



Interactive mapping of environmental health assessment of communities across Canada:

Contextual factors study of the Canadian Alliance for Healthy Hearts and Minds

March 19 2019



MEETING START: 9:00AM PACIFIC | 12:00 noon EASTERN

**FOR AUDIO – PLEASE CALL:
1-855-494-5988**



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chat...

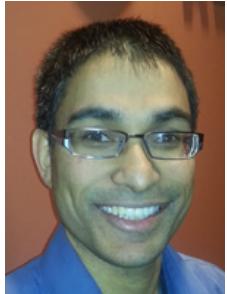


info@canue.ca



**Interactive mapping of environmental health assessment of communities
across Canada:
*Contextual factors study of the
Canadian Alliance for Healthy Hearts and Minds***

March 19 2019



Russell de Souza is an Assistant Professor in the Department of Health Research Methods, Evidence, and Impact at McMaster University. He is a registered dietitian, and his research focuses on dietary patterns, health, and how the food environment shapes food choice and risk of cardiovascular disease.

Interactive mapping of environmental health assessment of communities across Canada:

Contextual factors study of the Canadian Alliance for Healthy Hearts and Minds

Dr. Russell J. de Souza, RD, ScD

Assistant Professor

McMaster University

Department of Health Research Methods, Evidence, and Impact

March 19, 2010



@DrRussRD



Objectives of the CVCD Alliance



- I. To understand the **role of socio-environmental contextual factors** on individual risk factors, subclinical disease, and events.
- II. To identify **unique patterns** of contextual factors, risk, health service utilization and clinical outcomes **in high risk groups** including Aboriginal people, Asian, Afro- Canadians.
- III. To identify **markers of early subclinical dysfunction** of the brain and the heart and describe their relationship to individual/contextual risk, and outcome.

Background

Contextual factors assessment

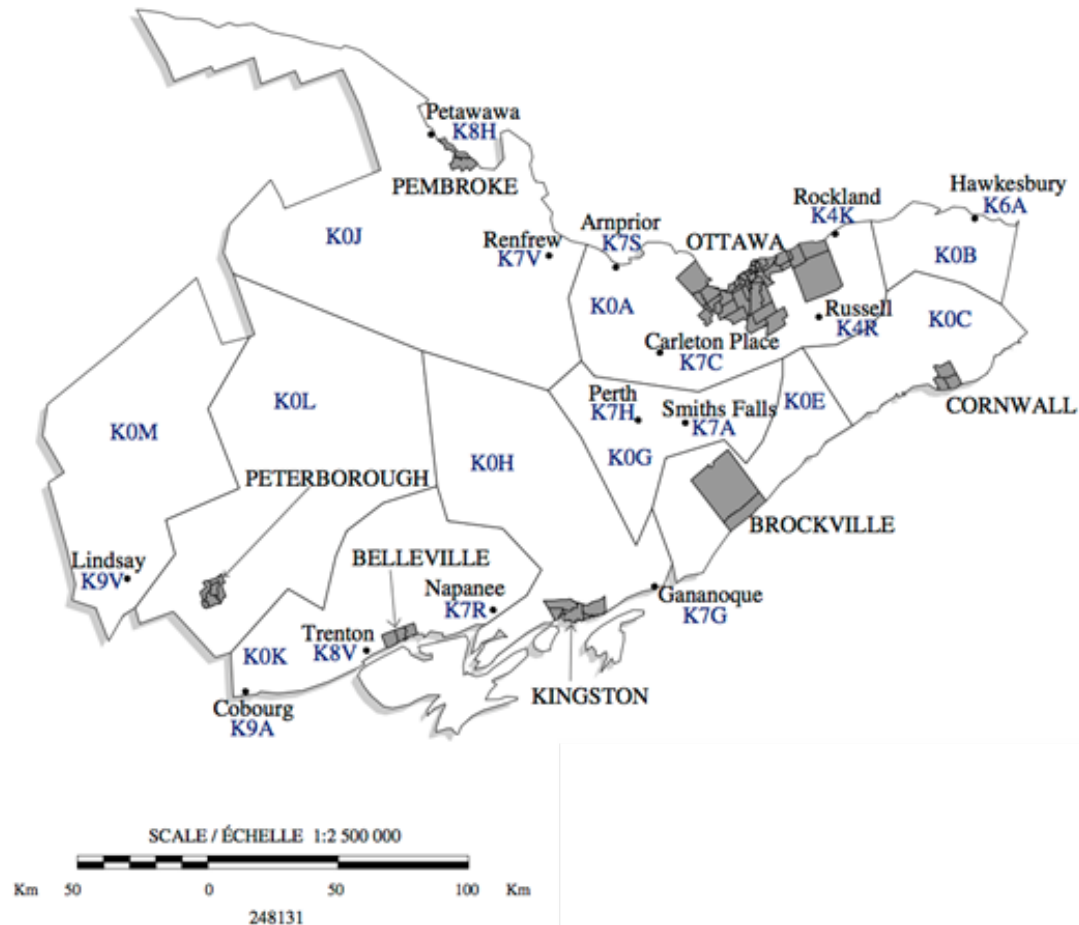
Why assess “contextual” factors?

