

# ESTABLISHING A BASELINE: AT and Health Indicators in the Halifax Region



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NSHA Public Health – Central Zone  
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# Establishing a Baseline: **PURPOSE & PARTNERS**

## PURPOSE



- Raise awareness about the link between AT and health
- Address information gaps and support evidenced informed decisions
- Build capacity locally and in other NS communities and health zones

# MULTI-DISCIPLINARY WORKING GROUP



# DATA PARTNERS & SOURCES





Establishing a Baseline:

# RELATIONSHIP BETWEEN ACTIVE TRANSPORTATION AND HEALTH

## INDIVIDUAL HEALTH BENEFITS

- Increased fitness and reduced obesity
- Reduced risk of cardiovascular disease, diabetes, stroke and some cancers
- Improved mental health
- Reduced risk of all-cause mortality



# POPULATION HEALTH BENEFITS

- Reduced medical costs from physical inactivity
- Reduced work absenteeism
- Reduced air pollution and greenhouse gas emissions
- Reduced risk of traffic injuries
- Improved community cohesion





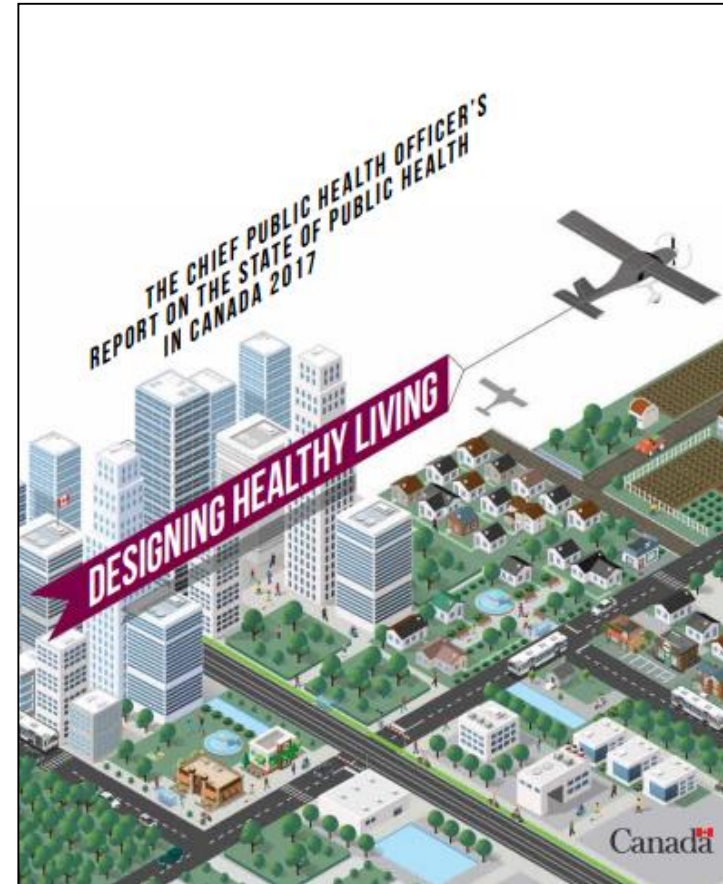
# AT SUPPORTS TRANSIT WHICH SUPPORTS HEALTH



Research shows **people who use transit are more physically active** than non-transit users, in both their daily commute and overall lifestyle

## CREATING NEW NORMS...

Growing recognition that we need to make the **healthy** choice the **easy** choice!



