

# Maintaining Momentum

Building Healthier Communities  
Through Collective Action

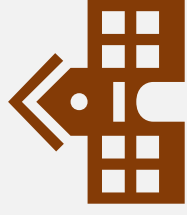
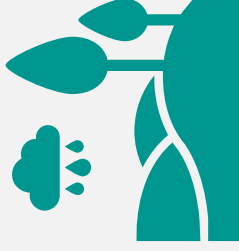
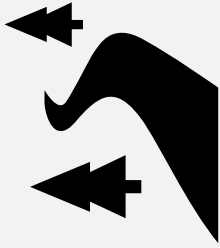
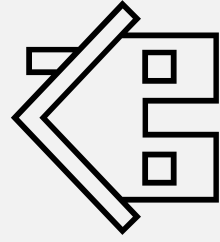
Manitoba Planning  
Conference, May 8<sup>th</sup>, 2026

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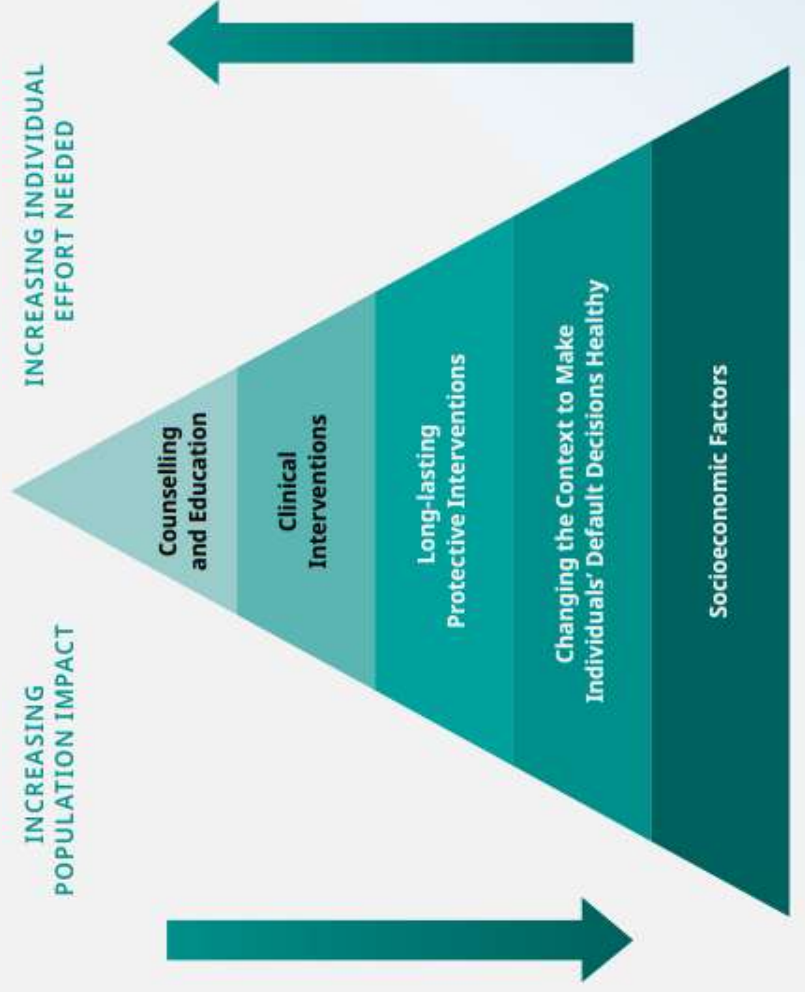
**Health is not created in hospitals,  
but in homes, classrooms,  
workplaces and communities.**



# Today's Decisions Determine Future Outcomes



# The Health Impact Pyramid



- Greater intervention at the base of the pyramid creates environments that support healthier choices, reduce health disparities, and improve outcomes for everyone.

