

HEY
NEIGHBOUR!
Collective

Happy Cities

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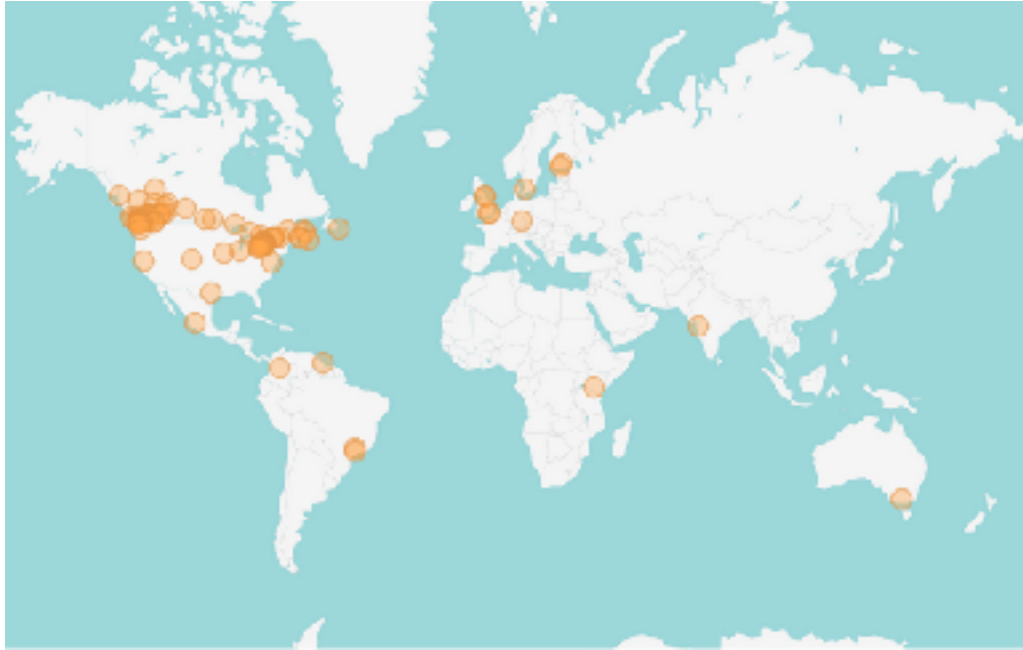
HOUSING THAT CONNECTS US **The affordability puzzle**

I am privileged as a settler to live and work on the unceded territories of the **x^wməθk^wəy̓əm** (Musqueam), **S_kw_xwú7mesh** (Squamish), and **səlilwətał** (Tsleil-Waututh) Nations also known as Vancouver, BC.

Where are you joining us from?

Who's on Zoom?

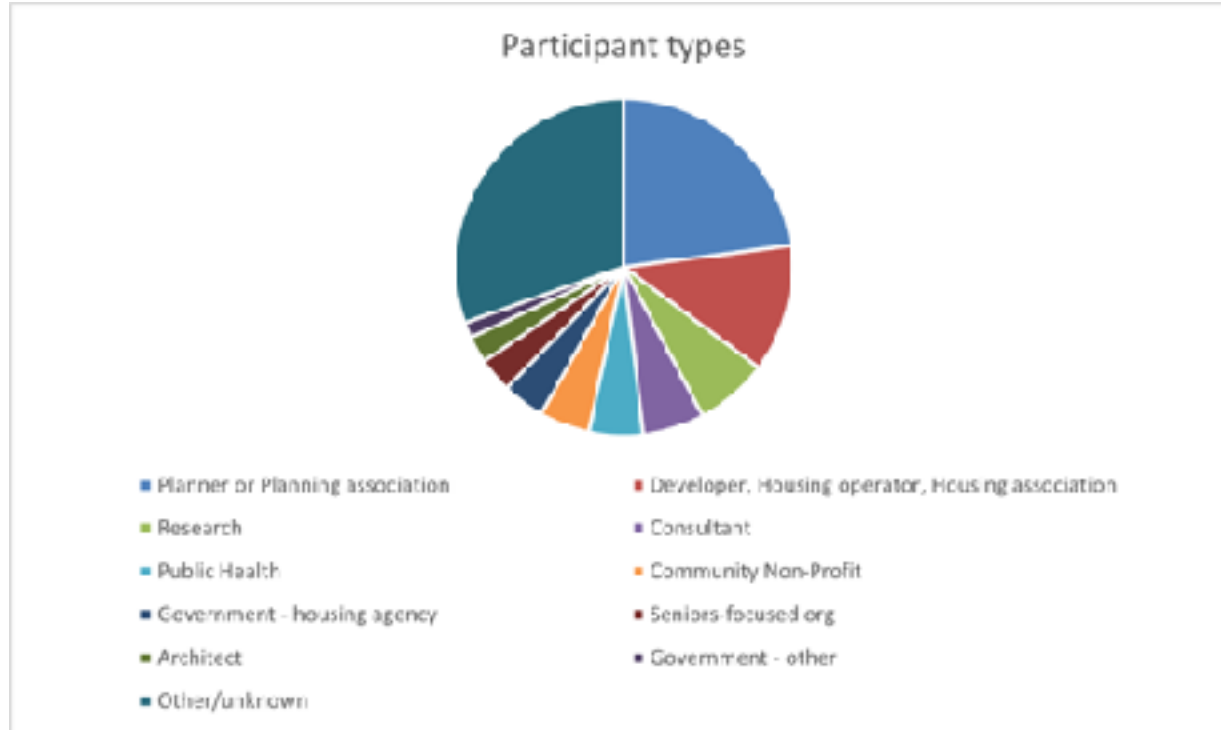
445 registrants!!



