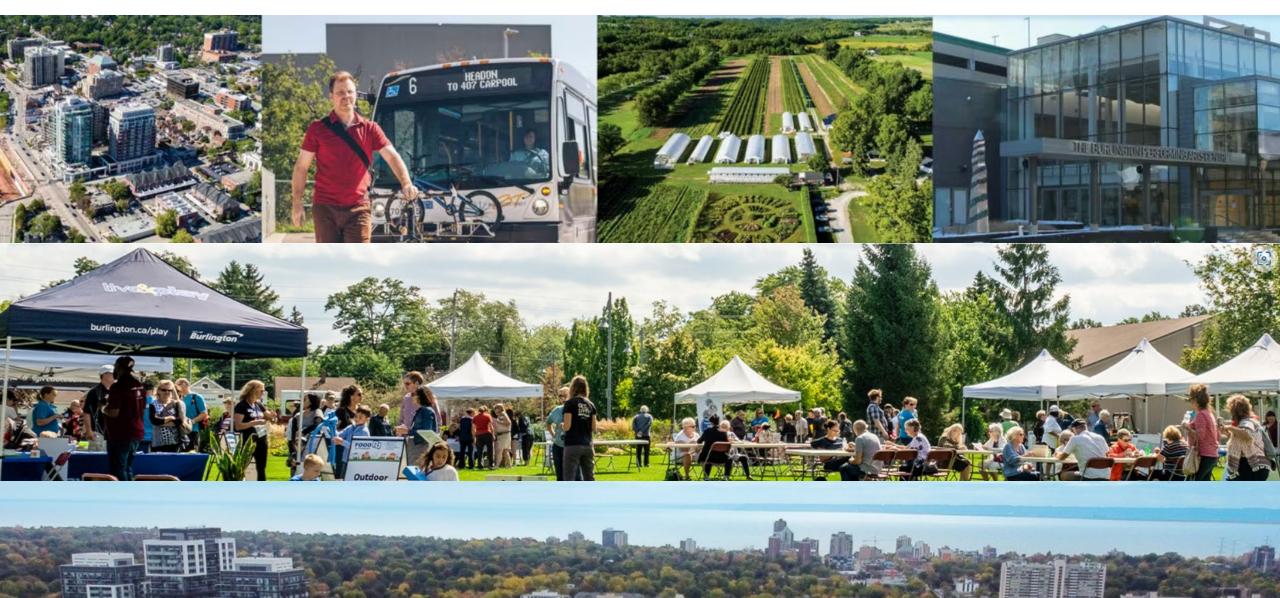
What does a healthy and happy Burlington look like for residents in 2050?



Formal Opening of Council Workshop

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Happiest and Healthiest Community

City of Burlington

Council Workshop July 10, 2025 Noon – 4 pm











Why does this Matter for Burlington?

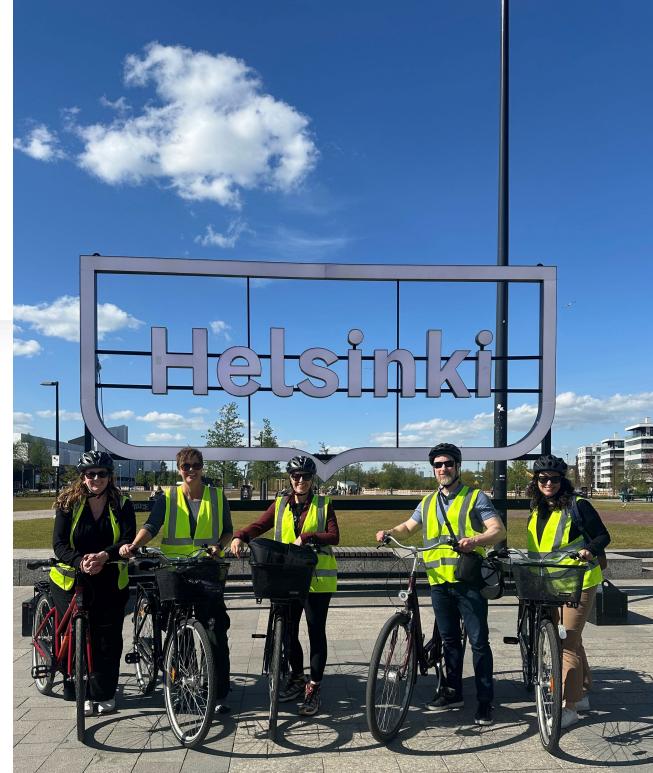
By **2051** the City of Burlington is projected to be home to **265,000** people and accommodate **124,000** jobs

- Growing Population
- Rising pressures on infrastructure, housing, social connectedness
- Opportunities to learn from leaders

Team Burlington

Selected as one of four Canadian cities, in partnership with Halton Region Public Health and the University of Waterloo

Troy Glover, University of Waterloo Suzanne Smith, Halton **Region Public Health** Marianne Meed-Ward, Mayor Alison Enns, Community Planning **Denise Beard**, Recreation, Community & Culture



Our mission: Translate global innovation into local action for a healthier Burlington.

Workshop Agenda

- Introduction & Background
- Report back on lunch table discussion
- Context & Learning
 → Background, Helsinki
- Engagement → Table
 Discussions
- Outcomes → Report-back & wrap-up
- Adjournment of Council Workshop



Healthy City Policy Implementation Workshop

Enabling city—research collaboration to build healthier, more equitable urban communities

- Funded by CIHR supports municipal teams and academic partners to design, implement, and evaluate healthy urban policy
- Funding covered five-day workshop (travel, accommodation, registration), plus local knowledge mobilization activities
- Focus: linking healthy city policies (e.g., active transportation, green space, mixeduse design) to measurable health outcomes





Why Helsinki?

Helsinki was chosen because of its status as the happiest city in the world and for its leadership in addressing housing, homelessness, transit, and placemaking



Immersive Workshop Schedule:

Day 1 – Welcome to Helsinki

Day 2 – Housing First

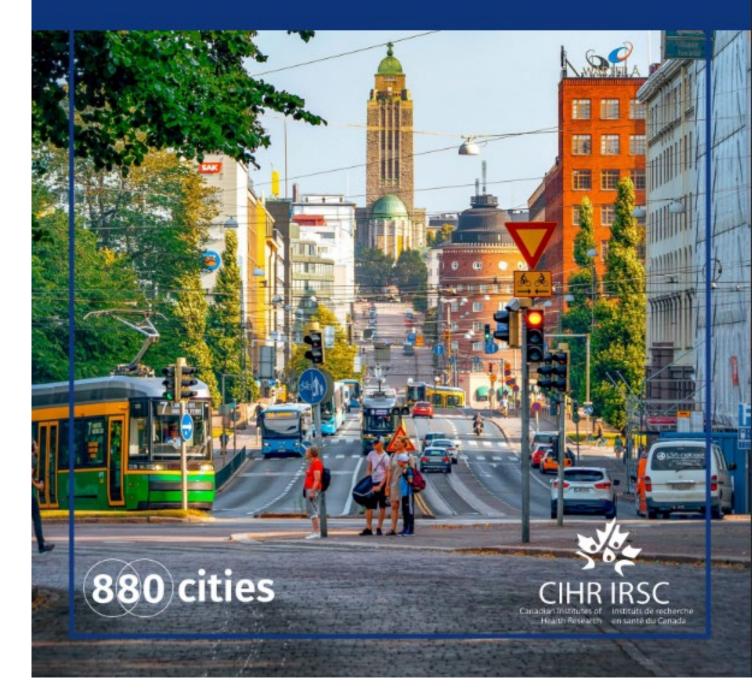
Day 3 – Cities for People: Healthy Neighbourhoods

Day 4 – Transforming Malmi

Day 5 – Bringing it all home



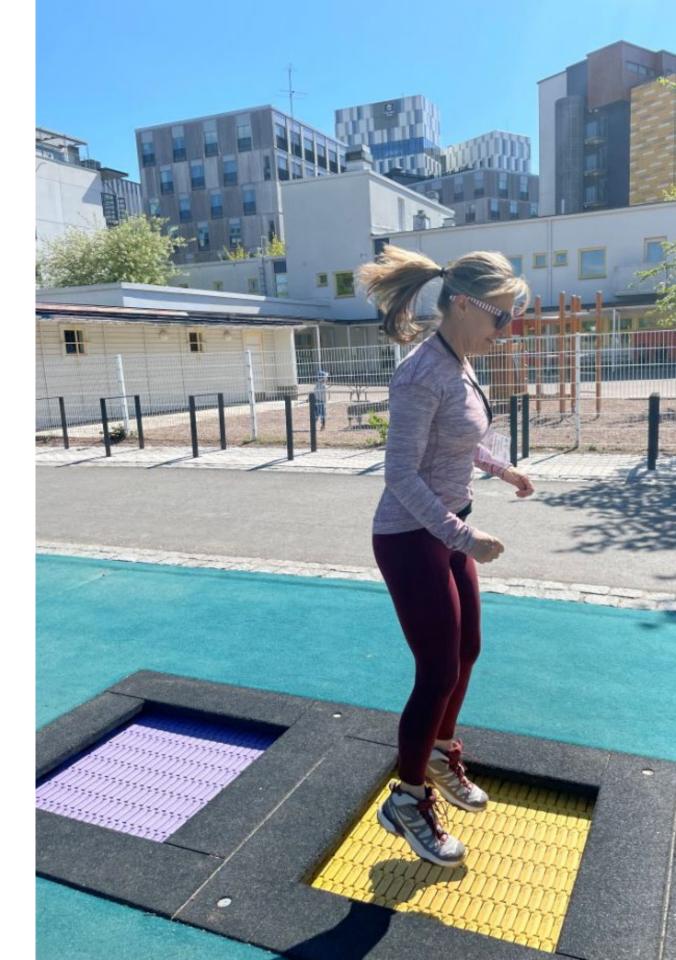
2025 HELSINKI STUDY TOUR



What does a healthy and happy Burlington look like for residents in 2050?



Let's Jump In!



Finland: 5.6 million Helsinki Municipality: 687,000 Helsinki Metropolitan Region: 1.6 million









B B C

Home News Sport Business Innovation Culture Arts Travel Earth Audio Video Live

Finland named as happiest country for eighth year

20 March 2025

Share < Save 🔲

Alex Boyd and Robert Greenall BBC News



Nordic countries

Survey: Finland ranks number one in citizen trust

Finns' trust in fellow citizens is higher than anywhere else in Europe, finds a new Eurobarometer study.