# Two Truths Describe the Health Status of Manitobans

Overall, health status is improving

Improvements are not shared equally

Manitobans are living longer

Gaps between the highest and lowest income exist

78.3 years



82.8 years



9.5 years



8.9 years



# Maintaining Momentum

Vision

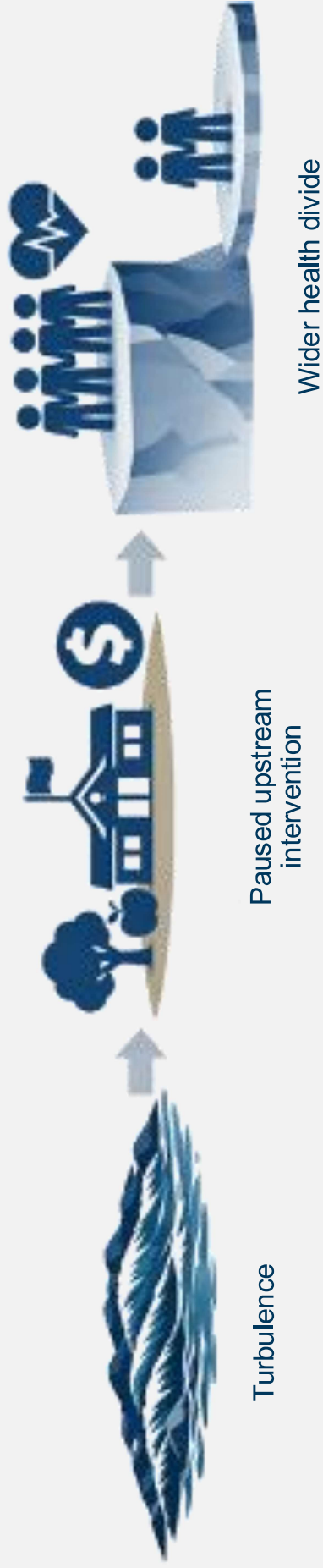


Direction

Alignment

Long-term Outcomes  
(health + equity)

