

2019

# Healthy Parks, Healthy People Forum

1-2 MAY 2019  
OTTAWA | SHAW CENTRE

# Forum sur la santé des parcs santé des populations

DU 1 AU 2 MAI 2019  
OTTAWA | CENTRE SHAW



**F I N A L   P R O G R A M**  
**P R O G R A M M E   F I N A L**

# HEALTHY PARKS, HEALTHY PEOPLE FORUM

## CONFERENCE OBJECTIVES

The Forum will provide:

- Explore evidence-based ways that nature can improve human health.
- Encourage critical dialogue and foster partnerships between the parks, environment, and medical communities.
- Inspire people to take action to incorporate nature into health programming.

## LEARNING OBJECTIVES

The Forum will provide delegates the opportunity to:

- Articulate the current status of research, policy, and practice related to healthy communities and public green space.
- Identify public health challenges and related solutions, trends, emerging issues, and gaps.
- Utilize effective evidence-based public health programs, practices, structures, and systems.
- Identify strategies for knowledge translation and exchange.

## ORGANIZING COMMITTEE

- Ian Culbert, Canadian Public Health Association (Chair)
- Don Carruthers Den Hoed, Mount Royal University
- Anne Craig, Ontario Parks
- Sonya Jakubec, Mount Royal University
- Steve Kingston, Ontario Parks
- Jennifer McCaffrey, BC Parks Foundation
- Marlene Power, The Child & Nature Alliance of Canada
- Mike Puddister, EcoHealth Ontario
- Melissa Lem, Canadian Association of Physicians for the Environment

## OBJECTIFS DU FORUM

Le forum sera :

- Explorer, à la lumière des données probantes, les façons dont la nature peut améliorer la santé humaine;
- Encourager un dialogue critique et favoriser les partenariats entre les communautés des parcs, de l'environnement et de la médecine;
- Inspirer les gens à agir pour intégrer la nature dans les programmes de santé.

## OBJECTIFS D'APPRENTISSAGE

Le forum offrira aux délégués l'occasion :

- D'exposer clairement l'état actuel de la recherche, des politiques et des pratiques liées à la santé des communautés et aux espaces verts publics;
- De cerner les problèmes et leurs solutions, les tendances, les nouveaux enjeux et les lacunes à combler en santé publique;
- D'utiliser des programmes, des pratiques, des structures et des systèmes de santé publique efficaces fondés sur les données probantes;
- De définir des stratégies d'application et d'échange des connaissances.



Wireless Network: PH2019SP

Password: publichealth

# PROGRAM OVERVIEW | RÉSUMÉ DU PROGRAMME

## WEDNESDAY 1 MAY | MERCREDI 1<sup>er</sup> MAI

09:00-10:30 9 h à 10 h 30	Opening Plenary Plénière d'ouverture	
10:30-11:00 10 h 30 à 11 h	Refreshment Break Pause-rafraîchissements	
11:00-12:30 11 h à 12 h 30	Oral Presentations 1 Présentations de résumés oraux n° 1	Oral Presentations 2 Présentations de résumés oraux n° 2
12:30-13:30 12 h 30 à 13 h 30	Networking Lunch Déjeuner contacts	
13:30-15:00 13 h 30 à 15 h	The Nature Playbook: Take action to connect a new generation of Canadians with nature	
15:00-15:30 15 h à 15 h 30	Break Pause	
15:30-17:00 15 h 30 à 17 h	Community well-being: A framework for design	The health impacts of excessive screen time on Canadian kids and ways families can unplug and explore in nature

## THURSDAY 2 MAY | JEUDI 2 MAI

09:00-10:30 9 h à 10 h 30	Oral Presentations 3 Présentations de résumés oraux n° 3	Oral Presentations 4 Présentations de résumés oraux n° 4
10:30-11:00 10 h 30 à 11 h	Refreshment Break Pause-rafraîchissements	
11:00-12:30 11 h à 12 h 30	From research to real life: Doctors, scientists and educators talk green time health benefits and engagement strategies	
12:30-13:30 12 h 30 à 13 h 30	Networking Lunch Déjeuner contacts	
13:30-15:00 13 h 30 à 15 h	Providing optimal environments for children's unstructured play in parks	Researching health and the environment using smartphones and wearables: A hands-on introduction
15:00-15:30 15 h à 15 h 30	Refreshment Break Pause-rafraîchissements	
15:30-17:00 15 h 30 à 17 h	Closing Plenary Plénière de clôture	

