



Toronto

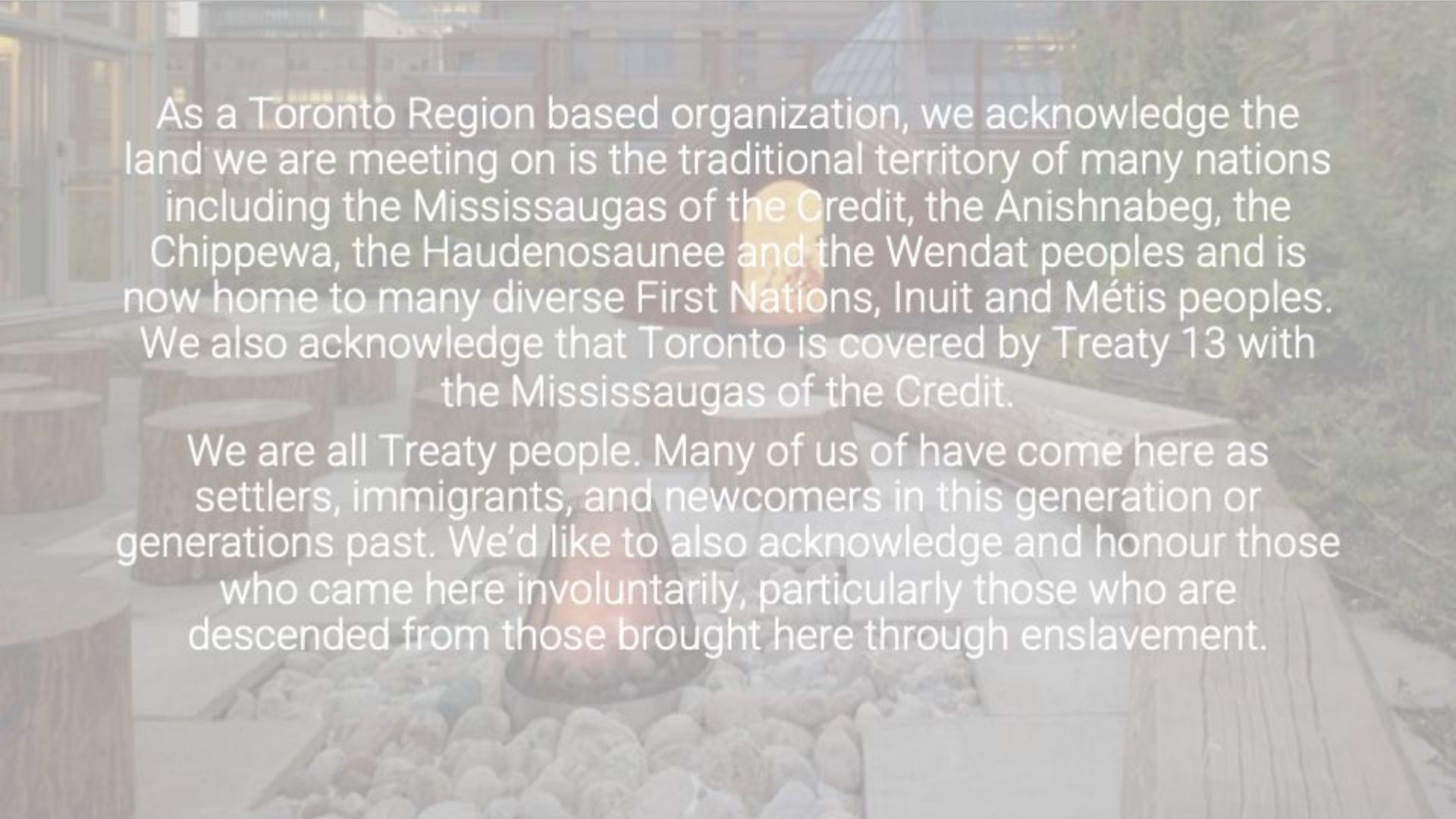


# HEALTHY CITIES

SESSION 5: TEAM 2

Anna Sebert, Ryan Love, Micaela Butron, Evan Perlman, Brandon Umpherville,  
Lyndsy You, Rose Barcarse

**FRIDAY FEBRUARY 24, 2023**

A decorative garden path with wooden log pillars and a glowing lantern. The path is made of light-colored stones and is bordered by several large, cylindrical wooden log pillars. A glowing lantern is placed on the path, casting a warm light. The background shows a building with large windows and some greenery.

As a Toronto Region based organization, we acknowledge the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit.

We are all Treaty people. Many of us of have come here as settlers, immigrants, and newcomers in this generation or generations past. We'd like to also acknowledge and honour those who came here involuntarily, particularly those who are descended from those brought here through enslavement.

# Agenda



9:00 - 9:30	Coffee and Participant Arrival
9:30 - 12:00	Presentation - Gil Penalosa (including 45 mins Q&A)
12:00 - 1:00	Lunch Break
1:00 - 2:00	Team 2 Presentation
2:00 - 3:30	Workshop Activity: Neighbourhood Design Charette
3:30 - 4:00	Reconvene & Leadership Team report back to full group on final (Town Hall) session
4:00 - 4:30	Review of Session 6 for next month
4:30 - 5:00	Team Collaboration



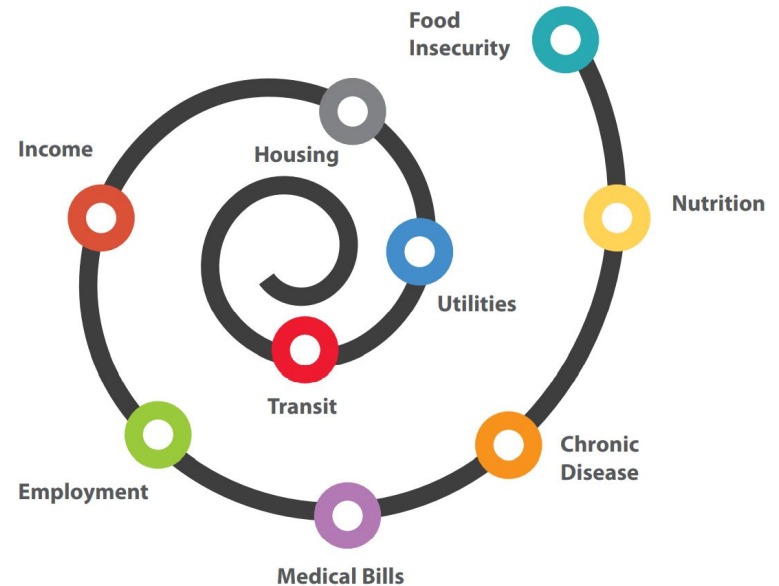
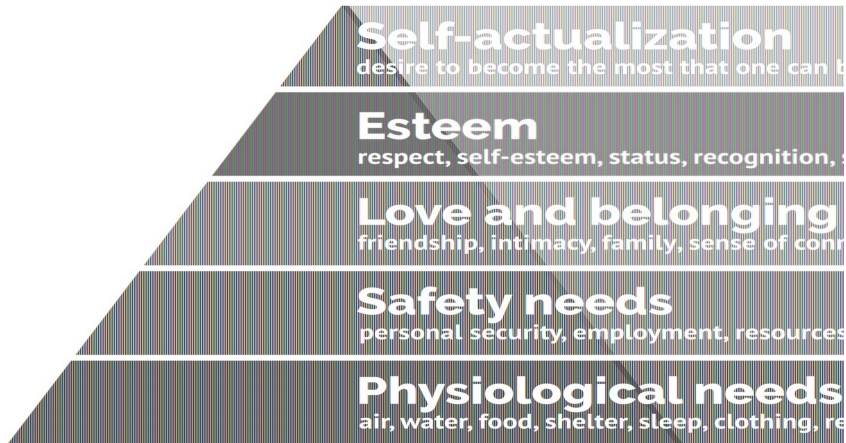
# Healthy Cities

***“Healthy cities are cities that are liveable, prosperous and sustainable; they have high quality built and natural environments; they provide for the needs of their population in an equitable and sustainable fashion; and they support and foster health and well-being.”***

Toronto Public Health, Centre for Urban Growth & Renewal, **Towards Healthier Apartment Neighbourhoods: A Healthy Toronto by Design Report**, September 2012

# Healthy Cities

How do we get to 'Complete Communities'?





# Physiological Needs



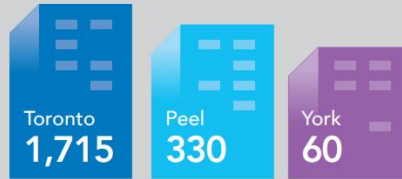
Toronto

# Toronto's Apartment Neighbourhoods

Legacy Towers and Unit Landscape, 2016

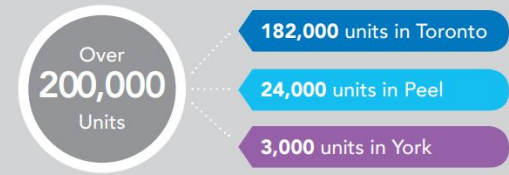


## Approximate number of legacy towers



Source: Municipal Property Assessment Data.

## With an estimated

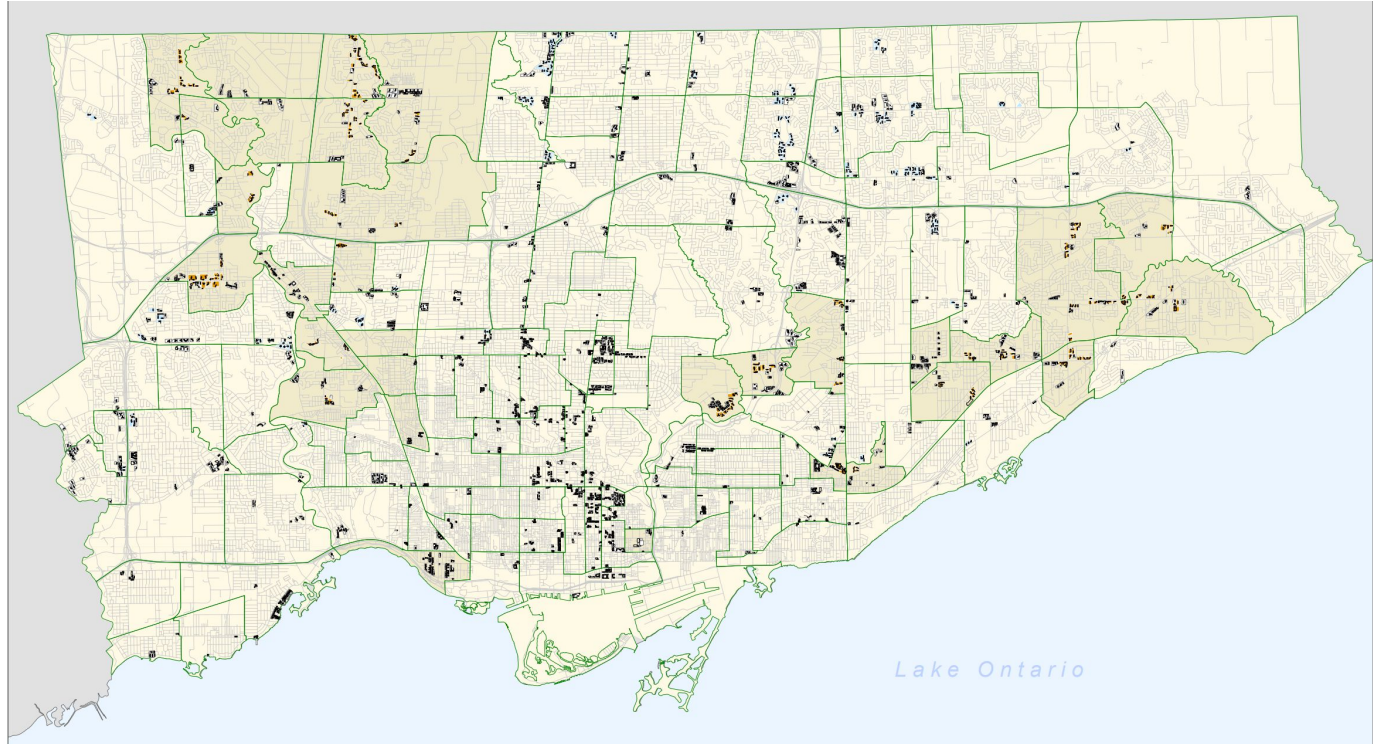


Source: 2016 census.



