

Preliminary Proposal

The World Health Organization defines a “healthy community” as one that is continually creating and improving those social, economic and physical environments, and expanding those community resources which enable people to mutually support each other in performing all the functions of life and in developing to their maximum potential. Features include community participation and empowerment, intersectoral-partnerships, and participant equity.

Moving the community to become more connected, networked and data driven is the cornerstone of a healthy community. Community stakeholders, as part of an all-in effort to create smart and healthy communities, depend on open data and connected technologies to keep their citizens more informed, engaged and empowered. The same digital environment enables citizens to actively contribute to and become part of the drive for a sustainable community, as well as to self-manage their own health and well-being to live longer and healthier. Our Smart Community Project is the HEART of a larger community effort!

To achieve increased healthy life expectancy, we will be advancing a number of projects as part of our community health improvement initiative. We are not the first community to take on health. We are the first we know of in Canada. We will leverage success factors from communities globally that have gone before us. These include;

- Community Ownership - Collaboration and participation through the use of champions and mobilizing existing structures and networks.
- Focus on the Health Environment - Cross-sector collaboration in social, physical, economic and health and health care environments.
- Robust Messaging - Combine media and community messaging with broad-ranged community activities.
- Leverage Success of Others - Efforts grounded in evidence-informed approaches from others.
- Hold All Accountable - Allow for resets and restarts.
- Adopt a Long-Term Vision - 3 years, 5 years and ongoing.
- Maintain Ties with Political Bodies - Prove benefit locally that can be leveraged broadly.
- Measure, measure, measure.

We have identified five (5) emerging projects through our community engagement efforts. We have tested these with the community and have received a positive response.

1. The Airdrie & Area Blue Zones Project.



2. The Airdrie & Area Health Park Project.
3. The Need-Based Networks Project.
4. The Airdrie & Area Health Coop Project
5. The Airdrie & Area Smart Community Project

These projects all require an “all-in” community approach! The Blue Zone, Health Park and Need-Based Network projects need to be digitally enabled through the Smart Community Project. The Smart Community Project needs to be enabled through the Coop Project.

Following is a description of each of the projects. It is important to note that each of these projects has its own separate execution strategy and its own budget. This application is exclusive to our Smart Community Project.

1) AIRDRIE & AREA BLUE ZONES PROJECT

Blue Zones are communities where people live happier, healthy and longer. Originally, through research sponsored by the National Geographic Society, five Blue Zones were identified: Loma Linda, California; Okinawa, Japan; Nicoya, Costa Rica; Sardinia, Italy; and Ikaria, Greece. These communities share nine common traits that contribute to people’s healthy longevity, called the Power Of 9®, which ties directly to the determinants of health.



Today, Blue Zones projects are active in 9 states and 42 communities in the United States. We are the first in Canada. This project seeks to improve the overall well-being of our community and the residents within it. Higher well-being leads to lower healthcare costs, higher productivity and increased economic vitality, and offers benefits for everybody, including increased healthy life expectancy.



Blue Zones Projects look to knock down siloes through an inclusive and comprehensive approach to health. They focus on comprehensively changing of a community's environments so that individuals are nudged subtly and relentlessly into making healthy choices. Blue Zones Projects take a systematic environmental approach, based on 20+ years of research, to improving well-being through policy, programs, social networks, and the built environment.

We decided to work with Blue Zones Projects because their efforts are focused on collaboration and leveraging what is already working well in our community, and on building and igniting momentum and community engagement. Residents take the Blue Zones Pledge, municipalities are accredited, employers, schools systems, restaurants and grocery stores, can all be certified. The healthy choice becomes the easy choice. They also have a proven track record of delivering results over a 3-5-year period including drops in obesity rates, drops in smoking rates, increased rates of exercise, sales gains of healthy foods, decreased employer absenteeism rates and increased productivity, significant decreases in health care costs and an average healthy life expectancy gain of 3.2 years.

The Airdrie & Area Blue Zones Project kicks off on May 14 of this year.

The Airdrie & Area Blue Zones Project will be enabled through the Airdrie & Area Smart Community Project. Connected technologies will facilitate data to be collected from the environment and from all participants, and return customized content to enable informed efforts to improve the determinants of health.

2) AIRDRIE & AREA HEALTH PARK PROJECT

A one-stop-shop for health and health care. Urban designers, architects and project development expertise has been secured. Sites have been identified and evaluated. Final site selection is underway.

There is considerable evidence in support of service co-location and team-based integrated care. We have found examples of other one-stop-shops. Positive results have been reported, including user and provider satisfaction rates of over 90%, reductions in hospital and emergency department



admissions, faster care and improved outcome for both physical and mental health and significant cost saving.