From Prince George to Vancouver to Miramichi, all the way from US, UK, Brazil, Guyana, Netherlands, Sweden, Australia and more!

Who's on Zoom?

445 registrants!!



Welcome winners of Urbanarium's Decoding Density competition!

“Being socially connected in meaningful ways is actually key to human health and survival.”

Dr. Julianne Holt-Lunstad

Chronic loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day & increases risk of premature death by as much as 50%.

Strong social supports are protective for physical and mental health and cognitive decline.

Evidence Background

HOW DOES SOCIAL CONNECTEDNESS BETWEEN NEIGHBOURS SUPPORT HEALTH AND WELL-BEING?

By Mariëtte Smeets, RPH, PhD

Decades of research shows that being socially connected helps us live longer, healthier, and happier lives. But it isn't just our family ties, close friendships, or group membership that make a difference. Evidence reveals that the health benefits of social connectedness can be unlocked starting at home, with our own neighbours.

BACKGROUND

Social connectedness is vital to our health and well-being. Scientific evidence shows that people who are socially connected live longer. A lack of social connections—marked by social isolation and loneliness—increases risk for premature death by as much as 50%, comparable to major health risks like smoking, drinking, and air pollution. The effect of social connectedness on life expectancy is independent of other risk factors like age, sex, initial health status, lifestyle factors, income, and education. In addition to premature mortality, poor social connectedness has been linked to a range of other adverse physical, cognitive, and mental health outcomes, including its social risk of heart disease and stroke, respiratory infection, dementia, depression and anxiety.

The influence that social connectedness has on our health and well-being can be biological, psychological, or behavioural. For example, social connectedness influences immune functioning and inflammation,

which has been linked to several chronic diseases. Supportive social connections also help us cope with stress, and influence healthy behaviours like sleep and physical activity.

Over mounting evidence on its health effects, social and global clinicians in social connectedness are increasingly recognized as a public health crisis that requires policy action at all levels. New data shows that more than 1 in 10 British Columbians reported feeling lonely or alone, and young adults or those living alone, the proportion of people reporting loneliness doubles to more than 1 in 5. In the wake of the COVID-19 pandemic, the United States Surgeon General has described social connectedness as equally important to global security as nuclear, biological, and chemical threats. The World Health Organization shows how an individual's social location and connectedness to their home, by building connections and community among neighbours,

Why are social connections *with your neighbours* important?

- Higher levels of happiness, well-being and life satisfaction
- More likely to give and accept help in a crisis
- Deeper localized sense of belonging
- More likely to volunteer, vote and otherwise engage in strengthening civil society
- **CHILDREN:** twice as likely to engage in daily outdoor play
- **YOUTH:** better mental and physical health, enhanced feelings of safety and self-esteem, and less risky and violent behaviour
- **OLDER ADULTS:** decreased loneliness, increased self-reported health, lower risk of mortality





VISION: A future where more of Canada's multi-unit housing communities are *socially connected, age-friendly, neighbourly, health-promoting and resilient.*

