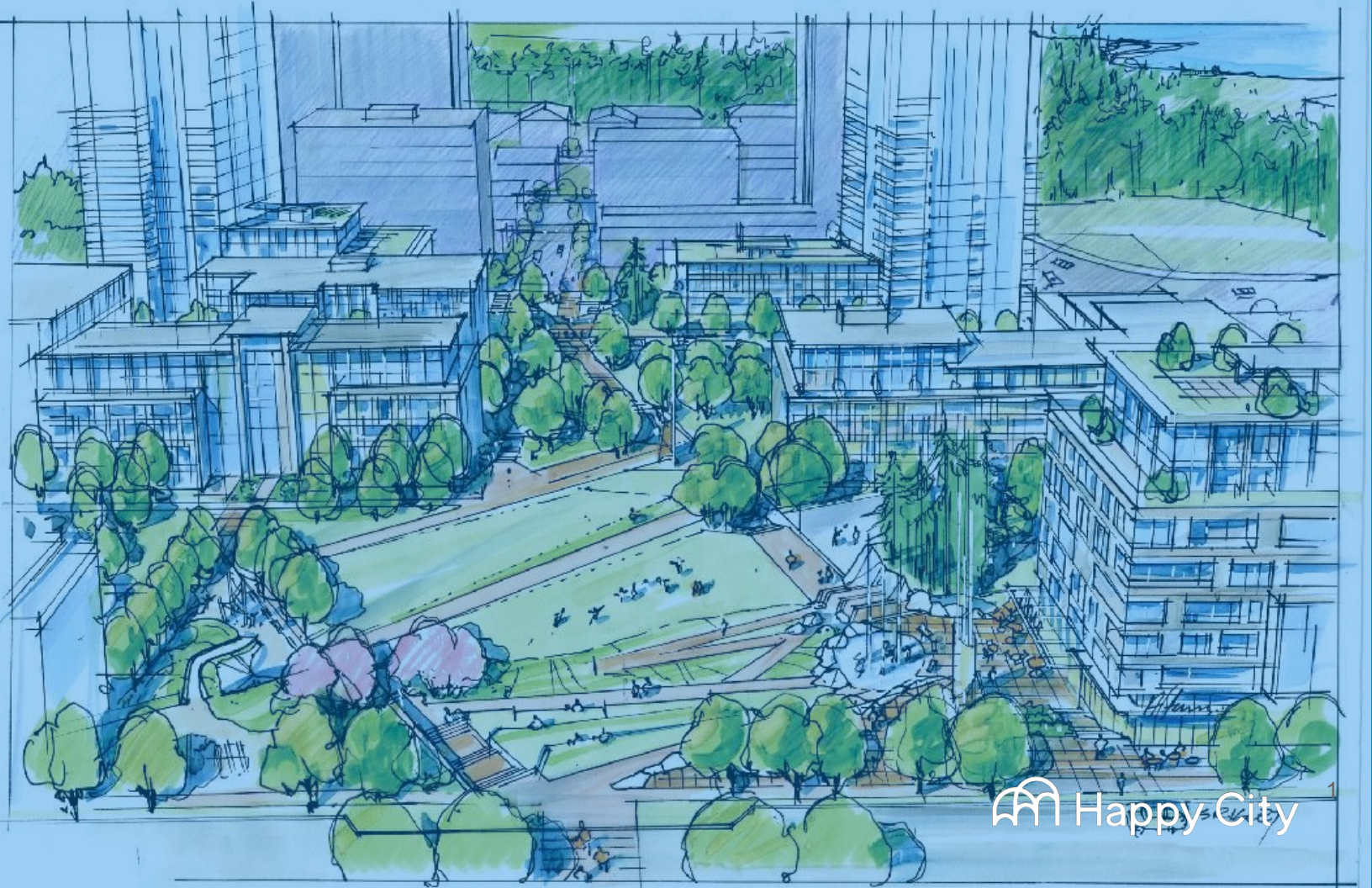


June 2021

# Coronation Park Wellbeing Framework Report



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# Contents

Executive Summary	03
Project Background	04
Site Context & Challenges	07
Port Moody's Spectrum of Density	08
Happy Coronation Park Process	09
Public Engagement Findings	11
Principles, Strategies & Actions	12
Guiding Wellbeing Principles	13
Recommended Actions & Strategies	15
In Summary	30
Appendix 1: Happy Coronation Park Process	
Appendix 2: Action Evidence References	

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# Executive Summary

This document offers a framework to support wellbeing and social connection, while providing a “Made in Port Moody” design style in the new Coronation Park development. Recognizing that moving from the site’s current state to the future development envisioned at Coronation Park will entail a lengthy and complex process, this report is designed to provide long-term guidance to the development team. At the same time, it includes a series of pragmatic, people-centred design actions to both illustrate how guiding principles can be applied in reality and demonstrate how wellbeing can be embedded throughout this development and others like it.

To achieve this, Happy City initiated the project with a background document review, together with extensive client consultation. Findings were analyzed through our wellbeing lens and distilled into a series of wellbeing principles, which were confirmed through a mini-workshop with Wesgroup. To inform how these principles could fulfill a “made in Port Moody” design style, we conducted pop-up engagement at several locations in Port Moody. We assessed the outcomes of the engagement, and combined them with background findings and wellbeing evidence. Afterwards, we developed a preliminary series of actions within the framework of the Wellbeing Principles. Firstly, these actions were discussed and then either expanded or discarded during the Happy Coronation Park workshop, along with numerous additional ideas advanced by participants. Finally, we followed up with several workshop participants via interview to clarify and advance certain ideas. The sum of these outcomes came to inform the Coronation Park Wellbeing Framework Report.

These outcomes centrally include six Wellbeing Principles for Coronation Park:

- **Sense of Community:** Create a community that celebrates Port Moody’s strengths and reinforces the emerging “made-in-Port Moody” design style to foster a sense of pride and community ownership.
- **Social Wellbeing:** Provide a spectrum of vibrant and lively places that bring the community together and promote social encounters that foster meaningful relationships.
- **Ease and Inclusiveness:** Design accessible places where people of all ages and abilities have convenient options to fulfill their daily needs.
- **Resilient Development:** Create a mixed-use community that evolves with the changing needs of residents through flexible housing tenure options and an array of commercial space offerings.
- **Active Living:** Create a development where healthy active living choices are easy and appealing for everyone who lives and works in Coronation Park.
- **Environmental Impact:** Incorporate and celebrate natural systems that support wellbeing and environmental resilience, while addressing the direct impacts that climate change can have on people.

Together with seven high impact actions and a series of supportive actions, the guidance provided in this report supports wellbeing through a *made in Port Moody* design style. In doing so, it addresses a number of OCP amendment requests and establishes the framework for a resilient, sociable and inclusive community where residents, visitors and local business may thrive.

# Project Background

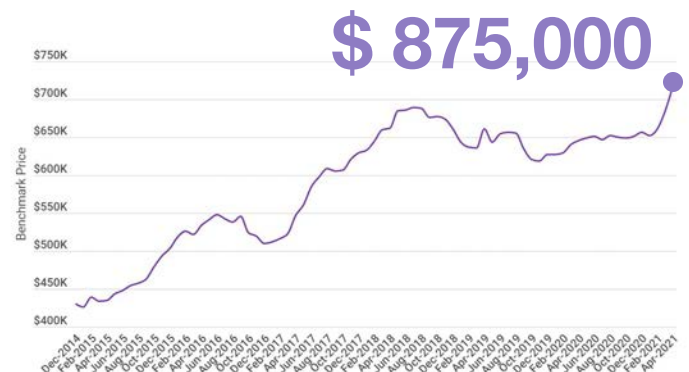
Situated in Port Moody, the new Coronation Park development is emerging at the nexus of Port Moody's past and future. The city is rich in community connections and offers incredible access to the outdoors. It also offers fast, convenient and accessible connections across the region thanks to both SkyTrain and West Coast Express Lines. With this in mind, it's no surprise that the appeal of this city of 33,000 (currently) is rapidly increasing.

However, demand is outpacing supply. This is due in part to the fact that in this city of 6400 acres, 47% of Port Moody's land is dedicated to park, open space and ecological reserve, while an additional 20% is zoned for detached housing. **This leaves approximately 33%, or 2,133 acres, to accommodate population growth, expand Port Moody's economic opportunities, and grow its tax base.** Current constraints are reflected in Port Moody housing prices. **In April 2021, the benchmark price for a detached house was \$1,900,000, benchmark for a townhouse was \$875,000 and the benchmark price for a condo was \$660,000.** Demand, rising prices and the focus on preserving green space underlines why new developments like Coronation Park are needed. But they cannot come at the expense of sacrificing Port Moody's character. Happy City has spent the past three months working with Wesgroup and a number of local stakeholders to do both.