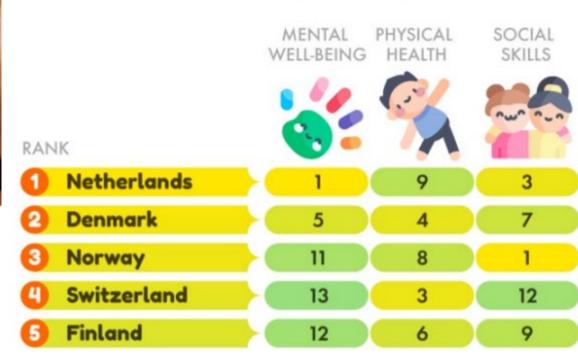


Finns trust each other more than other Europeans trust fellow citizens. Image: Elina Rantalainen

"In the Nordics, high trust levels can be explained by a welfare model based on equality and a universal right to basic services." - Maria Bäck, a political researcher at Åbo Akademi

COUNTRIES WHERE CHILDREN ARE THE MOST SATISFIED WITH THEIR LIVES

Based on UNICEF's ranking of mental well-being (life satisfaction and adolescent suicide rate), physical health (child mortality rate and percentage of overweight children), and skills (academic proficiency and social skills) of children in high-income countries



Top 10: Smart Cities

By <u>James Darley</u> December 04, 2024 • 8 mins

1. Helsinki, Finland

Population: 656,920

Smart city since: 2011

Key focus: Citizen-centric innovation

Major corporate partner: Nokia

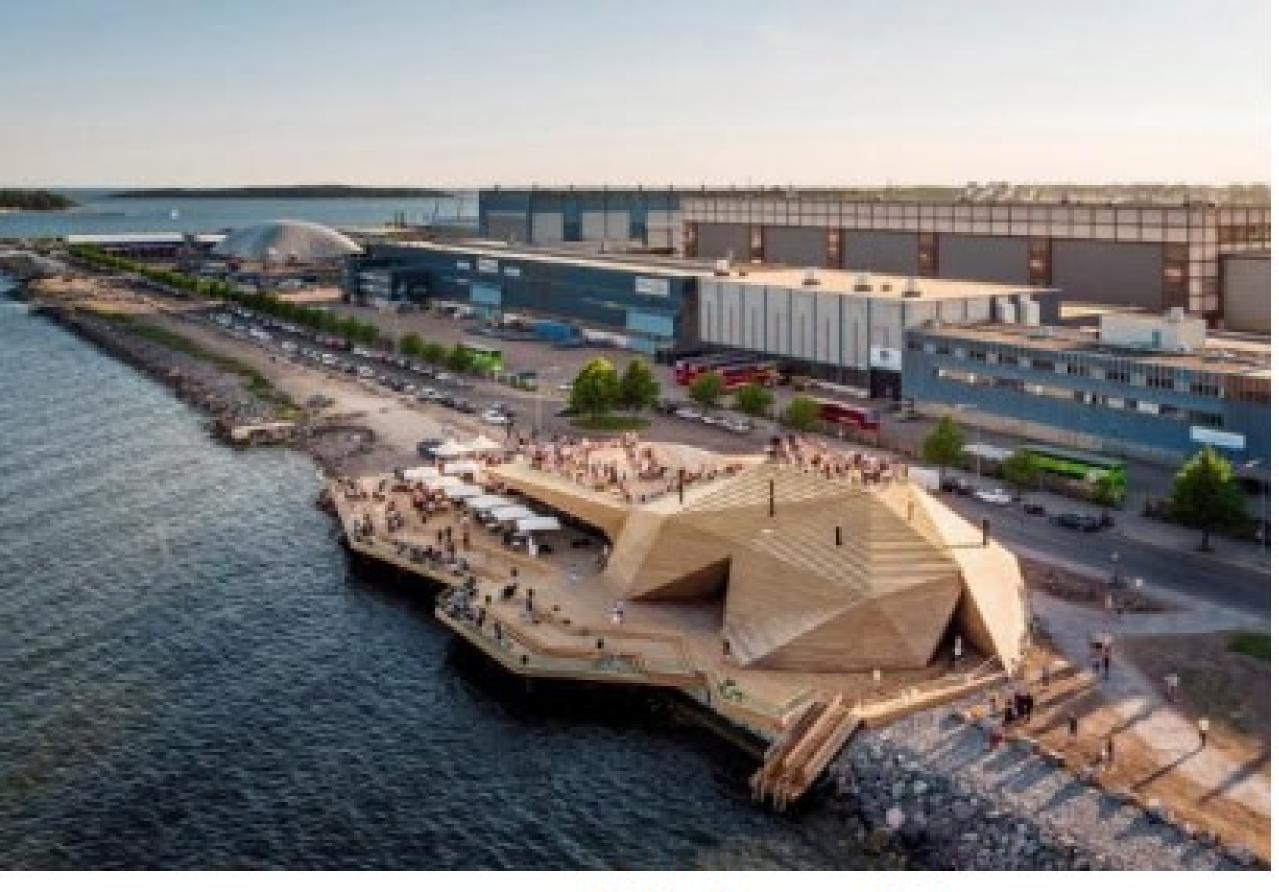


Helsinki, Finland

The city's "Helsinki 3D+" project has created a detailed digital twin allowing for advanced urban planning.







Löyly public sauna

How does Burlington compare?

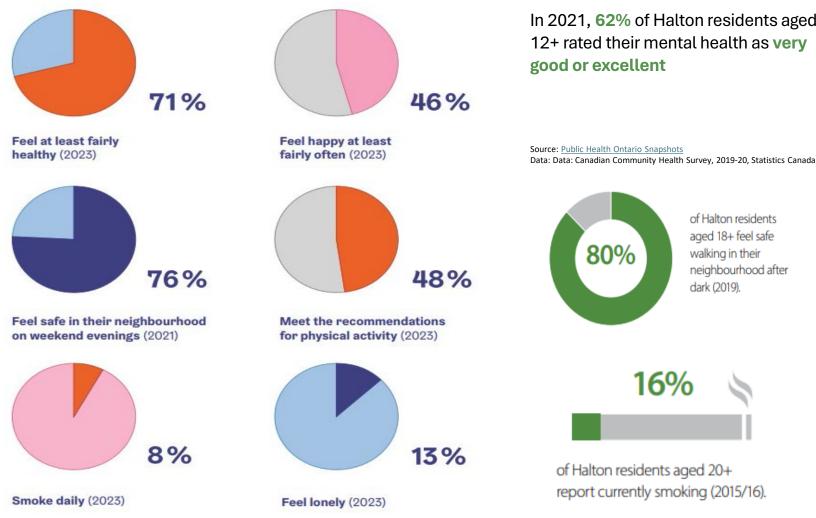
	Helsinki	Burlington
Population	687,000	187,000
Avg Temperature (Hottest Month)	17	23
Ave Temperature (Coldest Month)	-5	-3
Avg Rainfall (Wettest Month)	90mm	98mm
Avg Annual Snowfall	70cm	99cm
Average Age	41.2	45.1
Population Density per aquare km of land area	3108	1004
Median household income (CAD)	77,666	110,000

Welfare and Health

Helsinki

Source: Tervetuloa Helsinkiin Presentation, 8 80 Cities and CIHR

In Helsinki,



Halton Source Halton Community and Safety wellbeing plan 2020 unless noted

In 2021, 62% of Halton residents aged 12+ rated their mental health as very good or excellent

of Halton residents

aged 18+ feel safe

neighbourhood after

walking in their

dark (2019).

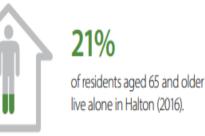
16%

In 2019-20, 75% of Halton residents aged 12+ reported a strong sense of community belonging.

Source: Halton Region Public Health Data: Canadian Community Health Survey, 2019-20, Statistics Canada

> In 2019, only 53% of adults aged 18+ in Halton met or exceeded the Canadian **Physical Activity Guidelines** for adults

Source: Public Health Ontario Snapshots Data: Data: Canadian Community Health Survey, 2019-20, Statistics Canada

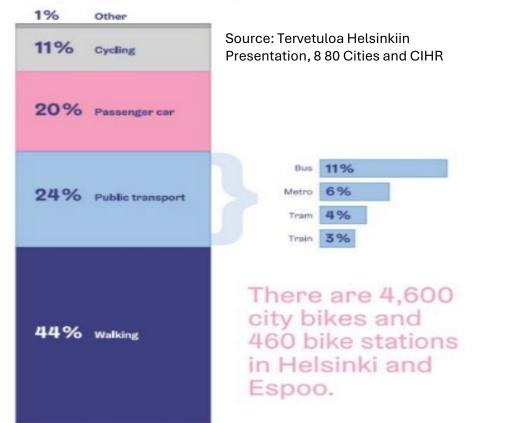


Transportation

Helsinki

Transport

Modal split (% of all journeys in Helsinki, 2023)



Burlington

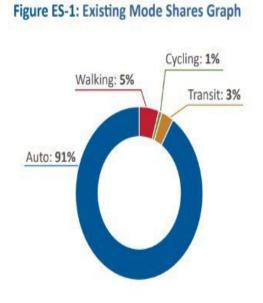
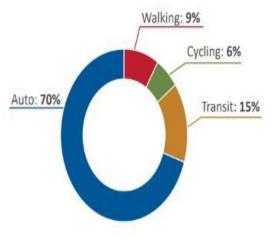


