involved in:
 - BC Healthy Living Alliance
 - BC Healthy Built Environment Alliance
 - Child & Nature Alliance of Canada

Healthy by Nature

*a forum on the physical & mental health benefits
of time spent in nature* | Vancouver, September 20-23 2011

welcome

overview

context

speakers

program

logistics

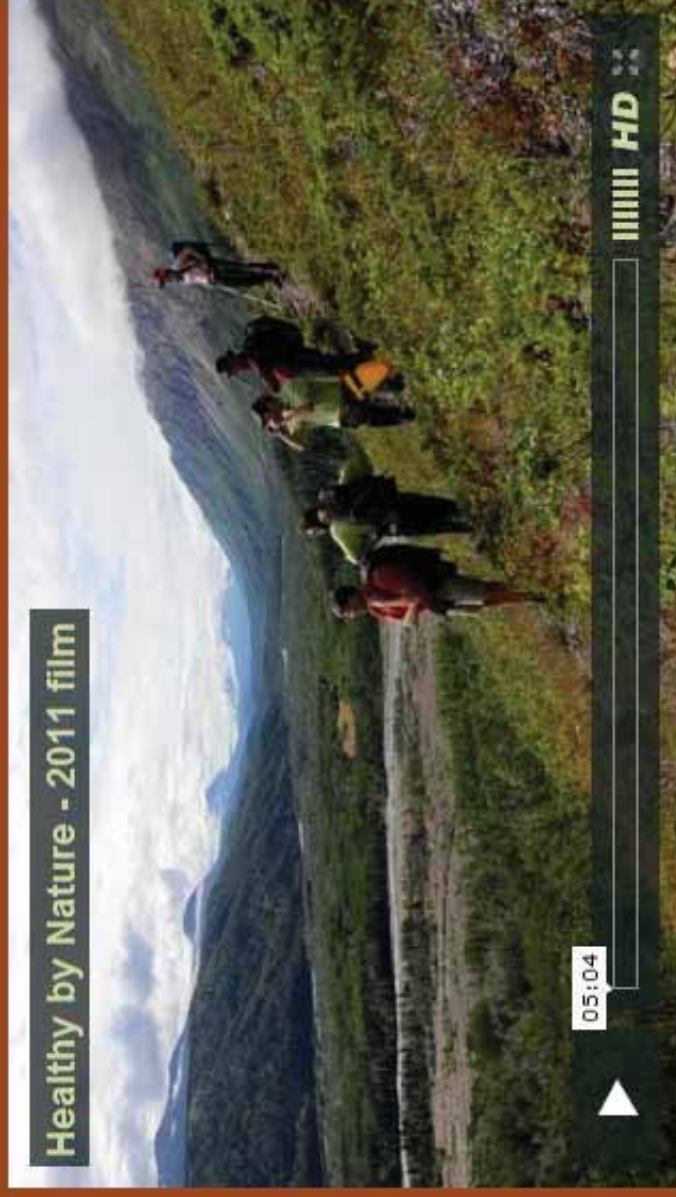
collaborators

showcase

attend

Join a community of leaders and regional
policy-makers, improving human health and
well-being by increasing access to nature.
Be part of Healthy by Nature.

Healthy by Nature - 2011 film



What Have We Been Doing About

It?

BEAT: Tools and Resources on BCRPA Website:

- Neighbourhood Assessment Tool
 - 6 Fact Sheets – Making the Case for Active Transportation
 - SmartGrowth BC. Creating Healthy Communities
 - Centre for Sustainable Community Development.
- Communities in Motion, Bringing Active Transportation to Life
- Canadian Institute of Planners. Go for Green: Community Cycling Manual
 - Canadian Institute of Transportation Engineers.
- Promoting Sustainable Transportation Through Site Design:
An ITE Proposed Recommended Practice



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What Are We Doing About It NOW?

- **Healthy Families BC Strategy**
 - Announced May 2011
 - Supports citizens in managing their own health, reducing chronic diseases, ensuring pregnancy and support programs target most vulnerable families.
- **Healthy Families BC Walking Challenge**



British Columbia, Show Us Your Moves!

Welcome to BC's walking challenge, where it's fun to share walking tips, map your best routes, celebrate your community, and enter to win great prizes. Congratulations to the winning communities: Tumbler Ridge (also the lucky winner of the \$50,000 grand prize), Quesnel, Esquimalt, Penticton, and Abbotsford! And congratulations to all the communities and individuals who participated. What an impressive collection of walking stories, photos, and maps. You are all inspiring!



It's easy to get started now. Just click on the "Find Your Community" button, select your community from the list, and you're on your way. The more walking stories, videos, maps, and photos you share, the more chances you have to win. Why not start with a walk back to school?

[Find Your Community](#)

It starts with your story! Enter it now.