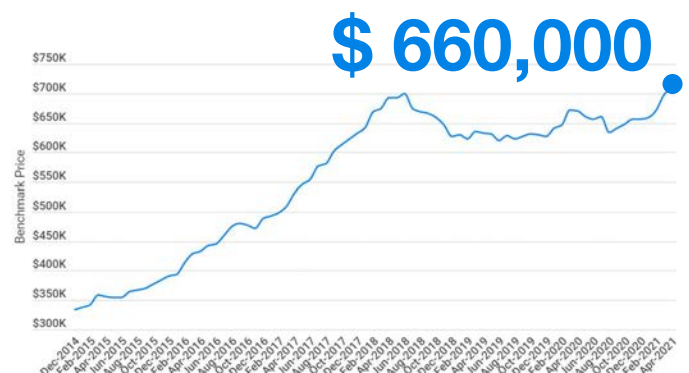
Through the course of Happy City's work on this project, it has become clear that Coronation Park presents considerable opportunity for Port Moody. **The intensive redevelopment of a detached home neighbourhood consisting of 57 dwellings into a mixed-use district of approximately 2900 homes will generate housing opportunities for far more people and families.**



Detached House Price in Port Moody



Townhouse Price in Port Moody



Condominium Price in Port Moody

Source: Mortgage Sandbox

# 57

Detached Homes

# 2,900

Homes + Employment  
Opportunities in Mixed-Use District



Notably, developing this housing together with the currently planned 115,456 square feet of commercial density (C.R.U., daycare, office, retail), and significant green space, will enhance quality of life through the new development and sow the seeds for community. This updated version of the mixed-use plan considers an additional 97,106 square feet of commercial space from the previous application (18,350 square feet). This 5.3 times increase will result in approximately 540 additional jobs. And if local and fine-grain commercial retail units (CRUs) are included, this new retail space can also contribute to the sense of community and local connection in Coronation Park. Additionally, drawing inspiration from Suterbrook Village, the project has the potential to further a “made in Port Moody” architectural style that sets the tone for future development in the city. Finally, **in situating this development a short walk from the Inlet Centre SkyTrain Station and working to ensure that residents can meet most of their daily needs within a 20-minute walk from home, the project will contribute to Port Moody’s sustainability and resilience.**

In fulfilling the vision for a healthy, sustainable and connected community at Coronation Park, there are a number of challenges that must also be addressed. Research indicates that social connection can be inhibited in high rise living contexts, while there is also risk of diminished wellbeing in such settings. This project also seeks to advance a “made in Port Moody” development style. In the context of denser contemporary development, this is an emerging style, with Suterbrook Village, and to an extent, Edgemont, as precedents. As such, **contributing to the definition of this “made in Port Moody” style is critical.** Zooming into the site, with **a 30 metre grade change from east to west, topography is a notable constraint.** This will impact the perception of density while also prompting critical accessibility issues. Site permeability raises related questions. With this in mind, it is important that development address accessibility and be an easy and convenient place to move through. **To contribute to Port Moody’s urban fabric and ensure Coronation Park residents can easily access the city’s natural offering, while making the development’s offerings welcoming to Port Moody at large is vital.**



When we say “easy and convenient to move” we mean for all people; whether they use a wheelchair, walker, stroller, skateboard or other human-powered mode. Finally, as we look to how this project can serve current and future generations, **it is essential that the project meet the needs of both young and old residents, while contributing to a sustainable and resilient future.**

Through the course of this project, we have worked to establish an understanding of the project’s context, highlight it’s opportunities, and identify the challenges that need to be addressed. We explore the project, unpack the opportunities and challenges that accompany it and offer our recommendations in the pages that follow.



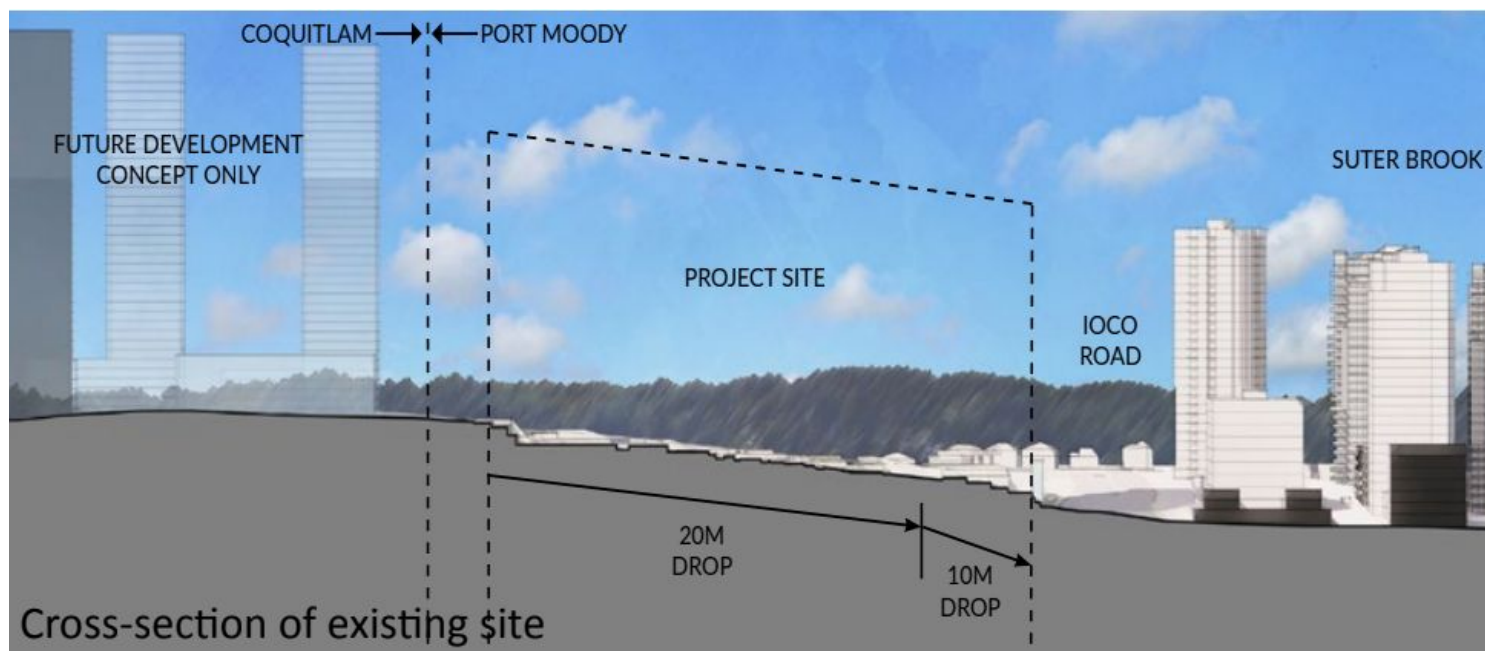
# Site Context & Challenges

Boasting great mountain views towards the west, the **Coronation Park site is adjacent to Suterbrook Village and a short walk to the SkyTrain at Inlet Centre**. From here, a mere 20-minute walk west will also get you to Rocky Point Park and the Burrard Inlet. With a stream running through the site, there's potential for a natural park, bioswales, and other stormwater management strategies to be implemented.

Despite these elements, the site also presents various challenges with its current context. Notably, its **hilly topography creates accessibility concerns and barriers for many**. With a continuous retaining wall running along its entire west side, **permeability and connection issues also exist** - especially with Suterbrook Village.

**It is important to note that the site is currently quite forested.** For this project, the majority of large trees will be removed due to site grading, backfilling and construction. While **the sustainability benefits of transforming this site from 57 detached units to 2900 dwellings significantly outweigh the negative impacts** of this shift, it also further motivates the need for a strong sustainability plan and commitment to integrating nature into the site.

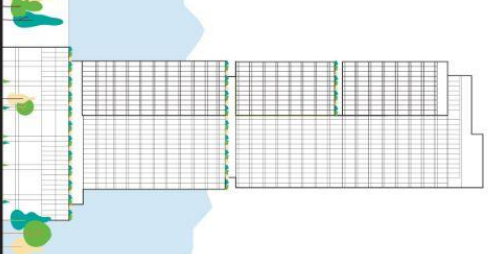
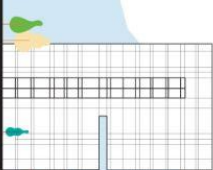
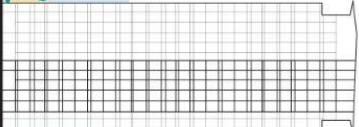
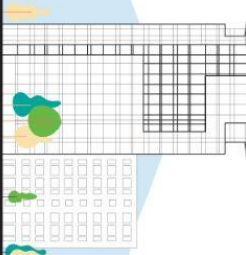
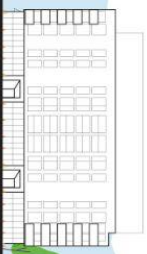
Equally important is that the eastern edge of the site denotes Port Moody's border with Coquitlam. Currently, **a large high rise development is slated for the neighbouring site on the Coquitlam side**. If a central park is to be located on the Coronation Park site (per the City's request), it will likely sit in shadow most of the time and face wind risks as a result. To maximize sun exposure, a necklace of spaces and building orientation can be created as an alternative.



# A Made-in-Port Moody Spectrum of Density

Port Moody is home to a range of building typologies and densities. This cross-section of projects illustrates the organic development of a *Made-in-Port Moody* style. Notable characteristics of this emerging style include:

- A strong connection between buildings and street level.
- The presence of greenery at street level and on podiums.
- Mixed-use development.
- Podiums and varying building heights in larger, more recent, developments.
- Taller buildings that offer great views of Port Moody's rich natural surroundings.
- Human-scale streetscapes that are home to local businesses and facilitate social encounters.



20% of Port

Moody is zoned for **Detached Homes.**

**Townhome Developments,** such as **Edgestone Bold** contain townhomes of three storeys.

**2703 Clarke Street,** an example of a **3-Storey Mixed-Use Development,** which combines retail, service, and office activities alongside multi-family residential.

A range of mixed use buildings in Port Moody rise up to a maximum of 6 storeys. An example of this is **The Strand,** a **5 to 6-Storey Mixed-Use Development.**

Buildings at **Suterbrook Village** consist of varying heights and types, including **3-storey low rise apartments,** **9-storey mid-rises and 26-storey high rise towers.** Complete with retail spaces, this Village has become a vibrant neighbourhood and social centre.

**Coronation Park** is planned to be a mixed-use development with residential, retail, light industry, and office space. The built environment will range from **4-storey low-rise podiums to 31-storey high-rise residential towers with a diverse spectrum of tenure opportunities:** below-market rental, rent-to-own, and ownership.



# Happy Coronation Park Process

## Background Document Review

We began by conducting a background document review and site research. This allowed us to gain a deeper understanding of the project's complexities and strengthen our knowledge of the site, as well as Wesgroup and Council's aspirations for the project.