...FOR DEFAULT DECISIONS



# Establishing a Baseline: **FINDINGS & CONSIDERATIONS**

# DECISION & ORGANIZING FRAMEWORK

## HEALTHY BUILT ENVIRONMENT CONCEPTUAL FRAMEWORK

### INVESTMENT

Plans, policies, budgets



### INFRASTRUCTURE

Facilities, use, collisions



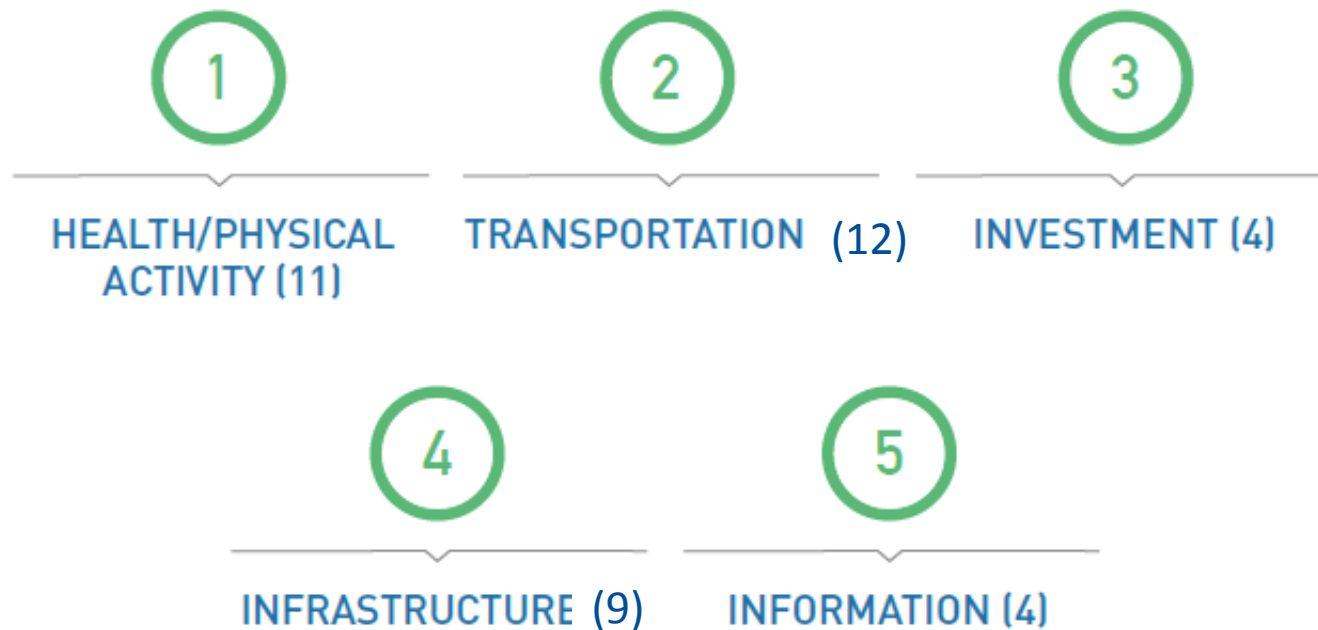
### INFORMATION

Events, education, promotion

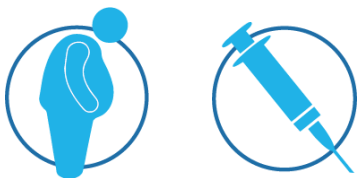
**IMPACT  
AT BEHAVIOUR**

# PROPOSED INDICATORS

40 indicators identified for ongoing monitoring.  
Baseline data established for 28 of these – there is more work to do!



## KEY HEALTH FINDINGS



### Increasing rates:

- Overweight and obesity → 35% of youth/58% of adults
- Diabetes → 8% up from 6% over 2-years



### Physical activity levels

- Only 8% children/youth and 18% of adults meet physical activity guidelines
- Self-reported data shows local activity levels higher than NS and national rates

## TRANSPORTATION FINDINGS

- Road fatalities disproportionately impact walkers/bikers
- People do not feel safe:
  - 45% when biking
  - 21% when walking
- Over 60% of vehicle-pedestrian collisions involve a crosswalk
- Few woman choose cycling for transportation