The community indicated that a new approach to seniors living and housing is required – for those who decide to or cannot remain in their traditional homes in the community. The community has a significant shortage of independent, supportive and facility living units – both market and affordable. We have found examples in Europe where a village approach has integrated these types of seniors living into the social fabric of the community. Aging in place can become reality.

The Health Park Project is an ambitious but viable project. We estimate that we will break ground in mid 2019.

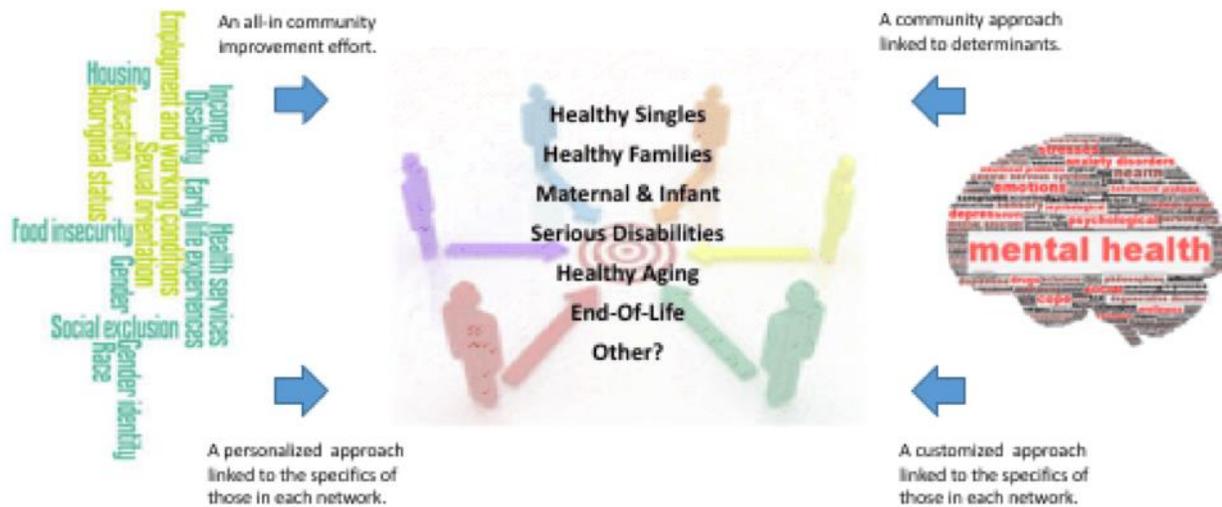
The Airdrie & Area Health Park Project will be a mini smart health community. Because this is a greenfield development, smart technologies will be built into all aspects right from the design stage.

The Airdrie & Area Health Park Project will be enabled through the Airdrie & Area Smart Cities Project. Specifically, existing smart solutions available from the City and other partners will be leveraged and connected. New smart solutions will be added and connected and extended out into the community. Smart solutions include building, housing, transportation, energy use, water and waste, food supply, safety, health and health care, education, social connectedness, etc.

3) NEED-BASED NETWORKS PROJECT

Networks are already being developed for seniors (Healthy Aging Network) and for end-of-life. Additional networks will be phased in. Networks include those who have like health and health care needs and those who support them. Each network will consider how the determinants of health impact health and how best to improve them. This input will be incorporated into the Blue Zones, Health Park, Coop and Smart Community projects. Each network will also evaluate physical and mental health challenges and will develop customized approaches to improve those.





The Healthy Aging Network is a good example of how networks functions. Seniors and seniors housing providers are involved in the planning for the Health Park Project. Efforts are underway to have the community achieve status as a certified Age Friendly Community by the Alberta Government. Age and generation appropriate technologies are being identified and tested. Membership in the Coop is being advanced.

The Airdrie & Area Need-Based Network Project will be enabled through the Airdrie & Area Smart Cities Project. Specifically, networks will need to be supported by open data in support of effective planning and decision-making. They will also require need specific smart and connected technologies as tools to meet needs.

4) AIRDRIE & AREA HEALTH COOP PROJECT

The City of Airdrie was a founding sponsor of the Coop. The City recognized early on that an all-in community approach is required if health is going to be improved.

The Airdrie & Area Health Benefits Cooperative was incorporated in November of 2016 under the Alberta Cooperative Act. The development of the Coop is a work in progress. Articles of incorporation and bylaws of the Coop have been tested against the Canada Health Act, the Alberta Health Act, the Regional Health Authorities Act and the Albert Municipal Act. Those articles and bylaws are in full compliance with all those acts.

Membership in the Coop is voluntary and is open all individuals, families and organizations in the community. One member one vote – all are equal and all have a voice. Membership is FREE. The Coop will evolve as these projects move forward. That is how it was designed.