## Wellbeing Principles

We then synthesized our findings and developed a draft of wellbeing principles, informed by Happy City's evidence-based knowledge on the connection between urban design and wellbeing. These principles were designed to support and guide the project's goals from a wellbeing lens. Together with Wesgroup, we tailored these principles with tangible, design-focused actions that could be implemented to achieve wellbeing at Coronation Park.

## Public Engagement

The desire for a strong "Made in Port Moody" character was a key takeaway from our background research. We therefore conducted a day of pop-up engagement on site in Port Moody, to learn what makes Port Moody, "Port Moody", from residents.

## Digital Workshop

Informed by our research and engagement findings, we then held a digital co-design workshop with a select group of key stakeholders and experts. During this session, we facilitated a collaborative discussion on innovative design and programming actions that could be used to achieve the project's wellbeing principles.

Coronation Park - Wellbeing principles

The grid details the following principles:

- Social Wellbeing:** Provide a spectrum of vibrant and lively places that bring the community together and promote social encounters that foster meaningful relationships.
- Ease and Inclusiveness:** Design accessible places where people of all ages and abilities have convenient options to fulfil their daily needs.
- Resilient Development:** Create a resilient community that evolves with the changing needs of residents through flexible housing, diverse amenities and an array of commercial space offerings.
- Sense of Community:** Create a community that celebrates Port Moody's heritage and nurtures the unique character of the area.
- Active Living:** Create a development where healthy active living choices are easy and appealing for everyone who lives and works in Coronation Park.
- Environmental Impact:** Integrate all building and systems that support wellbeing and environmental resilience, while also addressing the direct impacts that climate change can have on people.

We discussed challenges and opportunities for selected strategies, and emerged with high-impact planning- and housing-focused actions informed by these discussions.

### Stakeholder Interviews

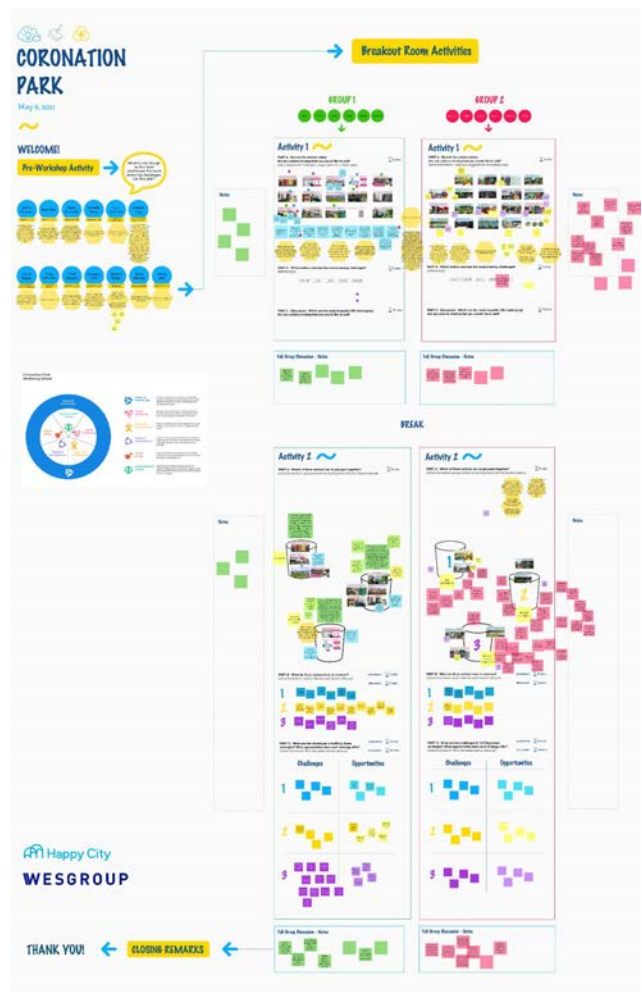
To go further in-depth on some of the conversations with interested participants, we followed up with individual stakeholder interviews.



### Project Framework

Our work culminated in a project framework and report highlighting our process, key learnings, and high-impact actions and strategies for achieving wellbeing at Coronation Park.

For more detail on the Happy Coronation Park Process, consult **Appendix 1**.



# Pop-up Engagement at Suterbrook Village and Moody Centre



# Public Engagement Findings

There were a few consistent themes that came up through the pop-up:

- **Access to nature** - Forest, trails and ocean
- **Community** - Knowing your neighbours, knowing people at the store, small town feel
- **Local business** - lots of support for local businesses
- **Fine grain streets** - small shops at street level
- **Proximity to amenities** - having shops and stores nearby
- **Rocky Point Park** - a specific major park that people loved
- **Good transportation connections** - near the "City" but not in it.
- **Breweries** (these came up a little less)

Interestingly, there was notable differentiation between responses at the two sites:

## Clarke Street:

- Community
- Local business
- Fine grain streets
- Access to nature

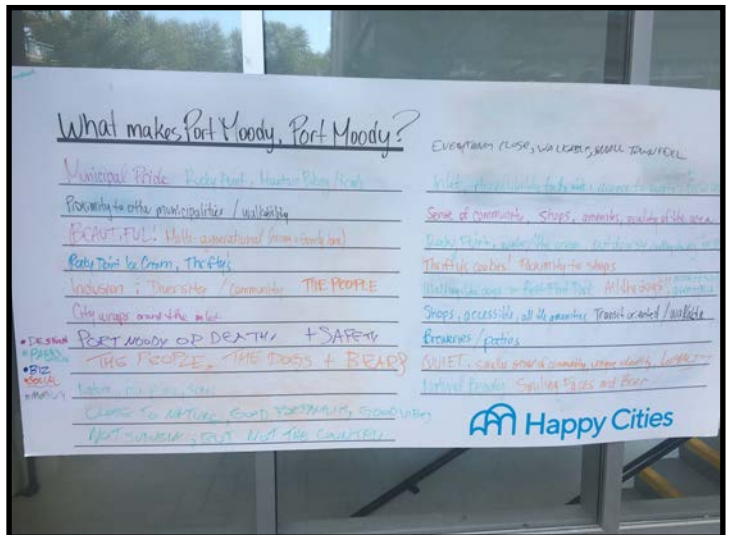
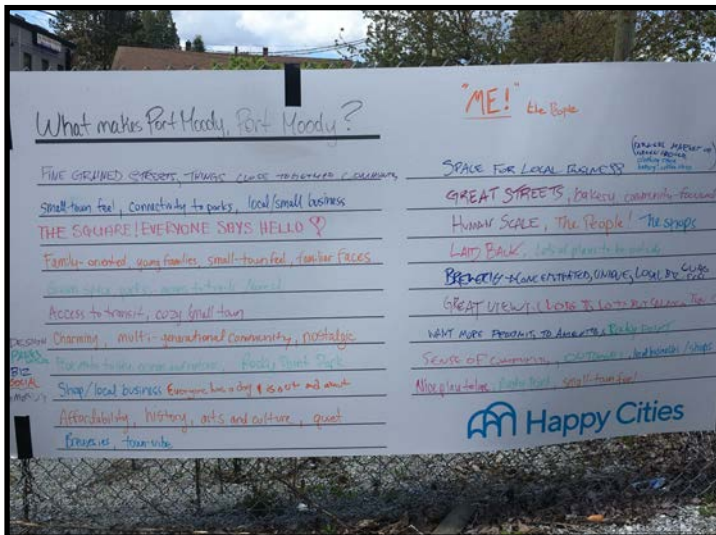
There were fewer people who passed this location, but 90% stopped to talk. There was more apprehension about new development here, and an emphasis on liking things as they were. It was important to note that this location was also very close to the Port Moody Centre development area.

## Suterbrook Village:

- Access to nature
- Proximity to amenities
- Rocky Point Park
- Community

This site was a lot busier, but fewer people stopped, and most that did stopped for a shorter amount of time. Far more people loved having all the amenities and businesses they needed nearby, but also great nature right outside their door. Overall, there was much more openness to new development.

Notes from both sites are detailed below:



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# Principles, Strategies & Actions

The following section presents the outcomes of the wellbeing analysis of the Coronation Park site. The outcomes in this report are organized at three scales: **Principles**, **Strategies** and **Actions**. They are defined below.

## Principles

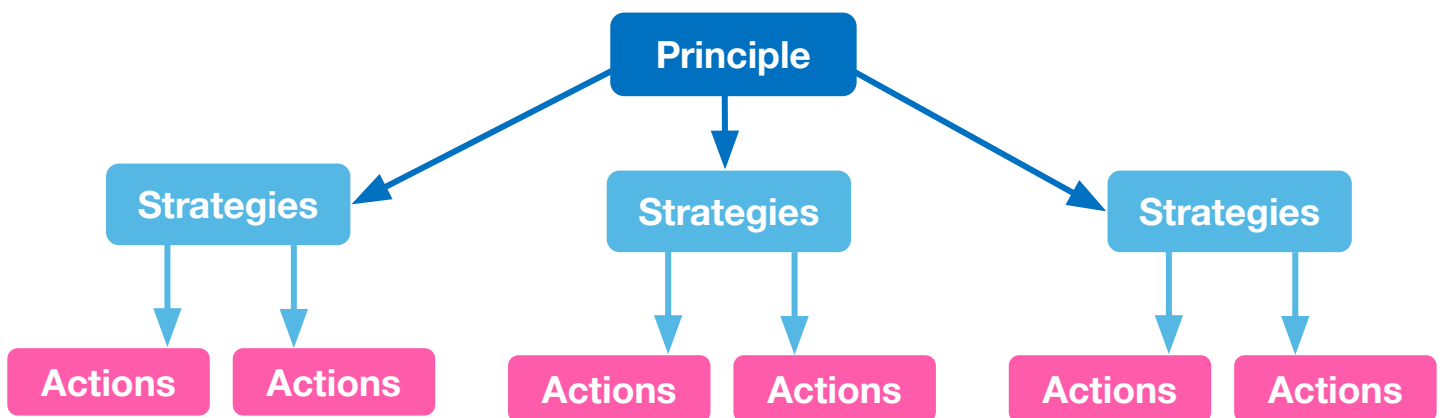
A framework of high-level aspirations and values that guide strategies and actions as the project develops. Notably, multiple principles may be fulfilled through a single action. In this report, the principles fulfilled by each high-impact action and the accompanying supportive actions are noted using the principle icon and title.