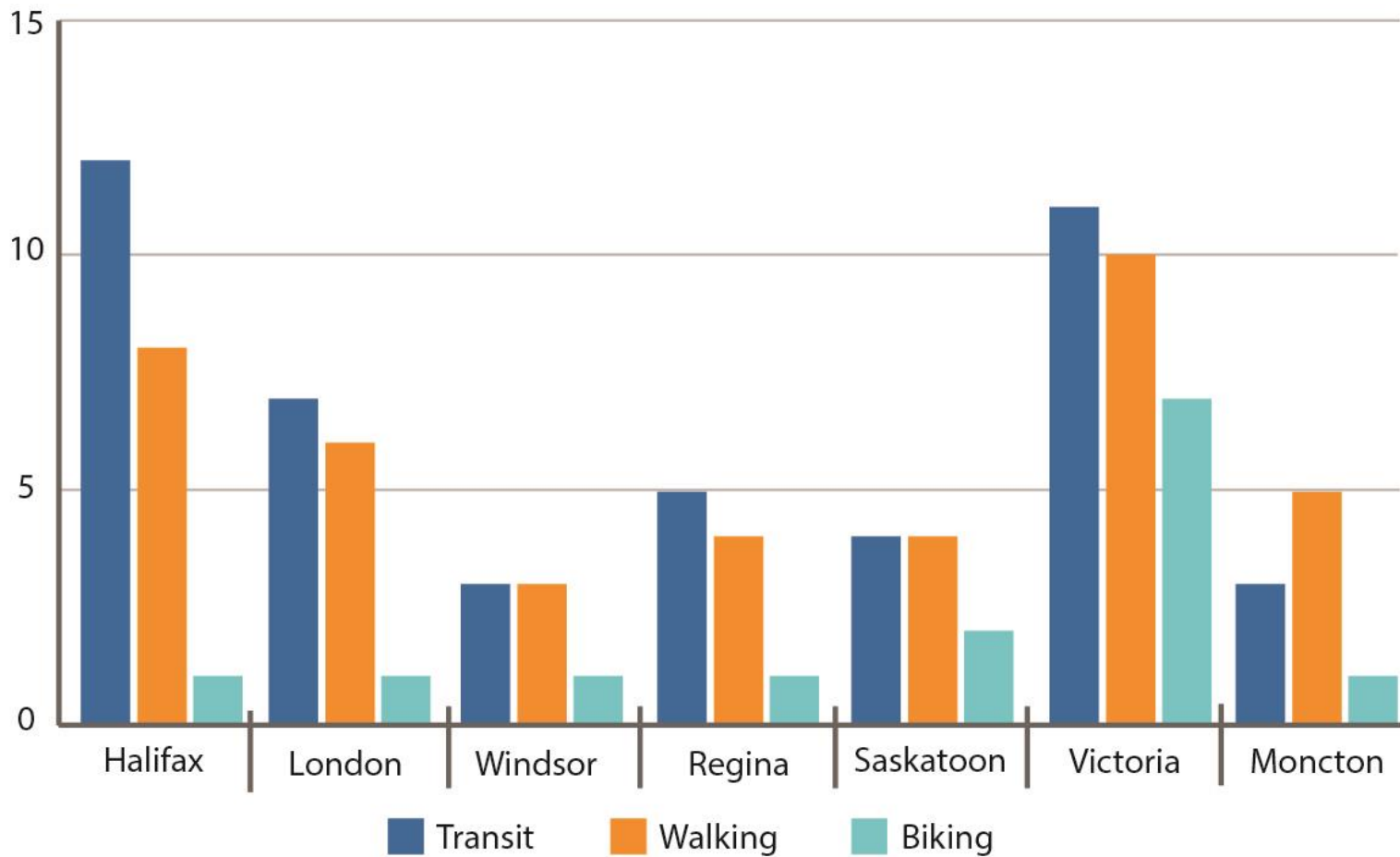
# INVESTMENT, INFRASTRUCTURE, INFORMATION

- AT is gaining momentum > strategic plans/budgets
- New AT spending projected to double over 10-years
- Health benefits of AT are recognized
- Very active “AT community”





# AT & TRANSIT USE MID-SIZE CITIES



## DEMONSTRATING IMPACT

The Halifax Regional Centre, with its shorter distances, higher densities, and better transit service and AT infrastructure has much higher rates of AT than other areas of the city and NS.



**49%** OF REGIONAL CENTRE RESIDENTS **WALK, BIKE OR USE TRANSIT** TO GET TO WORK

### 3 TAKE-AWAYS



- **Strong basis** on which to build
- **Information gaps** exist:
  - Role of Province in AT
  - Connectivity of network to destinations
  - Children/youth travel patterns
- More **support for AT** builds physical activity into daily routines and **creates healthier** communities

## NEXT STEPS

- Continue to develop resources/share information
- Consider options to fill the 12 baseline data gaps
- Leverage relationships to highlight and explore opportunities to address other questions/gaps
- Revisit baseline data in 5-years to assess progress





# THANK YOU! ANY QUESTIONS?

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