

## ***Creating Healthy Communities Guide & Introduction to Land Use Planning for Health Professionals Workshop Reader: Instructions for Use and Cross-reference***

To maximize the effectiveness of Smart Growth BC's *Creating Healthy Communities Guide*, and the BC Provincial Health Services Authority's *Introduction to Land Use Planning for Health Professionals Workshop Reader*, we suggest you might want to use them in tandem. The *Workshop Reader* provides a foundation of knowledge on land use plans and processes, including definitions and involvement opportunities for public health professionals. On a complementary track, the *Creating Healthy Communities Guide* provides suggestions of specific policy and programs that local governments can adopt through their land use plans and processes to promote healthy built environments. For example, the *Workshop Reader* has a section about the Official Community Plan (OCP) that describes what it is and makes suggestions about how to get involved. The *Guide* offer specific policy recommendations for Official Community Plans, and examples of BC local governments that have adopted the recommended policies.

### ***Going from the Creating Healthy Communities Guide to the Workshop Reader.***

In the *Creating Healthy Communities Guide*, we marked by an \* those land use plans and processes that are described in the *Workshop Reader*. This way, if you need more background information on a specific type of plan or process mentioned in the *Guide*, you can refer to the *Workshop Reader*, and gain the knowledge you need to advocate for the recommended policies or programs.

### ***Going from the Workshop Reader to the Healthy Communities Planning Guidelines.***

In the *Creating Healthy Communities Guide*, we have also included an Index to enable you to quickly find policy suggestions for specific plans or planning processes. For example, if you learned about the Regional Growth Strategy in the *Workshop Reader*, you can go to the *Guide's* Index and search for "Regional Growth Strategy—Healthy Eating" to pinpoint examples of policies within Regional Growth Strategies that promote access to healthy foods.

### ***Other Resources***

Several other resources have been developed in the past few years that you may find helpful:

- *Foundations for a Healthier Built Environment*<sup>i</sup>
- *From Strategy to Action: Case Studies on Physical Activity and the Built Environment*<sup>i</sup>
- *Creating a Healthier Built Environment in British Columbia*<sup>i</sup>
- *Promoting Public Health Through Smart Growth: Building Healthier Communities Through Transportation and Land Use Policies and Practices*<sup>ii</sup>

---

<sup>i</sup> Available at: [www.phsa.ca/HealthPro/PopPubHealth](http://www.phsa.ca/HealthPro/PopPubHealth)

<sup>ii</sup> Available at: [www.smartgrowth.bc.ca](http://www.smartgrowth.bc.ca)