## Strategies

Acknowledging the long-term nature of this project, as well as the evolving context in which it is situated, these are containers for further actions. They are intended to provide guidance in fulfilling the project principles to designers, architects and landscape architects, while maintaining the flexibility for an array of ideas to emerge.

## Actions

Specific policies, design or programming tools intended to fulfill the principles and strategy. Importantly, these actions are also intended to illustrate how the principles and strategies can be fulfilled. This report is organized around seven high impact actions, each accompanied by a series of supportive actions and strategies.

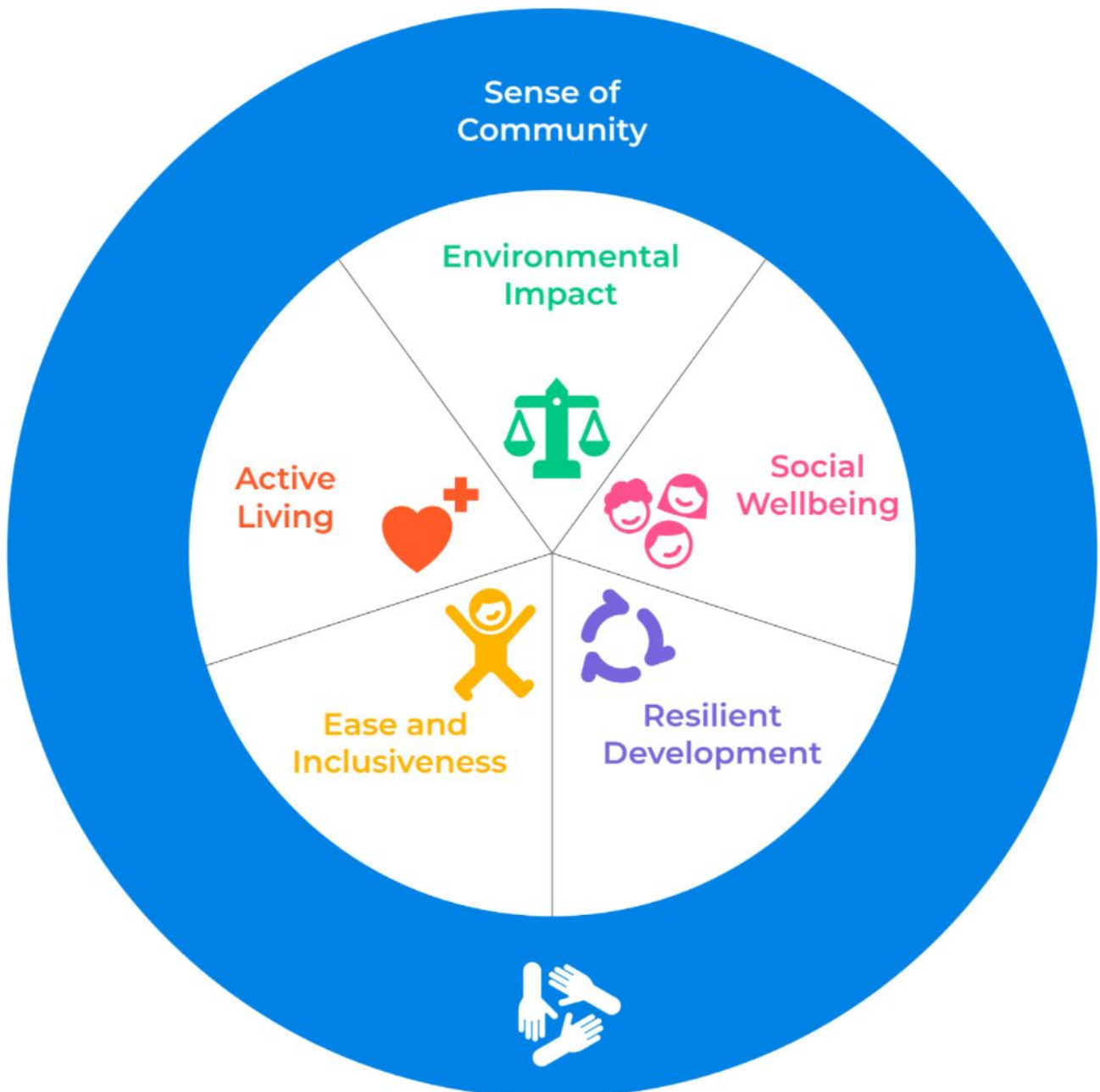


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# Guiding Wellbeing Principles

## Developing wellbeing principles

Drawing on insights from public health, neuroscience, behavioural economics and environmental psychology, Happy City has synthesized the most relevant findings from these fields into wellbeing principles to guide the design, programming, and implementation of developments and mixed-use neighbourhoods. Using an evidence-based approach, the following is a brief summary of the principles we feel should guide design at Coronation Park in order to build health, happiness, and wellbeing:





## Sense of community

Create a community that celebrates Port Moody's strengths and reinforces the emerging "Made in Port Moody" design style to foster a sense of pride and community ownership.



## Social wellbeing

Provide a spectrum of vibrant and lively places that bring the community together and promote social encounters that foster meaningful relationships.



## Ease and inclusiveness

Design accessible places where people of all ages and abilities have convenient options to fulfill their daily needs.



## Resilient development

Create a mixed-use community that evolves with the changing needs of residents through flexible housing tenure options and an array of commercial space offerings.



## Active living

Create a development where healthy, active living choices are easy and appealing to everyone who lives and works at Coronation Park.



## Environmental impact

Incorporate and celebrate natural systems that support wellbeing and environmental resilience, while addressing the direct impacts that climate change can have on people.

# Recommended Strategies & Actions

1. Maximize opportunities to include fine-grain retail at Coronation Park entrances and mixed use locations within the development.



## Principles Addressed:



**Sense of community**



**Social wellbeing**



**Active living**



**Resilient development**

## Why is this important?

Fine-grain retail edges can help support more small business by providing small space at more affordable rates. These fine-grain edges provide more opportunity for the type of local businesses currently found in Port Moody, and offer sociability and active lifestyle wellbeing benefits. People are both happier and kinder to strangers along street edges with an abundance of smaller shops and services. Active street edges also encourage more walking and healthy transportation choices among residents.

**The importance of fine-grain street edges:** Studies have found that people would walk 800m to do their shopping in dense and fine-grained neighbourhoods, like in New York, London and Montreal - and a distance similar to that between Coronation Park and Suterbrook Village; comparatively, when faced with large big-box parking lots, many shoppers would not even walk 200m between stores, instead preferring to drive and re-park their cars.

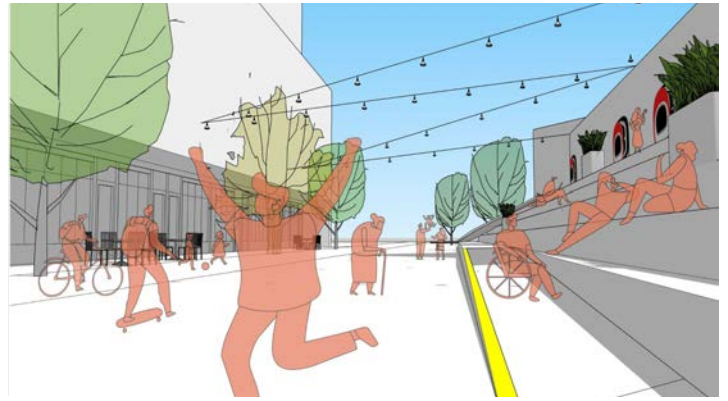
### **The importance of walkable neighbourhoods:**

Overall, people who walk or cycle to their destinations demonstrate better physical health and a lower risk of being overweight or obese. Each additional kilometre walked per day reduces your probability of becoming obese by 4.7%, whereas each hour spent driving increases obesity risk by 6%.

**The importance of active street edges:** Streets with restaurants, coffee shops, chairs and benches attract pedestrians, foster interactions and create vibrant streets. Buildings with large, single occupants (like banks or large drug stores) on the ground floor and buildings with opaque windows, or long rock walls as is the case along loco Road, create inactive streets.



**The importance of accessible streets:** When places aren't walkable, people suffer. In the US, non-driving senior citizens made 65% less trips to visit their family and friends and to attend religious events than their driving counterparts. This will be critical to consider in Port Moody, where the number of seniors is growing.

