



Healthy Environments



Healthy People



Healthy Society

Creating Healthy Places

GRANT APPLICATION GUIDE

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SUPPORT FOR HEALTHY COMMUNITY PARTNERS

This is a step-by-step guide for completing your grant application for the PlanH Healthy Communities Fund – Creating Healthy Places Grants.

Please note: This is not the application form. The following information is a guide only containing background information, grant criteria and an application details.

Please find a link to the online application at:

<https://planh.ca/training-support/funding>

1.0 | OVERVIEW

1.1 GOAL

The overarching goal of the PlanH program is to support local governments in BC to work with health authorities and other partners to collectively create the conditions for healthy people and healthy places. BC Healthy Communities Society administers the Healthy Communities Fund on behalf of the PlanH program, and designs and delivers the accompanying supports. Working together with health authorities, the Union of BC Municipalities, and the Ministry of Health, PlanH supports the Province's health promotion strategy.

For 2018/19, the PlanH Healthy Communities Fund has a special focus: **Creating Healthy Places.**

Creating Healthy Places grants support communities and regions to explore, learn, and take multi-sectoral action to enhance the built and natural environments.

Examples of potential projects that could be supported through this grant program include:

- An environmental scan of local resources already present in the community;
- An analysis of key local or regional issues regarding one or more of the five features of a healthy built environment: healthy neighbourhood design, healthy transportation networks, healthy housing, healthy natural environments, and healthy food systems;
- The development of a proposed policy in one or more of the of the five features of a healthy built environment;
- A public engagement process to better understand the needs or views of community members; and,
- The design or building of small-scale infrastructure (trails, park benches, landscaping) to help make community environments healthier and more inviting.

1.2 APPLICANT ELIGIBILITY

The following local government organizations **are eligible** to apply:

- First Nations Bands
- First Nations Tribal Councils
- Métis Chartered Communities
- Regional Districts
- Municipalities



Multi-sectoral Partnerships & Action

Local governments are encouraged to work with other partners such as health authorities and key community stakeholders in multiple sectors from public, private and/or non-profit organizations.

The following organizations **are not eligible** to apply:

- Individuals
- For-profit groups
- School Districts
- Hospital Foundations
- Community Groups
- Non-profit organizations
- Health Authorities

This opportunity could be for you if you:

- ✓ Represent a local government;
- ✓ Have community partners, including your regional health authority, who share your interest in improving health by enhancing the built or natural environments; and,
- ✓ You have a relationship with either your regional health authority (Northern Health, Interior Health, Island Health, Vancouver Coastal Health or Fraser Health) or First Nations Health Authority. If you don't have an existing relationship with FNHA or the health authority in your region, let us know, and we can help connect you.

This funding encourages multi-sectoral partnerships and suggests that ineligible organizations contact eligible organizations to discuss collaborating on a project.

Prior to completing an application, please confirm that you represent a local government, that you have read this application guide, and that your project is eligible for support under this granting stream.

We strongly encourage you to contact us in advance of the deadline with any questions about the eligibility of your application.

Eligible applicants who are working in partnership with other sectors and who are interested in applying should read the application guidelines thoroughly.

1.3 SUMMARY OF CREATING HEALTHY PLACES GRANT

Grants of up to \$5,000 each are available for up to 15 local governments working with health authorities and other partners to better understand priority areas and local needs, and to take action to create healthier places in their community or region. These grants enable local governments and their partners to learn more about the linkages between our environments and health and take action to shape those environments.



Physical Environments & Health

For more information about the ways in which these five physical aspects of our environments are connected to health, please see the [Healthy Built Environment Linkages Toolkit](#), a resource from the BC Centre for Disease Control/Provincial Health Services Authority.

Communities can choose to have their projects fall into one or more of the five physical features of a healthy built environment:

1. Healthy Neighbourhood Design;
2. Healthy Transportation Networks;
3. Healthy Natural Environments;
4. Healthy Food Systems; and
5. Healthy Housing.

In addition to funding, communities will receive resources and supports from **BC Healthy Communities staff**. Supports may include (but are not limited to):

- Consultation on a variety of topics, depending on community needs. Topics could focus on processes (e.g. partnership development, evaluation strategies) or policy content (e.g. housing, food systems, transportation planning, and revisions to official community plans or regional health and wellness plans). Consultation could range from one or two brief phone calls to longer-term, more intensive support in person and/or by distance.
- Linking local governments and community-based organizations to Healthy Communities and Healthy Built Environment staff at local health authorities.
- Participation on advisory committees.
- Support with the development of customized tools or strategies (e.g. logic model, public engagement plan).
- Input on the facilitation of planning or community health assessment processes, in person or by distance.
- Sharing resources, including those developed by BC Healthy Communities

and by other organizations in Canada and abroad.

