

# HEALTHY BUILT ENVIRONMENT LINKAGES A TOOLKIT FOR DESIGN • PLANNING • HEALTH

## HEALTHY FOOD SYSTEMS UPDATE SUMMER 2016



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# HEALTHY FOOD SYSTEMS EVIDENCE DIAGRAM

## Planning Principle

## Impact

## Health Related Outcome

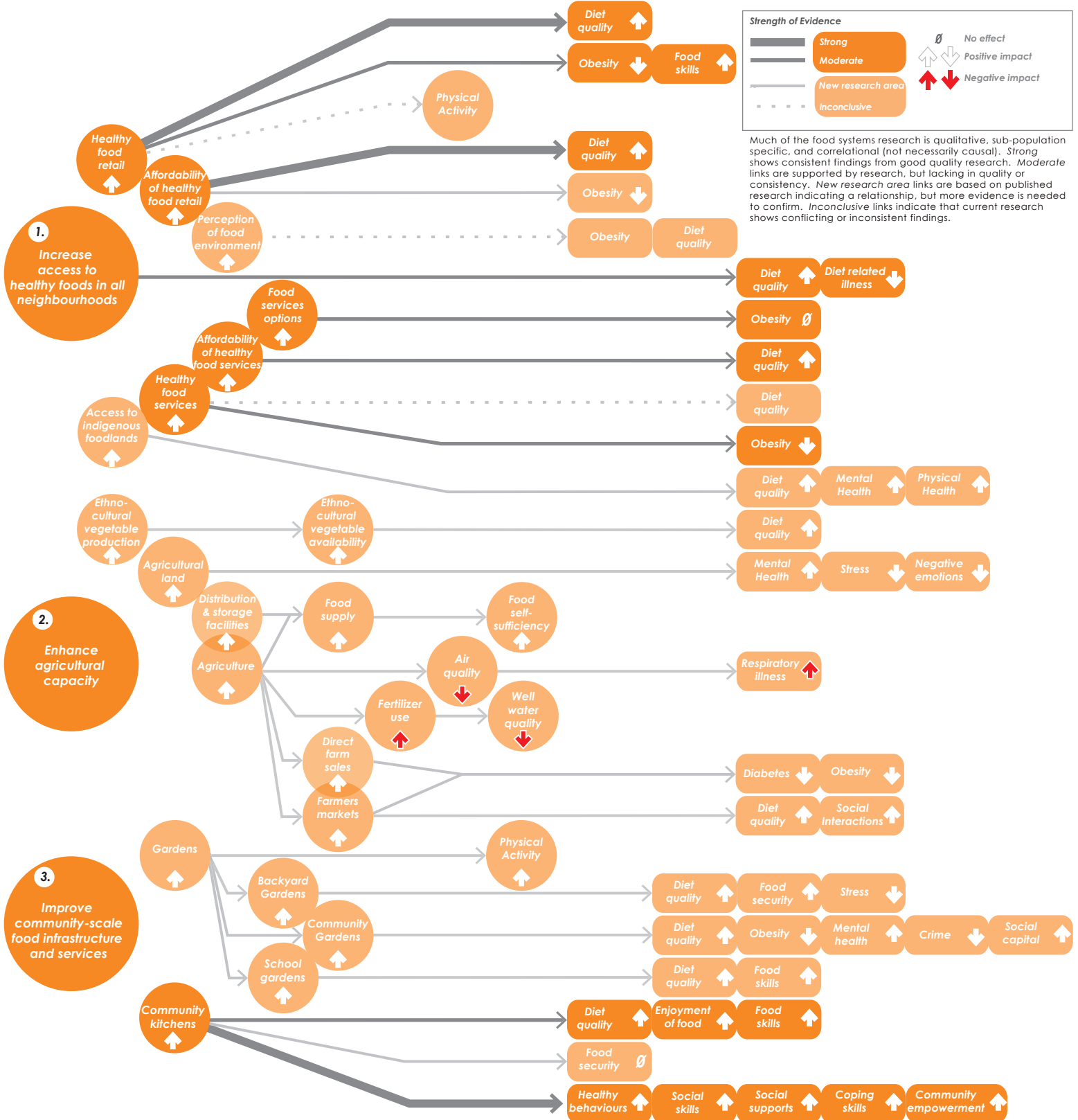




Photo Credit: *Eco Journey in the Burbs*, < <http://ecojourneyintheburbs.blogspot.ca/2012/09/community-supported-agriculture-win-for.html>>

## Overview

The [Healthy Built Environment Linkages Toolkit](#) is a guide to designing and creating a healthier built environment. It is based on health evidence research and informed by expert opinion. The toolkit was developed in 2014 for the *BC Healthy Built Environment Alliance*, a network of public health, planning, and design professionals.

The Healthy Food Systems section provides guidance for modifying the built environment to create more opportunities for healthy eating. Healthy eating has been linked to reduced risks of diabetes, high blood pressure, osteoporosis, obesity, and some types of cancer.

This research project was a review of new food systems literature since 2014. The research started with identifying key search terms and databases. Relevant articles were summarized and assessed. The strength of each link in the evidence diagram, was updated based on the number and quality of studies and findings supporting it. A number of new impacts and health outcomes were added as a result of this review.

## Research Highlight

- Increased affordability of healthy food retail has an impact on diet quality. Strategies for increased affordability of healthy foods may include discounts and coupons for healthy foods, or taxation methods for less healthy foods. Substantial taxes on unhealthy foods reduce purchases of those foods.
- Among Indigenous populations, increasing access to traditional food, foodlands, and waters may contribute to increased physical activity, diet quality, and mental health. The lack of affordability of hunting and fishing can limit access to this food source.
- Availability of fruits and vegetables from immigrant homelands may contribute to increases in diet quality.
- Community gardens may contribute to increased consumption of fruits and vegetables and can provide opportunities for increased social connectedness and physical health.

## Deliverables

- Updated evidence diagram
  - Detailed evidence review matrix
  - Updated symbology + legend
  - Updated fact sheets
- (Healthy Food Systems + Healthy Small Communities)