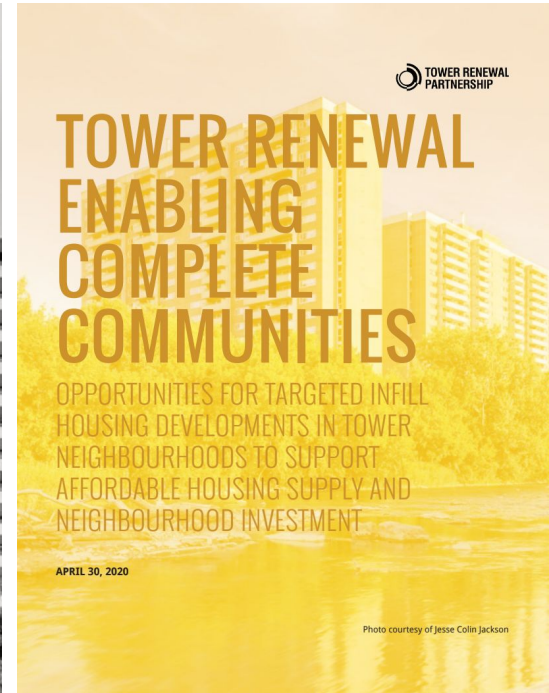
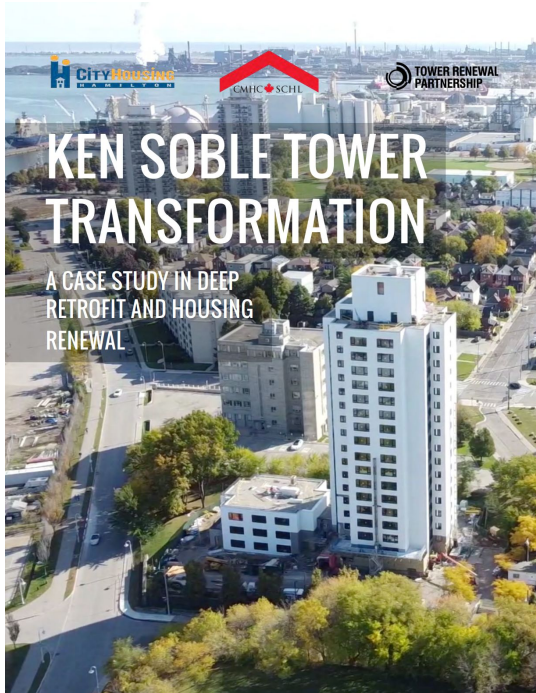
# Toronto's Apartment Neighbourhoods

Tower Renewal properties by neighbourhood, 2017



# Toronto's Apartment Neighbourhoods

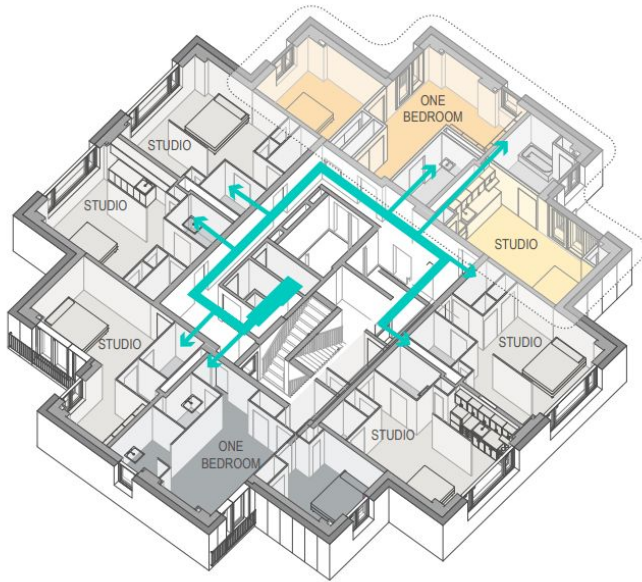
Tower Renewal Partnership, CUG+R



Objective	Category	Metrics	Measurement Approach	Measurement			
				Base Renewal Project Scope	M&V Added for Purpose of Study	City/Housing Hamilton Data	Social Data Collection via Interviews and Surveys
Health	General Health of Residents	Emergency Room Visits	Self-Reported through Interviews				X
		911 Health-Related Calls	CHH Tracking			X	
		Doctor Visits	Self-Reported through Interviews				X
		Asthma Attacks	Self-Reported through Interviews				X
		Cold/Flu Instances	Self-Reported through Interviews				X
	Resilience to Extreme Weather	Attendance at On-Site Programs	CHH Tracking			X	
		Heat-related Thermal Stress	Temperature and Humidity + Self-reported through perceived comfort surveys		X		X
		Cold-related Thermal Stress	Temperature and Humidity + Self-reported through perceived comfort surveys		X		X
	Well-being and Community Integration	Power Outages	CHH Tracking			X	
		Use of Transit vs. Car	Self-Reported through Interviews				X
Walkability to Key Services and Amenities		Self-Reported through Interviews				X	
Perception of Community Cohesion		CHH Tracking and Interviews			X	X	
		Participation in Programming	CHH Tracking		X		
Safety and Security	Life Safety	Home Fires	CHH Tracking			X	
		911 Police Calls	CHH Tracking			X	
		911 Fire Calls	CHH Tracking			X	
		Sense of Safety	Self-Reported through Interviews				X
	Mobility	Accessibility in Suites	Self-Reported through Interviews				X
		Accessibility in Common Areas (Indoor and Outdoor)	Self-Reported through Interviews				X
Comfort	In-Suite Comfort	Outdoor Noise Disruptions	Self-Reported through Interviews				X
		Indoor Noise Disruptions	Self-Reported through Interviews				X
		Thermal Controls	Number of Times Windows Opened // Thermostat Adjustments // Ceiling Fan Use // Ventilation Rates // Self Reported through Comfort Survey		X		
		Auxiliary Heating / Cooling devices	Metering of additional heating or cooling units // Self Reporting through comfort survey		X		
		Indoor Air Quality	VOCs // PM2.5 // PM5 // CO2 // Humidity + Temperature // Self Reported through comfort survey		X		
		Suite User Experience	Self-Reported through Interviews: Thermostats, appliances, windows, fixtures, odours - ease of use? Education / training required?				
	Building-Wide Comfort	Elevator Breakdowns	CHH Tracking through Maintenance Log			X	
		Corridor Air Quality	VOCs // PM2.5 // PM5 // CO2 // Humidity + Temperature // Self Reported through comfort survey		X		

# Toronto's Apartment Neighbourhoods

- Ken Soble Tower (1967), Hamilton, ERA Architects, 2021



Direct-ducted ventilation approach

## ACCESSIBILITY

- ① 20% of units fully accessible with new washrooms and kitchens meeting CSA standard

## LIFE SAFETY

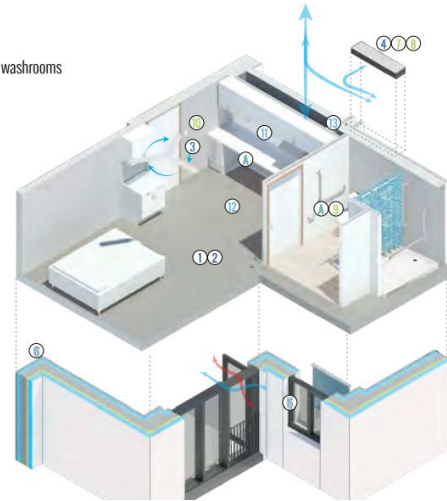
- ① Sprinklers
- ② New fire alarm system

## COMFORT

- ③ Ceiling fans
- ④ Central low energy cooling

## ENVELOPE

- ⑤ Triple glazed windows
- ⑥ Thermally continuous and airtight envelope with exterior and interior insulation



## SYSTEMS

- ① Direct ducting for fresh air supply in units with
- ② Heat recovery
- ③ New plumbing system
- ④ Modernized electrical system

## UNITS

- ① New kitchen
- ② New flooring
- ③ Repair of walls for continuous fire separations between units

## BUILDING AMENITY

- ④ New community space at base and penthouse
- ⑤ New laundry facility
- ⑥ Modernized landscape

## STATE OF REPAIR

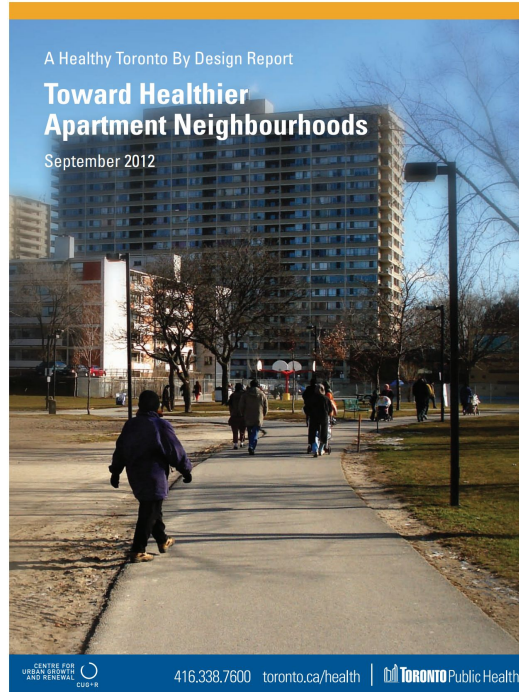
- ⑦ All state of repair issues addressed to achieve 30 year plus asset renewal

# Toronto's Apartment Neighbourhoods

United Way, Toronto Public Health, Tower Renewal Partnership, CUG+R

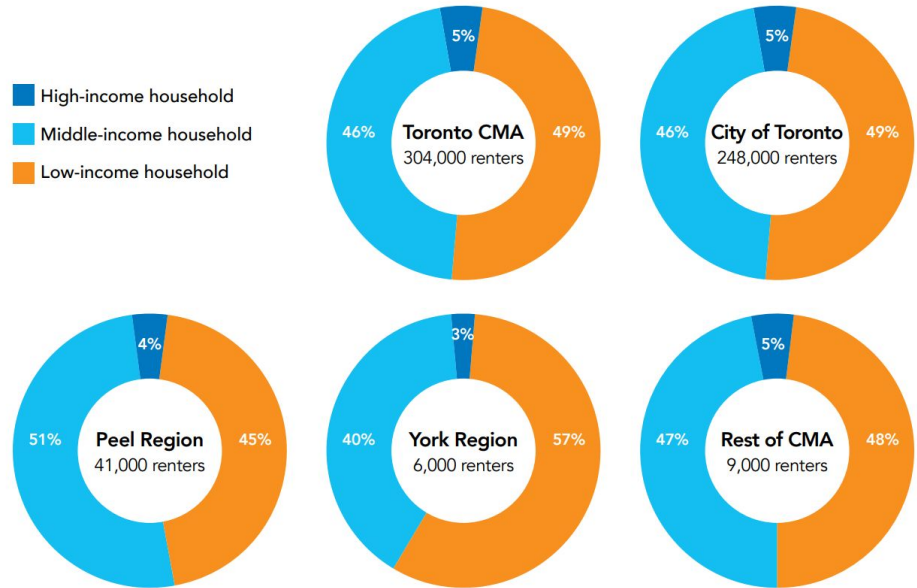
## Vertical Legacy

The case for revitalizing the GTA's aging rental tower communities



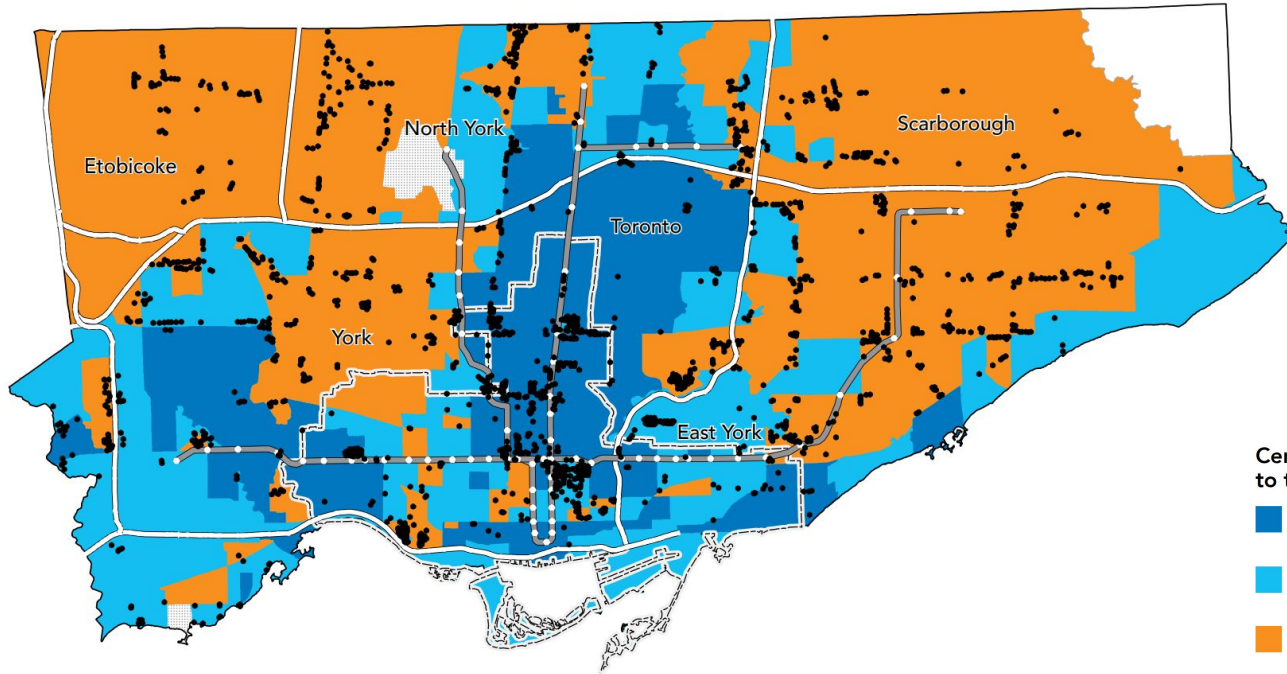
# Toronto's Apartment Neighbourhoods

High-rise apartment renter household income distribution, 2016



# Toronto's Apartment Neighbourhoods

City of Toronto census tract average household income, 2015

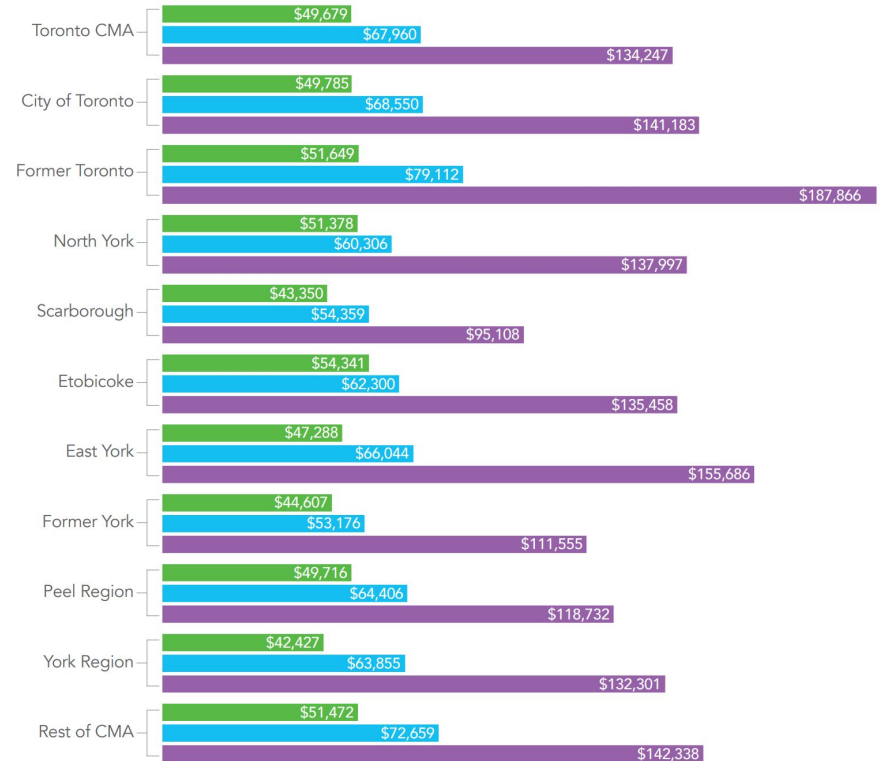


Census tract average individual income compared to the Toronto CMA average of \$50,479 in 2015