Figure ES-2: IMP Proposed 2051 Mode Shares Graph

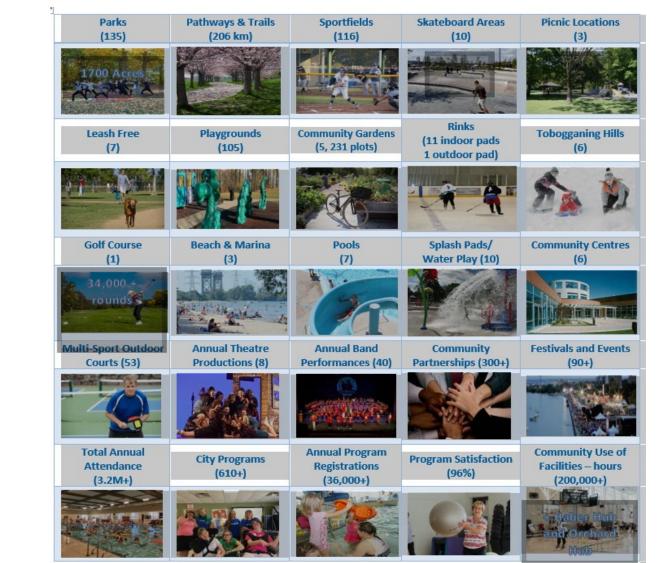


Integrated Mobility Plan

Recreation Assets



Burlington



Keys to Helsinki's success Strategy I Design

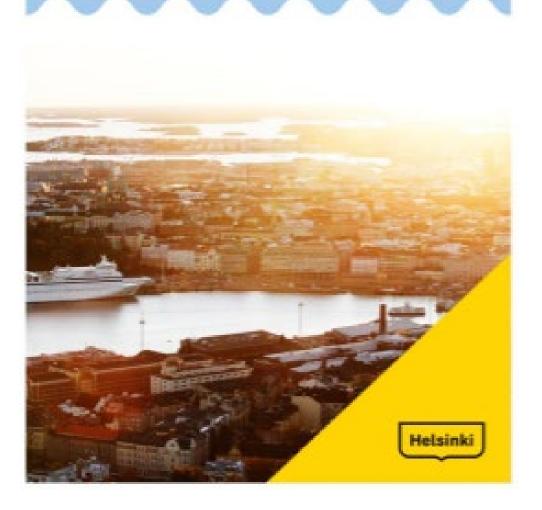
- Focused and Clear
- Resource Alignment
- Responsibilities span from local administrative to social services education and housing
- Build a smoothly functioning city
- Is a tool to better understand resident needs
- Is important in problem solving



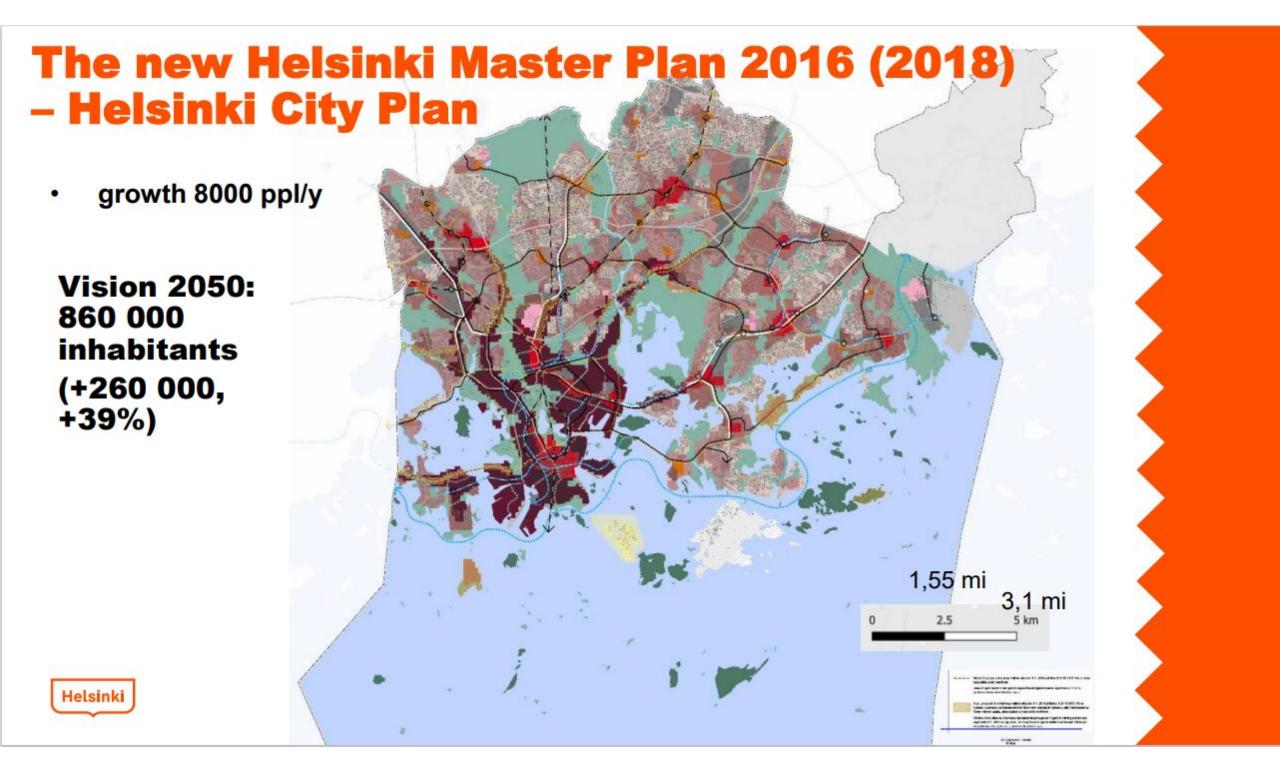
Strategy

The Most Functional City in the World

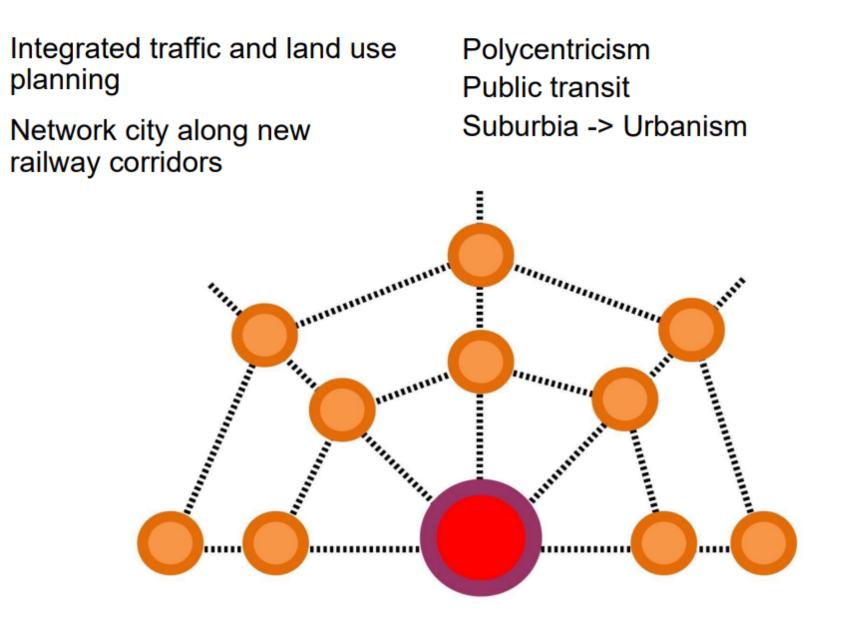
Helsinki City Strategy 2017-2021



" A functional city means concrete actions and choices that make everyday life smoother for residents."

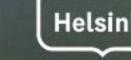


Master Planning Goals



Helsinki





ci

West Harbor 2005

Former harbor areas will be part of a dense urban core and suburbs will be considerably densified

Helsinki

elsinki

West Harbor 2030

A place of growth

Helsinki

Helsinki City Strategy 2021–2025

What is suburban regeneration?

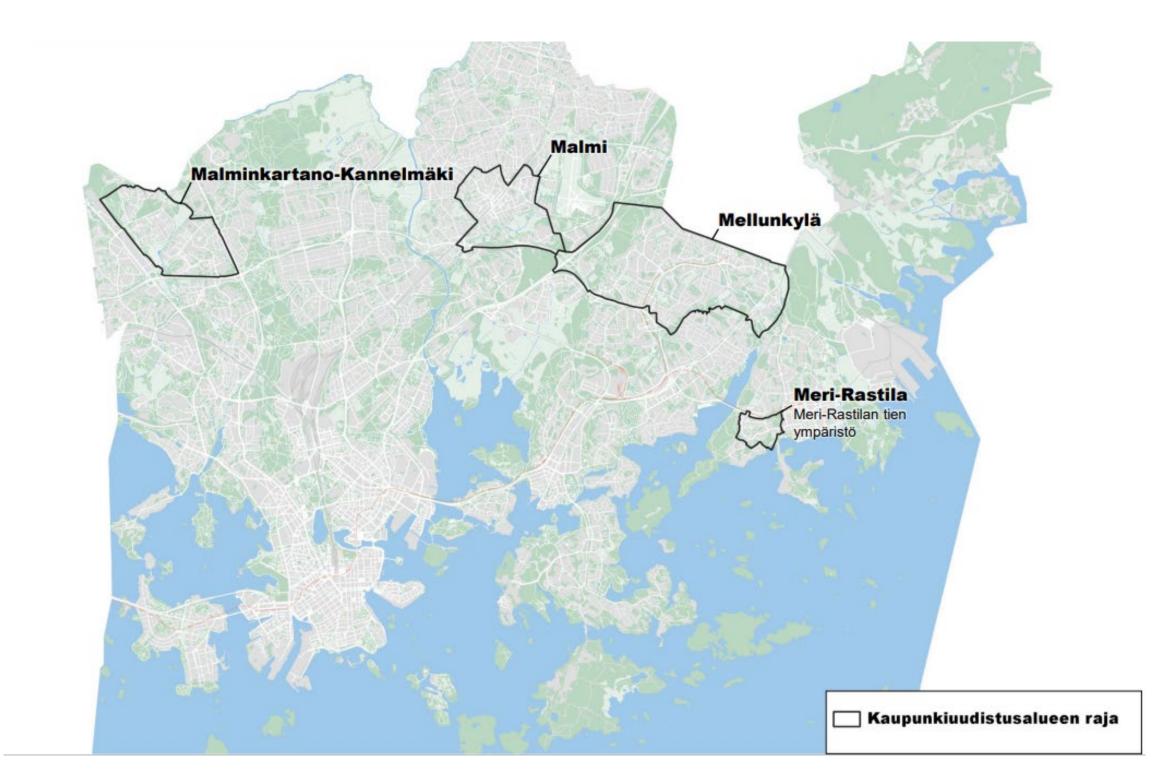
Malminkartano and Kannelmäki, Malmi, Mellunkylä and Meri-Rastila are areas that will see plenty of change and development in the coming years. In these areas, we are investing particularly in improving services and attractiveness as we strive for regional equality. We take the areas into account separately in the city's budget and the allocation of funding.

We carry out suburban regeneration in cooperation and interaction with residents. Welcome!