- We call these the “causes of the causes”
 - Environmental factors that contribute to the development of risk factors

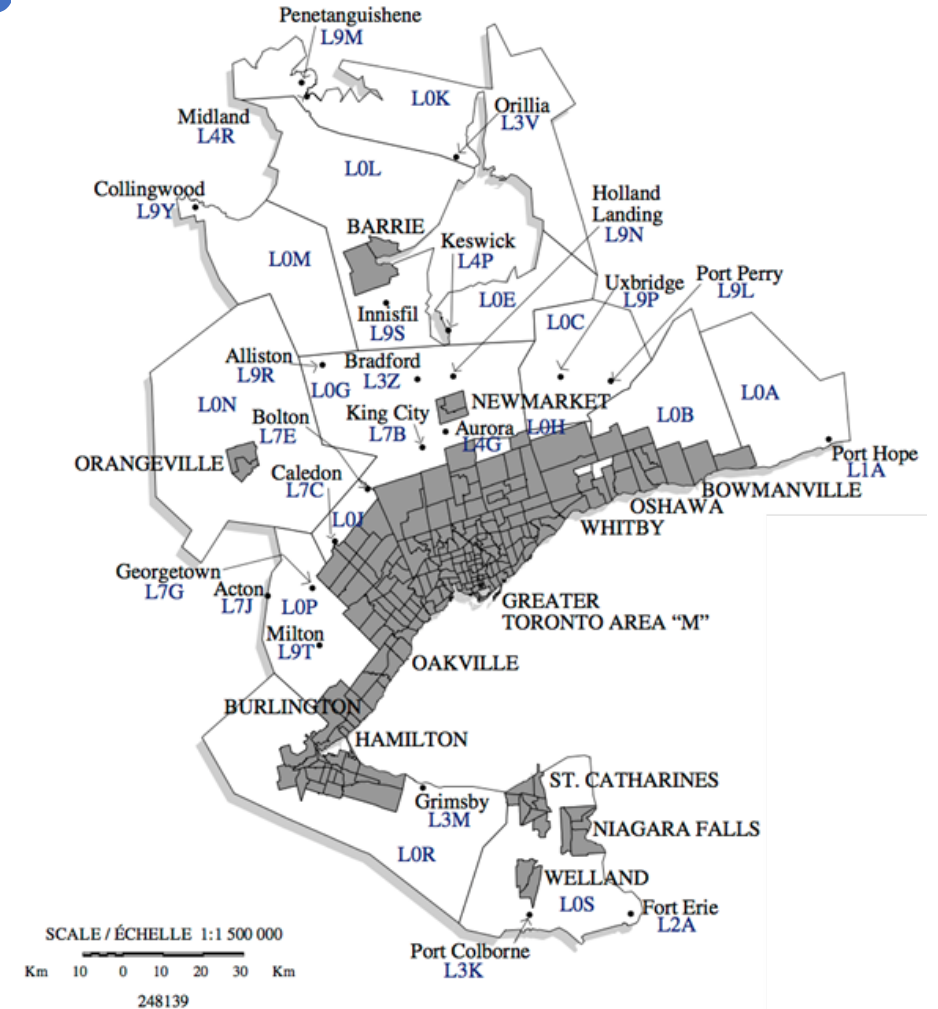
Definition of Community

- The FSA (forward sortation area) was the community unit
 - Low representation of cohort participants from census tracts in rural areas and eastern provinces
 - FSA reported by census respondents for their place of residence
 - Can link aggregate age, sex, marital status, housing costs to FSA

Definition of Community



<https://www.businesssellcanada.com/sale/cpc/056.gif>



<https://www.businesssellcanada.com/sale/cpc/064.gif>

Limitation of Definition

- One value per FSA does not represent large or densely-populated FSA with income discrepancies
- If income IQR: Median > 0.5: surveyed 2 postal codes at random from those in the top 25th and bottom 25th percentile of family income