- High-income**  
120% to 831% (220 CTs; 19% of the region)
- Middle-income**  
80% to 120% (483 CTs; 42% of the region)
- Low-income**  
37% to 80% (442 CTs; 38% of the region)

# Toronto's Apartment Neighbourhoods

Average household incomes of high-rise apartment renters in Toronto CMA, 2015



Source: United Way: Vertical Legacy Report, 2021

■ High-rise apartment renter (non-condo) ■ Other renters ■ Homeowners



# Toronto's Apartment Neighbourhoods

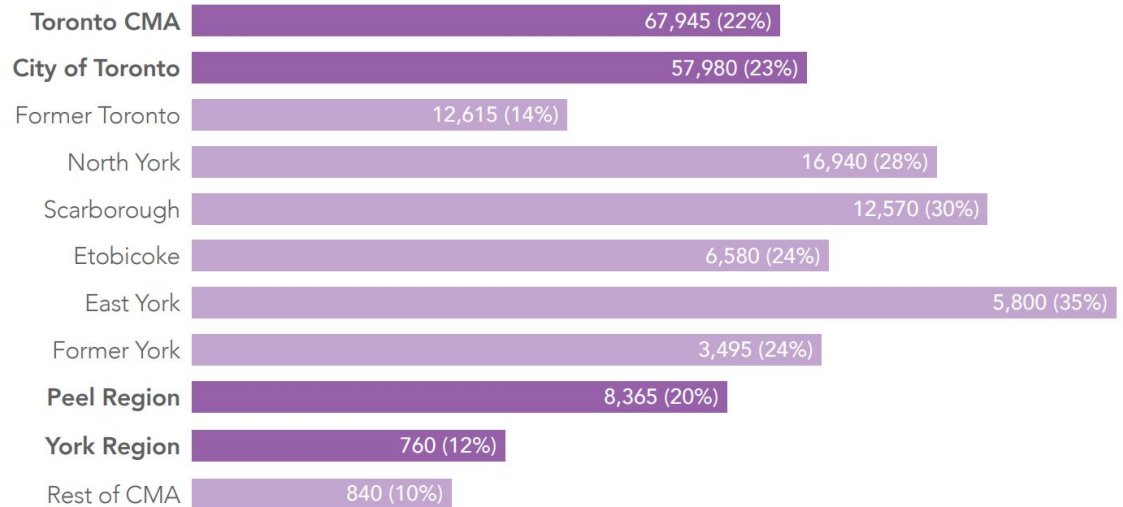
Average household incomes of high-rise apartment renters relative to other renters and homeowners in Toronto CMA, 1980-2015



# Toronto's Apartment Neighbourhoods

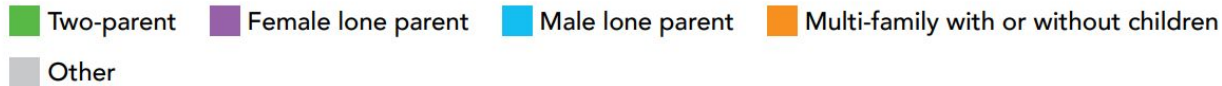
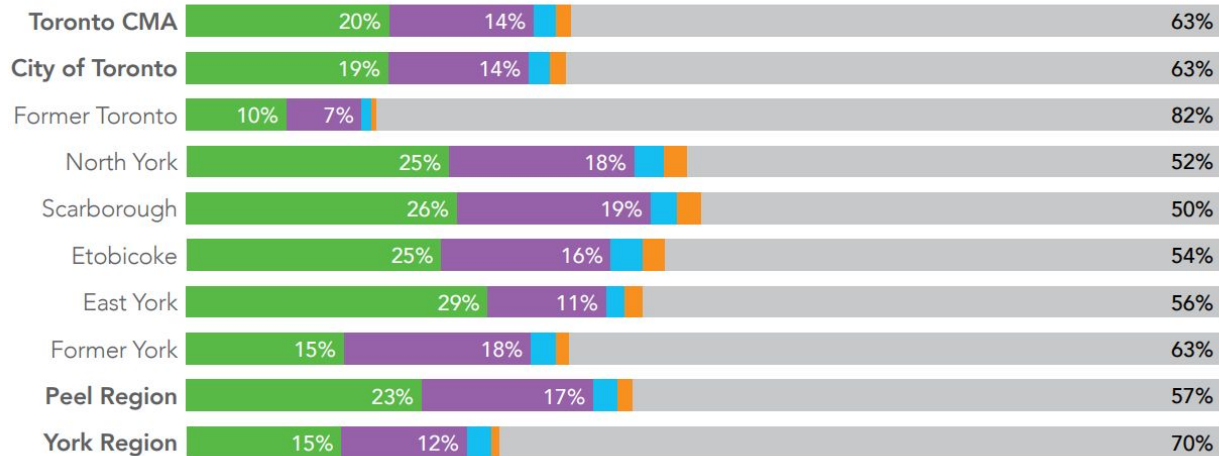
## Overcrowding in high-rise apartment renter households, 2015

- About 1 in 5 high-rise apartment rental units is overcrowded



# Toronto's Apartment Neighbourhoods

Families with children in high-rise apartment rental households, 2015



# Toronto's Apartment Neighbourhoods

Renter households living in high-rise apartment rentals, Toronto CMA, 2016

	Total renter households	High-rise apartment renter households	Probability of ethnocultural group in high-rise apartment
<b>Renter households by ethnocultural group</b>	<b>715,540</b>	<b>304,000</b>	<b>42.5</b>
<b>Racialized households</b>	<b>336,260</b>	<b>159,130</b>	<b>47.3</b>
Black	88,990	48,500	54.5
Filipino	30,790	16,350	53.1
South Asian	77,025	37,140	48.2
Arab/West Asian	34,270	15,830	46.2
Latin American	24,550	11,075	45.1
Japanese/Korean/Other	32,195	14,450	44.9
Southeast Asian	8,225	3,595	43.7
Chinese	40,215	12,195	30.3
<b>White</b>	<b>363,195</b>	<b>139,475</b>	<b>38.4</b>
<b>Indigenous</b>	<b>16,085</b>	<b>5,390</b>	<b>33.5</b>

# Toronto's Apartment Neighbourhoods

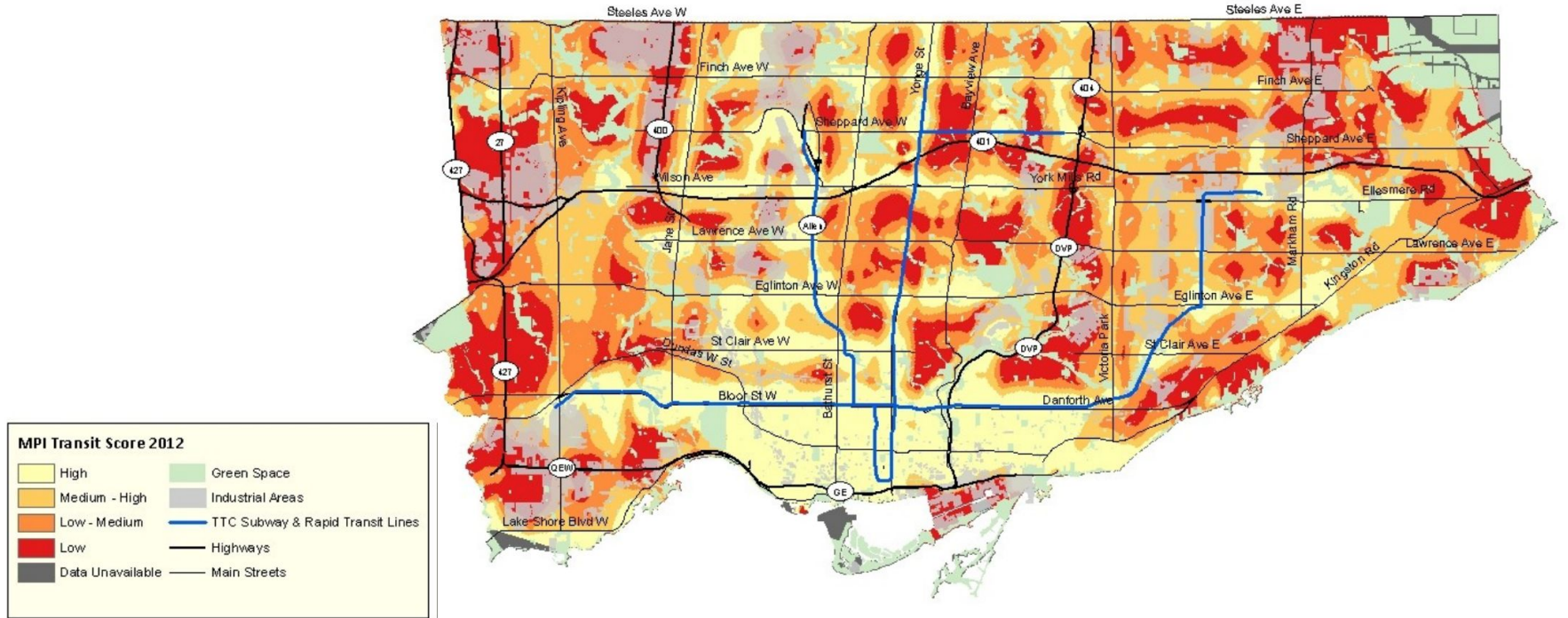
## Immigrant renter households living in high-rise apartments, 2016

- In 2016, immigrants made up 62 per cent of the total renter population.
- Of all immigrant renters in the Toronto CMA, 49.1 per cent live in high-rise apartment towers.
- Of these, more than two out of three (70.6 per cent) live in a low-income neighbourhood.

	Total immigrant renters	Immigrant renters in high-rise apartments	% immigrant renters who live in high-rise apartments	Immigrant apartment renters in a low-income neighbourhood	% of immigrant apartment renters in a low-income neighbourhood
<b>Toronto CMA</b>	<b>738,910</b>	<b>363,085</b>	<b>49.1</b>	<b>256,595</b>	<b>70.6</b>
City of Toronto	524,560	299,265	57.1	212,595	71.0
Peel Region	135,400	51,165	37.8	40,305	78.8
York Region	54,845	6,870	12.5	2,780	40.4
<b>Rest of CMA</b>	<b>24,105</b>	<b>5,785</b>	<b>24.0</b>	<b>915</b>	<b>15.8</b>