# When Momentum is Lost, Inequities Widen by Default



Not because we intend it

Because upstream conditions go unchanged

# Planning for People



Live



Learn

Health is experienced locally



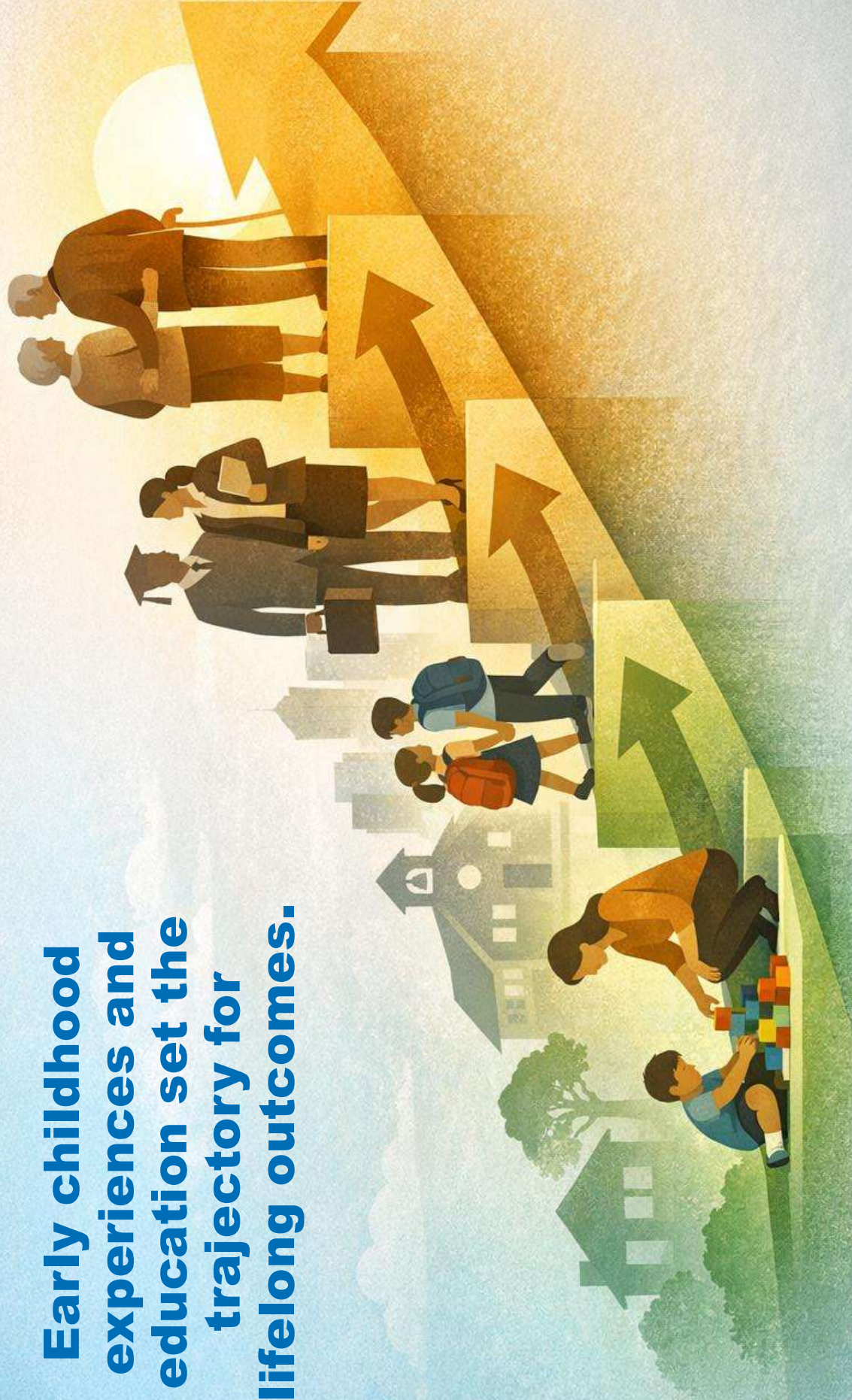
Work



Connect



# Early childhood experiences and education set the trajectory for lifelong outcomes.



# Belonging, Safety and Trust

Social connection improves mental health and resilience

Exclusion, stigma, and misinformation undermine well-being



# Disproportionate Burdens

- Reflect historical and ongoing systemic factors
- Upstream policies shape access to resources, which in turn determine downstream outcomes
- Not individual choice



# Planning for People



Foster opportunity - Make daily conditions easier for those with the least margin.



Opportunity levers - affordable housing, reliable transit, accessible services.



Disadvantage levers - exclusionary zoning, limited mobility, unequal service access.

# Planning for Places

# Housing

## Affordability and Access

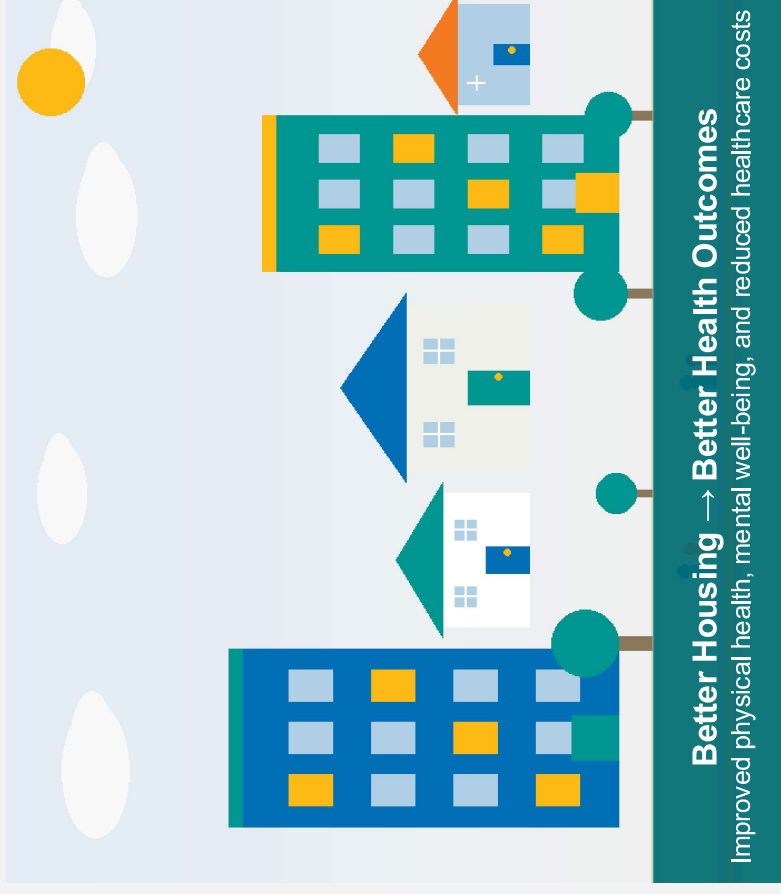
Reducing financial stress lowers chronic disease risk and improves access to nutritious food and health services

## Quality

Safe, well-maintained homes reduce exposure to mold, lead, and injuries — preventing respiratory illness and developmental harm

## Stability

Stable housing supports mental health, consistent medical care, and stronger community connections



### Better Housing → Better Health Outcomes

Improved physical health, mental well-being, and reduced healthcare costs

# Transportation and Neighbourhood Design

Walkability and accessibility are population health interventions



Image Source : 93.08d157a9ad4397a11355b07cccd3eabb\_IB-PIW-St\_Boniface\_to\_Downtown\_Walk\_Bike-v15-EN-FINAL-rectused.pdf

# Climate and Environment

- Extreme heat, flooding and air quality are increasingly affecting health.
- Disproportionate impact on low-income communities.



