

3 HEALTHY PLANNING





01 RESEARCH & BRAINSTORMING

60 mins

Quick Tip:

Consider making the research task competitive by dividing chapter members into small groups and rewarding the group that can identify the most findings in 30 minutes with a prize (eg. 1UP sticker)!

Useful Links:

[Mobilize Community Health](#)

[WHO: Health & Urban Planning](#)

Healthy urban planning is an approach to designing cities and communities that prioritizes well-being and equitable access to resources for all residents. It considers various aspects like access to green spaces, social services, and nutritious food, working to address disparities and promote equity within communities.

Linking Health with Urban Planning

Before diving into the activity, it's necessary to get familiarized with the concepts of healthy urban planning and understand the current landscape of social services and food availability in a community.

Here are some guidelines for your research:

- 1. Understand Healthy Urban Planning Principles**
 - Research the key principles of healthy urban planning, including access to resources, equitable distribution, community engagement, and sustainability.
 - Explore case studies or examples of cities or communities implementing successful healthy urban planning initiatives.
- 2. Identify a Community and its Resources**
 - Compile a list of existing social services in your chosen community, such as food banks, homeless shelters, community centers, healthcare facilities, and counselling services.
 - Investigate accessibility factors including location, eligibility, and language support.
 - Assess food availability and accessibility, considering grocery stores, markets, pantries, food deserts, insecurity rates, transportation barriers, and affordability.
- 3. Explore Equity and Inequity**
 - Investigate any disparities or inequities in access to social services and food resources within the community, particularly among marginalized or vulnerable populations. Consider factors such as income level, race, ethnicity, age, disability, and language barriers.



02 SOCIAL MAPPING

60 mins

Mapping social and healthy urban planning services provides a compelling method to visually depict the various components essential for promoting well-being within a city.

How to Create a Healthy Community Map

Before diving into the activity, it's essential to get familiarized with the concepts of healthy urban planning and understand the current landscape of social services and food availability in a community.

Here are some guidelines for your research:

- Determine any map style or design you would like to use. This may be physical or digital using <https://www.google.com/mymaps>, ArcGIS if available or <https://felt.com/>
- Outline the boundaries of your community, being the neighbourhood in which your school falls (e.g., Unionville High School is located in Unionville, Markham).
- Identify healthy places within your community based on your research.
- Include all the different components that contribute to a healthy city and mark them with different icons, colours or labels for each (i.e., mental health, transportation, parks, food places and any others you might find).
- Draw connections between these places and determine what works and what might not work and where new elements of healthy cities can fall onto the map.



03 PROGRAM CREATION

Building upon the insights gained from your research, this stage focuses on fostering creativity and innovation to develop a new social service or program tailored to address the needs identified in your community. This program requires the consideration of a hypothetical budget of **\$10,000**.

Here is how to approach this stage:

- Develop ideas based on the gaps and challenges identified in your research stage.
- Think creatively about potential solutions and services that could address these needs while also considering the preferences of the target population you determined.
- Allocate your budget to specific aspects of the program, as required.

Examples

To develop a new program, you may take inspiration from ideas as seen in your community/ neighbouring communities, as well as the following examples:

- Community kitchens & cooking lessons
- Community fridges
- Community walking groups



04 SUBMISSION

Submit your map along with your new program by February 28th for a chance to win some awesome prizes!

Share Your Map & Program

- How to be eligible to win prizes:
 - Post on your chapter's Instagram account:
Share a short video or photo(s) showcasing your map & program, including major takeaways and what elements you learned to make for a sustainable and healthy school environment.
 - Be sure to tag [@urbanmindsTO](#) and [@1uptoronto](#) in your post to be eligible to win awesome prizes.

Winner Selection

Urban Minds' Program Coordinators will review all submissions and select a winning chapter based on the following criteria:

- Clarity of information
- Quality and thoughtfulness of work presented (e.g., map and created program)
- Professionalism of presentation

* Don't forget to join the [1UP Connect Webinars](#) for deeper insights into this topic and valuable tips on enhancing your Activity Sheet submissions!