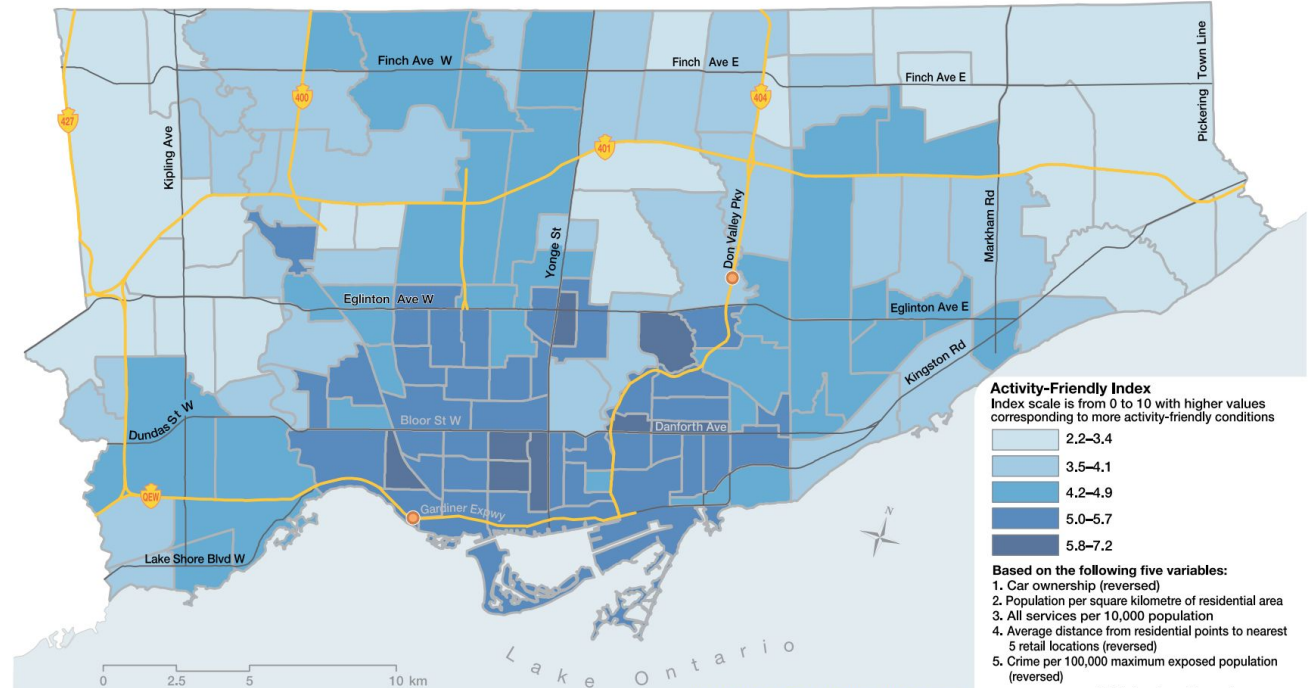
# Toronto's Apartment Neighbourhoods

Transit Availability, 2012



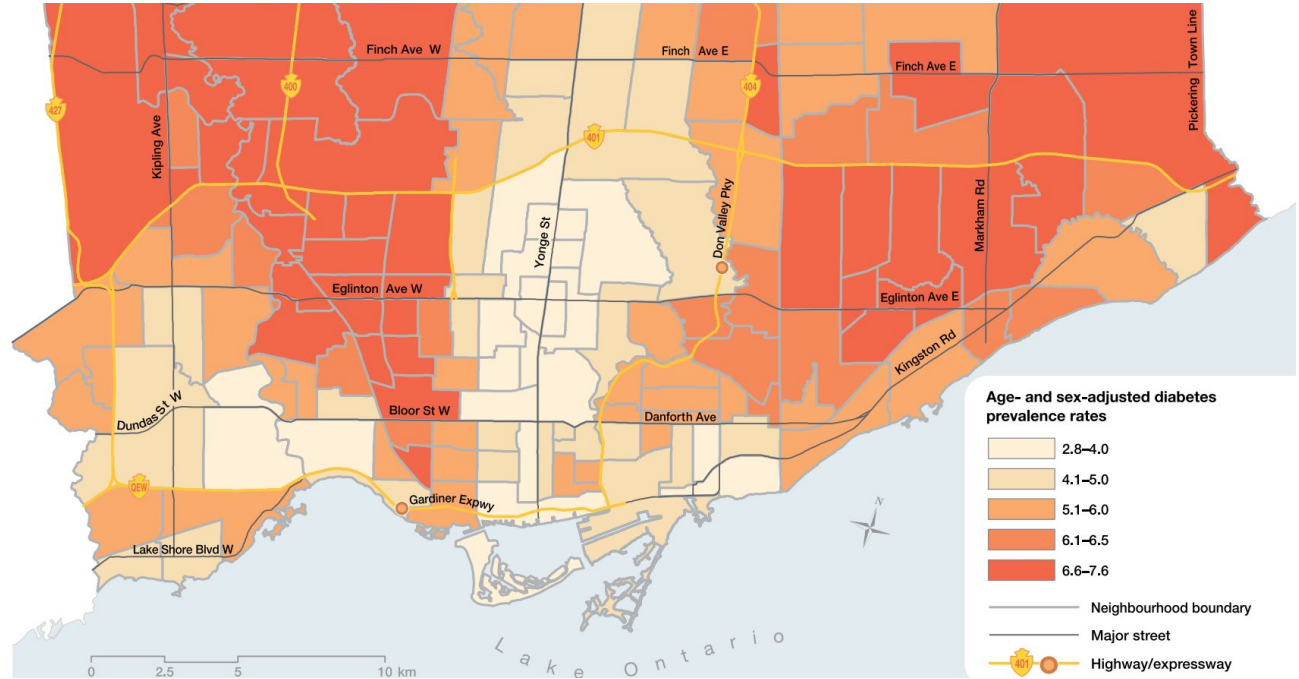
# Toronto's Apartment Neighbourhoods

## Activity-friendly index by neighbourhood



# Toronto's Apartment Neighbourhoods

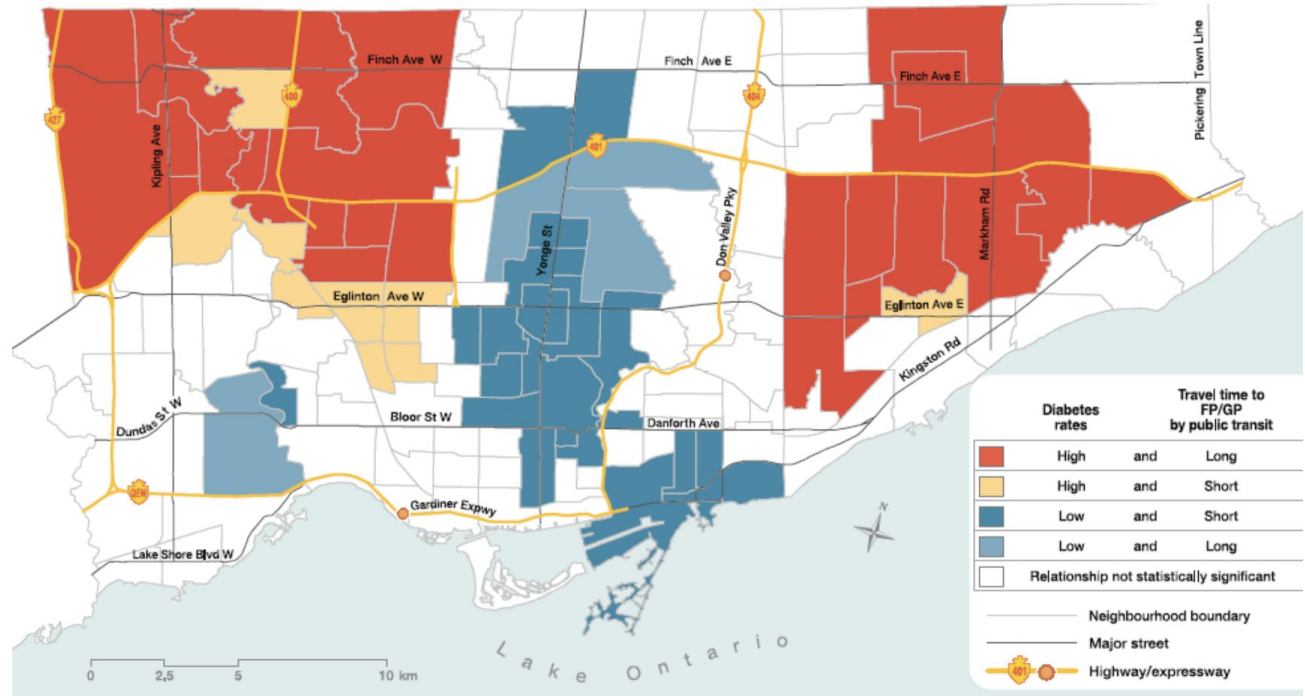
## Diabetes prevalence by neighbourhood





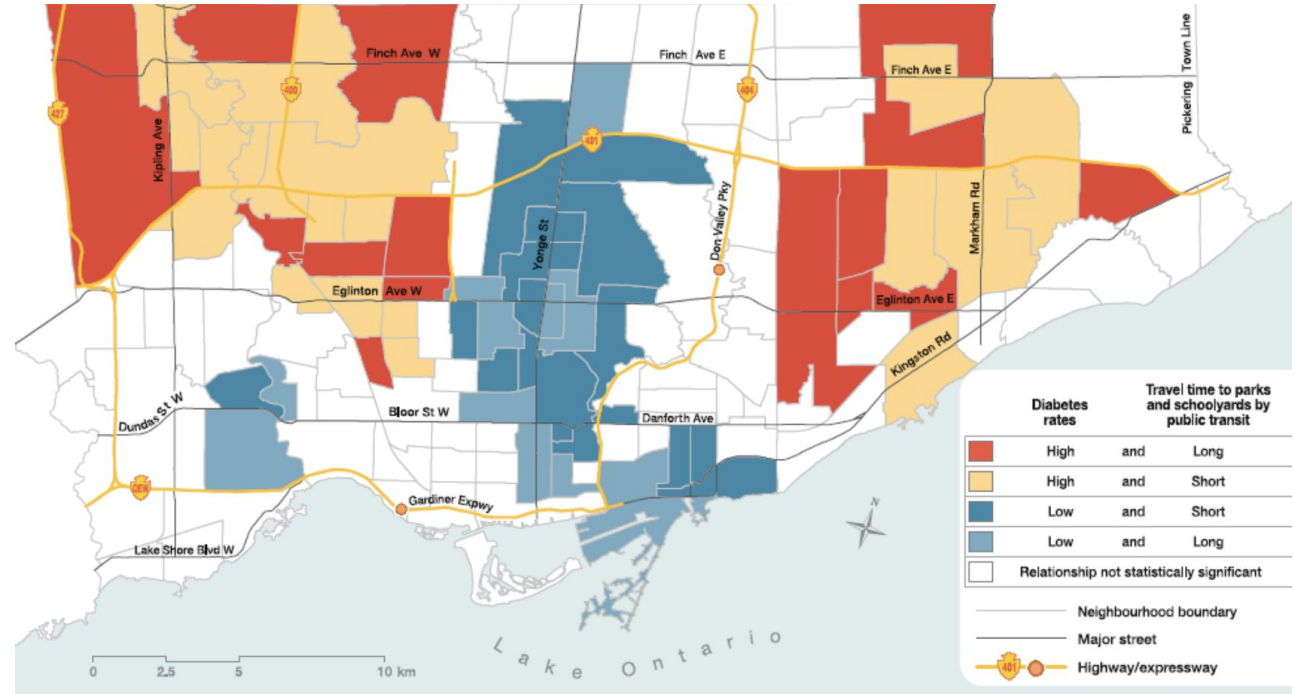
# Toronto's Apartment Neighbourhoods

Diabetes prevalence rates and travel time to nearest family physician, by neighbourhood, 2007



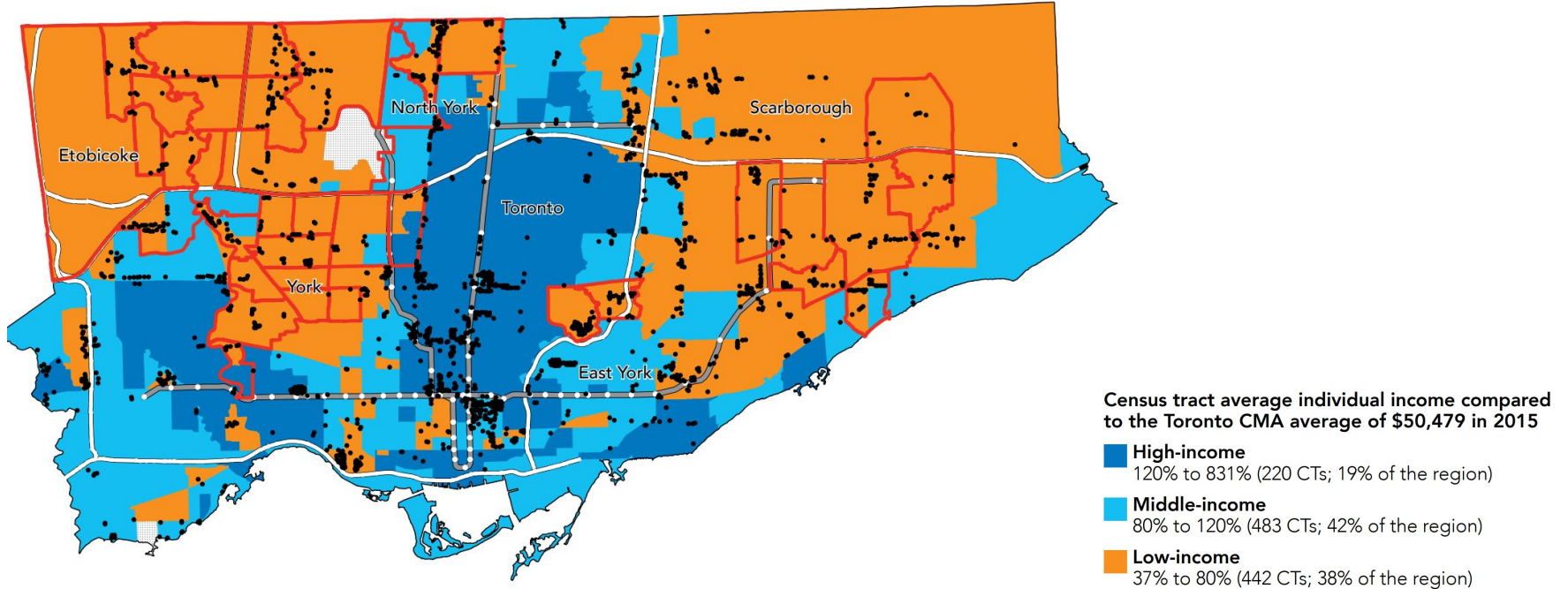
# Toronto's Apartment Neighbourhoods

Diabetes prevalence rates and travel time to parks/schoolyards, by neighbourhood, 2007



# Toronto's Apartment Neighbourhoods

City of Toronto neighbourhoods with highest COVID-19 rates, 2021-21



# Toronto's Apartment Neighbourhoods

Residential Apartment Commercial (RAC) Zoning, Approved by OMB, 2016

- Permitted uses:
  - Art gallery
  - Artist studio
  - ATM/Bank
  - Member's club
  - Cogeneration
  - **Community centre**
  - **Crisis care shelter**
  - Custom workshop
  - **Day nursery**
  - **Education uses**
  - **Financial institution**
  - **Group home**
  - Home occupation
  - Library
  - **Market garden**
  - **Medical office**
  - **Municipal shelter**
  - **Nursing home**
  - Office
  - Outdoor sales
  - Performing arts studio
  - Personal services shop
  - Pet services
  - Place of worship
  - Production studio
  - **Private home daycare**
  - Public utility
  - **Recreation uses**
  - Religious
  - Renewable energy
  - **Residential care**
  - **Respite care facility**
  - **Restaurant**
  - Retail store
  - Retail service
  - **Retirement home**
  - **Rooming house**
  - **Secondary suite**
  - **Seniors community**
  - Service shop
  - **Takeout eating**
  - **Transportation use**
  - **Veterinary hospital**

# Healthy Cities

Shelter/Housing & Land

## Physiological needs

air, water, food, shelter, sleep, clothing, reproduction



# Healthy Cities

## Shelter/Housing

- Indigenous Housing & Land
- Housing & Health
- Halifax
- Housing First



# Healthy Cities

## Indigenous Housing & Land

### **Restriction on mortgage, seizure, etc., of property on reserve**

**89 (1)** Subject to this Act, the real and personal property of an Indian or a band situated on a reserve is not subject to charge, pledge, mortgage, attachment, levy, seizure, distress or execution in favour or at the instance of any person other than an Indian or a band.

