



About the Housing for Health Project

Housing for Health is a ground-breaking five-year project to demonstrate the intersection of health, housing, and planning. It is funded via a Public Health Agency of Canada grant to the University of Alberta.

The University of Alberta's Housing for Health project brings together over 200 multiple sector partners in Alberta, BC, Saskatchewan, Manitoba, Ontario, and Quebec to improve housing developments and their surrounding neighbourhoods to better support the health and wellbeing of our community residents, particularly our aging populations. Over 100 of the 200 partners are currently engaged in the co-development of a set of Healthy Community Guidelines that will provide evidence-based, practice-informed strategies for improving health and wellbeing at the neighbourhood, site and building scales.

Historic infectious disease epidemics have been overcome through community planning and design efforts, such as improving sanitation and access to clean water. Today, through community design, we have the opportunity to do the same with our current epidemics: diabetes, heart disease and strokes, many cancers, depression, social isolation, and unhealthy aging. By addressing these underlying epidemics, we can also help to decrease the severity of new and emerging infectious disease epidemics like COVID-19.

A growing body of scientific evidence shows building, street, and community design affects health and wellbeing. Many health issues that affect our healthcare costs and our ability to stay healthy can be addressed through how housing developments and communities are designed.

There will be upcoming new construction and/or renovation housing development sites in the Edmonton Region and Whitecourt, AB, that will serve as pilot projects for improving site planning and building design. Features that promote health and well-being will be included with an aim to increase physical activity and active living, improve healthy food access, decrease social isolation, and support healthy aging.

Five Project Components:

1. Partnership Working Group and its Subcommittees to achieve broad-scale changes
2. Pilot housing developments to try innovations and learn from them
3. Research & evaluation of health and wellbeing outcomes
4. Community engagement and involvement
5. Sharing lessons learned broadly

University of Alberta Housing for Health
Email: HforH@ualberta.ca
Website: [Housing for Health](https://housingforhealth.ca)

September 15, 2021