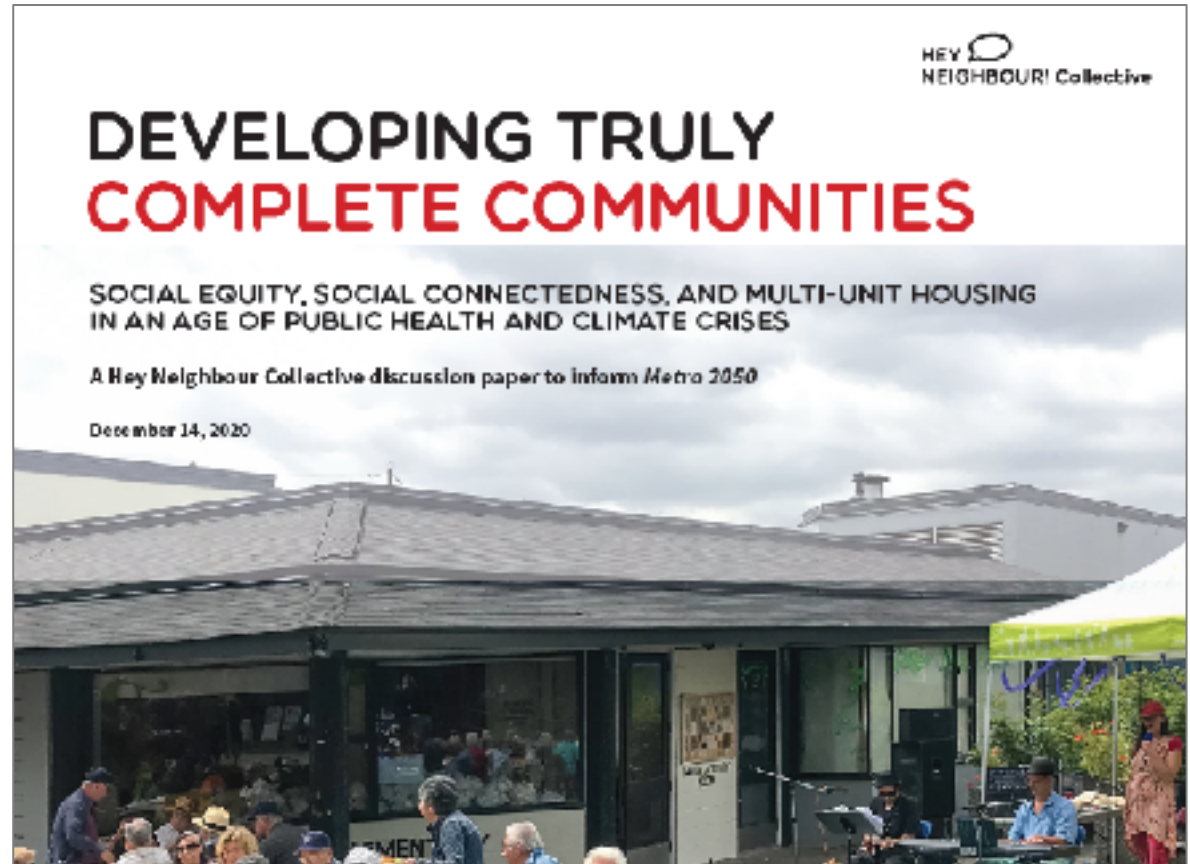


December 2020



Discussion paper for Metro Vancouver regional growth strategy consultations; six major recommendations including:

Foster design education and dialogue for social connectedness in multi-unit housing





February 2023



4.1.8 Member jurisdictions will adopt regional context statements that...

c) Identify **policies and actions** that contribute to the following outcomes:

vi) Increased social connectedness in multi-unit housing

“*The desire for socially connected, cohesive communities is included in all the broad community plans.*

But that vision gets filtered out as you build something because it's not mandated in actual development processes.”

— Workshop participant (architect)

BUILDING SOCIAL CONNECTIONS project

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SFU
GERONTOLOGY



July 2023 – June 2024

- **Phase 1:** Measuring the impact of the City of North Vancouver's *Active Design Guidelines*
- **Phase 2:** Co-creating housing design policies to support wellbeing in multi-unit housing (*four workshops*)
- **Phase 3:** Developing the *Building Social Connections* policy and design toolkit



- City of Burnaby
- City of New Westminister
- City of North Vancouver
- City of Surrey
- City of Vancouver
- Tsawwassen First Nation

HOW MIGHT WE....

- Design new age-friendly policy approaches with equity, inclusion, accessibility, cultural diversity and safety in mind?
- Ensure we don't make multi-unit housing development even more challenging and/or expensive?
- Look for opportunities to 'multi-solve' with regards to climate mitigation and adaptation?



POLYCRISIS:

A time of great disagreement, confusion, or suffering that is caused by many different problems happening at the same time so that they together have a very big effect (*Cambridge dictionary*)






MULTISOLVING:

When people work together across sectors to address multiple problems with one policy or investment (*Multisolving Institute*)

If we took seriously the idea that housing is essential infrastructure (*health, economic, safety, social*), how might it shift our policy making and resource flows?

Today's agenda

9:30 – 9:40		Michelle Hoar Hey Neighbour Collective Moderator	10:30 – 10:35	Question Period PART ONE <ul style="list-style-type: none">• Emilie Adin, PIBC Chair, Adjunct Professor, UBC School of Community & Regional Planning
9:40 – 10:00		Madeleine Hebert Senior Housing Specialist Happy Cities	10:35 – 10:57	Question Period PART TWO <ul style="list-style-type: none">• Questions gleaned from Q&A box
10:00 – 10:30		Robert Brown Chesterman Properties	10:57 – 11:00	• Thank yous, next steps (evaluations) & closing
			11:00 – 11:15	• Optional Q&A overflow



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