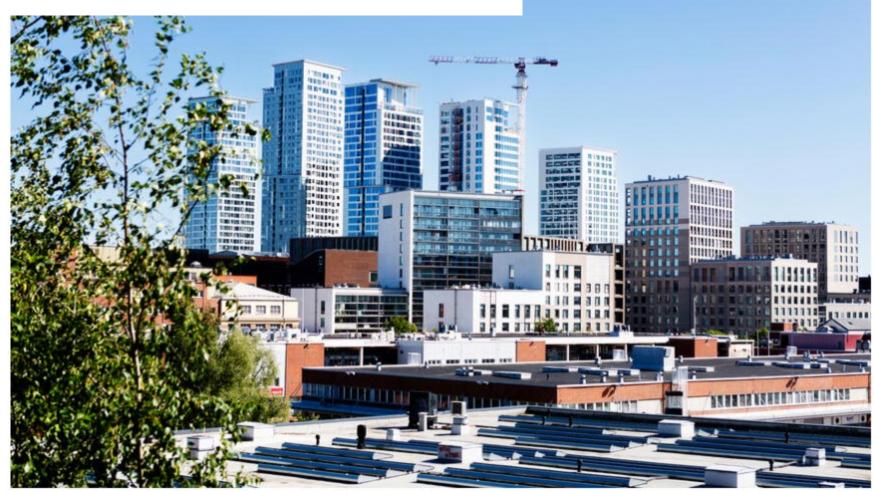
Read more about suburban regeneration



Photo: Ville Lehvonen



Helsinki promoted wellbeing, developed city structures and mitigated climate change through the 'A Place for Growth' City Strategy



An evaluation report on the City of Helsinki's 'A Place for Growth' City Strategy has been prepared. The report reviews the successes and challenges of the 2021–2025 strategy period and provides recommendations for the next strategy period. Photo: Ville Lehvonen



Helsinki josta voimme olla ylpeitä

Esitys kaupunkistrategiaksi 2025–2029



Our Vision

Where people, nature and business thrive

Our Values

Working together,

- 1. We are caring, friendly and inclusive community
- 2. We value innovation and trusted partnerships
- 3. We demonstrate respect by being fair and ethical

"Mobility in Burlington will be safe, accessible, sustainable, balanced, and liveable."



Everyone is welcome in Burlington.

Burlington is a city where all current and future residents have access to the housing options that meet their needs at all stages of life, and that are attainable at all income levels.



Design

Design in Helsinki City Strategy 2021–2025

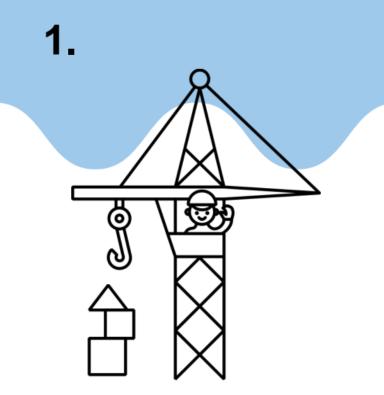
"In addition to being a key tool for developing the city, design is also a way for Helsinki to distinguish itself internationally."

"Helsinki recognises the impact that design and architecture can have on general wellbeing, urban experiences and the city brand."

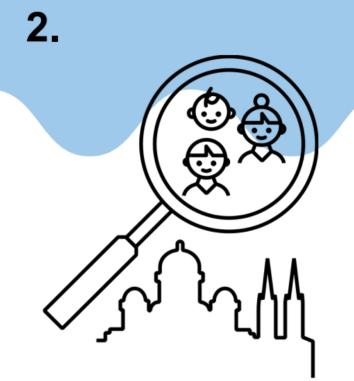


Source: The Design Journey of Helsinki since World Design Capital Helsinki 2012 May 2025, Chief Design Officer Hanna Harris

For Helsinki, design...



...is used to build a smoothly functioning city.



...is a tool for better understanding residents' needs.



...is an important aid in problem solving.

Helsinki

Source: The Design Journey of Helsinki since World Design Capital Helsinki 2012 May 2025, Chief Design Officer Hanna Harris

Design has a role in all of Helsinki's operations





Urban Environment Division

- \rightarrow New office building
- → Urban planning system
- → Building site experience design

Culture and Leisure Division

- → Motivation-based profiles of Helsinki residents
- → Oodi Central Library
- → Design support for idea competitions

Education Division

- → Design is a part of the primary school curriculum
- → Preventing social exclusion
- → SMS notification of preprimary education placement

Social Services and Health Care Division

- → Housing services for people with disabilities
- → Service voucher service path
- → Using user feedback in facility planning

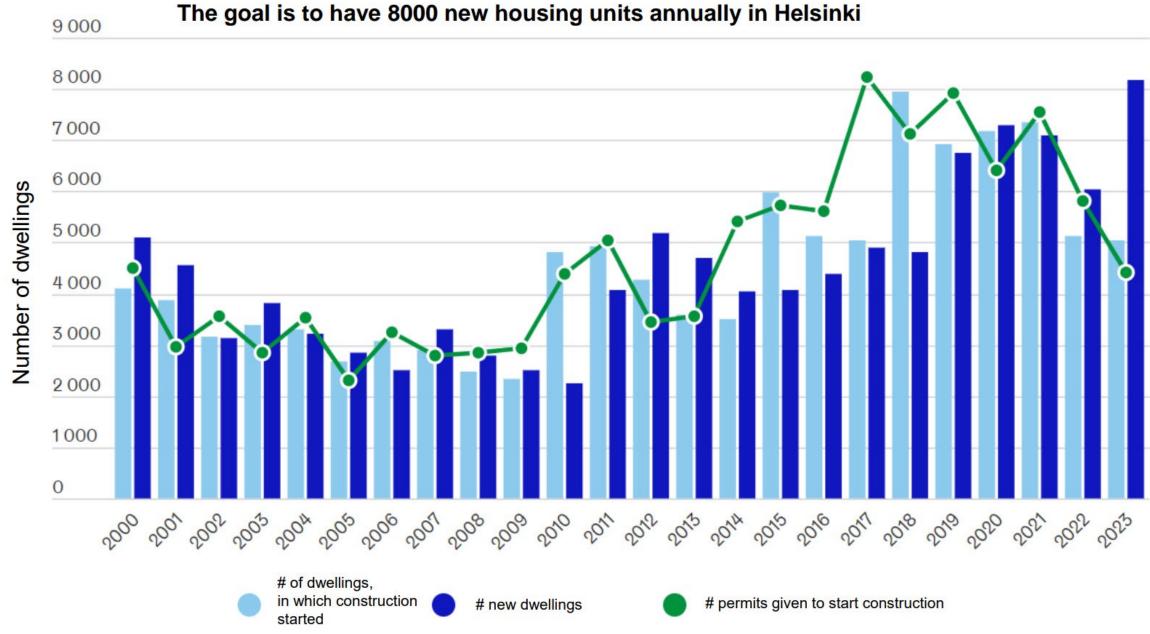
Central Administration

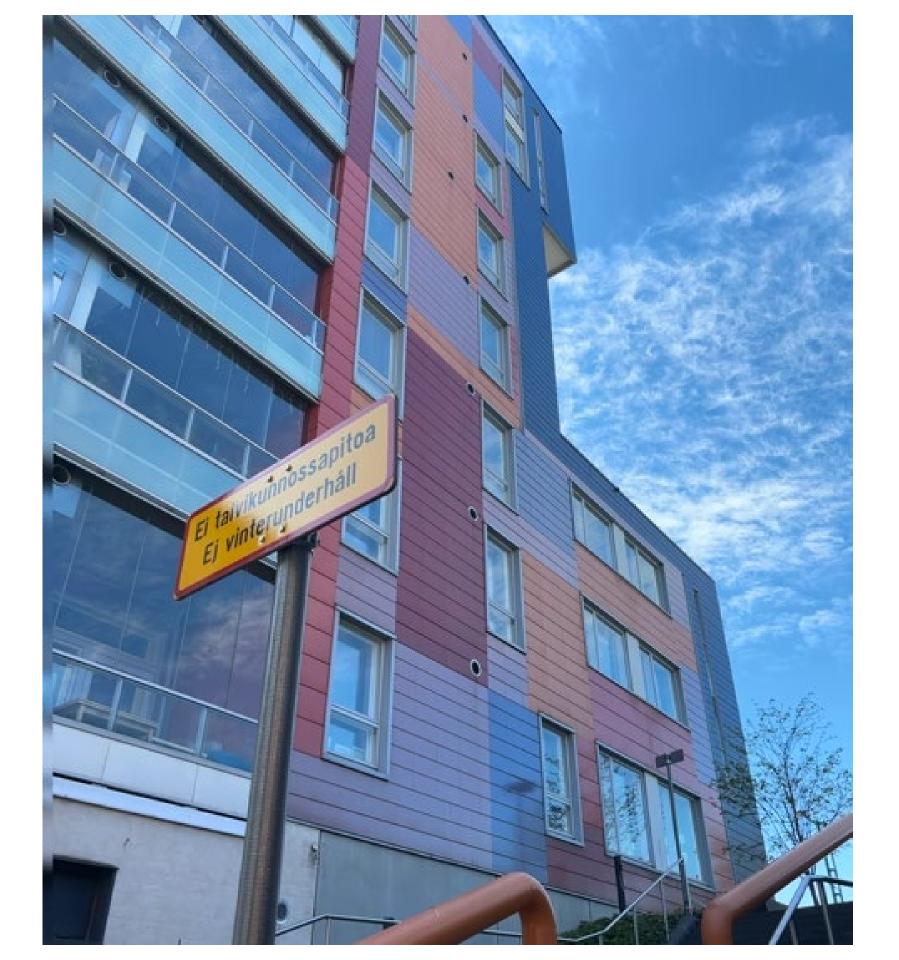
- \rightarrow City Hall Lobby
- → Helsinki Design Week's Climate College
- \rightarrow Participatory budgeting
- → Renewal of the city's website

