



## Charito Gailling

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As a project manager for Healthy Built Environments, Charito focuses on population health impacts associated with community planning, and leads collaborative efforts to develop practice resources which support evidence-informed decision making for local area planning and design.

Charito facilitates cross-sectoral info sharing and learning opportunities with regional health authorities, design professionals and health researchers through the BC Healthy Built Environment Alliance.

At the 2019 Heritage Forum, in Saskatchewan, Charito will speak about the physical, mental and social well-being impacts related to built environments and review some of the practice

tools offered in the *Healthy Built Environment Linkages Toolkit*.

### **How can Community Planning & Design make us Healthier?**

“Built environment” refers to the human-made or modified physical surroundings in which people live, work and play. This includes our homes, buildings, parks and recreation areas, business areas and transportation systems. Built environments that are intentionally designed to be health promoting are associated with significant benefits for our physical, mental and social well-being. As Canada’s Chief Public Health Officer reports, “chronic diseases in Canada could be reduced by seamlessly integrating healthy living into our daily lives which can be achieved, in part, by designing and redesigning our communities”.

Supporting healthier built environments requires cross-sectoral collaborations and community engaged processes, in order to promote planning and design solutions which consider the diversity of local contexts and are sensitive to potential inequities. This presentation will review general concepts and key health outcomes related to the built environment and highlight practice tools available in the Healthy Built Environment Linkages Toolkit.