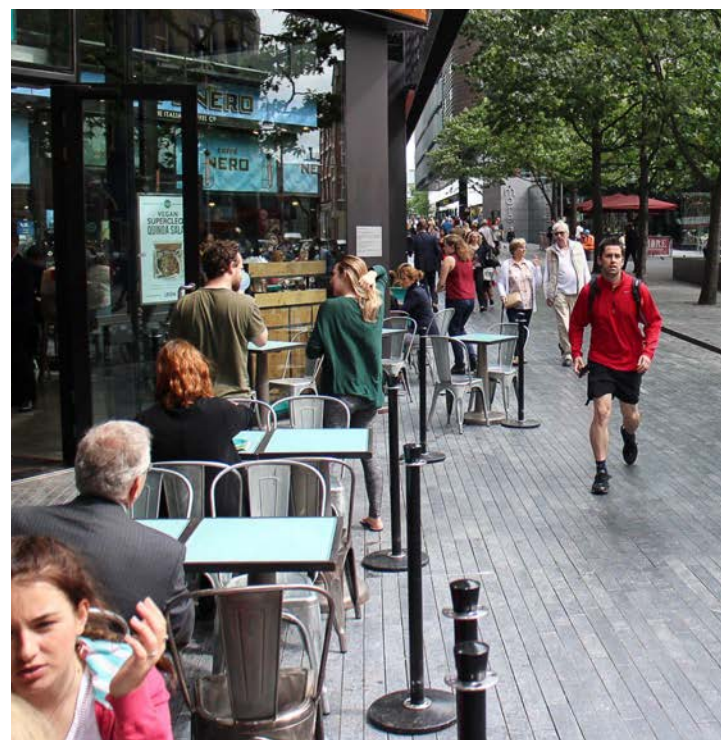


## Supportive Actions

- a. Construct three entrances along the western edge of the site: one at the southwest corner that links directly to the SkyTrain station, one along the western edge that connects easily to Suterbrook Village and one at the northwest corner that leads towards the inlet and Rocky Point Park.
- b. Create site entrances that also serve as welcoming public spaces.
- c. Create alternative and accessible pedestrian corridors that connect the different buildings to adjacent streets and main central public space.
- d. Design pedestrian entrances to the site that also serve as welcoming public spaces that highlight Coronation Park's appeal to residents and visitors alike.
- e. Engage Indigenous artists (with a priority for Kwikwetlem, Musqueam, Squamish, Stó:lō and Tsleil-Waututh artists) in the creation of public art for the site.
- f. Design a "playfinding" system that engages residents of all ages and abilities. Use accessible signage to ensure residents can play along the way to their destination.

## Strategies

- Encourage fine-grain retail by designing small flexible commercial retail spaces at grade, where larger businesses can rent and combine several spaces to meet their needs.
- Ensure that sidewalks are wide enough to accommodate street furniture for both public seating and nearby cafes and restaurants, while allowing people using wheelchairs to move past these features with ease.



## 2. Create comfortable, convenient and universally designed shared spaces of varying sizes throughout the site.



### Principles Addressed:

 **Ease and inclusiveness**

 **Social wellbeing**

 **Resilient development**

 **Active living**

 **Sense of community**

## Why is this important?

Shared outdoor spaces are a key building block of social connection within large developments. When a spectrum of spaces are included, there is a greater potential that they will reflect the diversity of the many different people who will call Coronation Park home. These spaces can also signal a project's commitment to inclusion, through the extent to which universal design has been considered and by highlighting local Indigenous arts and culture. Fulfilling this action can achieve the directive to include a community garden, and potentially address the additional civic amenity requested by council. Finally, prioritizing open public space over open semi-private space will allow members of the community to incorporate Coronation Park into their daily lives.

**The importance of including spaces of varying size:** People need to be able to gather in different group sizes in order to fulfill their social wellbeing needs. Having spaces to gather with 4 or 5 friends, others with up to 50 people and opportunities to connect with the larger community (up to 150 people) will help address sociability needs. Offering a variety of spaces creates more opportunities for residents with many different interests and needs to find places of meaning. In Port Moody, this means certain spaces may appeal to families, others could appeal to couples or seniors, and some could be platforms to bring people of different backgrounds together.

**The importance of collaborative spaces:** Strong social connections emerge when people collaborate to accomplish tasks or causes that feel bigger than themselves. Meaningful outdoor space uses can help to foster a stronger sense of community.

**The importance of inclusive spaces:** Accessible toilets and water fountains are essential whenever children are sharing a space. Parents are less likely to bring their children to spaces where these amenities are absent. Ensuring that the washrooms are accessible considerably broadens potential shared space users, as approximately a quarter of BC residents live with a disability.

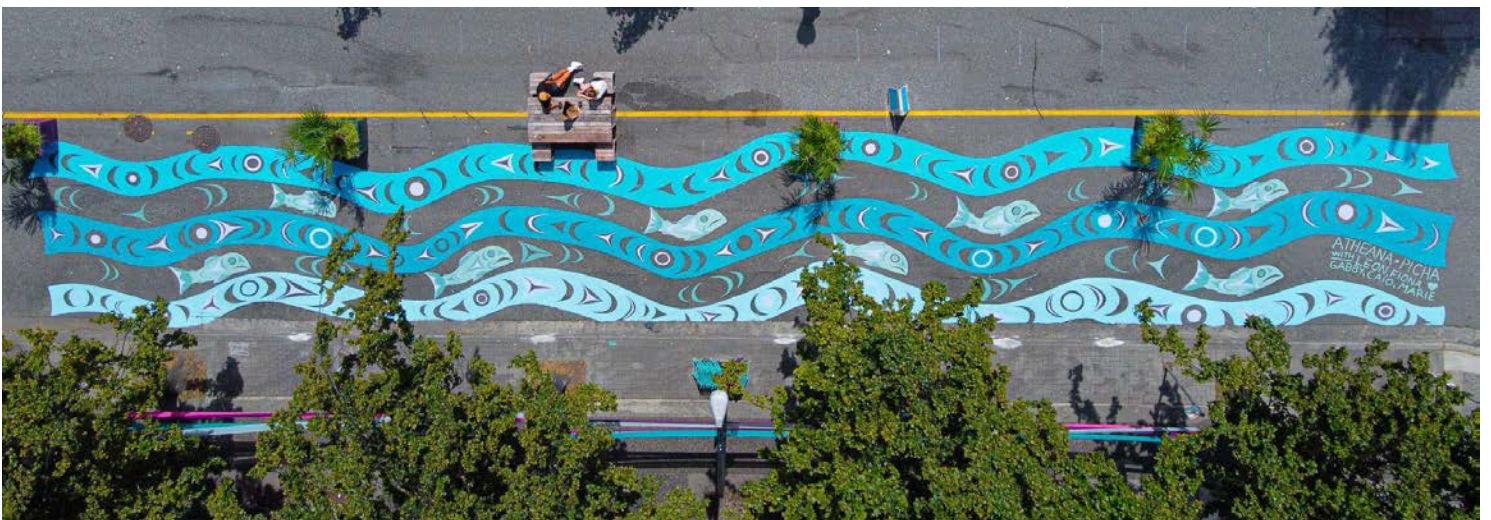


**The importance of planning for neurodiversity:** Navigating a new or busy environment can be anxiety-producing and can, without intuitive wayfinding, lead to tiring back-tracking which is particularly difficult for those with mobility or mental health needs. An array of people deal with anxiety, depression and a host of other neurodiverse conditions, many of which can be alleviated in part through social connection and access to nature.



**The importance of play:** By integrating playability into street furniture (to balance, jump on/off, climb up, crawl under) and routes (slides alongside stairways, storytelling murals/routes). Play can be a part of many spaces. This can save space on dedicated playgrounds, while encouraging play between different ages and between children and caregivers - studies show it can help to create nurturing and stimulating interactions in the community.

**The importance of public art as part of reconciliation:** The incorporation of Indigenous art provides opportunities to connect the site to the land's history through collaboration with Kwikwetlem, Musqueam, Squamish, Stó:lō and Tsleil-Waututh artists. Reflections of local Indigenous culture in art, as well as hiring Indigenous artists, serves to emphasize the connections between land, place and history, while supporting a sense of meaning and belonging in a space. Highlighting local Indigenous arts and culture in shared spaces is also a small step towards reconciliation.



## Supportive Actions

- a. Co-locate services and activities for seniors and children to offer social opportunities and inter-generational support.
- b. Support intergenerational connections through accessible and playable landscaping, parks and amenities.
- c. If a ramp from Inlet Centre SkyTrain station to Coronation Park is implemented over loco Road, work with the City to ensure that it does not have a grade of more than 5%-8% for more than 9 metres. To achieve this, a switchback ramp on the station side is recommended.
- d. Design a necklace of smaller public spaces that represent residents' diversity and different interests.
- e. Include universal public washrooms, and WiFi in the central public space.
- f. Include a variety of seating and gathering spaces that serve a range of functions and meet a variety of needs.
- g. Include universally designed fitness equipment in the residential gym and outdoor fitness spaces.
- h. Design a weather-protected, covered public space with year-round features and functionality.
- i. Provide a variety of active recreational opportunities throughout the site for all genders.

## Strategies

- Ensure all shared spaces throughout the development are accessible by involving a universal design expert and people with lived experience in the design of shared spaces.
- Together with the project's landscape architect, develop a transect of public spaces to clearly communicate the variation in space sizes and uses. Ensure the spectrum of spaces - from space for 4 or 5 people, to 50, to 150 are accounted for.



### 3. Create an internal circulation/mobility plan that prioritizes human movement.



#### Principles Addressed:



**Active living**



**Social wellbeing**



**Sense of community**



**Environmental impact**

## Why is this important?

The reliance on private vehicles limits opportunities for in-person interactions. People in car-dependent communities report feelings of isolation and disconnectedness. Therefore, it is essential to create spaces that make it easier for people to choose walking, biking and use of public transport over private vehicles. In realizing this action, the development team can address Council's request to to convert some existing road space to public space.

**The importance of active mobility:** Active commuters are 11% less likely to suffer from cardiovascular problems. This effect is especially true for women. They are also less likely to be overweight and miss one work day less per year, on average, due to medical problems than their male counterparts.

**The importance of universal design:** A lack of accessible infrastructure can impede day-to-day tasks for people with disabilities. A study from the UK found that 75% of people with disabilities had to abandon their visit to a UK business due to a lack of proper infrastructure. During the pop-up public engagement at Suterbrook Village for this project, several people using mobility devices highlighted the convenience and accessibility of the site as important factors in deciding to move there.