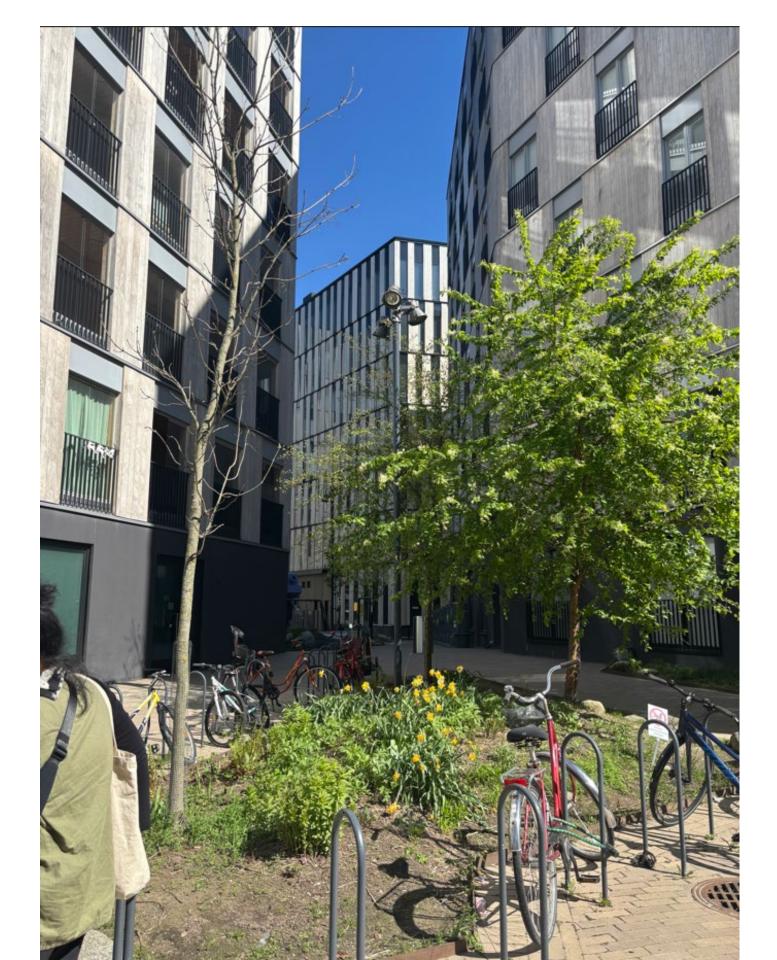
Photos: Aleksi Poutanen, Tuomas Uusheimo, Maija Astikainen, Matti Snellman, Sakari Röyskö