# WEDNESDAY 1 MAY | MERCREDI 1<sup>er</sup> MAI

7:00 – 8:30

CPHA ANNUAL GENERAL MEETING

ROOM 206

7 h à 8 h 30

ASSEMBLÉE GÉNÉRALE ANNUELLE DE L'ACSP

The CPHA Annual General Meeting (AGM) is open to all participants and pre-registration is required. Participants must have an active membership to vote at the AGM. Those with expired memberships or new members must have an active membership by noon on Tuesday 30 April to be eligible to vote.

Breakfast will be provided.

L'assemblée générale annuelle (AGA) de l'ACSP est ouverte à tous les délégués de la conférence, mais seuls les membres de l'ACSP peuvent y voter. Avant le début de la séance, les membres sont priés de se présenter au bureau de l'AGA pour obtenir leur carte de vote. Les membres dont l'adhésion est caduque, mais qui souhaitent assister à l'AGA et pouvoir y voter peuvent renouveler leur adhésion juste avant l'AGA. Toute personne qui n'a jamais été membre de l'ACSP peut le devenir avant le 30 avril 2019.

Le petit déjeuner sera servi.

9:00–10:30

OPENING PLENARY

ROOM 207

9 h à 10 h 30

PLÉNIÈRE D'OUVERTURE

## WELCOME

- Frank Welsh, Director of Policy, Canadian Public Health Association
- Theresa Tam, Chief Public Health Officer, Public Health Agency of Canada
- Anne Craig, Senior Marketing Specialist, Parks Ontario

## HEALTHY PARKS, HEALTHY PEOPLE: SETTING THE STAGE

Healthy Parks Healthy People is a worldwide movement, launched by Parks Victoria (Australia) in 2000 to encourage the connections between a healthy environment and healthy society. Backed by a growing body of evidence, Healthy Parks Healthy People has expanded and is receiving global attention. In Canada, both parks and health organizations have launched their own programs. Improving our physical health, our mental health and social connectedness through changes to where we live, work and play is a well-founded concept. Bringing ideas and insight from different sectors, the panel will explore how and why the design of, access to, and user experience in parks and greenspace matters when working towards improved population health outcomes.

## PANELISTS

- Cam Collyer, Executive Lead, Evergreen
- Sonya Jakubec, Professor, School of Nursing and Midwifery, Mount Royal University
- Doug Klein, Associate Professor, Department of Family Medicine, University of Alberta

## MODERATOR

- Barrett Halliday, Director of Partnerships and Strategies Division, Public Health Agency of Canada

10:30 –11:00

REFRESHMENT BREAK

RIDEAU CANAL ATRIUM

10 h 30 à 11 h

PAUSE-RAFRAÎCHISSEMENTS

SECOND LEVEL



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Password: publichealth



# WEDNESDAY 1 MAY | MERCREDI 1<sup>er</sup> MAI

11:00–12:30 CONCURRENT SESSIONS  
11 h à 12 h 30 SÉANCES SIMULTANÉES

## ORAL PRESENTATIONS 1

ROOM 201

- Parks for All: Collaborative Action for Health and Well-being – *Dawn Carr*
- Re-framing Parks as Part of an Active Transportation Network – *Srimal Ranasinghe*
- Connexion N : rebuilding the youth-nature relationship – *Charlene Daubenfeld*
- À l'école on bouge!, une collaboration gagnante – *Catherine Grenier*

## ORAL PRESENTATIONS 2

ROOM 203

- How to Facilitate Health and Wellness through Outdoor Recreation for New Canadians? – *Ashoo Anand*
- Développement collaboratif d'un parc et équité en santé : l'exemple de la Traverse du Coteau à Chicoutimi – *Maëlle Plouganou*
- Parks and Public Health – *Charles Gardner*
- Over the traditional counter: Comment la médecine traditionnelle peut-elle nous renseigner sur d'autres manières d'utiliser la nature comme ressource pour la santé – *Chúk Odenigbo*