	A	B	C	D	E	F
1	Ontario		Total	156		
	Community		Urban/Rural			Postal
2	ID	FSA	Status		Community ID	Codes
3	112	L1R	Urban		597	M1J3J5
4	113	L1S	Urban		598	M1J1J4

27 auditors physically visited 2,074 communities

- **Before leaving:**
 - Selected the community center, a tobacco store, a grocery store, an alcohol retail outlet and a restaurant
- **At the community center:**
 - Photograph any advertisements
 - Fill out the EPOCH-1 assessment tool
- **After completion:**
 - questionnaires scanned and sent to data repository at Population Health Research Institute (Hamilton, ON)

Community Centre



- an area in FSA with the highest number of grocery stores and restaurants
- Established prior to the audit by searching for restaurants and grocery stores using Google Maps

EPOCH

Environmental Profile of a Community's Health

- physical environment audit tool
- Four sections :
 - Community demographics
 - Assessment of a tobacco retail outlet
 - Assessment of a grocery store
 - Assessment of a restaurant





What were we auditing for each community?

Demographic characteristics

- Population size (# of postal codes)
- Cost per unit of residential land (difficult!)
- Average house cost (difficult!)
- Nearest city/major urban centre (google maps)
- Nearest provincial highway (google maps)
- Connectivity by bus/train (bus stops, subways, train stations)



Selecting retail locations

Type of store	Procedure
Tobacco outlet 	Any store or outlet that sells cigarettes in the community center and note down the location
Alcohol outlet 	Any store or outlet that sells beer and/or wine in the community center and note down the location
Grocery store 	The chain grocery store (Loblaws, Sobeys, or Metro) located in the community centre of the FSA that offers the lowest prices for the compared items.
Restaurant 	Family restaurant with table service and children's menu that provides an appetizer, soft drink, main course, and dessert for \$30, scaled to the average income of the FSA

What were we auditing for each community?

Tobacco store

- In-store signage (age, no smoking, warnings)
- In-store advertisement of products
- Open displays of cigarettes
- Point-of-sale tobacco advertisements
- Smoking cessation age
- Number of brands sold
- Sizes of packages
- Prices

Community subgroups

Northern – Southern	Urban – Rural
Northern: higher than median latitude	Urban: 21% or more postal codes within its FSA fell within a CMA/CA
Southern: lower than median latitude	Rural: <21% fell within a CMA/CA

CMA/CA: one or more adjacent municipalities centred on a population centre (known as the core). A CMA must have a total population of at least 100,000 of which 50,000 or more must live in the core

Community subgroups

Province	Cut-off ¹	Closest location to cutoff ²	Northern Location ³	Southern Location ⁴	Distance (km) ⁵	Straight-line distance (km) ⁶
NL	47.7239072	Terrenceville	Miller Town	St. John's	318.6	155.6
NS	45.0108247	Lochaber Mines	Eskasoni	Dartmouth	279.5	144.0
PE	46.2732890	Warren Grove	North Milton	Fullerton's Creek	18.3	13.6
NB	46.0561587	New Zion	White Rapids	Quispamis	153.7	152.1
PQ	45.5808590	Saint-Dominique	Quebec City	Montreal	184.3	132.5
ON	43.7057053	Brampton	Sutton	Oakville	104.6	97.5
MB	49.9099339	St. Francis Xavier	West St. Paul	Linden Woods	17.7	17.6
SK	52.0961074	Meacham	Hague	Regina	269.1	234.6
AB	53.2022632	Leduc	Edmonton	Calgary	280.4	277.8
BC	49.2666086	Harbor Chines	Squamish	Richmond	57.6	57.0

What were we auditing for each community?

Grocery store

- availability of 36 fruits and 45 vegetables
- prices of
 - 7 Fruits (2 organic options)
 - 4 Vegetables
 - Milk
 - Bread
 - Chicken
 - Meat (pork chops)
 - Eggs
 - Cola
 - Chocolate
- Advertisements: junk food, sweet drinks, fruits and vegetables, cigarettes and alcohol



What were we auditing for each community?

Alcohol outlet

- Price of 24 cans of beer (most popular brand)
- Price of bottle (750 ml) white wine (most popular brand)



What were we auditing for each community?

