

# WHAT DO HEALTHY CITIES LOOK LIKE ?

The ways our communities are built influences our health in many ways. The streets, sidewalks, buildings, and parks that make up our cities, known collectively as the built environment, can influence our physical and mental health. By using a health lens to design **transportation systems**, **public spaces**, and **built form**, our cities and towns can promote enhanced health for all.

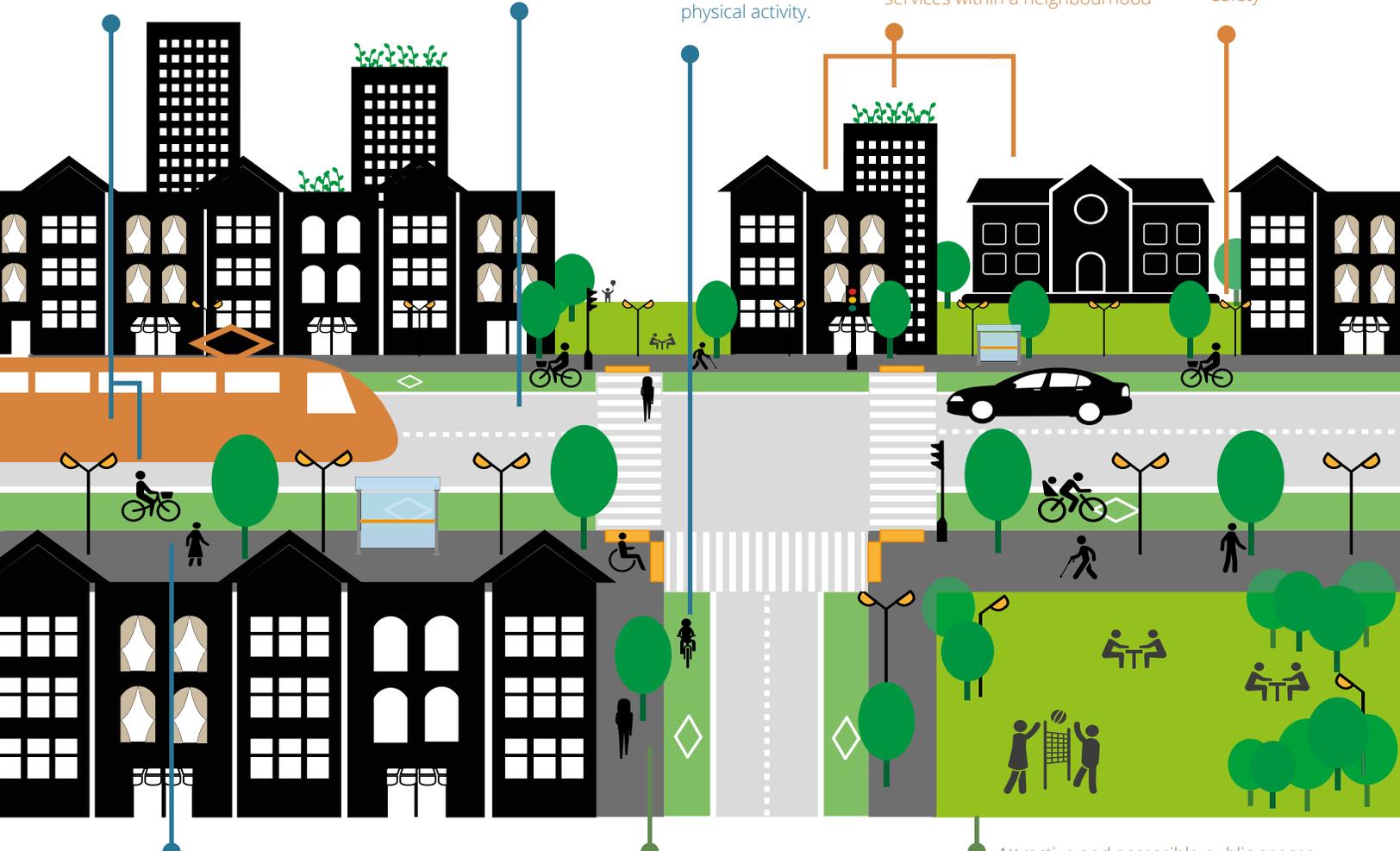
Convenient and safe public transit and active transportation facilities increase physical activity, and decrease the amount of cars on the road.

Providing attractive and safe streets can mitigate stressful commutes

Street connectivity encourages active transportation and increases physical activity.

Mixed land use creates walkable communities  
 Complete communities have access to jobs, education, healthy food choices, and essential services within a neighbourhood

Exterior lighting can increase perception of safety



Complete Streets are designed to be safe for all modes of transportation, ages and abilities. They support people to increase physical activity and safely choose active transportation.

Increased green spaces and vegetation help with air pollution and provide shade for pedestrians.

Attractive and accessible public spaces and parks provide opportunities for social interaction and outdoor physical activity.

Access to green spaces and natural environments supports better mental well-being.



Centre d'écologie urbaine de Montréal



Sustainable Calgary



the centre for active transportation

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