12:30 – 13:30 NETWORKING LUNCH  
12 h 30 à 13 h 30 DÉJEUNER CONTACTS

CANADA HALL 1  
THIRD LEVEL

13:30 - 15:00 PLENARY II  
13 h 30 à 15 h PLÉNIÈRE II

ROOM 207

## THE NATURE PLAYBOOK: TAKE ACTION TO CONNECT A NEW GENERATION OF CANADIANS WITH NATURE

The Nature Playbook emphasizes connecting a new generation with nature. It is a long-term strategy for individual, societal, and environmental health that is holistic and empowering. As a practical action guide, it is meant to provide suggestions, but ultimately enable users to decide what best works for them. Our vision is for the participants in this workshop, and at this conference, to take on the role of champions for the Nature Playbook and its message. In the capable hands of those who are already engaged, we can start to reach into outer circles to widen the sphere of influence for connecting children and all young people with nature. The skills shared along with the tool in this workshop can help people in all sectors to engage themselves and others in a renewed relationship with the natural world – for our health, the health of society, and the health of the land.

### WORKSHOP FACILITATOR:

- Dawn Carr, Executive Director, Canadian Parks Council
- Pascale van der Leest, #NatureForAll Champion, Parks Canada

### LEARNING OBJECTIVES:

- Understand the tangible benefits of connecting with nature for health and wellness – of ourselves, society, and the land.
- Investigate and begin to recognize participants' own differing needs, and those of the populations they serve, in connecting with nature.
- Gain skills and tools to implement new strategies for helping take action to connect with nature.

15:00 –15:30 REFRESHMENT BREAK  
15 h à 15 h 30 PAUSE-RAFRAÎCHISSEMENTS

RIDEAU CANAL ATRIUM  
SECOND LEVEL

15:30–17:00

CONCURRENT SESSIONS

15 h 30 à 17 h

SÉANCES SIMULTANÉES

## COMMUNITY WELL-BEING: A FRAMEWORK FOR DESIGN

ROOM 201

It is increasingly recognized that how we plan and design our cities and buildings and the well-being of our communities is linked. DIALOG, in partnership with the Conference Board of Canada (CBoC), developed a tailored methodology and corresponding set of indicators to:

- Host conversations around topics concerning social, economic, environmental, cultural, and political issues that are essential to communities' well-being and for the opportunity for communities to flourish and fulfill their potential;
- Guide the mission of community leaders, urban planners, architects, engineers, and design professionals with evidence-based knowledge; and
- Better inform the creation, implementation, monitoring, and evolution of progressive policy, plans, and designs that promote well-being.

Today, months after the release of the Community Well-being Framework, city builders are turning to health professionals and community groups to leverage the Framework. This session will provide an overview of the Community Well-being Framework and engage participants to critically apply it to their work.

### WORKSHOP FACILITATORS:

- Antonio Gomez-Palacio, Principal, DIALOG
- Diego Morettin, Principal, DIALOG

### LEARNING OBJECTIVES:

- Formulate a detailed understanding of the different indicators of community well-being, and the corresponding metrics that can be used to guide decision-making in the design process of healthcare facilities.
- Distinguish specific tools and methodologies that can be used to build capacity with healthcare users' groups on topics of community well-being, and to host a meaningful conversation on the topic.
- Discover how the Community Well-being Framework and its complementary User Guide, can be applied to projects.

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## THE HEALTH IMPACTS OF TOO MUCH SCREEN TIME AND WAYS FAMILIES CAN UNPLUG AND EXPLORE NEARBY NATURE

ROOM 203

Excessive screen time is an emerging public health issue, particularly amongst children. This session will provide a summary of the impacts excessive screen time is having on children's mental and physical health, and explore ways in which spending time in nature can provide opportunities to connect with family and promote a healthy lifestyle. This session will showcase Nature Canada's NatureHood program as an opportunity to explore nearby nature and how it can be a catalyst for visiting parks. Participants will identify challenges and barriers parents may face with reducing kids' screen time and spending time in nature, and opportunities for the health and nature communities to collaborate on how to help parents overcome these barriers to navigate a healthier relationship with screens and encourage more time in nature.

### SPEAKER:

- Jill Sturdy, NatureHood Program Manager, Nature Canada

### LEARNING OBJECTIVES:

- Review the research on excessive screen time and sedentary behaviour, and the negative impacts on children's mental and physical health. Compare against the overwhelming narrative that time spent in nature and parks is good for our health.
- Identify challenges and barriers parents face when it comes to reducing screen time and spending time in nature, and ways in which they can overcome them.
- Identify opportunities to explore nearby nature as a catalyst for going to parks, and ways in which the health sector can incorporate nature into public health promotion and programming.

