

5 HEALTHY PLACES





01 RESEARCH & BRAINSTORMING

60 mins

As our cities continue to expand and evolve, it is crucial to recognize the profound impact they have on our overall well-being.

Healthy cities prioritize the physical and mental health of their residents by fostering environments that support active lifestyles, promote mental well-being, provide access to green spaces, and ensure sustainable food systems. Researching the elements that contribute to healthy cities allows us to understand the crucial link between urban environments and our health, and empowers us to create communities that thrive.

Explore the Concept of Healthy Cities

Begin by researching and understanding the various factors that contribute to healthy cities. Learn about the key principles, strategies, and practices by investigating case studies or success stories of healthy cities from around the world. Consider mental health, transportation, parks and recreation, and places to get food from.

Useful Links:

[Healthy Cities Research Initiative \(CIHR\)](#)

[Healthy City Strategy \(City of Vancouver\)](#)

- Research strategies implemented by healthy cities to promote their residents' mental well-being
- Study the advantages of active transportation modes like walking, cycling, and using public transportation.
- Consider the significance of parks, playgrounds, and recreational areas in urban environments.
- Research the benefits of outdoor activities for physical health, social interaction, and stress reduction.
- Compare and contrast different cities known for healthy initiatives and how they are similar or different from your own city or community
- Identify the key elements and ideas that can be applied in other cities and in your own communities.
- Think about your local community and identify places that promote physical or mental health.



02 HEALTHY COMMUNITY MAP

60 mins

Mapping healthy places within a city offers a powerful way to visually represent the diverse elements that contribute to a healthy lifestyle.

By showcasing the interconnectedness of parks, active transportation routes, recreational facilities, and sustainable food systems, we can illustrate how these components work together to shape a vibrant and healthier city. Let's embark on this journey of map creation and discover the transformative impact of visualizing a healthy city.

How to Create a Healthy Community Map

- Determine any map style or design you would like to use. This may be physical or digital using My Maps on Google Maps, ArcGIS if available or <https://felt.com/>
- Outline the boundaries of what you consider to be your community.
- Identify healthy places within your community based on the research you have conducted.
- 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

SUBMISSION

Submit your healthy community map by June 30 for a chance to win some awesome prizes!

Share Your Healthy Community Map

- How to be eligible to win prizes:
 - » Post on your chapter's Instagram account: Share a short video or photo(s) showcasing your healthy city map, including major takeaways of what elements you learned makes a healthy city.
 - » 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:

- Accuracy of information
- Clarity of information
- Creativity of presentation