**(1.1)** Notwithstanding subsection (1), a leasehold interest in designated lands is subject to charge, pledge, mortgage, attachment, levy, seizure, distress and execution.

**(2)** A person who sells to a band or a member of a band a chattel under an agreement whereby the right of property or right of possession thereto remains wholly or in part in the seller may exercise his rights under the agreement notwithstanding that the chattel is situated on a reserve.

# Healthy Cities

## Housing & Social Determinants of Health

### 4 Pathways

- 1. Stability**
- 2. Quality and Safety**
- 3. Affordability**
- 4. Neighbourhood**

Taylor, L. (2018, June 7). Housing and health: An overview of the literature. Health Affairs Health Policy Brief. <https://www.healthaffairs.org/doi/10.1377/hpb20180313.396577/full/>

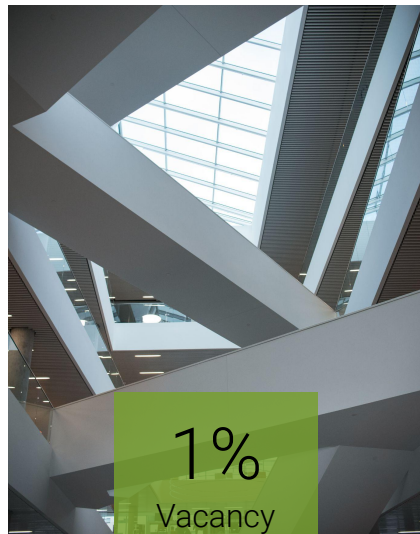


# Healthy Cities

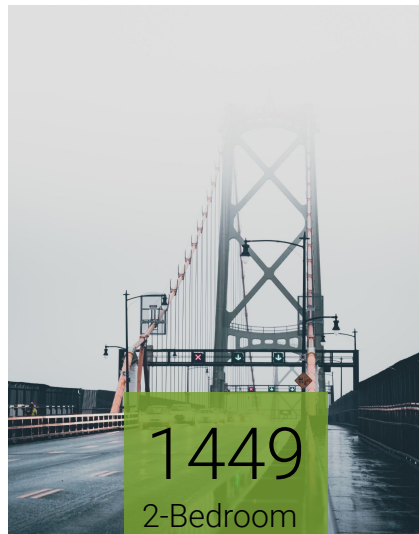
Halifax



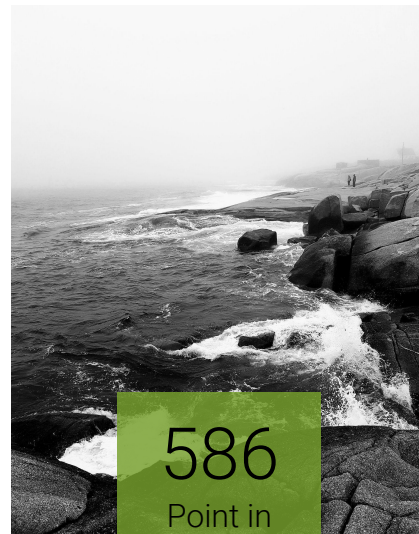
4.5%  
2022  
Growth



1%  
Vacancy  
Rate



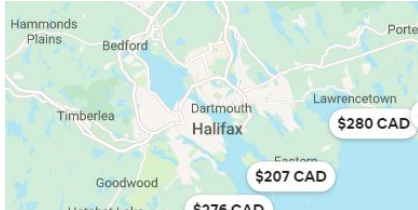
1449  
2-Bedroom  
Rent Avg.



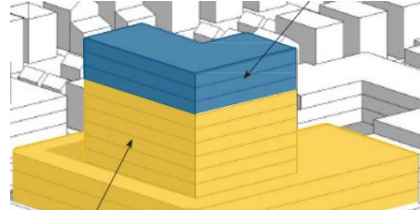
586  
Point in  
Time Count

# Healthy Cities

## Halifax



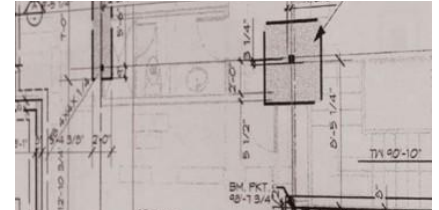
Short-term Rentals



Density Bonusing



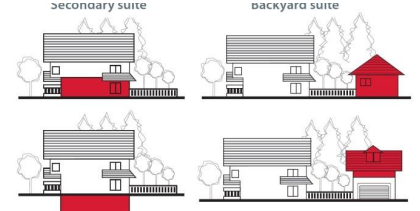
Inclusionary Zoning



Fee Waivers



By-law Simplification



Secondary & Backyard Suites



Rapid Housing Initiative



Surplus Land

# Healthy Cities

## Outdated Zoning Barriers

### COMPLETE

- Shared Housing
- Tiny Homes
- Shipping Containers

### FUTURE

- Community Land Trusts
- No Net Loss Policy
- Base Residential Zone Density
- Vacant Property Tax



# Healthy Cities

## Housing First

1. Immediate access to permanent housing with no housing readiness requirements.
2. Consumer choice and self-determination.
3. Recovery orientation.
4. Individualized and client-driven supports.
5. Social and community integration.





# Safety Needs

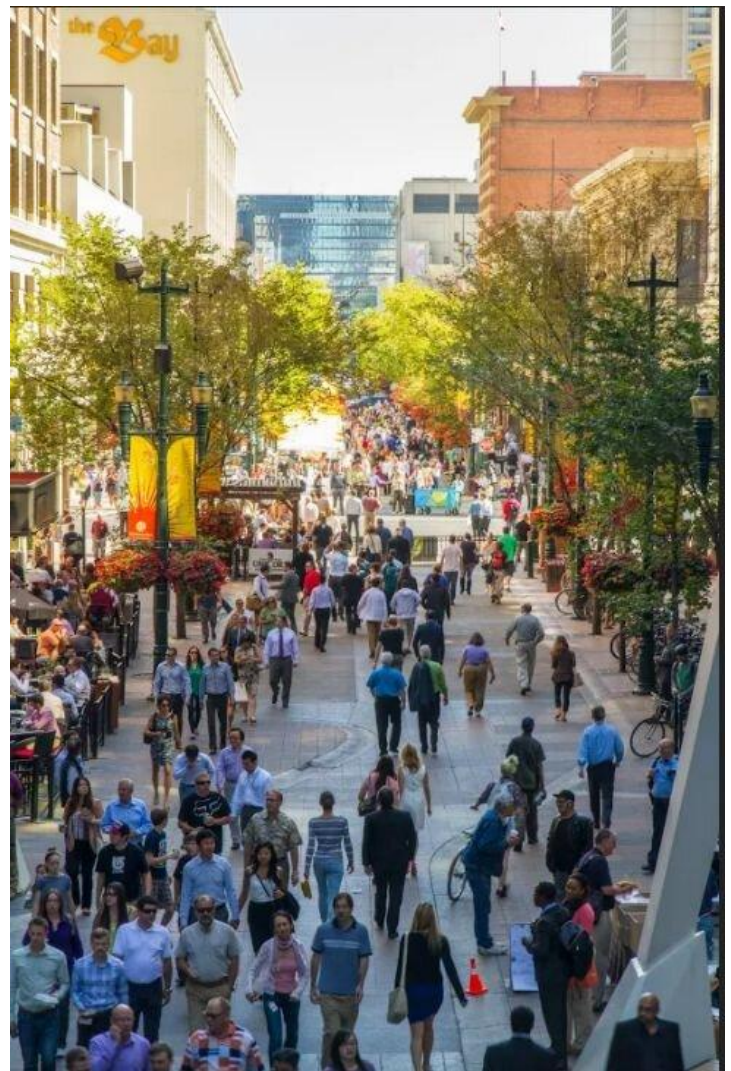
# Transportation

- Active Transit
- Public Transportation



## Active Transportation

- Walking
- Cycling
- Using a wheelchair
- In-line skating or skateboarding







## Public Transportation

- Subways
- Streetcars
- Buses



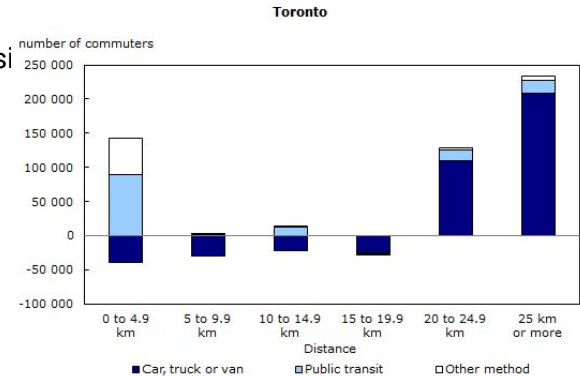
## From Statics Canada Commuting within Toronto

Roughly **three in four (73.8%)** of the nearly 1.5 million workers (aged 15 years and older) whose residence and usual workplace were within the Toronto census metropolitan area (CMA) in 2021 [commuted by car, truck or van](#). The [Toronto CMA](#) includes major population centres such as Scarborough, Markham, Ajax, Pickering, Mississauga, Brampton, Milton, Newmarket and Vaughan.

Average commute times for residents who resided in and had a usual workplace in the Toronto CMA were 25.5 minutes by car, 15.6 minutes by bicycle or on foot and 47.6 minutes by public transit. Of the 95,875 residents who walked or cycled, nearly half (48.8%) had a commute of 15 minutes or less, and for over one-third (34.7%), the commute was 15 to 29 minutes.

About 40% more transit users (87,840) than those in automobiles (54,860) faced an average commute time of 60 minutes or more. Depending on where a worker lives, many Toronto commutes by transit involve at least one connection between buses, streetcars, subways and regional trains

Canadians working within 5 kilometres of the city centre were more likely to use public transi



Net change in number of commuters, by distance from the city center and main mode of commuting, 1996-2006

# Samples of cities ranked highest for public transit

- Hongkong
- Zurich



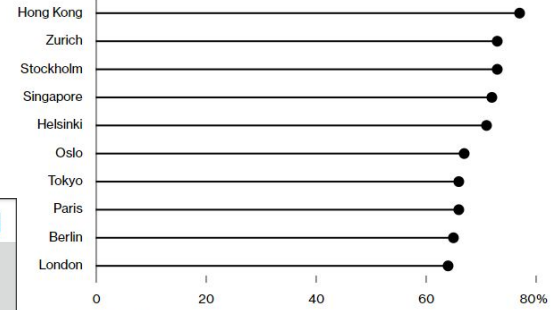
八達通 Octopus



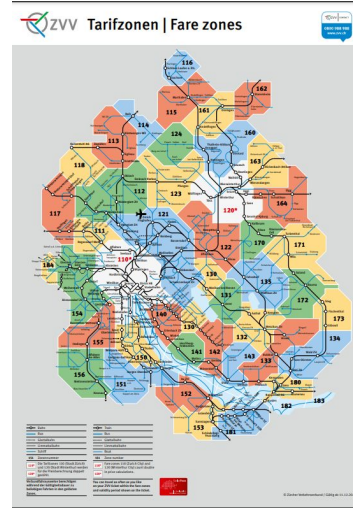
## Asian and European Cities Rank Highest for Public Transit

Oliver Wyman study looks at factors including affordability and time

● Public Transit Score



Source: Oliver Wyman Forum



## Bloomberg

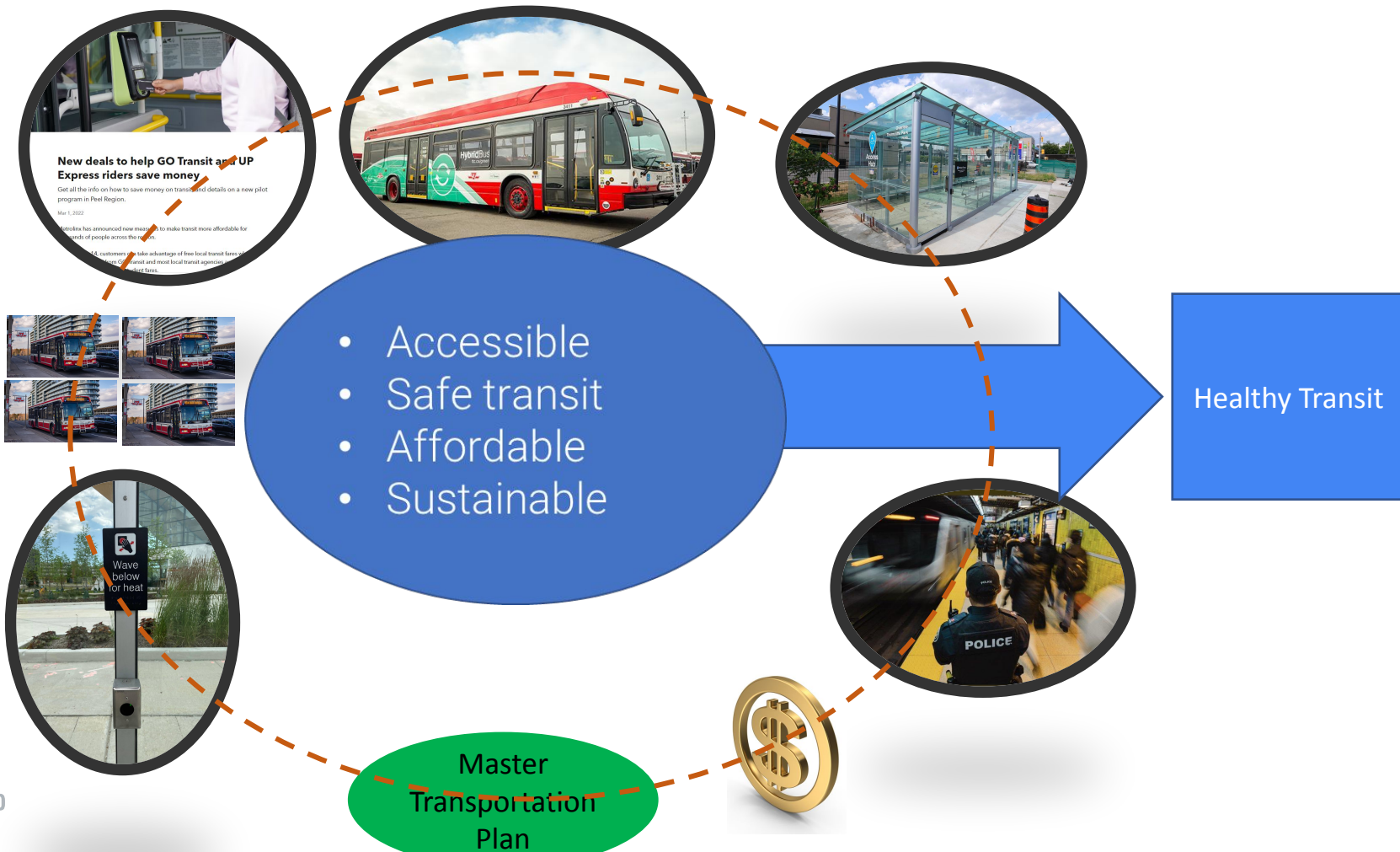


Is our City accessible?