# THURSDAY 2 MAY | JEUDI 2 MAI

9:00–10:30

CONCURRENT SESSIONS

9 h à 10 h 30

SÉANCES SIMULTANÉES

## ORAL PRESENTATIONS 3

ROOM 201

- The impact of park access on physical activity among residents in Southern Ontario, Canada – *Ghazal Fazli*
- Quasi-Randomized Trial of Contact with Nature and Effects on Attention in Children – *Daniel Rainham*
- “Peace in the Parks”: The place of parks and natural places in public health palliative care – *Sonya Jakubec*
- The Pedagogy of Healthy Parks/Healthy People – *Harvey Lemelin*

## ORAL PRESENTATIONS 4

ROOM 203

- Health and Parks: A Perfect Marriage – *David Carr*
- Links between built and natural environment for bicycling and well-being in Victoria, BC – *Karen Laberee*
- Examining the link between urban green space and mental health: A scoping review and theoretical framework – *Nadha Hassen*
- Parcs-écoles : exemple de projets pour et par la collectivité – *Mélanie Beaudoin*

10:30 –11:00

REFRESHMENT BREAK

RIDEAU CANAL ATRIUM

10 h 30 à 11 h

PAUSE-RAFRAÎCHISSEMENTS

SECOND LEVEL

11:00 - 12:30

PLENARY III

ROOM 207

11 h à 12 h 30

PLÉNIÈRE III

## FROM RESEARCH TO REAL LIFE: DOCTORS, SCIENTISTS AND EDUCATORS TALK GREEN TIME HEALTH BENEFITS AND ENGAGEMENT STRATEGIES

Join a diverse group of nature-health advocates from across the country for a discussion about the health benefits of green time and some innovative projects in this field taking place within Canada. The panel will review the current research on the health impacts of time spent in nature, explore the use of nature by traditional healers to improve the health status of their local populations, and showcase nature engagement projects taking place on both local and provincial levels. Participants will leave with an up-to-date understanding of the body of research on health and nature, concrete ideas for programs and events that increase the nature-health connection, and new contacts with advocates from across the country that they can use to promote the health benefits of green time within their own communities.

### SPEAKERS:

- Clark Svreck, Clinician Researcher, University of Calgary
- Doug Klein, Clinician Researcher, University of Alberta
- Chúk Odenigbo, University of Ottawa
- Melissa Lem, Canadian Association of Physicians for the Environment
- Andrew Day, CEO, BC Parks Foundation

### LEARNING OBJECTIVES:

- Participants will be able to describe and discuss key points from the current body of research on human health and nature.
- Participants will learn how to design and develop projects to connect members of their own communities to nature.
- Participants will identify and connect with nature-health advocates from across the country to serve as resources for their own initiatives.

12:30 – 13:30

NETWORKING LUNCH

ROOM 207

12 h 30 à 13 h 30

DÉJEUNER CONTACTS

## POSTER PRESENTATIONS | PRÉSENTATIONS D'AFFICHES

## RIDEAU CANAL ATRIUM NORTH

- Active Parks Design Guide – How to promote park use and physical activity – *Fatime Grigorescu*
- Residential Green Space and Mental Health: Analyses of the CARTaGENE population Cohort's data – *Nolwenn Noisel*
- Using new remoteness classifications to understand the population at-risk of higher rates of avoidable mortality in Canada – *Shirin Roshanafshar*

13:30–15:00

CONCURRENT SESSIONS

13 h 30 à 15 h

SÉANCES SIMULTANÉES

## RESEARCHING HEALTH AND THE ENVIRONMENT USING SMARTPHONES AND WEARABLES: A HANDS-ON INTRODUCTION

ROOM 203

Measuring the impact of parks and natural environments on individuals' mental and physical health is challenging using traditional instruments. In this hands-on workshop, attendees will be introduced to the Ethica platform and shown how to design, test and refine, deploy, and monitor longitudinal studies leveraging smartphones' embedded sensors and wearable devices to capture minute-resolution sensor data on participants' health behaviours, and episodes of exposure to natural and built environments. Attendees will obtain experience in using pedometers and motion sensors to capture physical activity levels and sedentary behaviour, GPS to capture location, and Bluetooth beacons to measure the proximity to others or resources of significance. Attendees will also use combinations of such measures to infer times that participants spend indoor and outdoors. Attendees will further use Ethica to graphically define survey instruments, including features such as audiovisual questions and skip patterns, so as to understand participants' experiences, quality of life, knowledge, attitudes and beliefs. Facilitators will further demonstrate how to perform experience sampling by contextually triggering surveys based on sensor (e.g., GPS) readings. We will also demonstrate how open-source tools Kibana and VEGA can be used for real-time visualization of large amounts of participant data.