**The importance of walkable places in supporting sociability:** Walkable places, such as those planned within the Coronation Park development boost opportunities for positive face-to-face encounters. They promote the sorts of repeat encounters that boost social trust, creativity, enduring relationships and even economic growth. Furthermore, casual interactions have a positive influence on intergenerational relationships.

**The importance of playable routes:** Playful urban spaces allow both children and adults to re-discover the street and city in fun ways, and engage playful mindsets that help residents re-create and re-imagine their public spaces as welcoming and happy places.

## The importance of high-quality active

**transportation facilities:** Access to convenient and secure bike parking is essential to influencing an individual's decision to commute by bicycle. Similarly, access to showers and change rooms is a key decision-making factor for people when they consider biking to work.



## Supportive Actions

- a. Create a pedestrian mobility plan, and use it as the basis for all mobility circulation within the site.
- b. Creatively use design to enhance accessibility ensuring that the routes through the site are attractive and functional.
- c. Locate a public bicycle parking area at the tower on the northwest of the site, with at grade access to loco St.
- d. Design an accessible wayfinding system that engages residents of all ages and abilities.
- e. Include a Shoreline Trail-inspired pedestrian path at the northwest corner of the development.
- f. Design certain routes or streets with playability for all ages in mind.

## Strategies

- Draw inspiration from nearby Port Moody trails and incorporate into accessible routes throughout the site.
- Monitor advancements in micro-mobility - such as shared e-scooters - and assess the feasibility of implementing micro-mobility infrastructure.



#### 4. Design spaces that integrate the built and natural environment to foster joyful and stimulating experiences.



#### Principles Addressed:



**Sense of community**



**Social wellbeing**



**Resilient development**



**Active living**



**Environmental impact**

## Why is this important?

Access to nature brings benefits for physical and mental wellbeing. It even causes people to adopt behaviours that are good for the environment. Access to nature is strongly linked to positive neighbourhood relationships and trust among community members. Finally, while all actions detailed in this report are intended to ensure a “Made in Port Moody” style, this action specifically aims to celebrate Port Moody’s natural assets; a vital characteristic of the community, according to people who participated in our pop-up public engagement.

**The importance of natural spaces:** Spaces that are natural, partly enclosed and calm can support a sense of safety and reduce potential for anxiety - for example from traffic, noise, lighting or busyness of the streets and public spaces. These spaces are also great for child-caregiver interactions (parents, grandparents, siblings, neighbours) such as breastfeeding, storytelling, spaces for teenagers and spaces to play amongst nature.

**The importance of accessing nature:** Spending time near nature significantly improves moods. People who work in nature, and even those who can see nature through their windows, report more positive attitudes and less stress than those who do not. A short walk in a natural environment can significantly improve mood.

**The importance of greenery in supporting sociability:** Nature brings people together. This is well-illustrated in Port Moody. Residents in building complexes avoid meeting in areas that lack greenery. Those who live in spaces surrounded by greenery report stronger social ties with their neighbours than residents that live in hardscaped areas.

**The wellbeing benefits of a biophilic boost:** People who experience nature on a daily basis report being happier, more curious and fascinated. Places featuring more vegetation are also more attractive to socializing. People tend to gather more in green areas, and their social ties also grow stronger when compared to people who live in bare areas.

## The importance of play opportunities through nature:

Play provision through natural elements provides benefits to all people, not just children e.g. a climbable tree (with low hanging branches vs. lollipop trees) can be appreciated for its aesthetics, shade, and climbability. Grassed slopes can be used for picnicking/relaxing as well as running up and down.



## Supportive Actions

- a. Add bioswales or shallow ponds and creeks as part of the landscape design to prevent flooding.
- b. Integrate public space design with the groundwater management plan to create natural water features and highlight water conservation.
- c. Create natural spaces for respite and reflection within the development.
- d. Include Indigenous flora throughout the site.
- e. Include sensory friendly amenities, such as scent (lavender, mint) and sound (water, leaves) in certain shared spaces.
- f. Include art or interactive installations that double as energy management solutions.
- g. Wherever possible, preserve existing trees on site and integrate them into the new development.
- h. Include green rooftops where plants overflow into the edge of the buildings simulating the Port Moody 'green cascade' image.
- i. Include a mix of coniferous and deciduous trees to ensure some greenery all year round, while also creating seasonal variation.

## Strategies

- Ensure that people can see or touch nature in their homes and throughout the development.
- Use Port Moody's natural surroundings as inspiration for green space throughout the development.





5. Explore opportunities to include family units above-grade at the podium level that include semi-private patios and adjacent programmed shared spaces to allow residents to enjoy nature at all levels of the development.



## Principles Addressed:



**Sense of community**



**Social wellbeing**



**Resilient development**



**Environmental impact**

## Why is this important?

High-rise housing developments can face challenges in terms of providing convenient social and nature-based opportunities to do activities and build social capital. This can be especially true for families with children. The Port Moody community values access to nature and the feeling of a small close-knit community. The following evidence speaks to specific implications of the proposed strategy. This action can help mitigate the impact of high-rises on social connectedness and health, as well as support a greater range of family-friendly units.

**The importance of being connected to the public realm:** When residents are able to safely observe what is happening in the public realm from their unit, they have an increased sense of safety and community. In turn, they are more likely to use public or semi-public spaces and build social connections. This can be a challenge in developments with high-rise buildings, so creating semi-public spaces throughout all levels of the development can help create this sense of community.

**The importance of doing things together to mitigate loneliness:** People generally don't set out to build social capital. Rather, they form and deepen relationships when they are involved in fun or meaningful activities together. These activities build feelings of mutual trust, which in turn boost people's sense of safety as well as their ability to tackle collective challenges and solve conflict. That's why shared activities, themselves, are a tool for building safer and more inclusive neighbourhoods.

**Mitigating impacts of high-rise development on children:** Children growing up in high-rises can face development challenges, since parents do not feel safe letting children on upper floors play unsupervised, which restricts children's outdoor play time and socialization. A Japanese study found that young children living above the fifth floor were slower to develop basic skills such as dressing themselves and helping with household tasks.

Creating semi-public spaces throughout the development can give parents and kids a chance to feel safe and easily access enriching and social spaces.

**The importance of being connected to nature:**

Access to nature is strongly linked to positive neighbourhood relationships and trust among community members. People who live or congregate in green areas tend to gather more and have stronger social ties than those in bare areas. In Port Moody, connection to nature was cited as important during public engagement with residents.



## Supportive Actions

- a. Include gardening opportunities at the podium level that are open to residents of the tower.
- b. Create a transition between communal spaces and outdoor space at the podium level utilizing sliding doors, social seating and covered - or shaded- spaces to extend the use of the indoor communal space.
- c. Create a setback of about 3.5m between pedestrian pathways and at grade household entrances to maximize social use of the semi-private space.
- d. Locate family units (with 3 bedrooms) and townhomes in the first 4 levels of the tower building so they have a direct visual contact with the semi-private spaces at the podium level.
- e. Ensure units in the podium level have balconies and a visual connection to the public realm.
- f. Integrate environmental awareness and care for joyful experiences at the podium level such as beehives, children accessible garden beds, micro-rainwater art installation, etc.

## Strategies

- Ensure that multi-family housing unit design promotes feelings of privacy and helps to control perceptions of density.
- Provide clearly delineated private, semi private, and public spaces.



6. Locate 'creative hubs' that complement amenity or communal space every 8 stories in residential towers, where residents have opportunities to spend time together.



## Principles Addressed:



**Sense of community**



**Social wellbeing**



**Resilient development**



**Ease and inclusiveness**

## Why is this important?

Communities with high-rise buildings can lead residents to feel overcrowded but lonely at the same time. Providing a variety of amenities that give smaller groups of residents a sense of ownership helps build community and social connections. This action serves to support social connection in high rises and offer opportunities for seniors and children to spend more time together. It also helps fulfill highest and best use for amenity space and helps advance an innovative architectural design that could create a precedent for Port Moody towers.

**The importance of intergenerational interactions:** Port Moody is a family-oriented community, but it also has a fast-growing number of single households including seniors. Casual interactions also have a positive influence on intergenerational relationships. When seniors have an opportunity to share their life stories with children, their feelings of loneliness decrease and life satisfaction improves.

**The importance of providing amenities for seniors:** Since the Coronation Park site intends to include Port Moody seniors (especially through the inclusion of a seniors facility), it is important to consider that loneliness can cause early death as often as other leading causes of death among seniors. With a growing number of seniors living alone, seniors often feel disconnected from their community- health issues, pain, fatigue, and anxiety can keep seniors from leaving home. Having safe amenities with programming can help get them connected.

**The importance of more intimate shared spaces to address loneliness:** Small spaces can facilitate both short casual conversations and long encounters between friends. Introverts are more likely to engage strangers in conversation when they don't feel overcrowded and have the possibility of retreating. Small spaces can be used for long conversations between friends, or for short conversations (3-5 minutes) with strangers or casual acquaintances.

**The importance of creative endeavours to boost sense of belonging:** Arts and culture are a key part of Port Moody’s identity. Collaborative art or “co-creation” leads to lower levels of stress, higher levels of perceived social support and increased feeling of belonging and inclusion. The option to choose is integral to human well-being: allowing people to express their individuality fulfills this need. Further, co-creative environments lead to more inclusive communities who learn to navigate their differences in a safe space.



## Supportive Actions

- a. Design a series of creative hubs two thirds of the way up the buildings, offering distinct spaces where residents can share space to work, study, cook, play games and spend time together.
- b. On floors with creative hubs, create a setback in the tower design to make space for outdoor communal space where residents can sit, talk, garden and enjoy nature.
- c. Provide cooking hubs where people can prepare food, share dishes from their place of birth, teach children and garden spices and a few vegetables together.
- d. Include intergenerational outdoor hubs with opportunities to sit and eat, with giant board games and universal public washroom facilities so children and seniors can spend time together.
- e. Spread out small social clusters throughout the building. For instance, provide space with a library nook and sitting area, a shared closet in the elevator landing for shared home appliances, an art niche along the corridor where children can show art work.