Walks around the Province

 Pop. up to 5,000
Tumbler Ridge
Murray Canyon
Overlook



 5,001 - 10,000
Quesnel
River Front Trail



 10,001 - 25,000
Esquimalt
Cairn Stone at
Highrock Park



 25,001 - 100,000
Penticton
Couch to 5k



 Pop. over 100,000
Abbotsford
outdoor fun with my
son





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- Consultations with Local Governments (LG) very soon
- Health authorities to work with LGs in planning
- LG's key to make changes in their environments for health



HealthyFamiliesBC



Follow Us:



COMMUNITY

Healthy Eating Healthy Start Healthy Communities Healthy Lifestyles News



Healthy Communities

Creating communities that are healthy, active places to work, go to school and raise families.

FIND OUT MORE



Follow Holly's journey to better health.

Holly McLennan, Pitt Meadows, B.C., won our contest's grand prize of free groceries for a year and the support of a registered dietitian. Read about her experiences as she makes healthy lifestyle changes. This week's blog debunks some common dietitian misconceptions.



READ BLOG

Newest Blog Posts

- Oct 04 - Advice from a Winner Part 2
 - Oct 02 - Lets Embrace International Walk to School Month
- [+ READ MORE](#)



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- **Age-Friendly BC** - \$650K announced last week
- **Research Collaborations**



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“Walk the Talk”:

Transforming the Built Environment to Enhance Mobility in Older Adults

Team: Interdisciplinary cross-sectoral team (UBC, SFU City of Vancouver, City of Surrey, Ministry of Health, VCHA among others)

Funding: 6 year Team Grant from the Canadian Institutes of Health Research.

Objective: to evaluate the relationship between the built environment and older adults’ physical & social health and mobility.



Leadership: Nominated PI: Dr. Heather McKay; co-PIs: Drs. Larry Frank & Stirling Bryan).

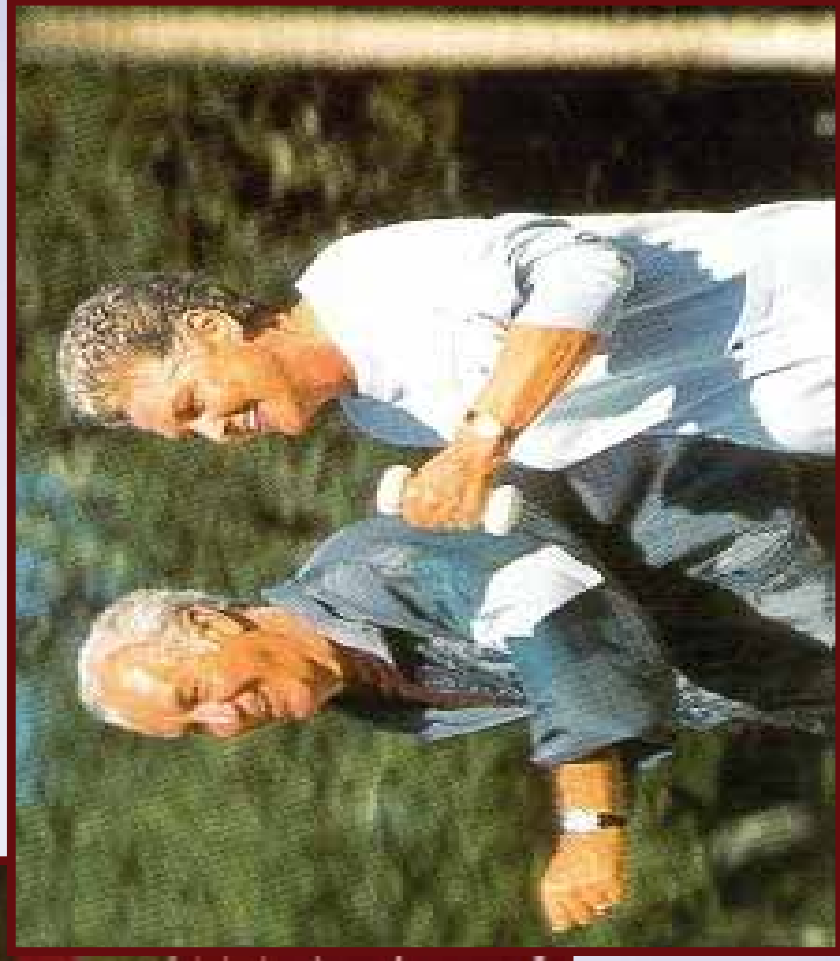


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- **Premier's UBCM announcement** - \$30 million for recreation centres, bike paths, playgrounds, gyms – small communities



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Further Opportunities

- PA and sedentary guidelines (new ones in March 2012)
- National PA Strategy – Consultation Nov 16 in BC
- Business case development - ROI
- On the ground impact evaluation



Time to put into action what works!

The Toronto Charter for Physical Activity: A Global Call for Action





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Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases (19-20 September, 2011).

We, Heads of State and Government and representatives of States and Governments, assembled at the United Nations...

36. Recognize that **effective** non-communicable [chronic disease] disease **prevention** and control **require leadership and multisectoral approaches** for health at the government level, including, as appropriate, health in all policies and whole-of-government approaches across such sectors as **health, education, energy, agriculture, sports, transport, communication, urban planning, environment, labour, employment, industry and trade, finance and social and economic development.**



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How can the Ministry of Health assist you?

How to add value? We'd like to hear from you
about this.

Matt.Herman@gov.bc.ca



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