### WORKSHOP FACILITATORS:

- Nathaniel Osgood, Professor, Department of Computer Science, Associate Faculty, Department of Community Health & Epidemiology, University of Saskatchewan
- Mohammad Hashemian, Founder and President, Ethica

### LEARNING OBJECTIVES:

- Participants will gain a better understanding as to what sensors are available in smartphones and wearable devices and how each can help measuring exposures to the natural world, and physical and mental health-related health behaviours.
- Participants will learn to create a study in Ethica and configure it to capture data from the set of sensors necessary for their research study. They will further learn to define experience sampling surveys, and how to configure such instruments to be prompted when a specific context is detected.
- Participants will learn how to measure the compliance and interpret the resulting data. They will learn how to export the large amounts of data collected from sensors, and import them into tools such as R, Tableau, or Google Earth for visualization. They will further learn how to use open-source tools such as VEGA and Kibana to create visualizations and real-time dashboards based on the collected data.



# THURSDAY 2 MAY | JEUDI 2 MAI

13:30–15:00

CONCURRENT SESSIONS

13 h 30 à 15 h

SÉANCES SIMULTANÉES

## PROVIDING OPTIMAL ENVIRONMENTS FOR CHILDREN'S UNSTRUCTURED PLAY IN PARKS

ROOM 201

This session will provide an interdisciplinary and collaborative environment to address decision-makers' perspectives on unstructured play in parks. It will also provide a platform to discuss perspectives on children's risk-taking at parks, barriers to children's unstructured play, and how parks can better emulate an unstructured, nature-based, and free environment in urban and rural areas. Topics to be included are the need for unstructured, nature-based, and free play, how to better construct urban environments to prioritize children's unstructured play, and how to address fears associated with children's unstructured play.

### WORKSHOP FACILITATORS:

- Michelle Bauer, PhD (Candidate), Population Health, University of Ottawa
- Frank Welsh, Director of Policy, Canadian Public Health Association

### LEARNING OBJECTIVES:

- Ways to encourage children to participate in unstructured play in parks.
- How to strike a balance between risk and safety for children in unstructured park environments.
- How parks can better include opportunities for children's unstructured play.

15:00 –15:30

REFRESHMENT BREAK

RIDEAU CANAL ATRIUM

15 h à 15 h 30

PAUSE-RAFRAÎCHISSEMENTS

SECOND LEVEL

15:30–17:00

CLOSING PLENARY

ROOM 207

15 h 30 à 17 h

PLÉNIÈRE DE CLÔTURE

## HEALTH PARKS, HEALTHY PEOPLE: WHERE DO WE GO FROM HERE?

In today's urbanized society, it is increasingly important to prioritize opportunities for contact with nature. But how do we accomplish that goal? After two days of discussion and exchange, this session will explore the future of the Healthy Parks, Healthy People movement as our keynote speaker shares her reflections on the Forum's proceedings in the context of the broader international context. Developments from Europe and the United States will be discussed as potential drivers of ongoing work in the Canadian context.

### SPEAKER:

- Diana Allen, Chief, Healthy Parks Healthy People National Program, US National Parks Service



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CPHA is the independent national voice and trusted advocate for public health, speaking up for people and populations to all levels of government.

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A healthy and just world

**OUR MISSION**

CPHA's mission is to enhance the health of people in Canada and to contribute to a healthier and more equitable world.

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Porte-parole national indépendant et défenseur fidèle de la santé publique, l'ACSP parle au nom des individus et des populations avec tous les ordres de gouvernement.

**NOTRE VISION**

Un monde de santé et de justice

**NOTRE MISSION**

L'ACSP a pour mission de rehausser la santé des gens au Canada et de contribuer à un monde plus sain et plus équitable.