## Strategies

- Include recreational and social opportunities that foster connections between people of different ages and from different backgrounds.
- Provide opportunities to mitigate the negative impacts of high-rises on residents.



## 7. Include diverse housing forms and different types of tenure across the development



### Principles Addressed:



**Resilient development**



**Sense of community**



**Ease and inclusiveness**



**Social wellbeing**

## Why is this important?

Providing high-quality affordable housing that embraces a mix of tenures enables community diversity and resilience in the long term. This action can provide greater stability to the community, including renters, allowing people to stay long-term in the neighbourhood. Accomplishing this action will maximize the benefits of density and will ensure a greater range of family-oriented unit mix and options.

**The importance of aging in place:** Port Moody has a growing population of seniors. Studies show that older people want choices about where and how they age in place. Aging in place creates an ongoing sense of attachment, connection and feelings of security and familiarity. It also helps seniors maintain independence and existing relationships. Overall, allowing seniors to age in place is less costly than other living options.

**The importance of secure tenure:** People who live in the same building or neighborhood for a long time are likely to report higher life satisfaction, interpersonal trust, and sense of belonging. For families, with children, the more that they have to move, the higher the chance of developing behavioural and emotional problems, likely because a stable community is important to their growth.

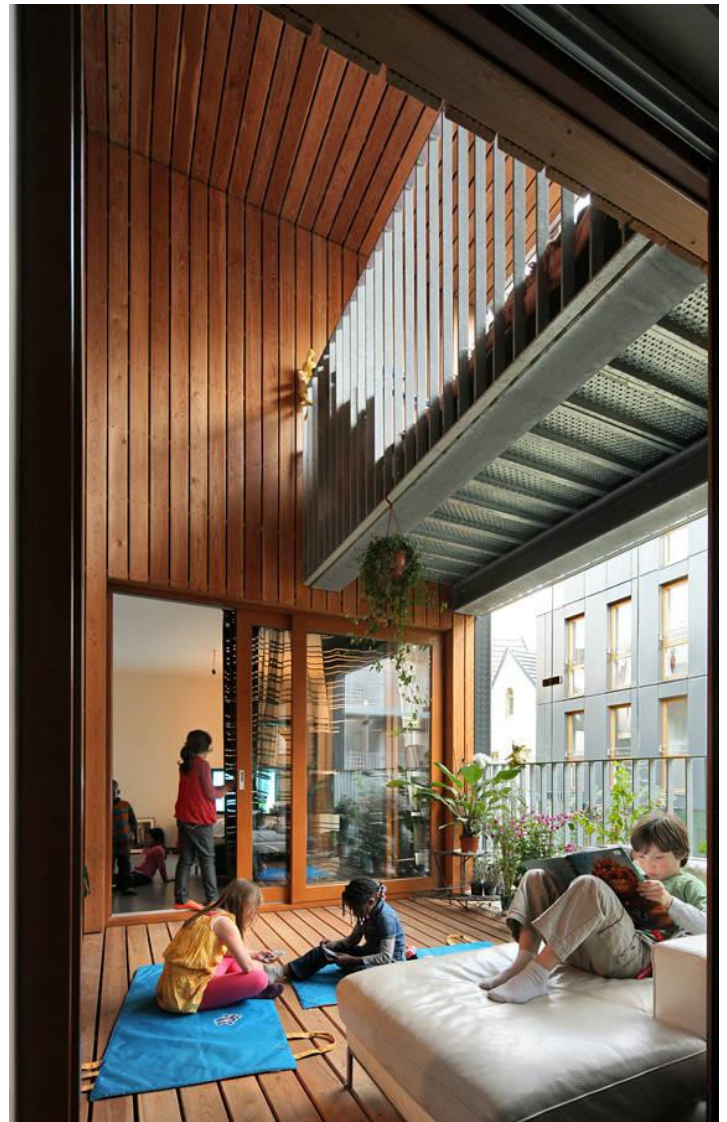
**The importance of mixing diverse levels of income for a resilient community:** Places that promote interaction among various income levels, backgrounds, ages and household sizes help bridge differences and build trust. A meta study showed that positive interaction between members of different groups reduces prejudice and fosters tolerance.

## Supportive Actions

- a. Offer housing with a wide range of bedrooms, from studios to 3-bedrooms units.
- b. Design housing units with flexibility in mind, such as dividable rooms and a living space that can be transformed into a bedroom.
- c. Include lock-off suites that can be interconnected with units to address residents' temporary or evolving needs. Lock-off suites can be used as guest suites as well.
- d. Offer a wide spectrum of legal frameworks to provide security of tenure including rent to own and co-living. Add dedicated affordable housing, such as below market rental, if FSR relaxations are permitted.
- e. Consider 4 bedroom townhomes or family units to make space for intergenerational households.
- f. Include live-work units. Ensure some of them are at grade level and utilize sliding doors to enable a transition between the private and public space.
- g. Go beyond code and include adaptable or universally designed housing units.

## Strategies

- Ensure that the design and mix of dwellings can meet residents' current and anticipated needs over time.
- Ensure that the development offers opportunities for a wide diversity of people -including household composition, cultural background and income level- to live in the development.



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# In Summary

This report provides a framework for wellbeing at Coronation Park. The six wellbeing principles crafted for this project frame the high level aspirations and values that we have heard Wesgroup express. They guide the strategies, which serve as containers for the development of new actions during the course of the project. The principles also inform a series of high impact and supportive actions, which have been created to support wellbeing in the new development and address Council direction. These actions also serve to illustrate how the principles and strategies can be applied in practice by future architects, urban designers and landscape architects working at Coronation Park. A manner of design wayfinding, so to speak.

Importantly, the high impact actions and accompanying supportive actions serve to fulfill City of Port Moody direction in the following ways:

## Action 1

- Increase accommodation of essential local shopping options in light of increased demand from the project.
- Expand office space allocation to be better aligned with Council's jobs-to-population ratio guidance.
- Investigate designs for mitigating impact of high rises on social connectedness/mental health.

## Action 2

- Advance the amount and configuration of public park space versus the semi-public open space.
- Provide a community garden.
- Support the possibility of purpose built-space for key groups within the development.
- Increase voluntary amenity contributions toward project park.
- Investigate designs for mitigating impact of high rises on social connectedness/mental health.

## Action 3

- Conversion of as much existing road network to park as possible.

## Action 4

- Advance the amount and configuration of public park space versus the semi-public open space.
- Investigate designs for mitigating impact of high rises on social connectedness/mental health.
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## Action 5

- Investigate designs for mitigating impact of high rises on social connectedness/mental health.
- Determine how density is distributed, taking account of the built form and grade transition.
- Improve family-oriented unit mix and options.

## Action 6

- Determine how density is distributed, taking account of the built form and grade transition.
- Investigate designs for mitigating impact of high rises on social connectedness/mental health.
- Identify interesting and innovative architectural design should be a component of the Coronation Park development.

## Action 7

- Improve family-oriented unit mix and options.
- Explore rent-to-own as an alternative to the affordable housing component.

# Appendix 1:

## Happy Coronation Park Process



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# Happy Coronation Park Process

The following key actions were outlined to achieve the project's goals in a meaningful way:

- **Ensure 7 OCP amendments are approved**
- **Achieve City staff buy-in**
- **Ensure Council is satisfied that all reasonable steps to support social connection and mental wellbeing have been taken**
- **Ensure the plan supports Port Moody's development aspirations**
- **Develop a clear framework for supporting wellbeing through the entirety of this complex and length multi-stakeholder project**

The following stages of work were undertaken to support this effort.

## Wellbeing Principles

We began this process by developing a set of high-level wellbeing principles for the site. Our first step was to gather and analyse all relevant background information regarding the project and site. We reviewed Wesgroup's vision documents, the Coronation Park project brief and design guidelines, direction from recent Council motions, and other policy documents from the City of Port Moody. We noted key findings from each document and analyzed them to gain a deeper understanding of the project's complexities and history to date.

We also conducted a site visit to strengthen our knowledge of the site and develop a first-hand understanding of the geographic area. The goal of

this stage of work was to develop a strong understanding of the site, Wesgroup's aspirations, and values that the City holds for this project.

Once the background review was complete, we began to synthesize our findings into high-level project principles, guided by Happy City's evidence-based knowledge on the connection between urban design and wellbeing. Our findings from our background research were grouped into high-level themes that support wellbeing as well as Wesgroup and Coronation Park's project goals, including: social connections, sense of community, ease and accessibility, as well as long-term resilience for the project and the environment. These themes were then distilled into principles, written to reflect the aspirations and goals of the site's stakeholders, while prioritizing Wesgroup's aspirations for the project.

These draft principles were illustrated with accompanying suggested actions - tangible, design-focused approaches to achieving each principle for wellbeing. This list of proposed actions and draft principles were presented to the Wesgroup team during an online working session. Wesgroup provided guidance on the theme areas of importance, and highlighted key actions that were strongly aligned with the vision, as well as those that were less well suited. After incorporating Wesgroup's comments, the final set of project principles were delivered.

The design actions that emerged from the principle development process also helped inform the digital workshop and co-design session (see below).

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## Pop Up Engagement

A key theme that emerged from our background research, and in conversation with Wesgroup, was the desire for a strong, “Made in Port Moody” sense of character and community for Coronation Park. In order to achieve this, we collectively identified the need to hear from Port Moody residents directly on their perspectives and aspirations for their community. Therefore, we designed and implemented an additional round of in-person engagement, on-site in Port Moody.

On May 1st, 2021, our team and Wesgroup conducted two pop-up engagement sessions to speak with Port Moody residents. Our goal was to understand what a “Made in Port Moody” development would look like.