- Bringing people together through webinars or other methods.
- Sharing success stories online.
- Educational processes, including workshops with a learning component.
- Planning and helping to facilitate larger events, including regional forums or provincial/ national conferences.
- Linking people and regions through informal means (email introductions, sharing online stories, sending links of unique or timely resources).

1.4 PROJECT TIMELINES

Projects for the Creating Healthy Places grant are expected to take place between September 2018 and September 2019. A mid point report is required halfway through the program (final date TBD) and a final report is required within 30 days of completing activities - no later than October 31, 2019.

1.5 PROJECT EVALUATION & LEARNING

This funding supports local governments who want to take action to create healthier places in at least one of five areas. Grant communities are expected to participate in evaluation activities and track certain data as part of our provincial evaluation. Grant applicants will be asked to indicate the activities they will carry out, their expected outcomes and how they will measure them.

1.6 CREATING HEALTHY PLACES GRANT: PURPOSE & OBJECTIVES

There is growing evidence of the link between our built and natural environments and community health and well-being. Communities can choose to explore and take action in one or more of five areas:

1. Healthy Neighbourhood Design;
2. Healthy Transportation Networks;
3. Healthy Natural Environments;
4. Healthy Food Systems; and
5. Healthy Housing.

Grant Objectives:

The focus of the Creating Healthy Places grant is for participating communities/ regions to:

1. **LEARN:** Deepen learning and understanding of the linkages between health and the built and natural environments, including the challenges, opportunities, assets and barriers in creating these environments;
2. **ENGAGE & COLLABORATE:** Convene, engage and develop shared leadership and action between local governments, health authorities and other sectors to create healthier places; and,

3. **TAKE ACTION:** Complete a needs assessment, prepare plans or develop specific policies that enable local environments to better support health and well-being.

1.7 CREATING HEALTHY PLACES GRANT: CRITERIA & SUPPORTED ACTIVITIES

The Creating Healthy Places grant supports projects that:

- Build multi-sectoral action and leadership by local government, health authorities and other partners to create healthier places in your community or region.
- Research and analyze the link between health and your local environments, and identify/adapt promising practices for improving health outcomes through enhancing those environments.
- Through research, planning and action, build shared understanding and action on the built and natural environments among stakeholders and partners.
- Build lasting healthy places and foster the conditions for all community members to thrive and reach their full potential in your local context.



Upstream Approaches vs Downstream Approaches

Upstream interventions and strategies focus on improving fundamental social and economic structures in order to decrease barriers and improve supports that allow people to achieve their full health potential.

Downstream interventions and strategies focus on providing equitable access to care and services to mitigate the negative impacts of disadvantage on health.

The Creating Healthy Places grant does not support:

- × One time projects or events (e.g. community dinners, festivals, or community gardens) that are not part of a larger healthy community strategy;
- × ‘Downstream’ health-related activities, e.g. improved health services;
- × Existing community programs, unless you are working to scale or expand proven impacts; and,
- × Activities carried out by a single organization or sector.

1.8 CREATING HEALTHY PLACES GRANT: ELIGIBLE EXPENSES

The following costs **are eligible**:

- Project staff/contractors (e.g. coordination, facilitation, partnership development, research, evaluation);
- Event expenses related to hosting and/or participating in healthy community forums, workshops, dialogues or learning events (e.g. food, venue, materials, childcare);
- Communications (e.g. promotional materials, printing, design);
- Local government and community partner expenses (e.g. mileage, food,

accommodation) related to attending partnership meetings; and,

- Capital costs (e.g. supplies/equipment) directly related to enhancing the environment in your community (up to 40% of project budget).

1.9 CREATING HEALTHY PLACES GRANT: INELIGIBLE EXPENSES

Please note that the following costs **are ineligible**:

- Expenses associated with improving or accessing health services;
- Costs associated with the purchase of equipment and other capital expenses that are over 40% of the project budget;
- Funding for activities that have already taken place; and,
- Entertainment and personal expenses.

In addition, past PlanH grant recipients must have completed and fulfilled all past reporting requirements for all types of grant funds previously received.



Health, Well-Being & Community Wellness

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

There is no consensus around a single definition of **well-being**, but there is general agreement that at minimum, well-being includes the presence of positive emotions and moods (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfaction with life, fulfillment and positive functioning.

Community wellness represents a balance between physical, mental, emotional, and spiritual health.