Family restaurant

- Healthy menu options (low sodium, low calories, low-fat, other)
- *Health Check*
- salad main dish option
- “super-size” portion size
- All-you-can eat buffet
- Nutritional information availability (on-line or pamphlet)



The following chart outlines the nutritional value of the Jack Astor's core menu items. This does not include any menu items that Jack Astor's is currently testing or featuring for a limited time in our restaurants.

	CHICKEN WING 100g	CALORIES	CALORIES FROM FAT	TOTAL FAT g	SATURATED FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBOHYDRATES g	FIBER g	SUGAR g	PROTEIN g	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV
DON'T WORRY. BE APPY	113g	440	220	28.3	4	0.0	0	450	30	20	11	31	0	45	40	60
<small>Sweet & Spicy, and Everything Rice</small>																
<small>Edamame</small>																

jackastors.com

Results

What did we find?

We audited 2,074 communities in 10 provinces



2,074

83.5

16.5



44

50.0

50.0

9

77.8

22.2

103

78.6

21.4

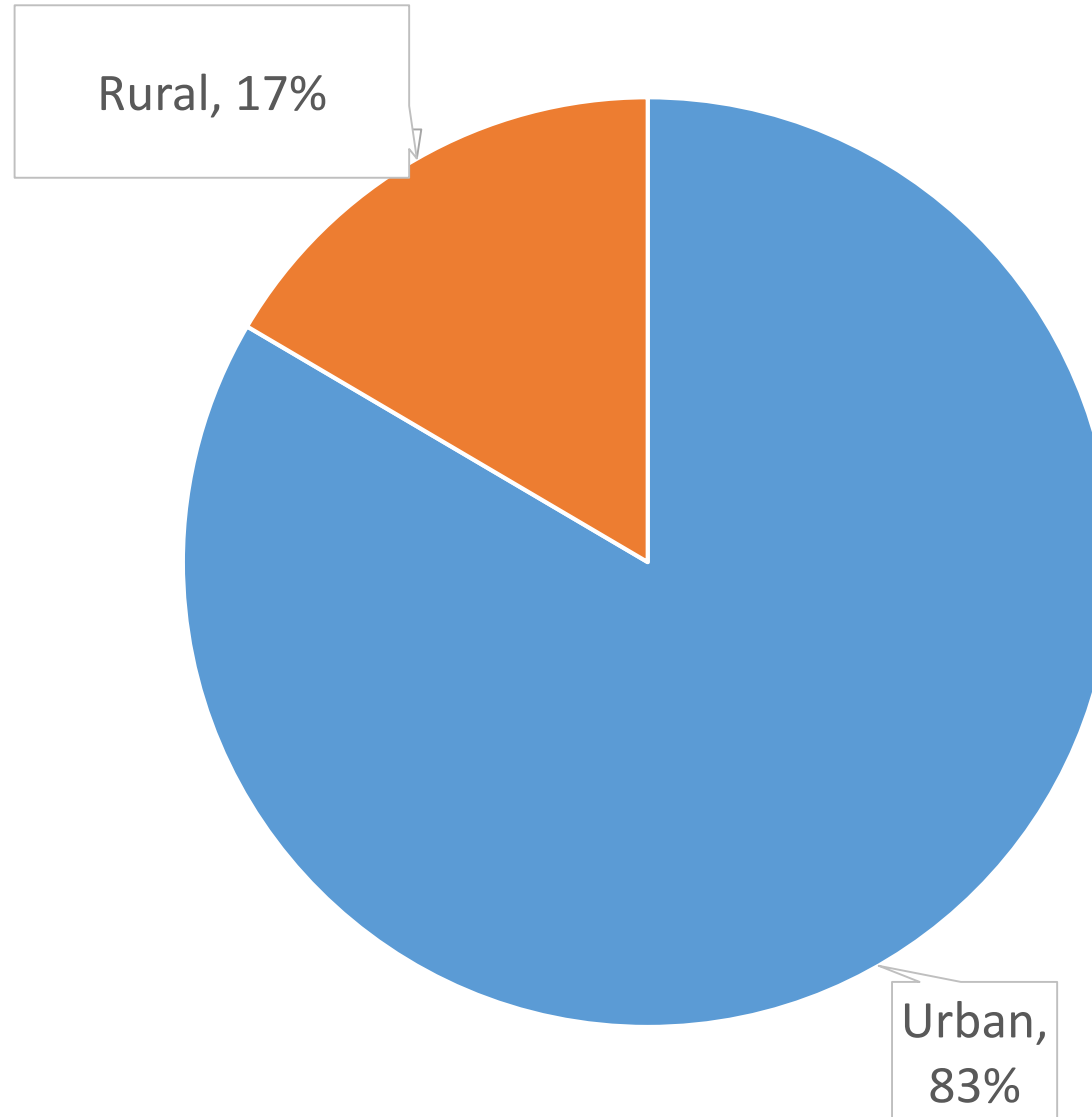
141

48.5

51.5

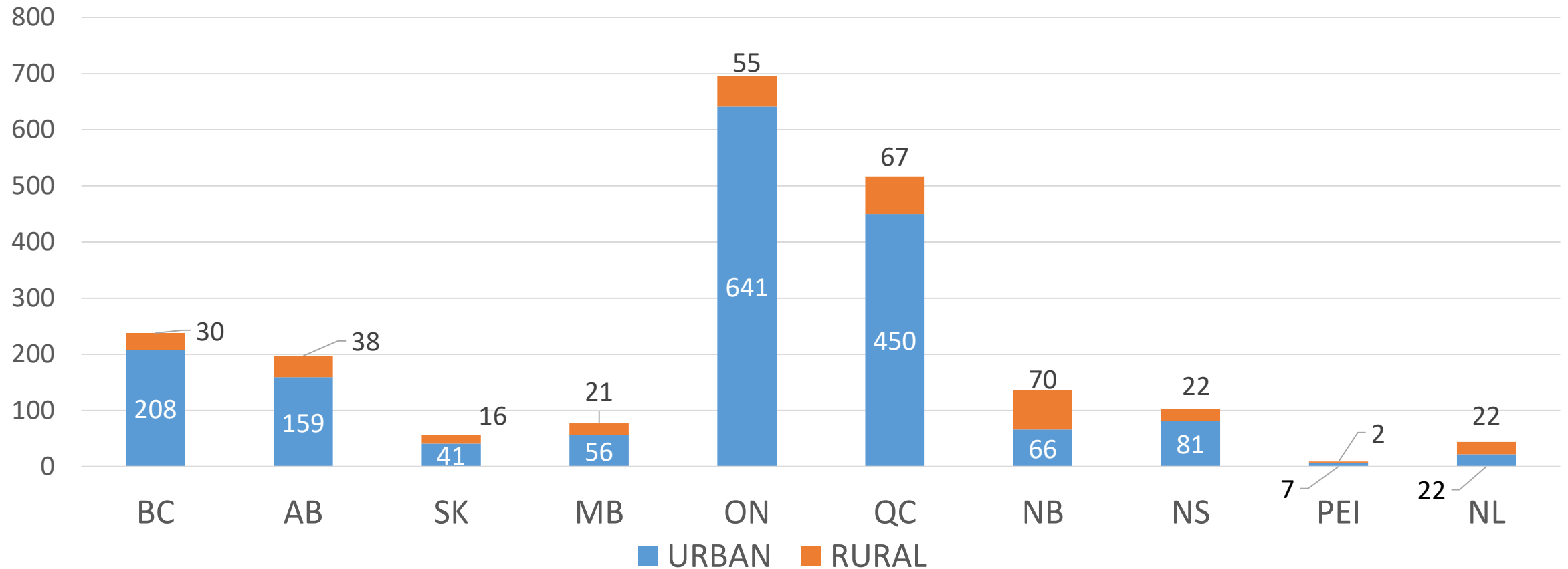
	238	197	57	77	696	517
Urban	87.4	80.7	71.9	72.7	92.1	87.0
Rural	12.6	19.3	28.1	27.3	7.9	13.0

Most of Canada is urban (N=2,074)



