

# Using HIA to repair relationships and re-connect nature and health



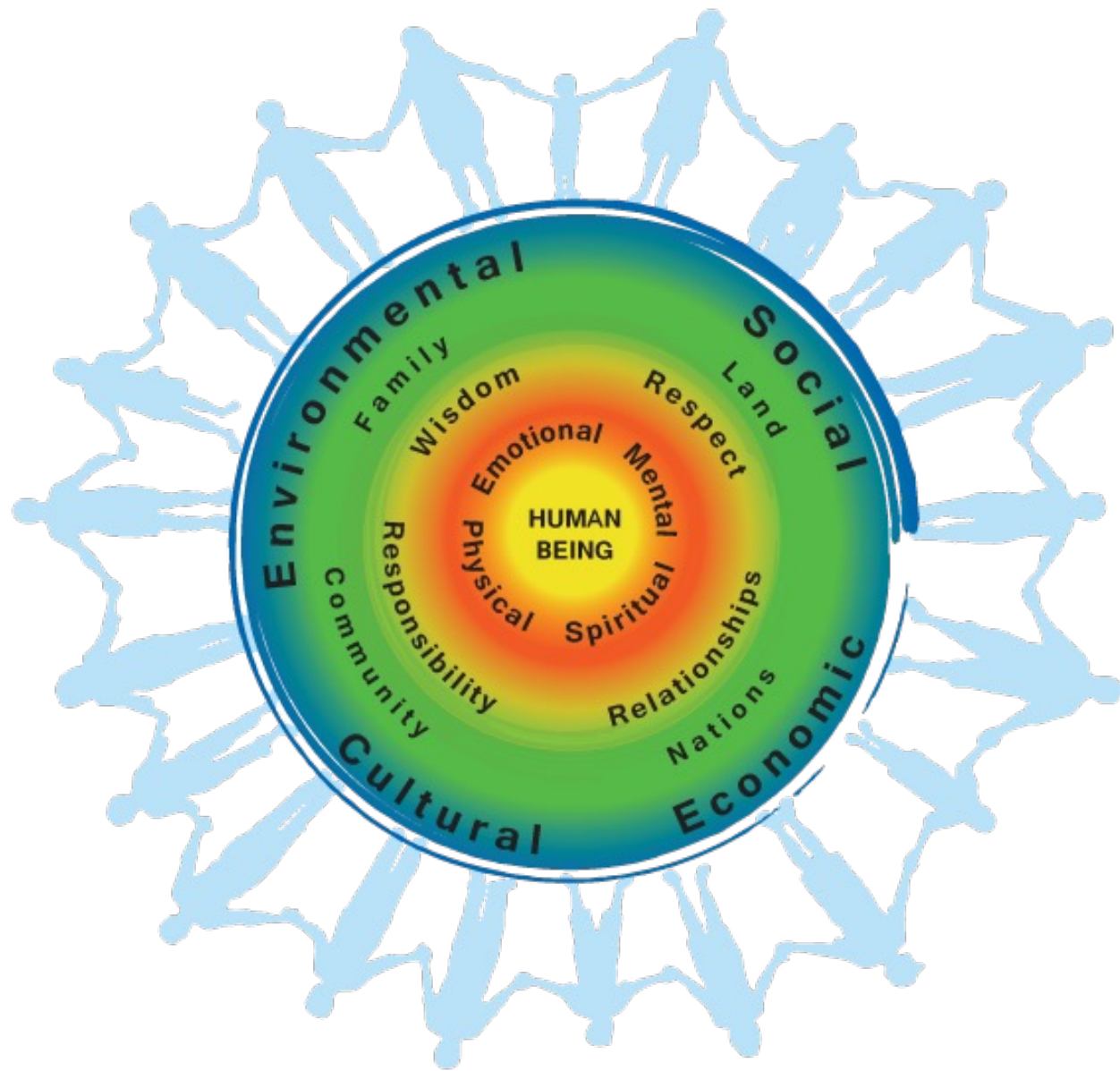
Something far more complex than food lies beneath the garden's appeal in hard times. Photo via Pikrepo.