2.0 | BACKGROUND & CONTEXT

2.1. COMMUNITY HEALTH & WELL-BEING

Health and well-being are fundamental to our quality of life and to the prosperity of our communities. We also know there is a strong relationship between people, place, and health. In general, British Columbians are among the healthiest populations in the world. But not all British Columbians are able to enjoy good health and well-being. For example, people with low incomes tend to have poorer health, in part because they are not offered the same opportunities for good quality housing, food sources, recreational services or potential job opportunities as are people with higher incomes.

Evidence shows that most of the factors influencing our health and well-being exist outside the healthcare system. Many of the positive influences on our health and well-being—transportation options, community design, recreation opportunities, social support networks, and access to healthy food choices—exist in our communities where we live, work, learn and play.

We know it is not enough to encourage people to change behaviours if the environments around them (social, economic and physical) are not also

changing to better support health and well-being. Moreover, while many of the forces that shape our lives today are global in nature, it is at the local level that many of the policies and programs are made that most directly affect our well-being. Local governments, in partnership with other sectors in the community, are well-positioned to effect change for improved health and well-being for all.

2.2. WHAT DO THE NATURAL & BUILT ENVIRONMENTS INCLUDE?

The ‘built environment’ refers to any human-made or modified physical surroundings in which people live, work, learn, and play.¹ Healthy built environments are a result of good planning practices that consider the links between those environments and health. Whether in a rural or urban community, healthy built and natural environments support positive health outcomes for all.

The built environment includes neighbourhoods, transportation networks, food systems, and housing. Natural environments also play a key role in improved health outcomes, and can include shared green spaces, trail networks, and much more.



The Built Environment

The ‘built environment’ refers to any human-made or modified physical surroundings in which people live, work, learn, and play in.

2.3 WHY ARE THESE ENVIRONMENTS IMPORTANT FOR HEALTH & WELL-BEING?

How communities and neighbourhoods are designed and cared for has a direct impact on residents' physical, mental, and social health and well-being. The built and natural environments affect community members' social cohesion, mental and physical fitness, body weight, injury rates, and overall well-being.ⁱⁱ Simply educating people on the benefits of and ways to lead a healthy lifestyle is not enough if the environments around them do not enable them to engage in healthy behaviours.

Transportation and Health

How transportation networks are designed has a significant impact on health. Transportation networks allow residents to go from place to place throughout their daily life. How transportation networks are designed influences how residents choose to commute, which in turn, influences their health. For example, if there are safe cycling routes or convenient transit options, residents are more likely to choose these options instead of driving. Making active transportation options accessible for all people can lead to increased physical activity and improved health outcomes.

Neighbourhood Design and Health

Neighbourhoods are the heart of communities; they are where people live, work, and play. Neighbourhood design can promote or hinder healthy behaviours such as good nutrition, physical activity, and outdoor recreation time. Consider the distance one must travel to purchase healthy foods or to access a park. If the design of

a neighbourhood considers accessibility, reliability, and convenience, it can promote healthy nutrition and physical activity habits.ⁱⁱⁱ

Natural Environments and Health

The role of the natural environment is critical, as this is the very thing that enables life itself. Land use decisions around the natural environment are fundamental in determining health and well-being.

Land use decisions can have a significant impact on the quality of natural environments and the ways in which all members of the community can access and enjoy them. Enhancements to the natural environment can promote physical activity and improved mental health: consider the impact that even a simple greenway can have on promoting active transportation and physical activity.

Food Systems and Health

Food systems influence how people choose food and determine what foods are accessible. Food is a critical determinant of health; therefore, communities should work to ensure that healthy and affordable foods are accessible to all people, and promote awareness and education around the importance of healthy and sustainable food systems.

Housing and Health

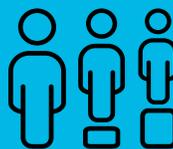
Homes are where people spend the majority of their time and differences in the quality, accessibility, and affordability of housing can have a significant impact on health. Healthy housing (housing that is of good quality, is less than 30% of a household's gross income, and is accessible) can foster better mental and physical health, as well as enhance the quality of life for those living there.

2.4 HOW CAN LOCAL GOVERNMENTS, IN COLLABORATION WITH OTHER PARTNERS, CREATE HEALTHIER PLACES IN THEIR COMMUNITIES?

Local governments, in collaboration with other community partners, have much to gain from creating healthy places, because the benefits extend beyond individuals to affect the greater community. These benefits can include increased physical activity, improved mental health, healthier diets, enhanced social cohesion, and more.