Housing & Homelessness

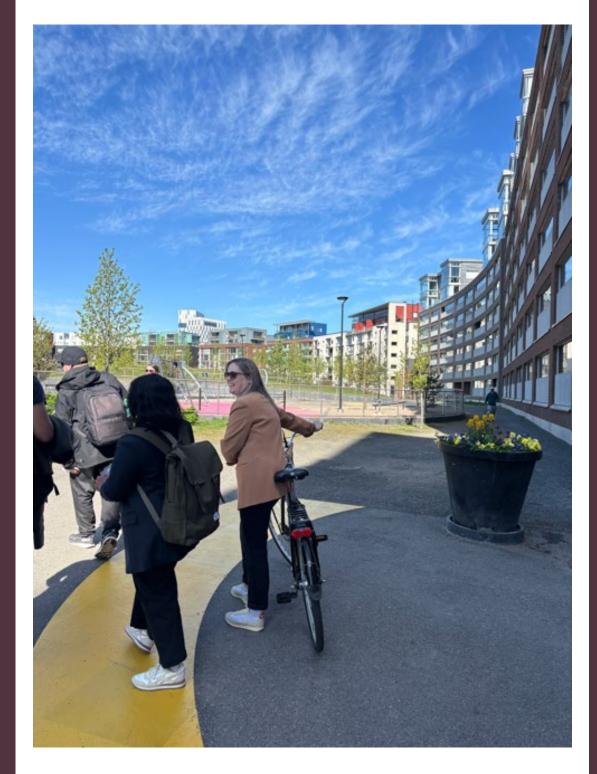


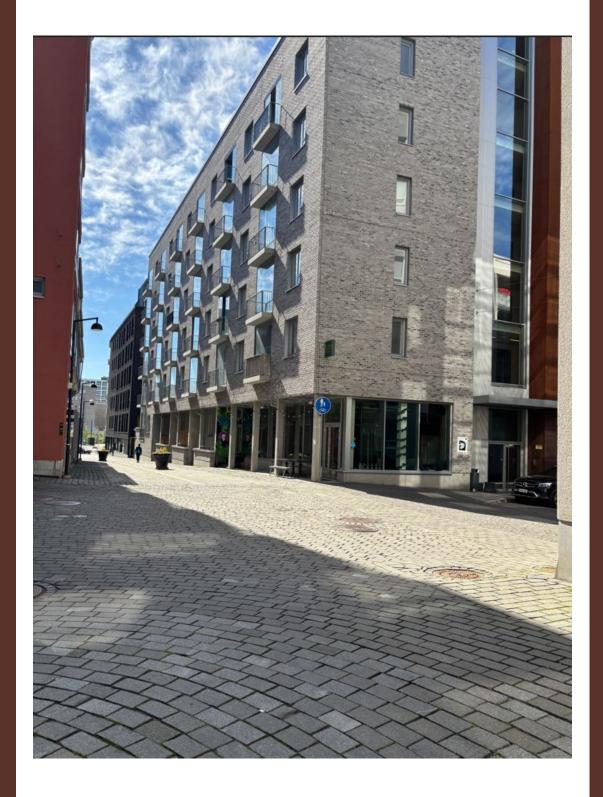


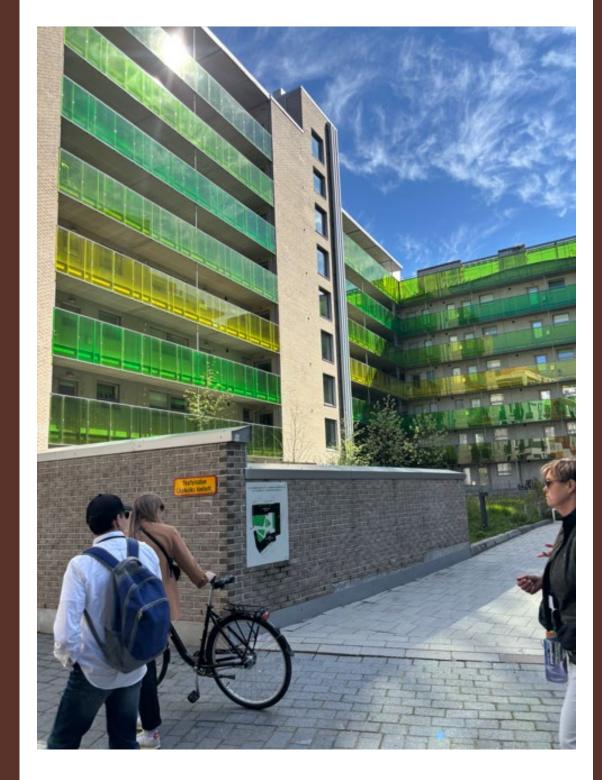


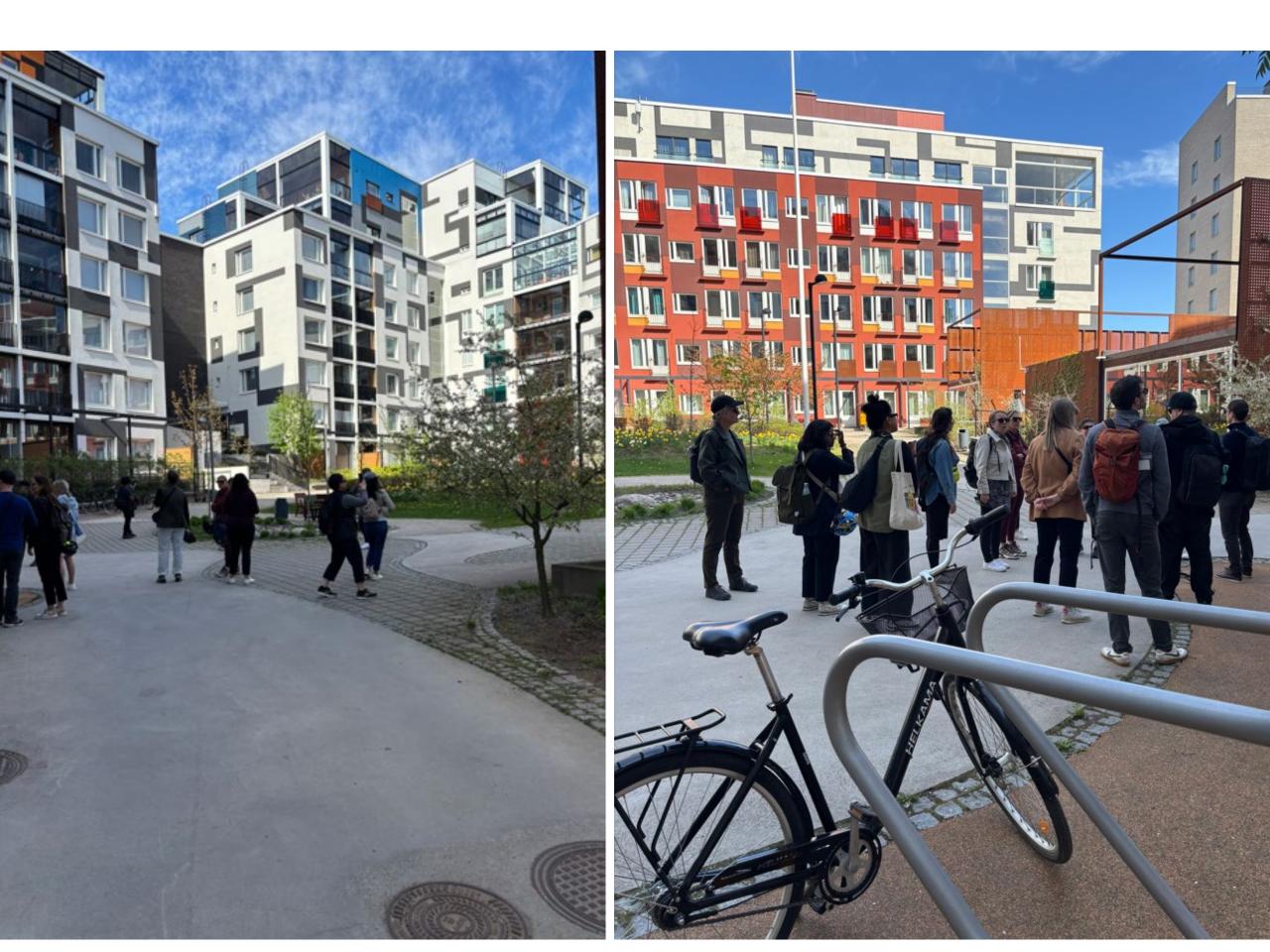


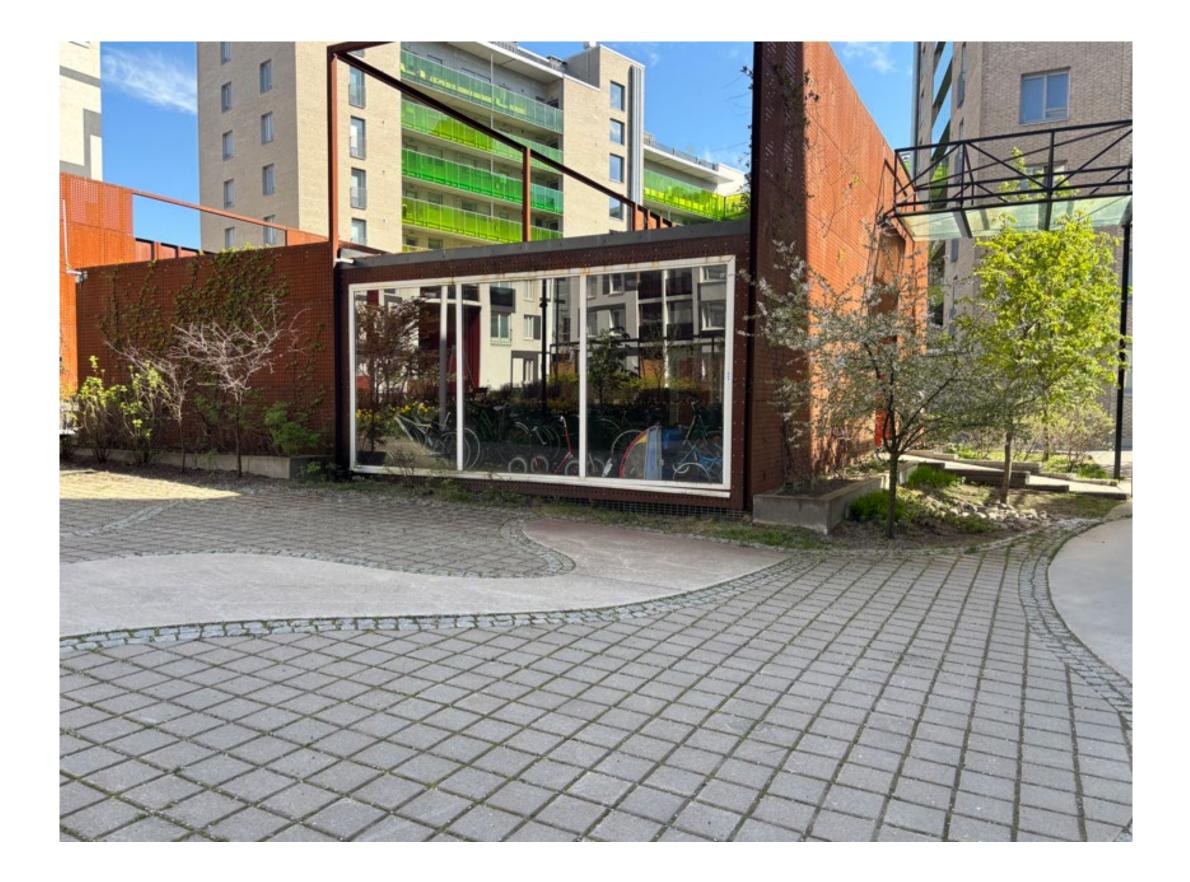












Social housing in Finland



- 13% of the total housing stock (400.000 ap)
- 25% in new housing areas
- 8400 new units started in 2024 by city housing companies and non-profit NGOs
- State guaranteed loans for 40 years
- Affordable rent (construction site on public land)
- Social housing is a necessary social infrastructure

Y-Säätiö

Homelessness has decreased in Finland

1985: 20 000 homeless

88888

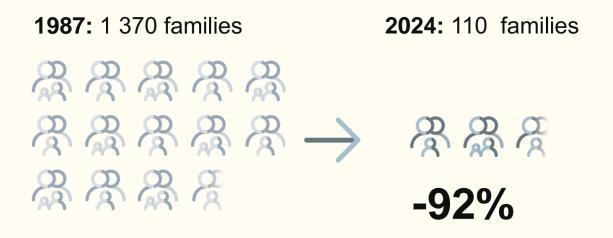
22222

88888

22222

2024: 3 806 homeless

Number of families experiencing homelessness

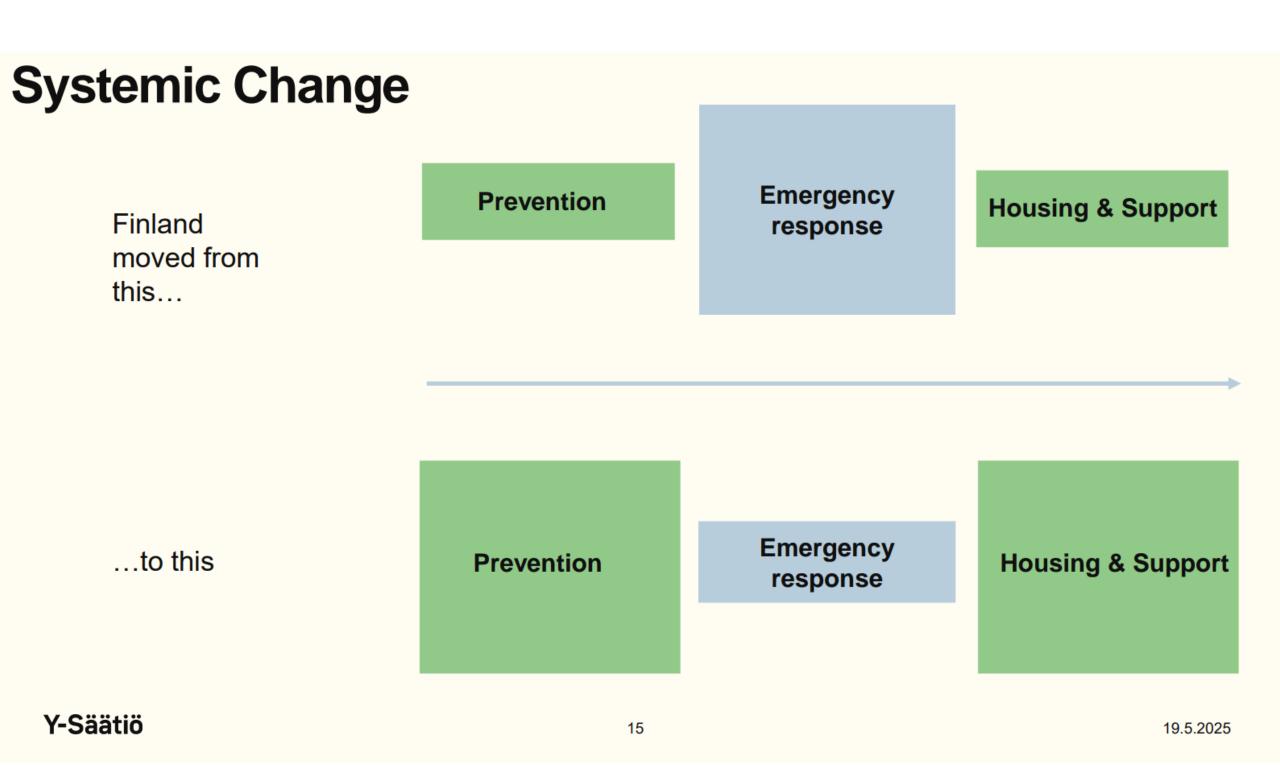


Homelessness in Finland 2024

-81%

 \rightarrow 8888





Finnish Housing First

Designed for anyone facing homelessness or the risk of homelessness



Scattered housing and supported housing units. Options for specific needs and circumstances.

Prevention of Homelessness

Proactive measures: detecting the risk of homelessness & recognizing the significance of early intervention and support.

Tailored Support Services

Personalized support services are integral. Aims to address diverse challenges that people may face.



Acknowledge the diverse skills and capacities of individuals & provide opportunities for engagement that align with their abilities and aspirations.



400 000 state-subsidized rentalapartments. Tenant selection is based on the need for housing.

Normality

Normal rental agreements. Main-stream universal social and health services.

Y-Säätiö

Physical Activity

Sedentary behaviour puts a strain on the body, mind and society

Impairs health and functionality: Increases the risk of heart disease, type 2 diabetes, and cancers – globally, there are as many as five million premature deaths annually.

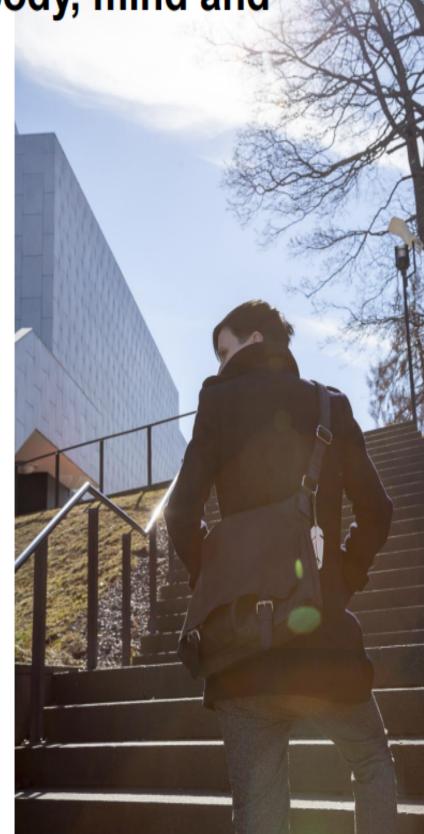
Affects mental health: Linked to anxiety, depressive symptoms, and stress, undermining daily wellbeing.

Reduces physical functionality: In Finland, 38% of 5th and 8th grade students have low physical functionality levels.

Social costs are rising: In Finland, the cost of physical inactivity is 3–7 billion euros per year, with an estimated 300 million euros annually in Helsinki alone.