Most provinces are largely urban: ON, QC most urban; NB, NL the most rural

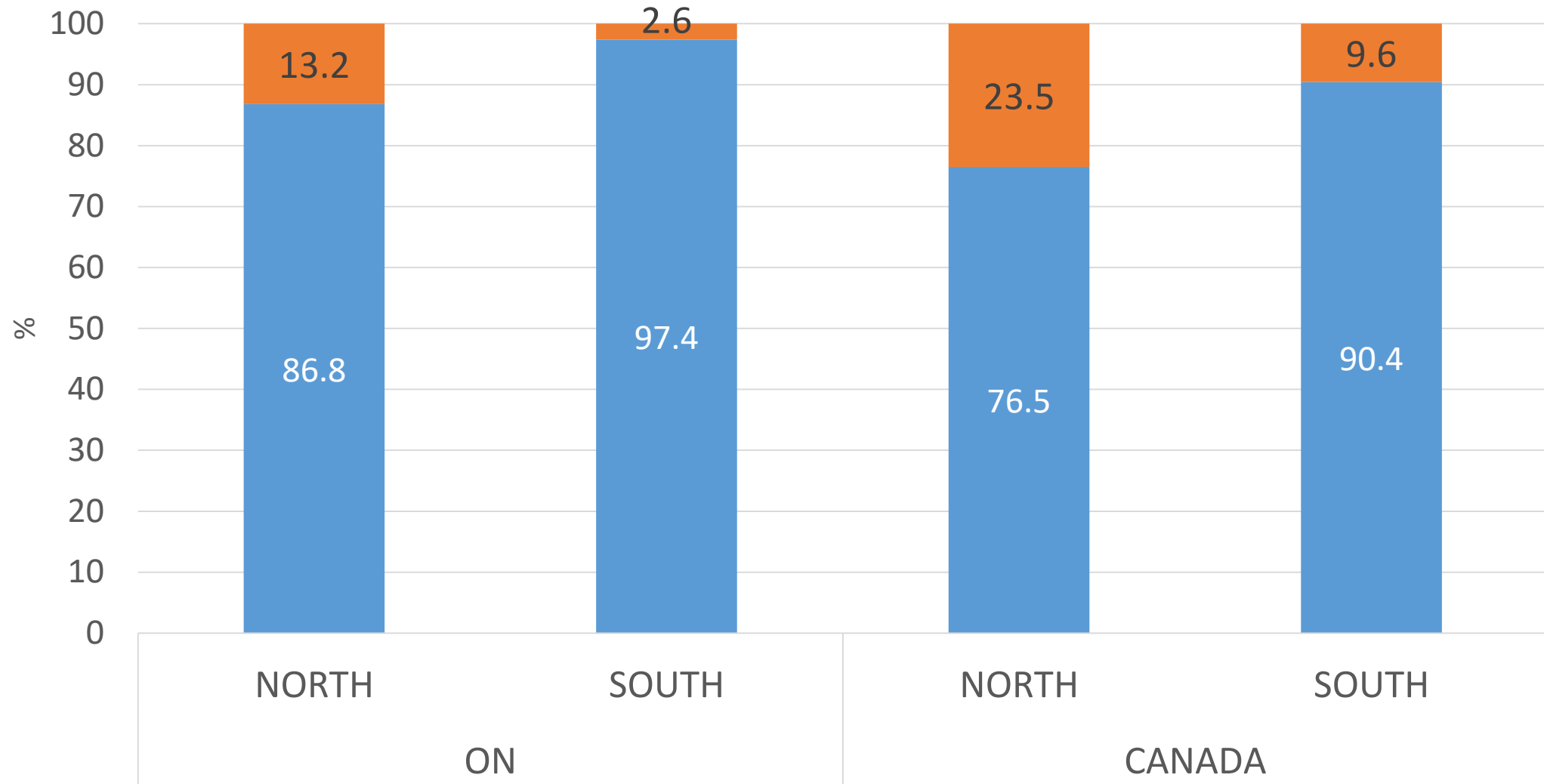
N communities



Adapted from: de Souza et al, *Cities and Health*, 2017

Northern communities more likely to be rural