In particular, these partnerships can help the environments in which people live, work and play to become healthier through:

1. **Planning:** adopting strategic and land use planning practices that focus on promoting health through the design of healthier places.
2. **Policies:** inclusion of health impact consideration in the objectives, goals, and strategies of official community plans, regional health and wellness plans, regional growth strategies, municipal plans and zoning by-laws.
3. **Programs:** supporting and encouraging neighbourhood-level projects linked to a broader strategy for creating healthier places.
4. **Partnerships:** building partnerships with health authorities, school districts, post-secondary institutions, and community organizations to develop collaborative strategies to improve the built and natural environments.



Consider Equity & Inclusivity

Equity is the fair distribution of opportunities, power and resources to meet the needs of all people, regardless of age, ability, gender, or background. Applying an equity lens means asking who will benefit from a policy, program, initiative or service, but also who may be excluded from the benefits and why. How might some population groups be unfairly burdened today or in the future? How can we be more inclusive and engage people in a meaningful way?

Tools and resources to help apply an equity lens to planning work include:

- [Advancing Equity and Inclusion: A Guide for Municipalities](#)
- [Fact Sheet: Supporting Health Equity Through the Built Environment](#)
- [Health Equity Guide: A Human Impact Partners Project](#)

2.5 ADDITIONAL RESOURCES ON CREATING HEALTHY PLACES

For additional information about creating healthier places, visit the resource section at <https://planh.ca/training-support/funding>.

3.0 | APPLICATION DETAILS

Please note: This is not the application form. The link to the online application form is available here: <http://ow.ly/W5iO30k19v2>. The application checklist provided in Appendix B is for your reference only. The Application Checklist is included in the online form.



Application Deadline

Applications will be accepted until noon PST on **July 15, 2018**. Applicants will automatically receive an email confirming the receipt of application.



Funding Decision Notification

Successful applicants will receive notification by **August 30, 2018**.

Please be advised that a signed funding agreement between BC Healthy Communities Society and each successful applicant organization will be required before release of funds, and a final report (template to be provided) will be required 30 days following the completion of activities (no later than October 31, 2019).

4.0 | FREQUENTLY ASKED QUESTIONS

Questions? Please refer to the FAQ page on the PlanH website: <https://planh.ca/planh-healthy-communities-fund-faq>. We will update this page on a regular basis from May 2018 to August 2018.

5.0 | CONTACT

If you have questions or require assistance please contact:

BC Healthy Communities Society

grants@planh.ca

250-590-8432

The PlanH Healthy Communities Fund is administered by BC Healthy Communities Society on behalf of the PlanH program. PlanH, implemented by BC Healthy Communities Society, facilitates local government learning, partnership development and planning for healthier communities where we live, learn, work and play. Working together with health authorities, the Union of BC Municipalities, and the Ministry of Health, PlanH supports the Province's health promotion strategy.



Appendix A: Sample Budget

ITEM	DESCRIPTION	AMOUNT	PLANH CONTRIBUTION	OTHER SOURCES (CASH, IN-KIND)
COLLABORATIVE, MULTI-SECTORAL MEETINGS	VENUE, REFRESHMENTS	\$800	\$250	\$550
PROJECT COORDINATION (PART-TIME)	(10 MONTHS X \$400/MONTH)	\$4,000	\$2,000	\$2,000
NEIGHBOURHOOD & COMMUNITY ENGAGEMENT SESSIONS	(2 SESSIONS X \$500), VENUE, REFRESHMENTS	\$1,000	\$500	\$500
COMMUNICATIONS & OUTREACH	PRINTING, ADS, ETC.	\$500	\$250	\$250
PROJECT	CONDUCT A COMMUNITY HOUSING NEEDS ASSESSMENT	\$4,000	\$2,000	\$2,000
HONORARIUMS FOR YOUTH VOLUNTEERS	\$100 X 10 VOLUNTEERS	\$1,000	\$0	\$1,000
TOTAL		\$11,300	\$5,000	\$6,300

Appendix B: Checklist

Once you have completed the online application you will be prompted to review your application and complete the checklist below:

- I confirm that I represent a local government, that I have read this step-by-step application guide, and that I believe that this project is eligible for support.
- Yes, we have the capacity and commitment to participate.
- Yes, I understand there is a requirement to track project data to contribute learning and findings for a provincial evaluation.
- Yes, I have only applied for eligible expenses.
- Yes, I have completed all sections of the application
- Yes, I have reviewed my application before submitting.

ⁱPlanH, '[Healthy built environment](#)'.

ⁱⁱProvincial Health Services Authority, 'Indicators for a healthy built environment in BC – Final report,' (2008).

ⁱⁱⁱProvincial Health Services, '[Healthy Built Environment Linkages Toolkit](#)', (2014).