# Planning for Places



Infrastructure decisions today determine tomorrow's health burdens.



Treat housing, mobility, and climate resilience as health infrastructure



Prioritize co-benefits: health + equity + sustainability

# Planning for Prosperity

# A healthy population is not a cost of prosperity—it is a prerequisite.

Vibrant  
Communities

Cost  
Avoidance

Mutual  
Reinforcement

# Prosperity Lever Employment and Income Security

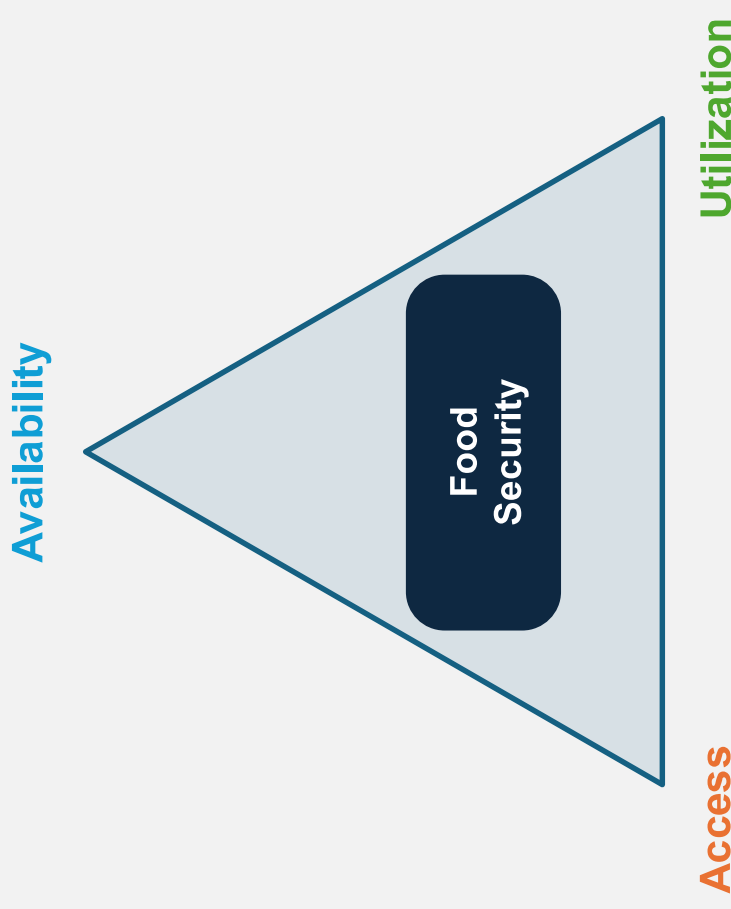


# Prosperity Lever Food Security

- Food insecurity is economic pressure made visible.
- When budgets tighten, health suffers first.

