



# Annotated Bibliography

CIP Healthy Communities Committee, Issue 02

**Title:** Planning for Healthy Communities - A Planner's Prescription

**Focus:** Planners play a critical role in creating the conditions for health and well-being through built and natural environments in Canada. For example, the design of our communities influence how physically active we are, how we travel through our communities, how socially connected we are, the kinds of food we have access to, how exposed to the natural environment we are, how much we are exposed to air pollution, and ultimately, how we experience health and wellness. Over the last decade, there has been a growing body of evidence, resources, and guidelines to support planners in both understanding the links between health and the built environment, as well as the planning approaches that can advance health-promoting physical environments.

The Canadian Institute of Planners Healthy Communities Committee developed this annotated bibliography as a resource for planners looking for a bird's eye view of resources exploring connections between health and the built environment, as well as implications for planning. The resources can provide planners with a better understanding of how the built environment is a foundation for health and well-being, and the role of planners in building healthy, vibrant and livable communities. It also provides inspiration for the ways in which planners can engage with the public health sector through applying approaches such as health impact assessments, and the inclusion of health metrics and outcomes.

**Acknowledgements: CIP Healthy Communities Committee**

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Title	Author(s)	Publication Date	Relevance to Planners	Link
<a href="#">Laneways as bikeways</a>	Canadian Urban Institute	2018	<p>The report explored the feasibility of laneways as bikeways in Toronto; it outlines a rationale for consideration of laneways to be used as cycle routes, along with key findings, opportunities by laneway type, and finally how to create shared laneways for cycling and next steps. Some of the key findings outlined in the report include that laneways, already used for cycling around the city, should not replace bike lanes, but they can “play a role in the cycling network.”</p>	<a href="https://static1.squarespace.com/static/546bbd2ae4b077803c592197/t/5a6f9cf408522915a3ef8dc/1517264121816/CUIPublication.LanewaysAsBikewaysOpportunitiesReport.2018.pdf">https://static1.squarespace.com/static/546bbd2ae4b077803c592197/t/5a6f9cf408522915a3ef8dc/1517264121816/CUIPublication.LanewaysAsBikewaysOpportunitiesReport.2018.pdf</a>
<a href="#">More than 500 scientists demand improved pollution laws in Canada</a>	The Canadian Press	2018	<p>The Canadian Press released a news article about a group of scientists who have signed a letter to Prime Minister Justin Trudeau asking to consider making changes to the Canadian Environmental Protection Act where the onus is put on companies to show that their products are safe before their release to the market. As the letter to the Prime Minister states, “Canada has a serious pollution problem that is a threat to both human health and the quality of our environment.”</p> <p>The planning principles reviewed are: healthy neighbourhood design; healthy transportation networks; healthy housing; healthy food systems; and healthy natural environments.</p>	<a href="http://www.cbc.ca/news/politics/pollution-laws-toxic-letter-1.4531355">http://www.cbc.ca/news/politics/pollution-laws-toxic-letter-1.4531355</a>
<a href="#">Health Disparities: Understanding and promoting healthy communities</a>	Suarez-Balcazar, Y., Mirza, P. M., and Garcia-Ramirez, M.	2018	<p>Community and global health disparities are impossible to address in one issue due to the topics extensiveness. However, this report explores a small glimpse of health in underserved urban populations and rural communities. The report also examines the effectiveness of community-based intervention.</p>	<a href="https://www.tandfonline.com/doi/abs/10.1080/10852352.2018.1386761">https://www.tandfonline.com/doi/abs/10.1080/10852352.2018.1386761</a>



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The purpose of this annotated bibliography is to provide an introduction to health and the built environment to inspire and support planners seeking resources in this area. It is not intended to be a comprehensive overview of all white papers and peer-reviewed literature. However, if you are aware of other resources or themes you would like us to explore, please contact HCC Chair, Olimpia Pantelimon at [olimpia.pantelimon@shaw.ca](mailto:olimpia.pantelimon@shaw.ca).

The Healthy Communities committee is a volunteer committee established by the Canadian Institute of Planners to promote the planning and development of healthy communities across Canada. Within the context of planning practice, a healthy community is one where a strong positive relationship is established between human health and the built and natural environments, including, but not limited to transportation, infrastructure, social planning, community design, and the development of sustainable communities.