

# The makeCalgary Initiative

## Community-engaged research for a healthy city

Based within the University of Calgary, makeCalgary is a multi-faculty collective working to improve the lives of Calgarians through research-based exploration of the links between municipal policies, urban planning/design/architecture, equity, and public health. We are a platform built on the expertise of multidisciplinary researchers working on topics related to active living, mitigation of structural and social vulnerabilities, and vibrancy and leisure for health. Our multidisciplinary network acts as a pathway to progressive change by bringing together researchers, academics, practitioners, and municipal decision-makers to tackle contemporary urban challenges. Within makeCalgary's work, we follow the World Health Organization's broad definition for Healthy Cities.

The rapid pace of change in Canada's growing cities has led to increasing challenges in our ability to ensure healthy and livable spaces for all citizens. The current pace of environmental, social and economic change is challenging for all. These broad-ranging urban challenges validate the contemporary value of makeCalgary's commitment to conducting and translating research into policies and programs that have real and positive impacts in our city.

Our approach is to encourage, resource, and/or participate in collaborations where dynamic teams conduct meaningful and impactful research to inform both the general community and local public policy makers. Through programs like makeCalgary, we can encourage Calgarians to engage with the community, get outside and enjoy the culture that our city has to offer – all while improving health and reducing the burden on our health-care system.



**Together we can “make Calgary” more resilient, vibrant, healthy and equitable**

Since inception almost ten years ago, makeCalgary has grown to become an interdisciplinary network committed to conducting and translating research into policies and programs that have a real and positive impact in our city. makeCalgary’s activities have evolved and expanded to include hosting impactful events, supporting and collaborating on research projects, and partnering with the City of Calgary and other community stakeholders.

**We organize our efforts into four criteria that define a great city.**

**makeCalgary: RESILIENT**

Resilience helps us to sustain unexpected change by designing buildings and communities that can respond to dramatic shifts in social, physical, economic, and ecological systems.

**makeCalgary: VIBRANT**

Vibrancy is the intensity of life, energy, and enthusiasm that attracts people and encourages cultural and economic activity for everyone.

**makeCalgary: HEALTHY**

Healthy is a measure of well-being and livability, and can be applied to the built environment as much as to individuals. Healthy environments contribute to our physical and emotional welfare, and also to our overall quality of life.

**makeCalgary: EQUITABLE**

Equitability allows everyone to enjoy the benefits of a great city. High quality buildings and communities should be available to all citizens.

**OUR VISION**

When making decisions or leading discussions on citizen health, including structural, social, and health-focused topics, the City of Calgary incorporates evidence-based research. This is of particular importance when considerations involve Calgary’s most vulnerable citizens and communities.

**OUR PURPOSE**

To bring researchers and municipal decision-makers together to tackle and shape municipal policies capable of impacting topics related to active living, mitigation of structural and social vulnerabilities, and vibrancy and leisure for health. By continually developing our network, makeCalgary supports various platforms and pathways to thoughtful dialogue, informed policy decisions, and pro-active change.

**OUR GUIDING PRINCIPLES**

We focus our activities on the following:

**Four pillars of interest**

Community Engagement, Education, Research, and Policy Impact.

**Four healthy city descriptors**

Resilient, Vibrant, Healthy, and Equitable.

**Three themes for catalyzing research**

Active Living, Mitigating Structural and Social Vulnerabilities, and Vibrancy and Leisure for Health.

# **makeCalgary is a BRIDGING LINK**

## **To make things happen**

We bring together researchers and municipal decision-makers to tackle and shape urban challenges on health-focused topics through evidence-based, interdisciplinary, and creative initiatives, including

- Evaluation and analysis
- Urban health research and interventions
- Real community engagement
- Policy and influence
- An extensive network
- Knowledge sharing activities
- Impactful recommendations and solutions



makeCalgary is an informative platform that hosts events and community sessions to inspire positive change and improve urban health for all Calgarians, a thoughtful and influential network that encourages connections and collaborations, and a catalyst for impactful change through research, community engagement and dialogue. We share evidence-based knowledge through direct engagement with city decision-makers and community change-makers to improve the lives of all Calgarians, and we work towards real impact by exploring the links between municipal polices, social and structural infrastructure, and public health.

## **The knowledge that we gain and share helps to shape progressive change**

**make**Calgary



To encourage and participate in education and training, community engagement and catalyzing research related to all factors that inform **Healthy Living in the City**.

## **makeCalgary is PROUD to be**



## **Informative, Influential and Impactful**

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