ON north more urban than country average

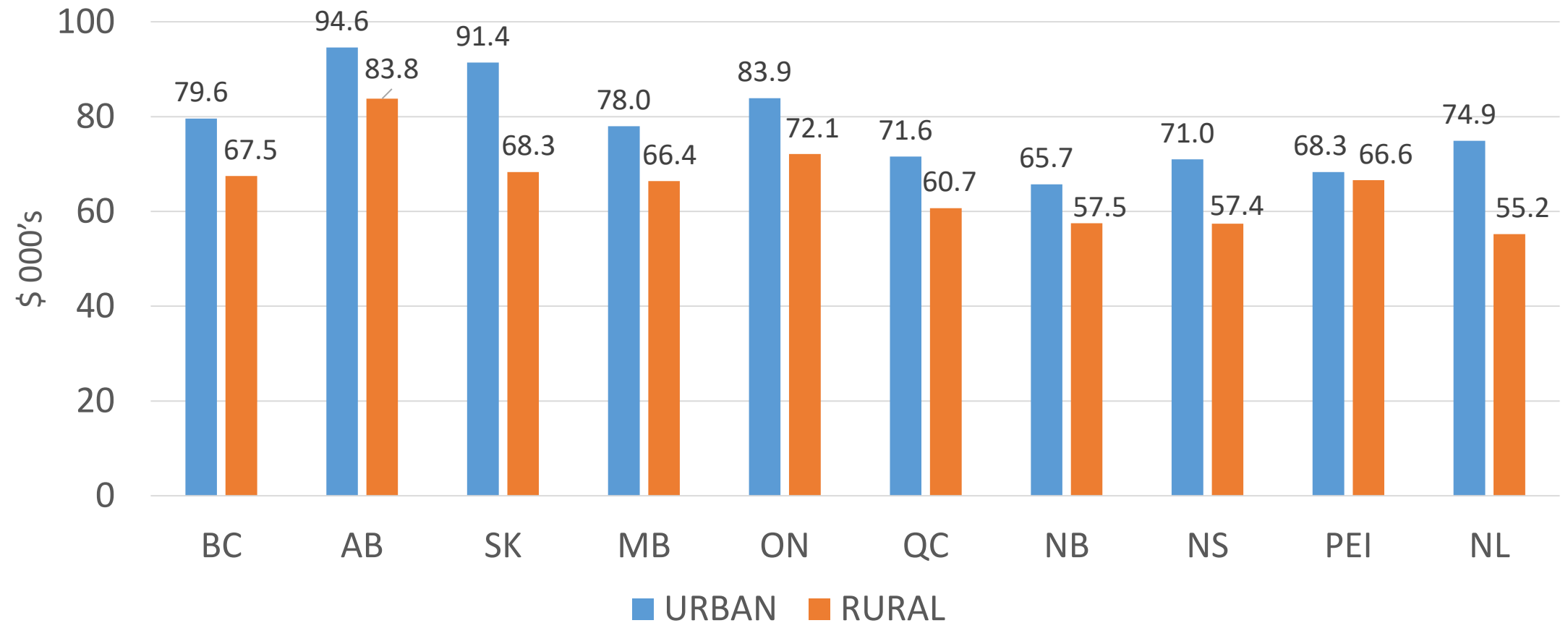


Adapted from: de Souza et al, *Cities and Health*, 2017

■ URBAN ■ RURAL

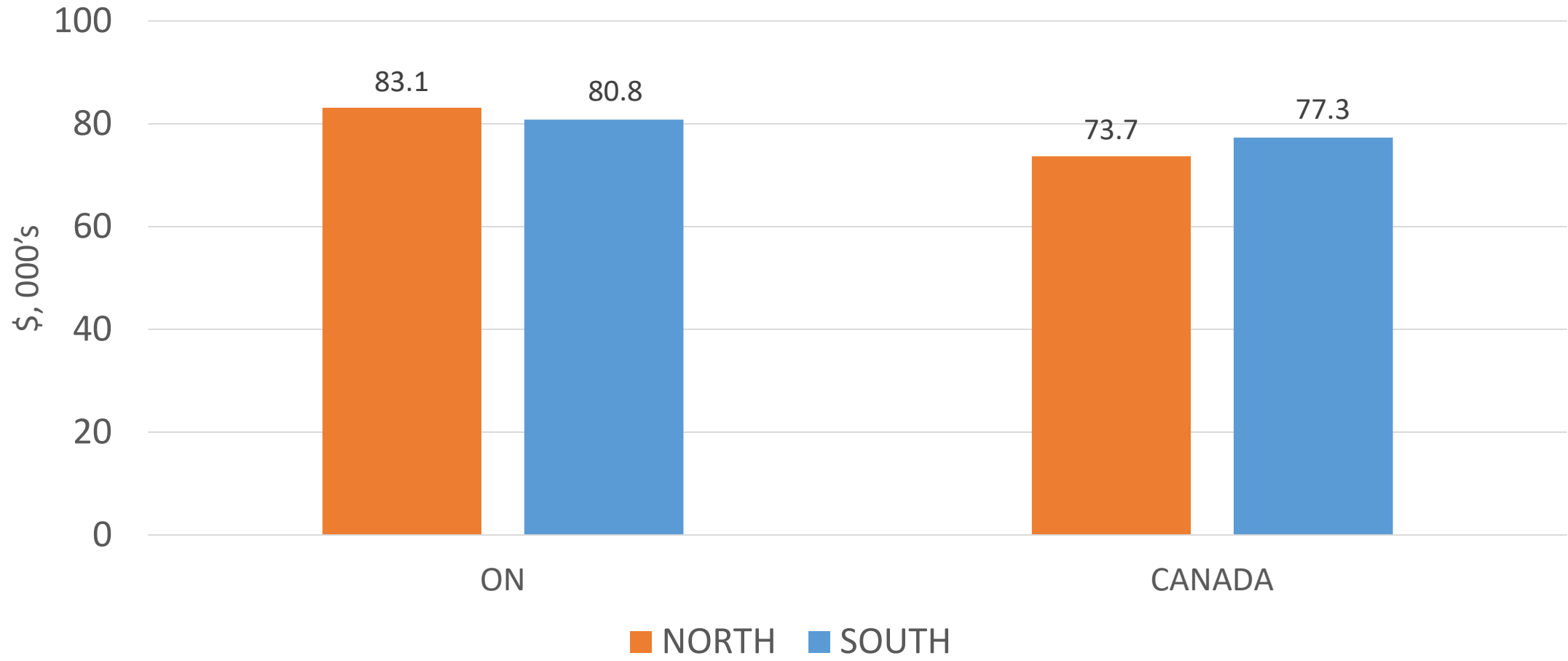
Urban incomes are higher:

