

January 20, 2012

RE: Terms of Reference, City of London Official Plan Review

To the Strategic Priorities & Policy Committee:

The Healthy Communities Partnership Middlesex-London submits the following application for consideration as it pertains to the scope of the Terms of Reference for the City of London Official Plan review.

There is well established scientific evidence that regular physical activity is health enhancing and an important component in preventing non-communicable diseases such as cardiovascular disease, cancer, diabetes and osteoporosis. Unfortunately, there has been an ongoing decline in physical activity levels for many years. Data from the Canadian Community Health Survey (CCHS) shows that self-reported physical in-activity levels in Middlesex-London fluctuated between 43% and 50% (2003 – 2010). Also, recent national data obtained through direct accelerometer monitoring, indicated that 85% of Canadian adults and 93% of Canadian children and youth do not achieve the minimum level of physical activity necessary to ensure long-term health and well-being.

For this reason, we recommend the following:

1. That the concept of **health** be included in both the *Community Values and Vision* for the City of London. Urban design can impact physical, psychological and social health in many positive ways. This can be supported through urban design principals and policies that fall under transportation, parks and recreation as well as the environment.
2. That opportunities be enhanced for Londoners to engage in **physically active lifestyles** that are both health enhancing and safe through changes in the built environment. This can be supported by:
 - Endorsement of a municipal charter for physical activity that provides a reference for current and future programs, services and policies.
 - Enhancement of the built environment to support and encourage safe and active transportation.
 - Enhancement of the transportation system to be multi-modal, accessible and interconnected.
 - Providing infrastructure that supports safe walking and cycling using urban design principals and engineering best practice approaches.
 - Road design that ensures safety of all users and ages and stages over the lifespan.

- Providing recreational opportunities for all, through parks, recreational areas and open spaces, that have adequate sun protection and that are interconnected with residential areas.

Including the concept of health with a focus on enhancing safe physical activity options in the Terms of Reference for the Official Plan review coincides with and supports other official documents and plans such as the City of London Strategic Plan 2011- 2014, Transportation Master Plan, Bicycle Master Plan, Parks and Recreation Master Plan.

We thank the Strategic Priorities and Policy Committee in advance for considering this application.

Sincerely,

A handwritten signature in dark ink, appearing to read "B McCall". The signature is fluid and cursive, with the first letter of each name being significantly larger and more stylized.

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