Is our transit system sustainable?

What can we do to improve our transit system?

# What can we do to improve our transit system?





# Zoning By-laws

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## Self-actualization

desire to become the most that one can be

## Esteem

respect, self-esteem, status, recognition, strength

## Love and belonging

friendship, intimacy, family, sense of connection

## Safety needs

personal security, employment, resources, health,

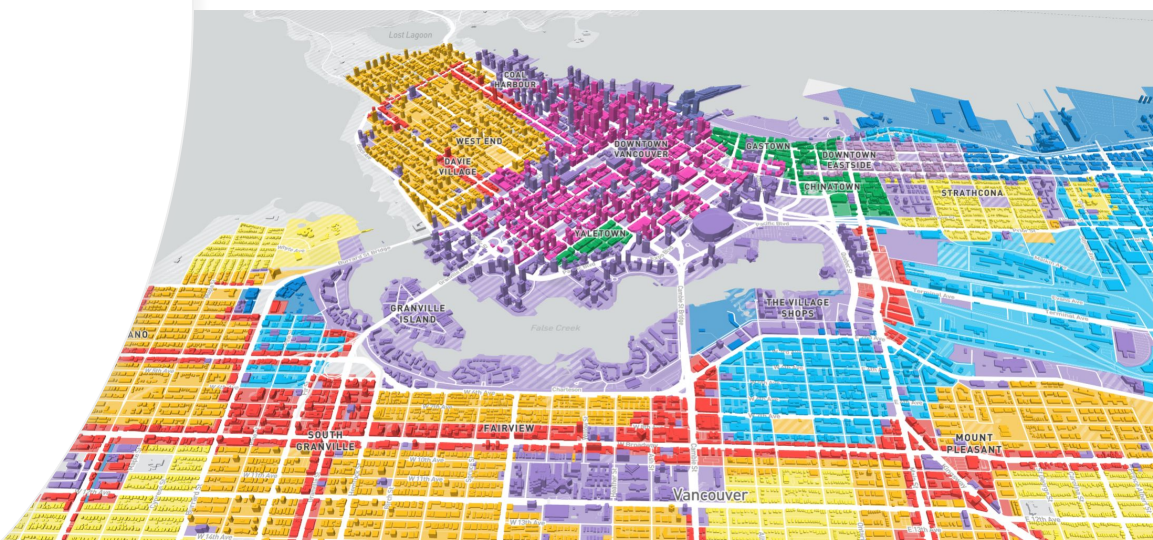
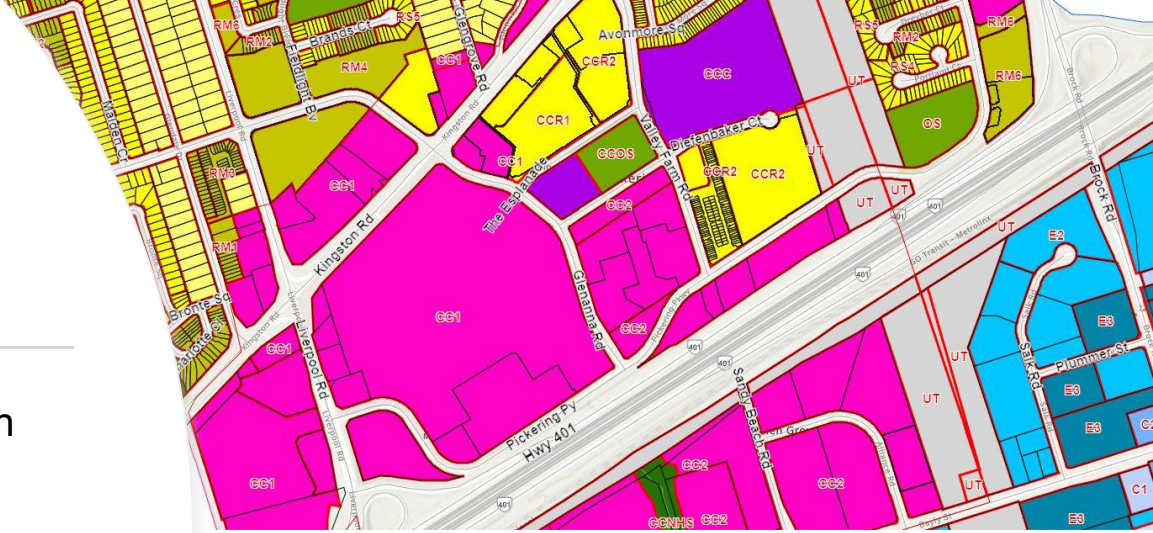
## Physiological needs

air, water, food, shelter, sleep, clothing, reproduct



# Why Zoning?

- Zoning controls every aspect of life in our cities
- Pseudoscientific and complex rules
- Extremely specific and limiting
  - Dentist office but not a vet clinic
- Forces unnecessary costs (parking, amenities, min. lot sizes, etc.)










# Unnecessary, Complex, Arbitrary

- New City of Vaughan Zoning By-law (2022) has 40 different zones
- City of Toronto has 26 different zones










## Conservation, Open Space and Agricultural Zones

	<b>A</b> (Agriculture Zone)
	<b>OS1</b> (Public Open Space Zone)
	<b>OS2</b> (Private Open Space Zone)
	<b>EP</b> (Environmental Protection Zone)





## Vaughan Metropolitan Centre Zones

	<b>V1</b> (Station Precinct Zone)
	<b>V2</b> (South Precinct Zone)
	<b>V3</b> (Neighbourhood Precinct Zone)
	<b>V4</b> (Employment Precinct Zone)






## Residential Zones

	<b>R1</b> (First Residential Zone)
	<b>R2</b> (Second Residential Zone)
	<b>R3</b> (Third Residential Zone)
	<b>R4</b> (Fourth Residential Zone)
	<b>R5</b> (Fifth Residential Zone)
	<b>RT</b> (Townhouse Zone)
	<b>RM1</b> (Multiple Residential Zone 1)
	<b>RM2</b> (Multiple Residential Zone 2)
	<b>RE</b> (Estate Residential Zone)

## Commercial Zones




	<b>GC</b> (General Commercial Zone)
	<b>NC</b> (Neighbourhood Commercial Zone)
	<b>CC</b> (Convenience Commercial Zone)
	<b>SC</b> (Service Commercial Zone)

## Mixed-Use Zones








	<b>LMU</b> (Low-Rise Mixed-Use Zone)
	<b>MMU</b> (Mid-Rise Mixed-Use Zone)
	<b>HMU</b> (High-Rise Mixed-Use Zone)
	<b>GMU</b> (General Mixed-Use Zone)
	<b>CMU</b> (Community Commercial Mixed-Use Zone)

	<b>EMU</b> (Employment Commercial Mixed-Use Zone)
	<b>KMS</b> (Main Street Mixed-Use - Kleinburg Zone)
	<b>MMS</b> (Main Street Mixed-Use - Maple Zone)
	<b>WMS</b> (Main Street Mixed Use - Woodbridge Zone)

## Employment Zones

	<b>EM1</b> (Prestige Employment Zone)
	<b>EM2</b> (General Employment Zone)
	<b>EM3</b> (Mineral Aggregate Operation Zone)

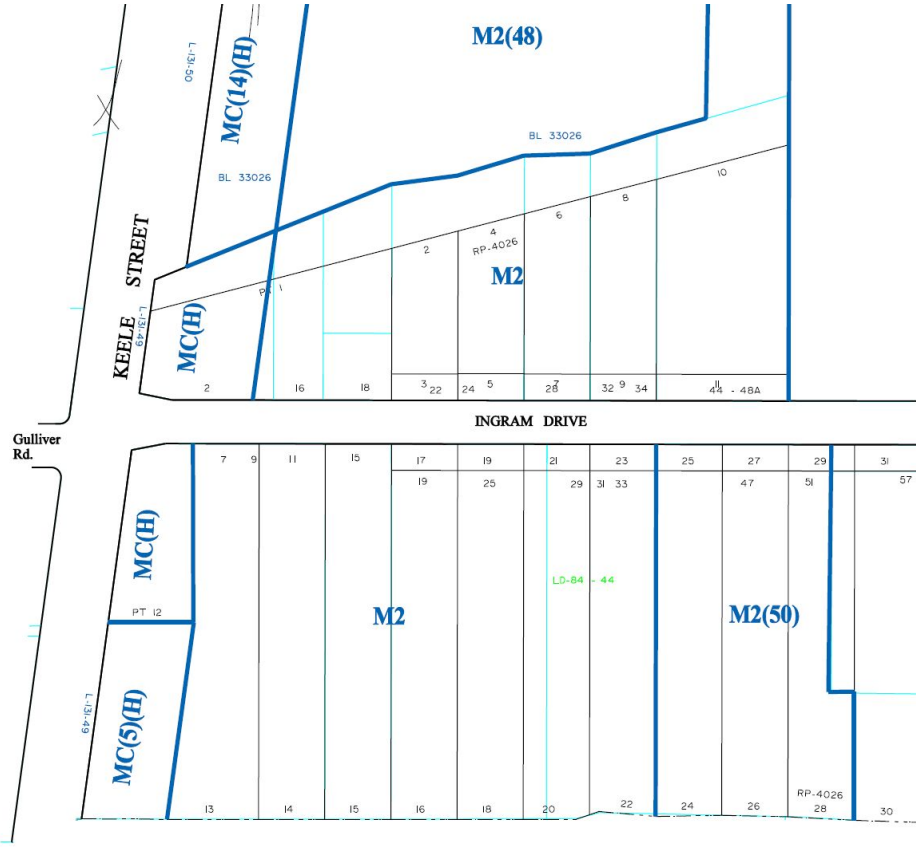
## Other Zones

	<b>I1</b> (General Institutional Zone)
	<b>I2</b> (Major Institutional Zone)
	<b>U</b> (Utility Zone)
	<b>FD</b> (Future Development Zone)
	<b>PB1</b> (Parkway Belt Public Use Zone)
	<b>PB2</b> (Parkway Belt Complementary Use Zone)
	<b>PB3</b> (Parkway Belt West Recreational Zone)



These lands shall not be subject to Zoning By-law 2021-01





## Takes decades to be updated

- Toronto's Zoning By-law went from 1986 to 2013 without a comprehensive revision (27 years).
- Prior to that was 1959 (old City of Toronto only).

# Land regulation □ Inequality

Facilitating more housing where the most jobs are

- In San Jose, California (with all the Silicon Valley jobs) apartments are effectively banned in 94% of residential areas

Densities and heights are arbitrary

- “Preserving the character of the neighbourhood” is coded language. “It feels too tall”

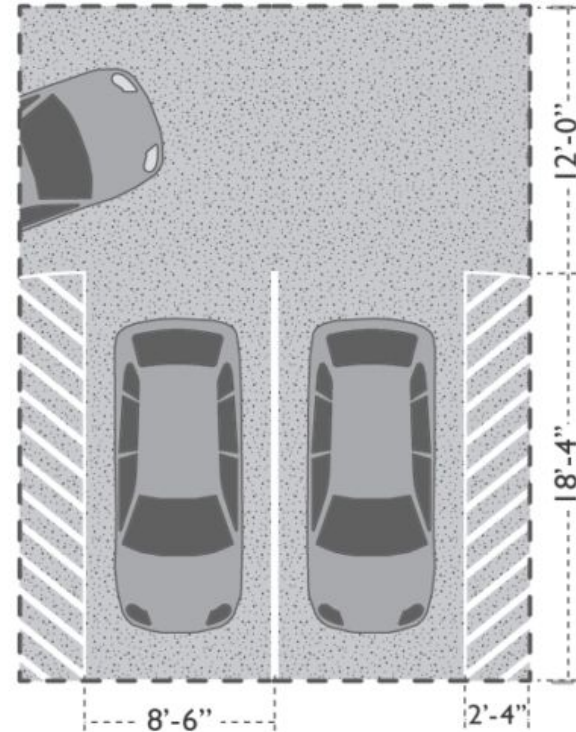
Access to basic lifestyle amenities

- Land uses are physically separated, necessitating a car

Segregation

- Allows municipalities to implement economic segregation without ever mentioning the word

# Living Space Vs. Parking Space



size for 2 bedroom apartment: 675 FT<sup>2</sup>

size for 2 parking spaces: 650 FT<sup>2</sup>

Sources: Transportation Cost and Benefit Analysis II - Parking Costs Victoria Transport Policy Institute ([www.vtpi.org](http://www.vtpi.org))

Graphic Adapted from Graphing Parking (<https://graphingparking.com/2013/07/23/parking-across-cascadia/>)