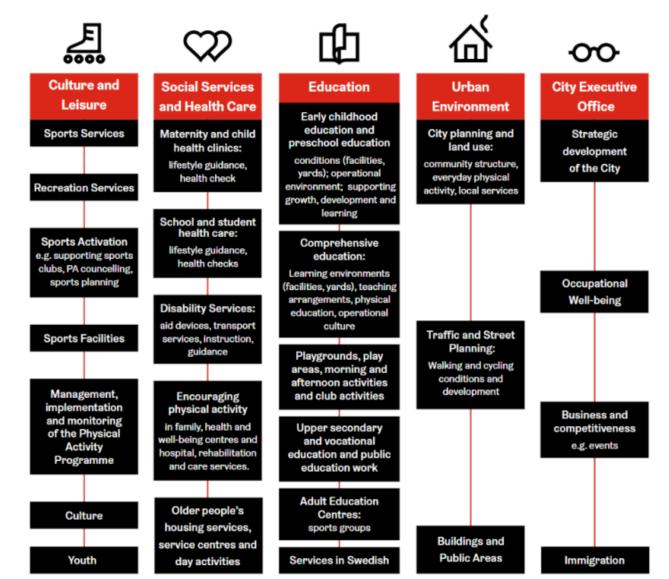
Opportunity for change: Increasing physical activity supports many strategic goals – wellbeing, inclusion, learning, and sustainable urban development.

Helsinki



The entire City organisation came together to promote physical activity.

All City divisions and over 30 different City services planned, implemented, and budgeted 60 different actions.



Helsinki



Jospa kävelisit seuraavalle pysäkille.

Helsinki

The concept of physical activity was broadened beyond sports to include everyday life

Increasing physical activity requires insight, not necessarily money, time or equipment. This way, activities such as walking can become an integral part of daily routines.

Exercise is only one part of physical activity.

Independent and guided sports facilitated by the City

 The guided sports organised by the City reach roughly one in ten elderly persons.

Reason to be out and about: library, culture, health stations, service centres, adult education centre • The numerous services offered by the City play a key role in promoting physical activity: some directly involve physical activity, while others provide a reason to leave the house or are important providers of information.

Living environment & everyday physical activity: parks, shops, road conditions, proximity of services

 The physical environment and day-to-day errands are the most important factors prompting older persons to be physically active.

Helsinki

of short, 1–2 kilometre, journeys are not made on foot.

Helsinki

Let the children be active helsinkiliikkuu.fi



We wanted to ensure that every young child develops physical skills and habits.

Let the children be active helsinkiliikkuu.fi

Helsinki



Priorities for the transport system

- Pedestrians
- Bicycle traffic
- Public transport
- Goods transport
- Private car traffic

How to develop Helsinki in a human centric way?





Helsinki

5/30/2025



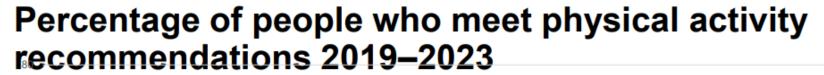
•3,500 city bikes available across Helsinki, providing an easy and sustainable mode of transport for residents and visitors.

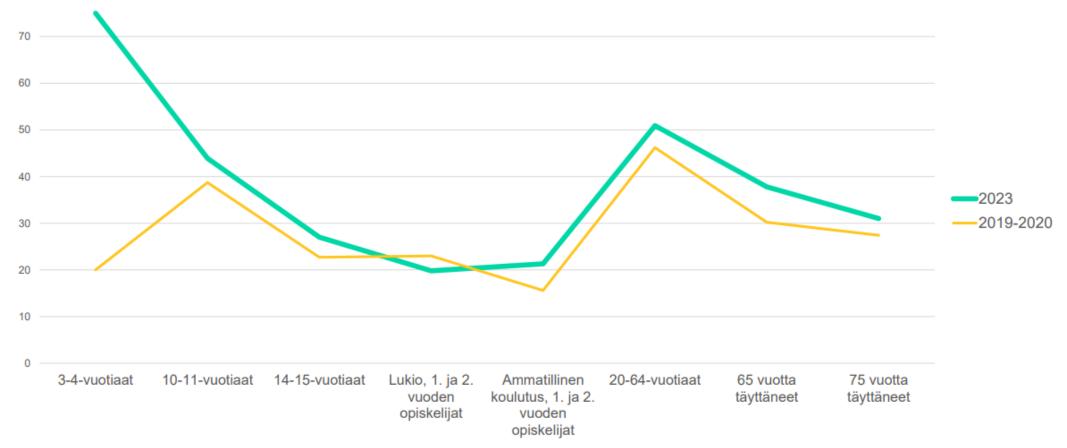
•1,900 new bicycle parking spaces created to support everyday cycling and promote active commuting.

Helsinki's first programme for promoting walking launched, aiming to make walking a more attractive and accessible option for all.
Swept and salted bicycle routes extended to 43 km, ensuring safe and comfortable yearround cycling.

•8,100 benches installed citywide, making it easier for people of all ages to take breaks, rest, and enjoy the outdoors.







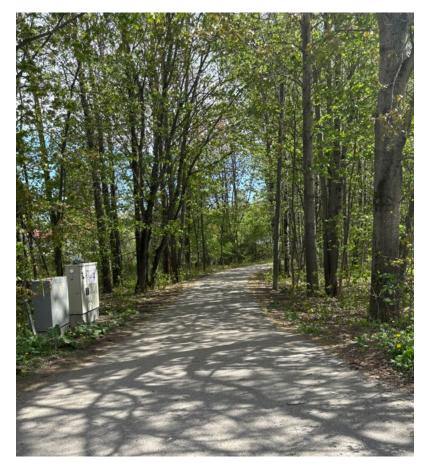
Helsinki

The estimate of young children's physical activity level was based on a national estimate from 2018. Sources: Piilo study, School Health Promotion study, and Healthy Finland Survey

32













Social Connectedness

4

Ylä-Malmi Square

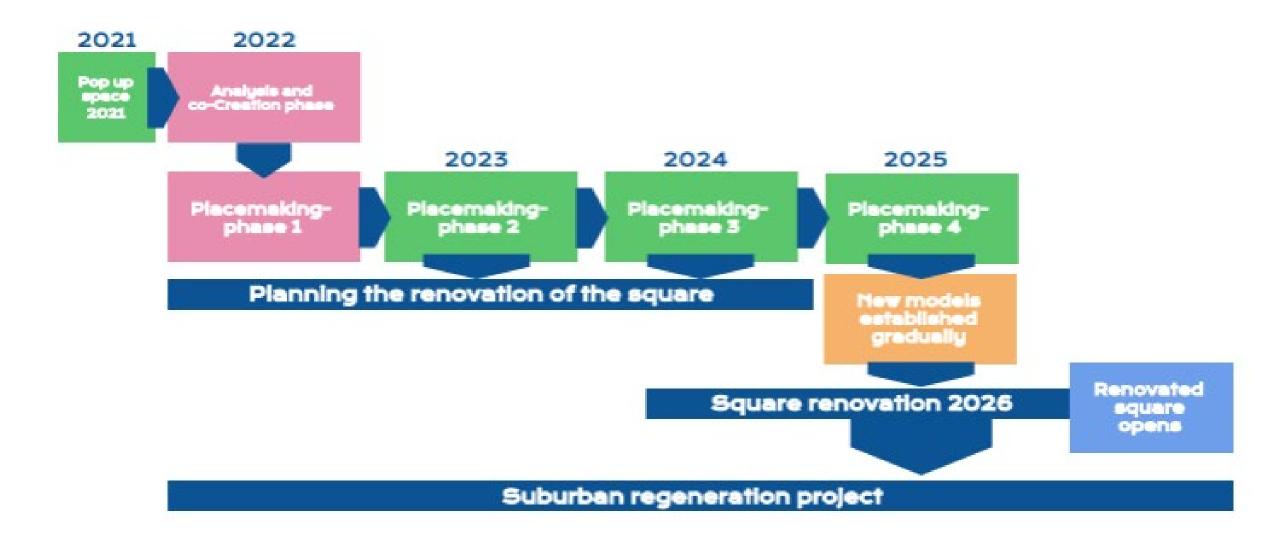
<u>Citizen's wishes and</u> <u>needs:</u> More green More market life More welcoming place



Source: Connecting people, places and planning: Placemaking case study in Malmi Paivi Raivio, Urban Designer, Placemaker RavioBumann Parkly



Placemaking in city planning process



Source: Connecting people, places and planning: Placemaking case study in Malmi Paivi Raivio, Urban Designer, Placemaker RavioBumann Parkly

The opportunities placemaki ng brings

- Reaching out to include more diverse group of citizens

- Informed design decisions based on local knowledge

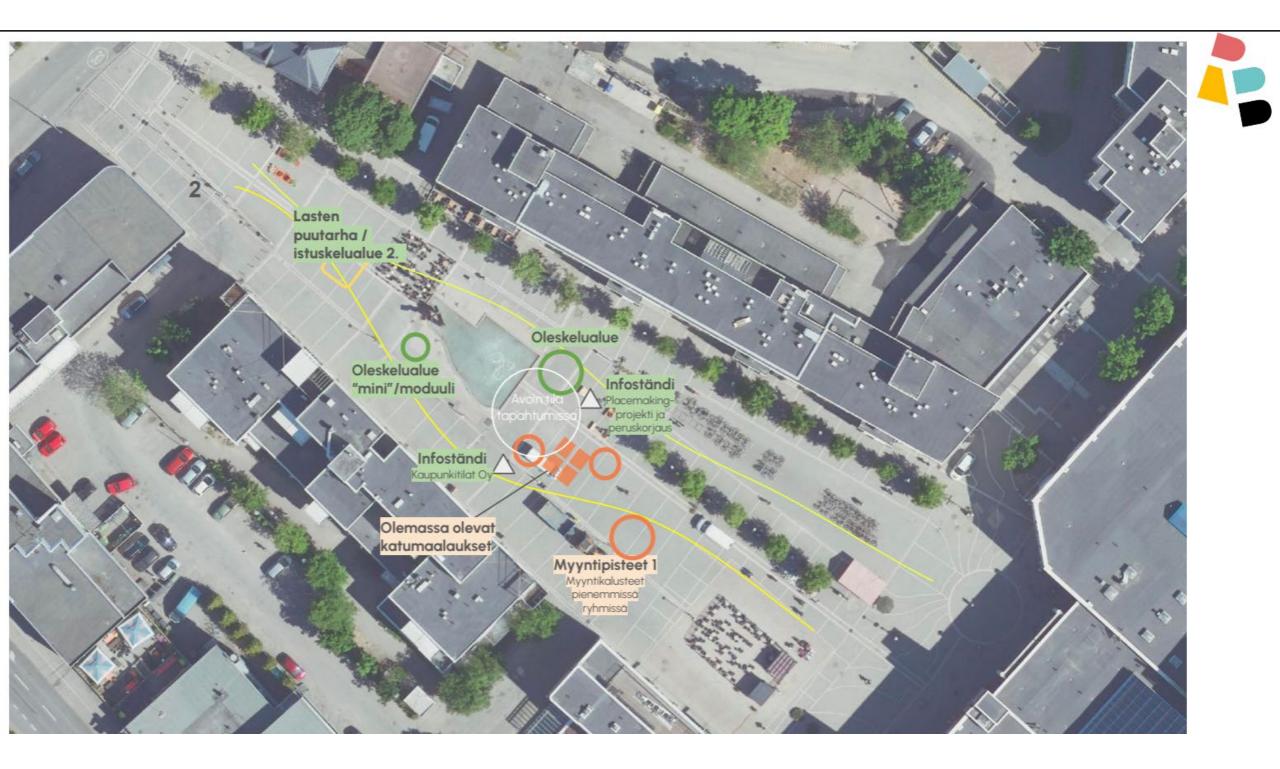
- Long processes are difficult to grasp: quick and visible actions