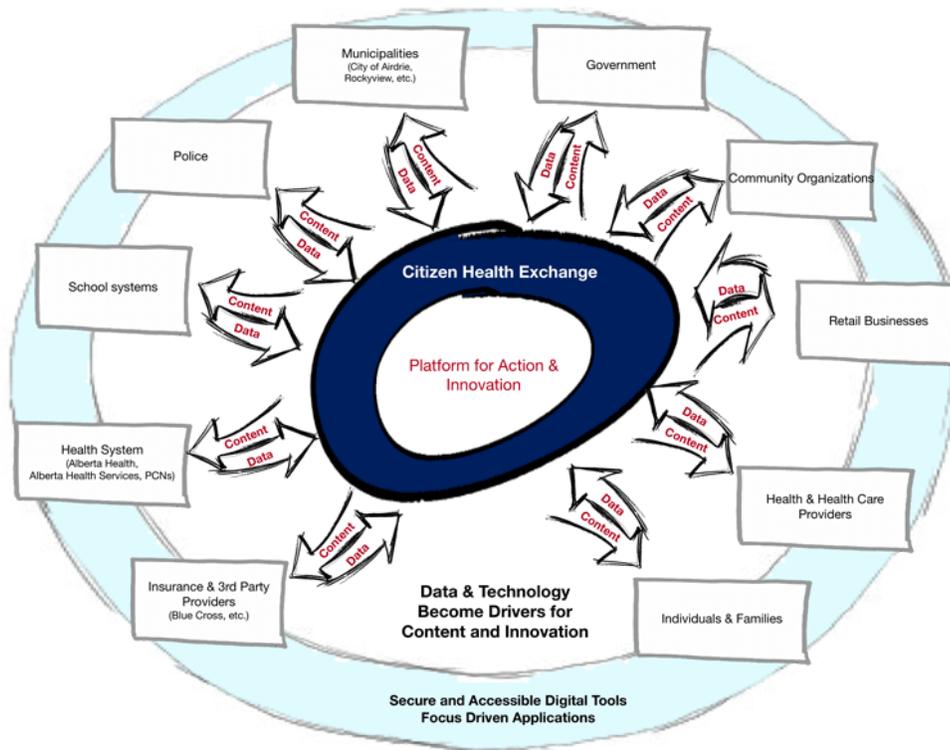
The Coop is simply the “glue” to bring the community together to achieve something that no one part could achieve on their own. To achieve something that all benefit from.



The Airdrie & Area Coop Project will enable the Airdrie & Area Smart Community Project just as it enables the other projects. Specifically, it enables an all-in community approach. Members and partners can contribute data and received enhanced content while being in full control of the ownership of their data. Existing applications, platforms and infrastructure are leveraged and connected through the Coop. New smart capacity is added collectively through the Coop as determine by need from members and partners.

5) AIRDRIE & AREA SMART COMMUNITY PROJECT

All in the community will be invited to be members and partners in the smart community project. We will build off their existing applications, platforms and applications. Existing community digital investments and technological projects will be integrated. Data will be contributed and customized content will be returned. That content can be used to produce value for themselves, but also to the health of the community.



Additional applications and infrastructure will be required – driven by need. We need to build an open platform powered by a robust analytic solution(s). This will all be owned by the community. We are not in the application, platform or infrastructure development business. We will work with a range of vendors, through a standardized framework, who will each contribute their component part. As a consequence, the resulting smart community open data platform



and connected technology infrastructure will be a solution that would be available to other communities.

This project will first focus on putting in place the requisite framework that will ensure a successful smart community project.

- Governance factors include – Smart Community Governance, Silo Management, Public-Private Partnership, Ecosystem Creation.
- Technology factors include – Data Use, Innovation Platform Implementation, Ability to Innovate.
- Strategic factors include – Knowledge Sharing, Project Development, Business Model.

This work is already underway, but would be accelerated by awards from the Smart Cities Challenge.

That work will continue until all the requisite success factors are in place. That will provide members and partners with assurance that their concerns have been addressed, that their interests will be advanced by participating and that benefit will accrue to the community from their contributions.

We are and we will continue to develop an understanding of what currently exists in the community, how it is used, what it could contribute, how it could be connected. Gaps are being identified and potential solutions evaluated. We will also continue to use small demonstration efforts to engage the community and to show what is possible e.g. we are currently working with the Mayor of Airdrie to build a customized dashboard for him that he has agreed to share publicly.

We plan to start with what we have, connect it, mine data, apply analytics, and provide integrated content focused on specific needs. We plan to facilitate that through a community owned open data platform. We will continue to implement through cycles of connecting members and partners, mining their data, adding new applications and infrastructure to further connect and provide needed data, applying increasingly sophisticated analytics and delivering improved content through user customized dashboards.