We conducted pop-ups at two locations. The first was on the 2400 block Clarke Street, and the second was in Suterbrook Village, near the Thrifty’s. We installed a large “whiteboard”-style poster that asked, “What makes Port Moody, Port Moody?”. We spoke with passersby and engaged in conversation with local residents, and captured their responses on the board with markers. Following COVID-19 safety precautions, including masks, sanitizer, and safe physical distancing, we spoke with approximately 50 people over 5 hours.

## Digital Workshop

Hosted by Happy City, this online co-design session served as an opportunity to bring key stakeholders and experts together in a facilitated conversation around the project’s wellbeing principles, with the goal of co-creating innovative ideas and design actions that support wellbeing at Coronation Park. This workshop was designed to happen early in the design process so that the outcomes of this work would inform guidelines for design, programming and engagement for the Coronation Park project.

These guidelines will in turn address challenges and opportunities for the site that can be considered as the project progresses. It was important for the project team to conduct this work early, and to do so in a meaningful way so that the findings and outcomes of this work could serve to guide future iterations of the Coronation Park project, even if key leaders and project stakeholders changed over the duration of the development process.

### Who was there

Each participant was selected based on their expertise and knowledge of the Coronation Park site. With Wesgroup’s recommendations, we invited 5 experts in architecture, building science, design, and placemaking to participate in this collaborative discussion. We also included members of the Happy City team to provide their expertise in wellbeing, as well as representatives from Wesgroup who could guide the conversation based on their knowledge of the site.

External Participants:

- **Taizo Yamamoto**, *Yamamoto Architecture*
- **Graham Fligg**, Architect, AIBC, FRAIC, *Design Consultant*
- **Edward Porter**, *MODUS Planning, Design & Engagement*
- **Calum Srigley**, *Calum Srigley Design Consulting*
- **Chad Cranswick**, *BC Building Science*

In order to broaden the level of feedback and consult additional expertise, we also worked with local accessibility experts **Karin Pasqua** of *Marco Pasqua Enterprises* and child-friendly cities expert **Hannah Wright** to conduct an external review of the workshop material prior to the session. They provided additional suggested design actions for the discussion, and provided feedback on the material from their areas of expertise.

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## Workshop Activities

Happy City hosted participants through a fast-paced two-hour session using Zoom and MURAL (an online whiteboard platform). The workshop began with introductions from the project teams, and background information and context from Wesgroup, and a brief educational presentation on the urban design and wellbeing connection from Happy City. Prior to the workshop, participants were asked to review the project brief and propose “one design action that addresses the most pressing challenges for this site”. The first group activity in the workshop was therefore to do a round of introductions and shareback of each participant’s proposed action.

Once these actions were shared, the group was divided into two breakout rooms, one focused predominantly on housing, and the other on public space. Participants were asked to review a set of design and programming actions related to their group’s area of focus (including those proposed earlier by participants) and vote on which addressed the most pressing challenges for Coronation Park. This led into a group discussion and full-room shareback of the top actions for each group.

Following a short break, breakout groups were then asked to start transforming these key actions into higher-level strategies that could be applied to the Coronation Park project. Key actions were grouped together and analyzed to see which overlapping themes emerged as strategic areas of focus. Each breakout group was also guided through the process of considering the challenges and opportunities for fulfilling each proposed strategy. This bottom-up approach allowed us to collect specific ideas from our panel of experts, while still working to address the project’s overall direction and vision.

Following the breakout activities, all participants returned to a full-room discussion to conclude the session.

## Stakeholder Interviews

Many of the participants highlighted a desire to continue the important discussions that emerged from the workshop. In order to further explore some of the outcomes from the workshop, we conducted two follow-up stakeholder interviews with one participant from each breakout group.

Many of the participants highlighted a desire to continue the important discussions that emerged from the workshop. In order to further explore some of the outcomes from the workshop, we conducted two follow-up stakeholder interviews with one participant from each breakout group. The interviews were conducted with **Edward Porter**, a Senior Landscape Architect at *MODUS Planning, Design & Engagement*, and Port Moody resident; and **Graham Fligg** - an architect currently working as President and Design Consultant at *GCF Holdings Limited*, and Port Moody Resident.

During the one-hour interview with **Edward Porter**, the following items emerged:

- **Site permeability is critical.** A path inspired by the Shoreline Trail at the northwest corner of the site will support this and align with local character.
  - **The lack of internal streets risks limiting the definition of the public realm.** Ensure high quality pedestrian connections throughout the site.
  - **The site is naturally oriented west.** Make the most of this.
  - A transect of Port Moody could help to highlight the ongoing shift in density taking place in Port Moody.
  - **Narrative is key.** Emphasize how this project contributes to Port Moody and helps shape a positive future for the City and community.
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During the interview with **Graham Fligg**, the following items emerged:

- **Connections at the ground level are crucial.** They are the first step to reclaiming land as part of the city.
- **It will be important that project phases protect small community businesses that will be part of the development.** Introducing them in later stages of the project will maximize their ability to benefit from density.
- **Commercial spaces could be designed for flexibility.** Small businesses could use one module, while larger businesses can rent up to 3 or 4 spaces according to their needs.
- The development creates **an opportunity to develop a south and north community that is linked through the central green park.**
- The buildings located at loco provide the opportunity for **the treatment of rooftops through frothy green elements that resemble Port Moody's unique closeness to nature.**
- **In residential towers, integrate shared spaces at grade level, on top of podium level and at 2/3 of the building with opportunities to enjoy outdoor space.** There is an opportunity to introduce a slight setback at 2/3 of the tower and make them look more elegant while the design helps to bring nature closer to residents.
- **The inclusion of work-live units at grade in strategic portions of the development can promote vibrancy and livability.** Ensure these work-live spaces help enhance the community residential feeling that exists in Port Moody.
- **Prioritize fine grain retail where possible.** When including big commercial chains, ensure the facade resembles the fine grain concept that is adopted throughout the development.

## Project Framework & Report Development

The previous stages of work were all compiled and analyzed to inform the development of a project framework and report document for Coronation Park. This document is intended to guide the development process for the site from a wellbeing lens, to supplement Wesgroup OCP application and continue to influence the Coronation Park project until completion and beyond.

The actions and strategies that emerged from the workshop were compiled into a comprehensive set of design and programming actions for Coronation Park, informed by Happy City's existing body of research and evidence-based approach to wellbeing.

# Appendix 2:

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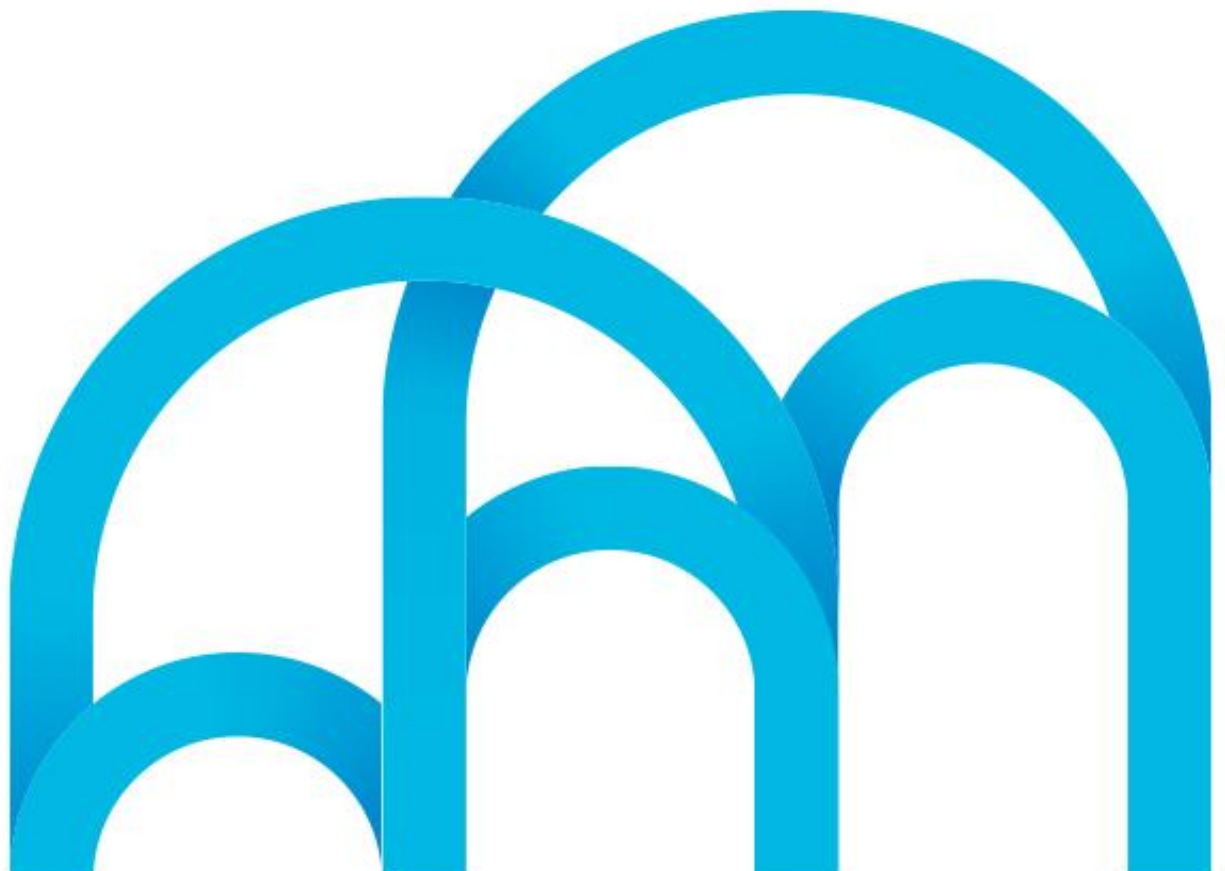
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