- Creating strong place identities: working with local strengths

- Working hands on to co-create better places together



Source: Connecting people, places and planning: Placemaking case study in Malmi Paivi Raivio, Urban Designer, Placemaker RavioBumann Parkly





Kannelmäki

- 1. Suburban summer oasis
- 2. Youth centre outdoor area

Malminkartano

- 3. Curated community garden
- 4. Activation of local square
- 5. Pop-up park for all ages

Malmi

- 6. Square for sales and hanging out
- 7. Summer event park

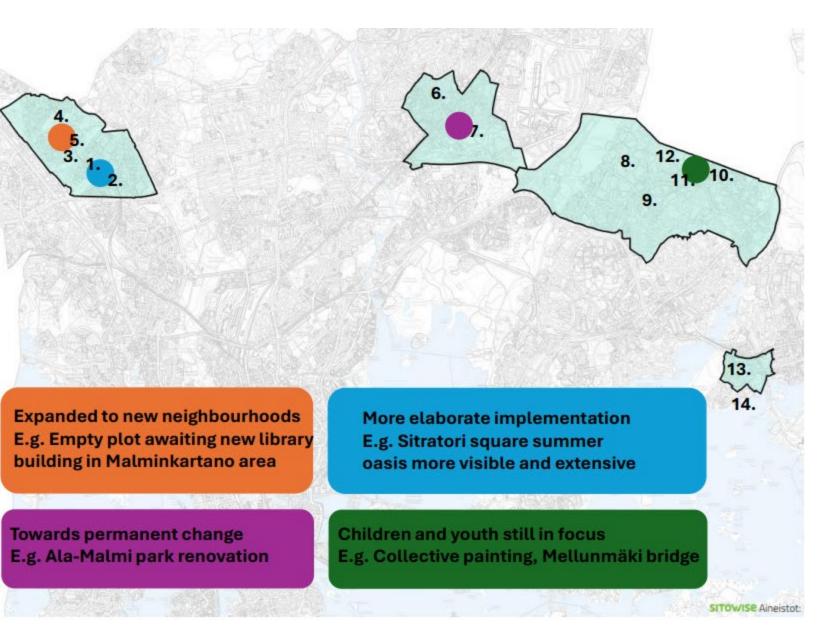
Mellunkylä

- 8. Outdoor pop-up space
- 9. Common yard community garden
- 10. Activation of local square
- 11. Rejuvenation of bridge
- 12. Light art on youth house walls

Meri-Rastila

- 13. Activation of local square
- 14. Art based participation

2 km N:6683819.5 E:25486406.0







Source: Placemaking as a new co-creation and design tool for Helsinki May 2025, Silja Lindblad, Project Manager and Arvind Ramachandran, Special Planner

nage: Jalmari Sarla

Image: Vesa Laitio

Malminkartano Community Garden - a safe and active community space

Source: Placemaking as a new co-creation and design tool for Helsinki May 2025, Silja Lindblad, Project Manager and Arvind Ramachandran, Special Planner

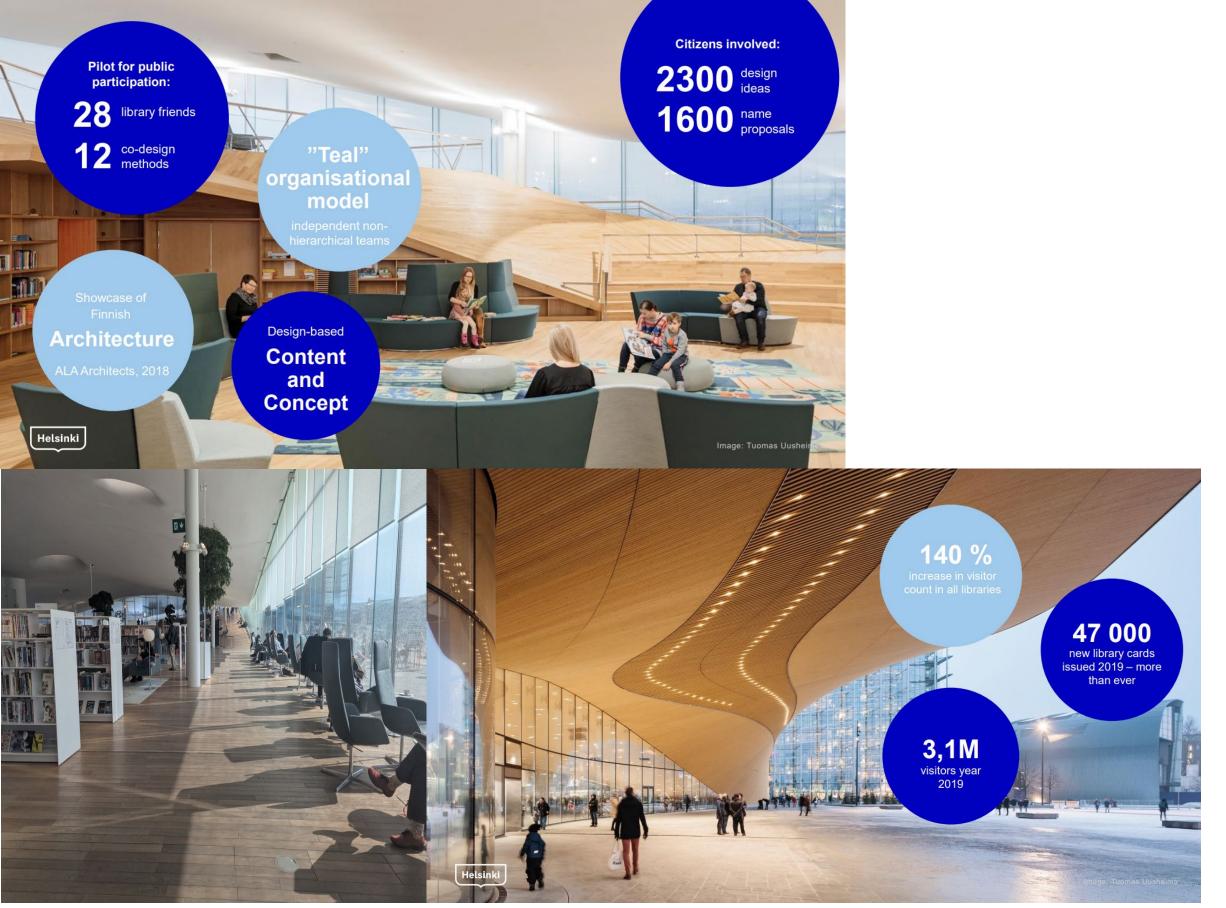
Co-design

CO-DESIGN ACTIVITIES AND METHODS THROUGH CAMERA LENSE

Oodi was co-designed with over 3000 citizens and stakeholders. The aim was also to try out what co-design, participation and engagement can mean in public sector context. Can it be fun and effective, equal and individually relevant, inclusive and practical at the same time? How can foster inclusive design and bring in user gorups that are in marginalised position or otherwise not usually motivated to participate?



PENTAGON DESIGN



Source: The Design Journey of Helsinki since World Design Capital Helsinki 2012 May 2025, Chief Design Officer Hanna Harris

Reflections

Na zati

Initial Reactions

What insights from Helsinki feel relevant for Burlington?

• What made you pause, nod, or think "we could do that"?

What ideas are worth exploring here?

• Where could we start adapting these ideas locally?

What sparks questions or uncertainty?

• Are there concepts that need more unpacking or clarification?

Resident Gains

What do we want residents to gain?

• What experiences, supports, or opportunities should all residents enjoy in 2050?

Think: connection, belonging, access, safety, wellbeing, mobility, inclusion

Resident Pains

What pains do residents experience today?

• What challenges, barriers, or gaps are getting in the way of health and happiness?

Think: loneliness, inaccessibility, unsafe streets, housing insecurity, disconnection

What's Getting in the Way—and how do we move forward?

What's standing in the way of a healthier Burlington?

- What barriers—structural, political, organizational, or cultural—hold us back?
- Where are the pain points in our systems, policies, or partnerships?
- Let's name the challenges and imagine new ways to work across silos

From Ideas to Action: Where can we start?

- What small, realistic actions could improve daily life for residents?
- Think tangible, doable, and meaningful, especially for those facing the greatest barriers
- Where could we start small and grow from there?
- What demonstration projects or policy shifts could lay the groundwork for bigger change?

What quick wins or low-cost experiments may spark momentum?

• Are there visible, short-term efforts that could build trust or inspire residents?

Report Back

Each table, please share **one idea** from your discussions that feels important to carry forward.

Your selected idea might reflect:

- A resident gain that's especially meaningful
- A challenge or pain point that needs attention
- A barrier we could realistically address
- A small action or quick win that could build momentum

You'll have **2–3 minutes** to share:

- The idea
- Why your table chose it
- What makes it worth exploring further

Thank you! This is just the beginning

Your input will directly inform our residentfocused session this fall

This work connects to Horizon 2050 and our shared commitment to a healthier, more connected Burlington