Image compiled by Portlanders for Parking Reform - <https://pdxshoupistas.com/> - @pdxshoupistas

# 'Old school' neighbourhood uses now illegal



- Existing 'old school' commercial buildings or corner stores would be **illegal** to recreate today in low-rise residential areas

# So you want to rezone to add a convenience store in a low-rise suburban neighbourhood?



- Steps:

- Prepare and submit application with lengthy list of supporting drawings and reports. Pay City application fees.
- Complete potentially multiple rounds of public or community meetings.
- Costs in the 6 to 7 figures.
- Time: 2+ years















# Zoning Reform – what could it look like?



Only 12 zoning districts for the whole country

Less exclusive uses per 'zone'

Only heavy industrial uses are fully segregated

<p><b>Category I exclusively low-rise residential zone</b></p>  <p>This zone is designated for low rise residential buildings. The permitted buildings include residential buildings which are also used as small shops or offices and elementary/junior high school buildings.</p>	<p><b>Category II exclusively low-rise residential zone</b></p>  <p>This zone is mainly designated for low rise residential buildings. In addition to elementary/junior high school buildings, certain types of shop buildings with a floor area of up to 150m<sup>2</sup> are permitted.</p>	<p><b>Category I mid/high-rise oriented residential zone</b></p>  <p>This zone is designated for medium to high residential buildings. In addition to hospital and university buildings, certain types of shop buildings with a floor area of up to 500m<sup>2</sup> are permitted.</p>
<p><b>Category II mid/high-rise oriented residential zone</b></p>  <p>This zone is mainly designated for medium to high rise residential buildings. In addition to hospital and university buildings, the permitted buildings include certain shops and office buildings with a floor area of up to 1,500m<sup>2</sup> to provide conveniences for the local community.</p>	<p><b>Category I residential zone</b></p>  <p>This zone is designated to protect the residential environment. The permitted buildings include shops, offices and hotel buildings with a floor area of up to 3,000m<sup>2</sup>.</p>	<p><b>Category II residential zone</b></p>  <p>This zone is designated to mainly protect the residential environment. The permitted buildings include shops, offices and hotel buildings as well as buildings with karaoke box.</p>
<p><b>Quasi-residential zone</b></p>  <p>This zone is designated to allow the introduction of vehicle-related facilities along roads while protecting the residential environment in harmony with such facilities.</p>	<p><b>Neighborhood commercial zone</b></p>  <p>This zone is designated to provide daily shopping facilities for the neighbourhood residents. In addition to residential and shop buildings, small factory buildings are permitted.</p>	<p><b>Commercial zone</b></p>  <p>Banks, cinemas, restaurants and department stores are constructed in this zone. Residential buildings and small factory buildings are also permitted.</p>
<p><b>Quasi-industrial zone</b></p>  <p>This zone is mainly occupied by light industrial facilities and service facilities. Almost all types of factories are permitted excepting those which are considered to considerably worsen the environment.</p>	<p><b>Industrial zone</b></p>  <p>Any type of factory can be built in this zone. While residential and shop buildings can be constructed, school, hospital and hotel buildings are not permitted.</p>	<p><b>Exclusively industrial zone</b></p>  <p>This zone is designated for factories. While all types of factory buildings are permitted, residential, shop, school, hospital and hotel buildings cannot be constructed.</p>

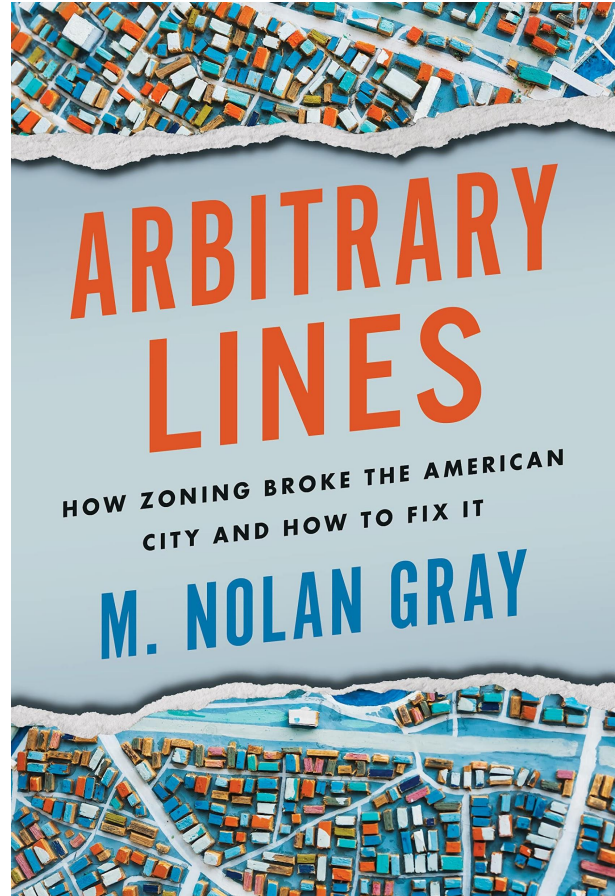
## Other reforms - New Zealand

- New Zealand federal government zoning reform to permit medium-density housing in all major cities.
  - Allows three homes on all single-family lots in 5 major cities
- Minimum 6-storey height limits in city centres of 5 major cities.
- No minimum parking requirements in all urban areas with > 10,000 population.





# Further Reading





# Love and Belonging

# Love & Belonging: Racial Discrepancies

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## Self-actualization

desire to become the most that one can be

## Esteem

respect, self-esteem, status, recognition, strength

## Love and belonging

friendship, intimacy, family, sense of connection

## Safety needs

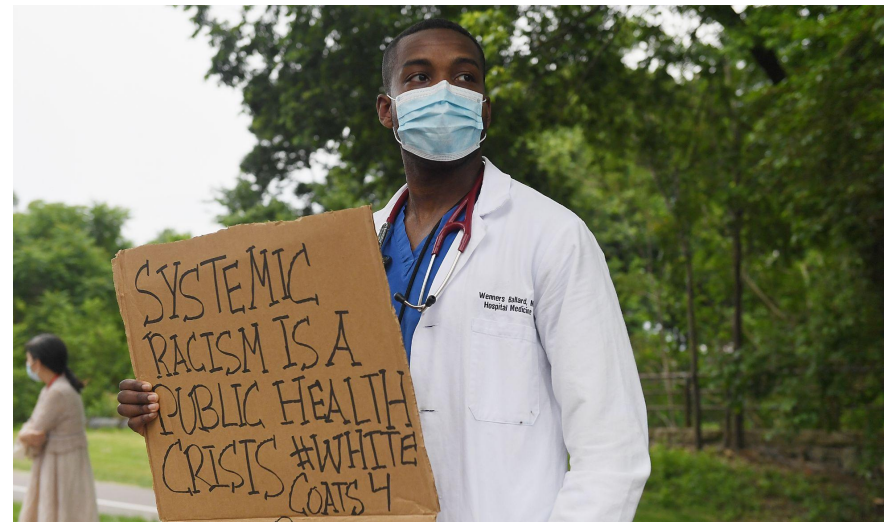
personal security, employment, resources, health,

## Physiological needs

air, water, food, shelter, sleep, clothing, reproduct

# Racial Discrepancies cause critical health risks

- Racial discrepancies within our north american cities, relating to **food deserts**, access to **health care**, and neighbourhood design and the **sense of belonging** decline public health with inequities and discrimination.

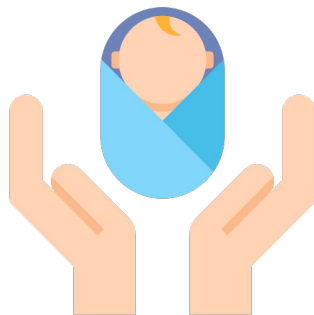


# Health Care Disparities



**8 out of 10**

Elevated  
Death  
Rate



**1.6 to 2.4**

Infant  
Mortality  
Rate



**30%**

More Likely  
Heart  
Disease &  
Cancer



**4 out of 5**

More Likely  
Overweight or  
Obese

# Food Deserts



# Neighbourhoods & Sense of Belonging

## ghet·to

/'gedō/

*Noun*

“A residential District that both concentrates a particular racial or ethnic group and at the same time contains it”





**What is your favorite park and why?**



Toronto

## Parks as spaces of Love and Belonging

- Help build strong relationships with nature and other people
- Open to everyone regardless of age, gender, ethnicity, religion or income

BUT...

- Can be spaces of exclusion, discomfort and harm.
- For: People with Disabilities



# Are Canada's parks really accessible?

Accessibility Beyond Design



“It's actually the environment that is disabling. It's about how spaces [don't] work in the presence of an impairment.”

- Dr. Ron Buliung, Professor of Geography at the University of Toronto and parent of a child with a physical disability

44%

of cities have an accessibility strategy that addresses parks.

- We need a broader range of programs and projects that reduce barriers in green spaces

# How do we make parks accessible for all?

## Accessibility Beyond Design

### 1. Provide better accessibility information and wayfinding

#### Burnaby Access Guidebook

Introduction

City Hall Complex

Libraries

Art & Cultural Facilities

Recreation Centres

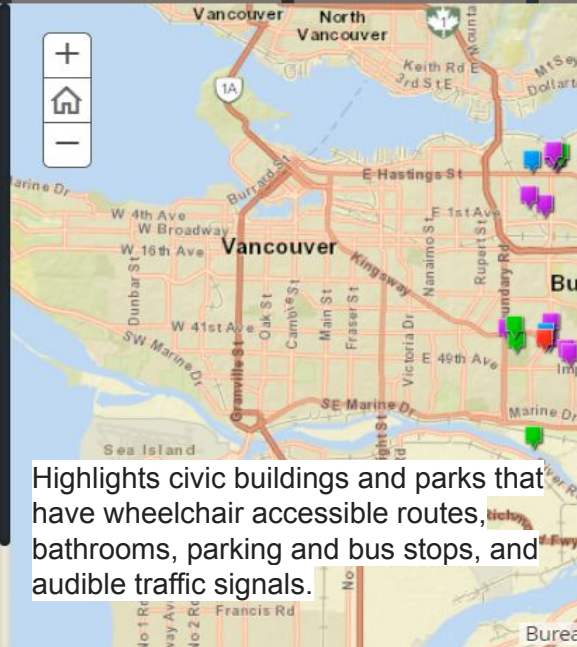
You

#### Introduction

The Burnaby Access Guidebook 2018 is intended to assist persons with disabilities to access City facilities and services. As changes are continually being made to improve access, more recent improvements may not be reflected here. For confirmed, up-to-date information please contact the centre, facility or service in question. Comments, corrections and suggestions can be submitted by emailing [socialplanning@burnaby.ca](mailto:socialplanning@burnaby.ca) or by telephoning 604-294-7421.

Symbols are used on the maps in the Guidebook as follows:

- Designated parking
- Surface parking areas or multi-level parking
- Accessible Bus Stop
- Accessible passenger pick-up and drop-off zones
- Entrance to underground parking
- Wheelchair accessible route
- No entry
- Audible Traffic Signal
- Restroom (open during regular hours)
- Restroom (open 0900 to dusk)



Rope or tapping rails between posts



City of Toronto's Accessibility Design Guidelines encourage fragrant planting materials like lavender gardens in parks

# How do we make parks accessible for all?

## Accessibility Beyond Design

### 2.Changing the culture of planning and design and welcoming people with disabilities to the conversation

#### Hire experts with disabilities



70% of people with disabilities do not use a wheelchair. We need to be holistic.

#### Have an advisory committee



Jacques Courteau, co-chair of the City of Vancouver Persons with Disabilities Advisory Committee, in a new water wheelchair

#### People for disabilities bring vibrancy



Safari Walking Group, a volunteer-led walking group run by and for people with vision loss or blindness



# Esteem



# Esteem

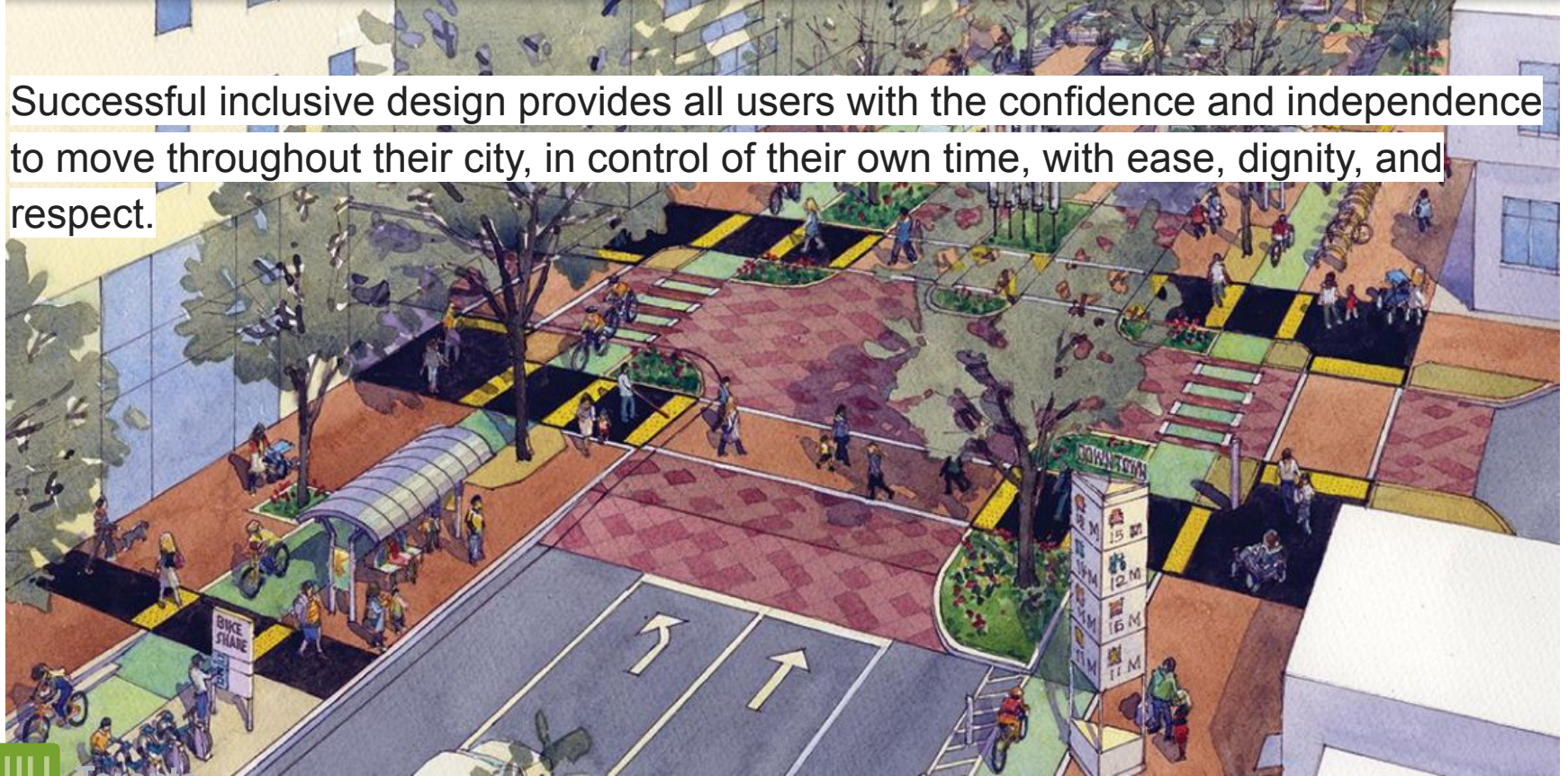
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Competence  
Confidence  
Independence  
Achievement  
Recognition

# Inclusive Design

Successful inclusive design provides all users with the confidence and independence to move throughout their city, in control of their own time, with ease, dignity, and respect.