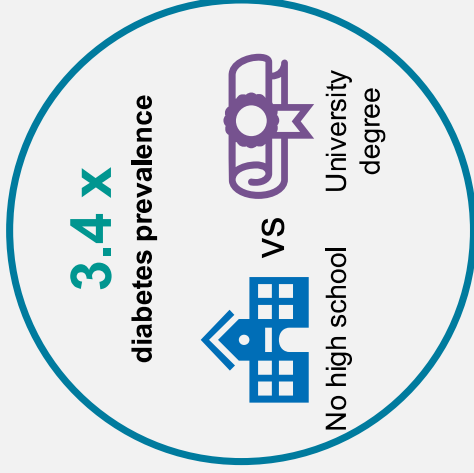
**In MB in 2023**  
**25.6 %**

Of households experienced food insecurity



# Prosperity Lever Education and Skills

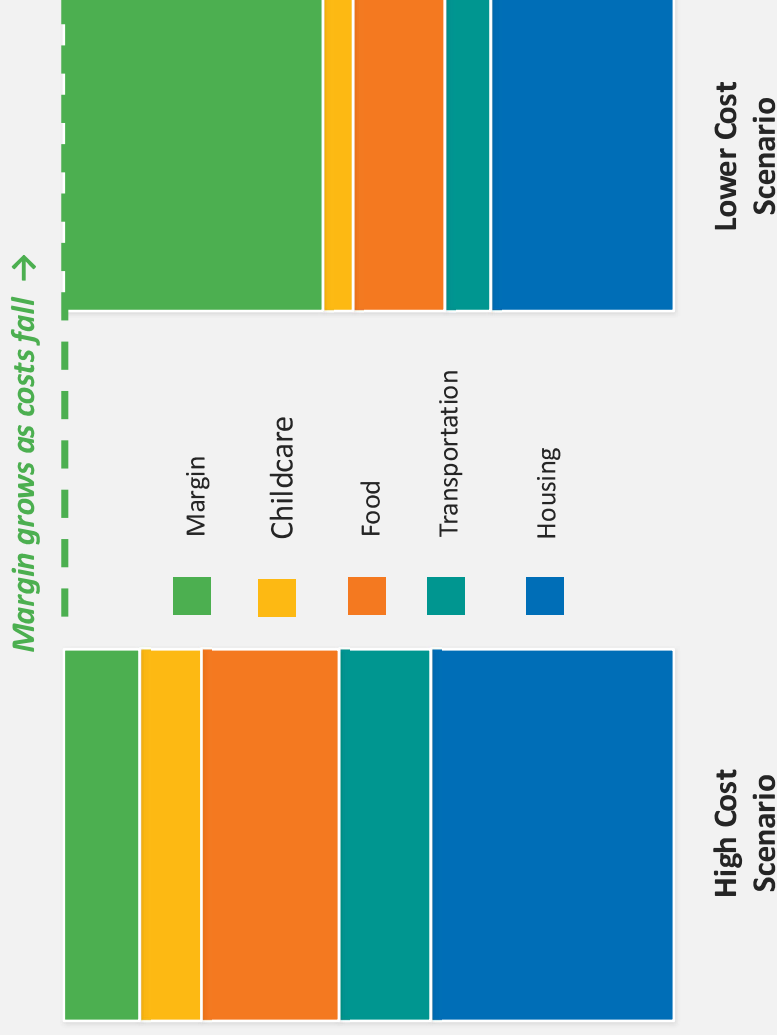
- Education is linked to longer life expectancy
- Skills and training are community infrastructure



# Planning for Prosperity

**Prosperity shows up as “margin” in everyday life.**

- Reduce the cost of living where planning can (housing + transportation)
- Connect people to opportunity (jobs + education + services)