*IAIA 2022*

Session: Health impact assessment: research, policy, and application

Dr. Shannon Waters &  
Jade Yehia

# The First Nations Perspective on Health & Wellness



- Overarching values that supports & uphold wellness
- Wisdom
- Respect
- Responsibility
- Relationships



# Professional Practice

***“We protect the health of all Canadians”***



***“What is environmental public health?”***

*The answer, is it defined as part of our shared goal of supporting the health and safety of all people, environmental public health encompasses every aspect of our lives, from air to water to food, to employment and recreation, to our homes and families.”*

<https://ciphi.ca>



# EHO Core Competencies

## *Core Competencies: Public Health Sciences*

- 4.1.1 Evaluate and explain a range of public health science concepts: the health status of populations, inequities in health, the determinants of health and illness, strategies for health promotion, disease and injury prevention and health protection, as well as the factors that influence the delivery and use of health services

## *Core Competencies: Diversities and Inclusiveness*

- 4.5.1 Recognize how the determinants of health (biological, social, cultural, economic and physical) influence the health and well-being of specific population groups

# Tomorrow's healthy environments

*“There has been a push in recent years toward environmental public health professionals being more involved in urban planning and healthy environments (healthy built environments), such as access to healthy foods, air quality, and traffic-related injuries.”*

(Bray et al., 2005; Papadopoulos et al., 2021)



# Parks and Open Spaces



## Benefits:

- Maximize opportunities for everyone to engage with nature
- Reduce urban **air pollution**
- Mitigate **urban heat islands** ([BCCDC, 2018](#))

## Asset-based:

Living in an area with many parks (>5):

- 19% likely to have stressful days
- 20% more likely to walk
- 33% more likely to meet weekly recommended levels of physical activity
- 23% more likely to have a strong sense of community belonging ([Frank et al., 2019](#)).

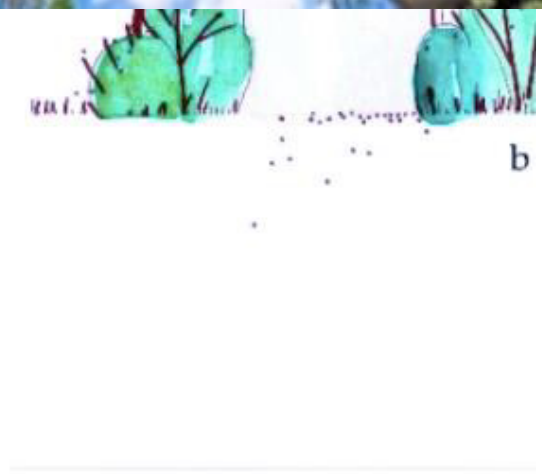
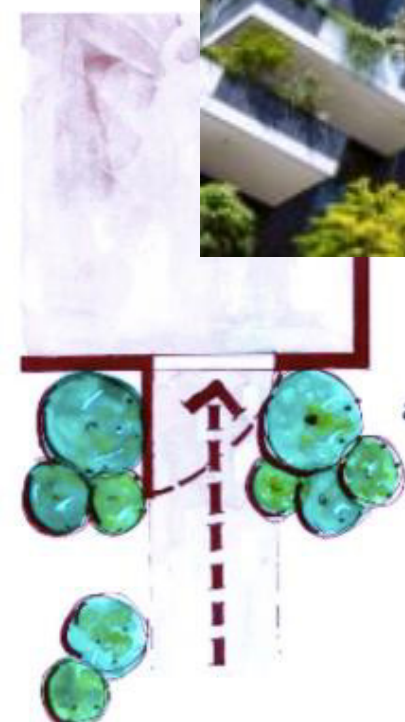




# Green space fosters connection



[Barron et al. \(2019\)](#). Greening Blocks: A Conceptual Typology of Practical Design Interventions to Integrate Health and Climate Resilience Co-Benefits. International journal of environmental research and public health, 16(21), 4241.



# Ecological Determinants of Health

*“There is a growing recognition that the Earth is itself a living system and that the ultimate determinant of human health (and that of all other species) is the health of the Earth’s life-supporting systems.”*

[\(CPHA, 2015\)](#)



# Healthy Built & Social Environment Framework

[Indigenizing the Healthy Built and Social Environment: A public health case study of O-Pipon- Na-Piwin Cree Nation \(OPCN\)](#)

By Pepper -Mackena Armstrong- Pritty  
(2018)

## Natural Environment/ Mother Nature

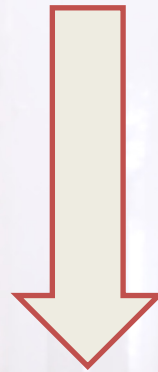
*Vision: Reconciled Indigenous stewardship authority that supports policies that are self-determined and economically agreeable to Indigenous peoples. This vision is firmly rooted in environmental sustainability that honours and respects all our relations (animal, plant, water, mineral, etc.).*

## INDIGENOUS HEALTHY BUILT AND SOCIAL ENVIRONMENT FRAMEWORK





# HIA



*A TOOL to focus on evidence based solutions to include into planning and design to improve health outcomes.*



# What is our role in HIA?

- Legislation and risk assessment
- Mandate continuum (education to enforcement)
- Evidence-based practice
- Connection and engagement
- Protect our determinants of health

*“We must realize that without a healthy planet, there will be no healthy people.”*  
([CMAJ, 2021](#))



*Artwork created in nature by Alex Stewart. (Photo by Alex Stewart)*