

Healthy Measures: Building Healthy Communities

Where you live, work, learn and play has a significant impact on your overall health and well-being. Healthy communities, also referred to as the built environment, are planned and designed with people in mind. They allow for healthier choices to be made and decrease the risk for chronic diseases including obesity, heart disease and respiratory conditions.

Living in a healthy community promotes active living, increases access to healthy food, decreases the likelihood of injuries and reduces exposure to environmental pollutants.

What makes a healthy community?

- Opportunities for physical activity and recreation
- Safe, walkable, connected streets, pathways and trails
- Clean air quality and safe water
- Green spaces and sustainable agriculture
- Protection of the natural environment
- Access to healthy foods at neighbourhood grocery stores and farmer's markets
- Energy efficient homes and workplaces
- Accessible and sustainable public transportation
- A strong community and social network

Everyone can do their part – the key to building a healthy community is that individuals, municipalities, governments, organizations and businesses all work together. The benefits of a healthy built environment are far reaching and lead to positive outcomes that go beyond health.

You can start now and make a difference in your community:

- Walk, bike, carpool or use public transit to get around
- Support the local food economy and [buy local](#) when possible
- Conserve energy at home and work
- Engage with the people in your neighbourhood (e.g. start a community or backyard garden)
- Volunteer with a local group or organization to enhance aspects of your community
- Participate in local community planning consultations or public meetings

For more information:

[Ontario Healthy Communities Coalition](#)

Healthy Measures: Eat Well, Be Active and Be Yourself!