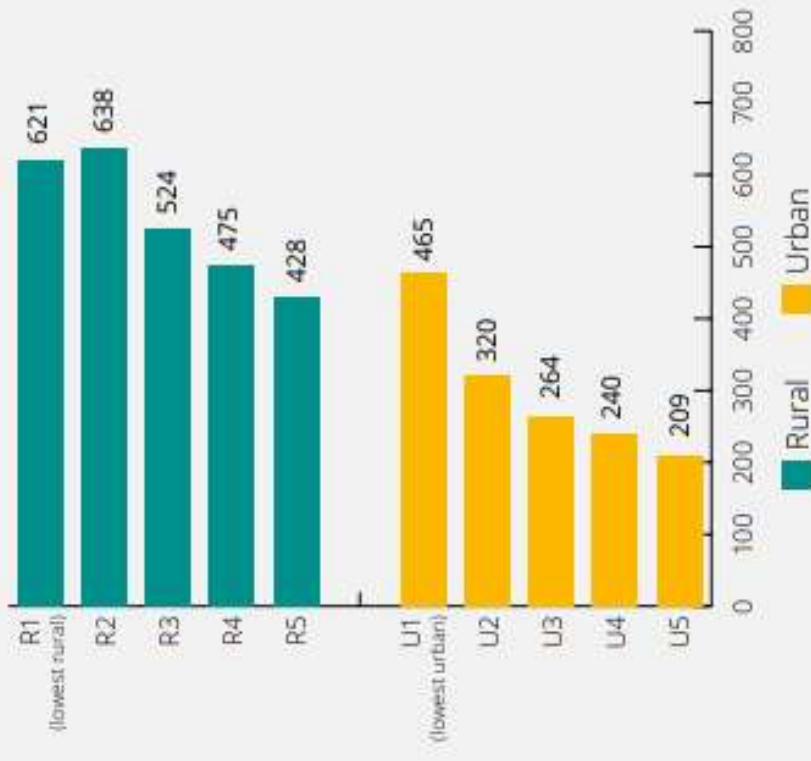
# Collective Action

# Fragmented approaches push costs downstream

- Housing instability → emergency services + health care pressure
- Unsafe mobility → injuries + long recovery costs
- Climate exposure → repeated disruption + inequitable harm

NUMBER OF EMERGENCY DEPARTMENT VISITS BY INCOME QUINTILE, 2023

Visits per 1,000 people



Source: SharedHealth Manitoba

# Tools for Momentum

## Health in All Policies

A way to make trade-offs visible - and keep outcomes in view.

### Assess Health and Equity Impacts

Evaluate every policy for its effects on health and equity, ensuring that outcomes are transparent and fair.

**Ask: Who benefits and who is burdened?**

### Design for Co-Benefits

Create solutions that deliver multiple benefits for health, equity, climate, and the economy, maximizing positive outcomes.

# Sustaining Momentum



Name health equity outcomes in plans and policies

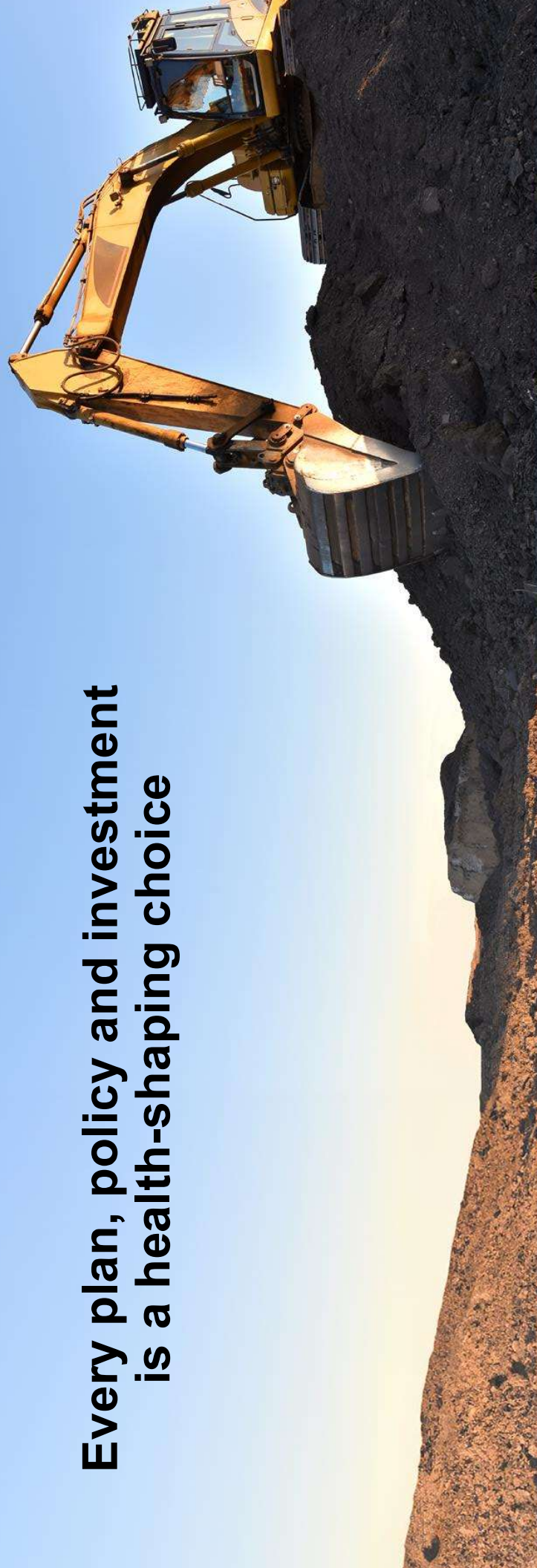


Use data to target gaps (place + income + access)



Build durable partnerships (shared indicators, shared accountability)

**Every plan, policy and investment  
is a health-shaping choice**



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