# Participatory Design

When included in the design process, people experience meaningful opportunities in leadership, **personal achievement**, and **recognition from their community and beyond**.

**“Nothing About Us, Without Us”**



# A Global Perspective

## Vienna, Austria

Consistently ranked with High Quality of Life

Inclusive, human centric urban design

Commitment to the principles of Gender Mainstreaming, which have been written into policy over 30 years ago





# Gender Mainstreaming

The practice of ensuring women and men are accounted for equally in policy, legislation, and resource allocation.

This approach ensures a “fair share of the city” by requiring planning to be approached from many different perspectives.



# 8-80 Cities



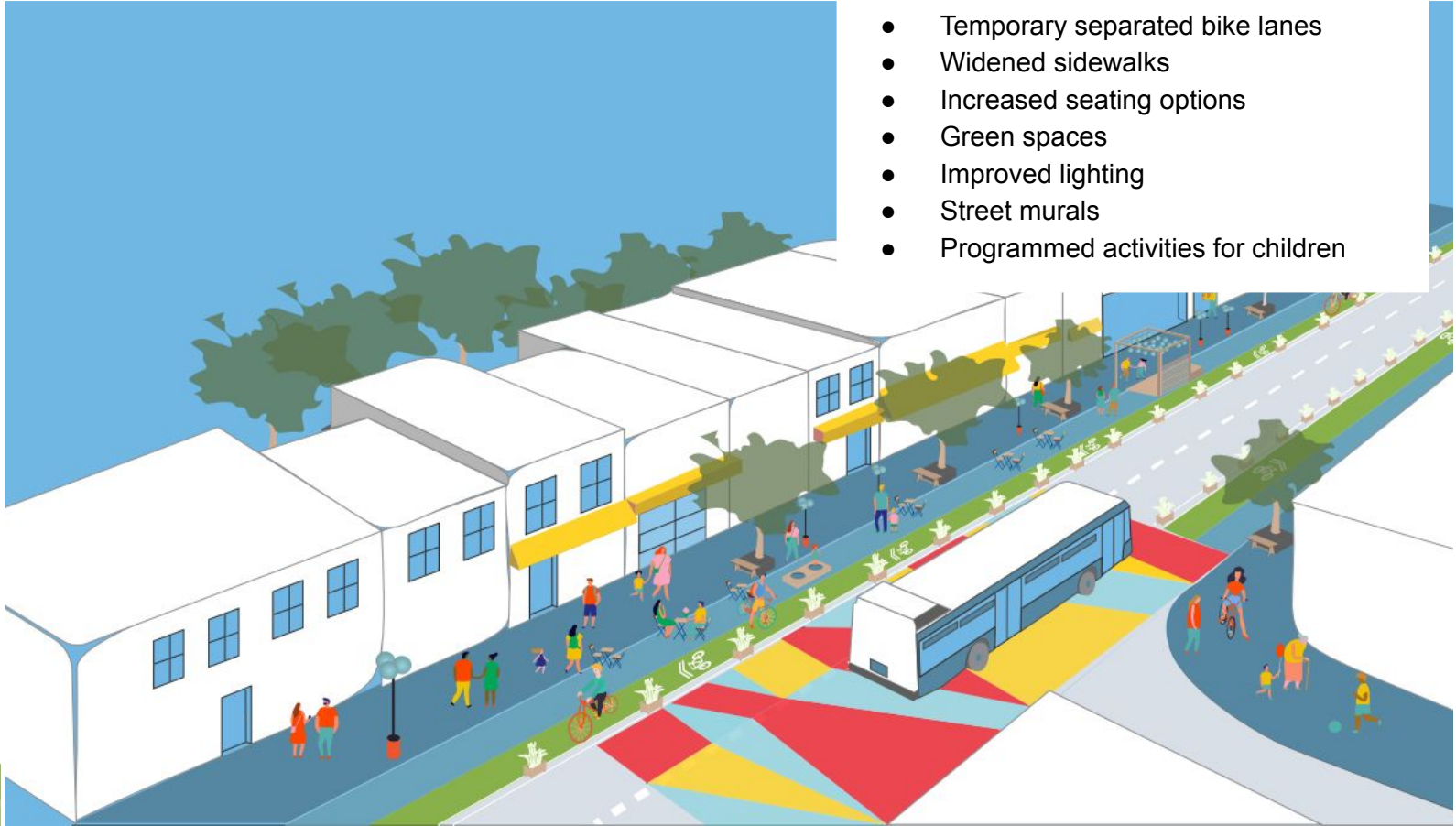
**Creating joyful, healthy cities that are built for everyone, whether you are 8 or 80 years old.**



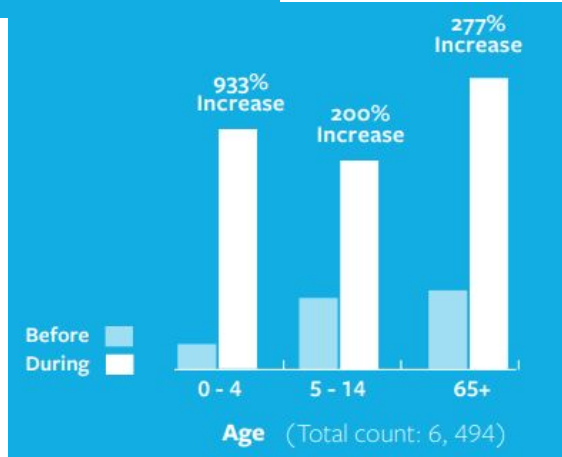
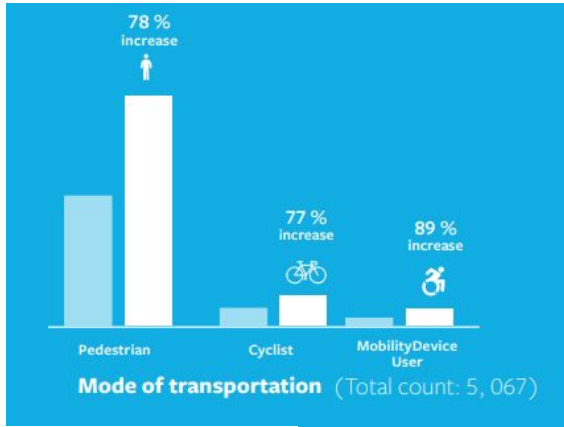
Toronto

# Open Streets Danforth

- Temporary separated bike lanes
- Widened sidewalks
- Increased seating options
- Green spaces
- Improved lighting
- Street murals
- Programmed activities for children



# Open Streets Danforth



# What is Self-Actualization?

## The Definition

*The complete realization of one's potential, and the full development of one's abilities and appreciation for life.*

What does self-actualization of a community look like?

### Self-actualization

desire to become the most that one can be

### Esteem

respect, self-esteem, status, recognition, strength

### Love and belonging

friendship, intimacy, family, sense of connection

### Safety needs

personal security, employment, resources, health,

### Physiological needs

air, water, food, shelter, sleep, clothing, reproduct





# Neighbourhood Design Charette

# STEP 1 - Data Collection (30 mins)

- Each team has materials based on a site - Black Creek or Woburn Wards
- Using “Wellbeing Toronto” (online tool) and Neighbourhood -at-a-glance sheets, answer:
  1. **How does your site compare to the rest of Toronto? What challenges do you see?**  
(Use Wellbeing Toronto)
  2. **What are some key insights ( good/not so good) about your site?** ( Use Neighborhood-at-a-glance sheets)

Wellbeing Toronto - Wellbeing Toronto is a mapping application that can be use by residents and businesses for neighbourhood planning

## STEP 2 - Neighborhood Design Challenge (30 mins)

Your team has been tasked with developing an “intervention” to address at least one of the stats about your site. The intervention could be a physical structure, community engagement plan, policy - no limits.

- a. **What “intervention” are you proposing?**
- b. **What are some challenges and barriers you foresee with the “intervention”?**
- c. **What could you do to tackle the challenges and barriers?**

Use your map and sticky notes to capture your ideas.

We will ask each team to present their proposal at the end (5 mins per team).



“There are seniors who can’t run as far or reach as far, but are not viewed as ‘disabled.’ We need more than wheelchair-accessible paths, we need to take a holistic look at what it means to have a disability and still enjoy parks and recreation.”

- Brad McCannell, Vice President of Access and Inclusion at the Rick Hansen Foundation



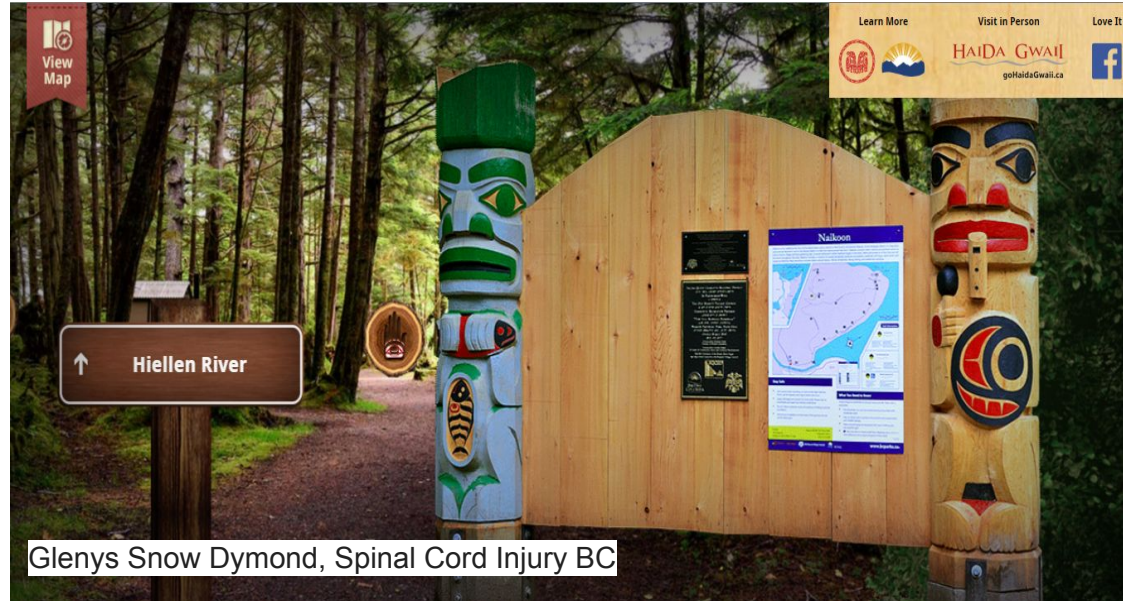
# How do we make parks accessible for all?

Accessibility Beyond Design

## 2. Subtle University Design

“We don’t want special entrances. We just want to get there like everyone else. Really good universal design is not obvious. It should be as normal as possible.”

- Brad McCannell, Vice President of Access and Inclusion at the Rick Hansen Foundation



Glenys Snow Dymond, Spinal Cord Injury BC

# The Goal: Design for Foster Self-Actualization

## Step 1:

- We will divide into our teams
- Each team will receive a case study about a low-income neighborhood
- Using the City of Toronto's Well-being map, click on "City Wards"
- Under "Indicators", click "Manage Indicator" and choose a few indicators. Start with these
  - Demographics – Total Population
  - Economics – Low Income Population
  - Healthy – Healthy Food Index
  - Housing – Social Housing Units
  - Recreation – PFR Community Space
  - Safety – Breaks and Enters
  - Culture - Heritage Sites
  - Seniors 65+
- Search for your site – Black Creek or Woburn and compare to other areas in the city. The darker the colour, the more prominent that site is based on the indicators

**QUESTION: What does the data tell you about your site vs. the rest of the City of Toronto Wards**

# The Goal: Design for Foster Self-Actualization

## Step 2:

1. Check out Neighbourhood at a Glance.

**QUESTION: What does the data tell you about the neighborhood?**

## Step 3:

1. Given all the information you have learned about your site, your team has been tasked with creating “something or multiple things ( can be physical, community engagement pieces etc” to improve at least one of the stats about your site.
  - a. What are some challenges and barriers you foresee with what you’re proposing?
  - b. What could you do to tackle the challenges and barriers?
  - c. What would you like to propose? Why?
  - d. How is what you’re proposing helping improve the site?