Gap is largest in NL, smallest in PEI



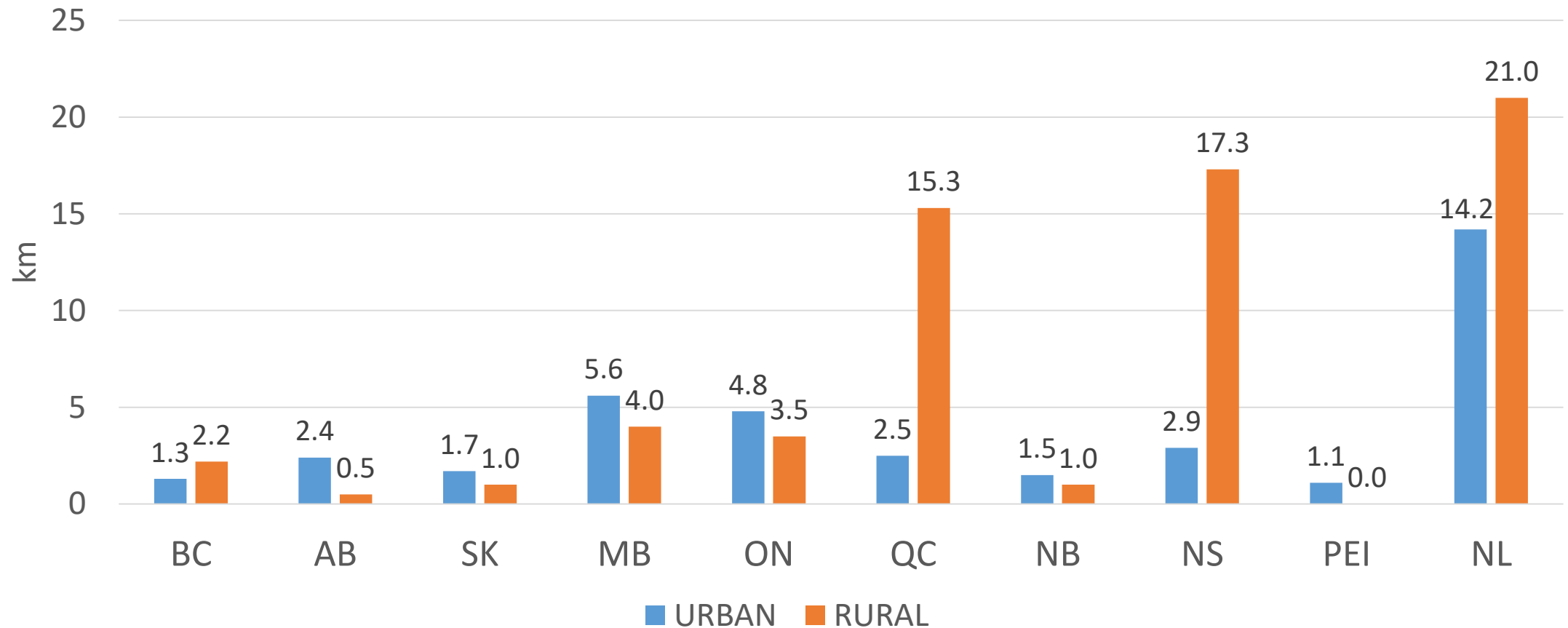
Median household income higher in north vs. south

Ontario flips: higher overall, but higher in north



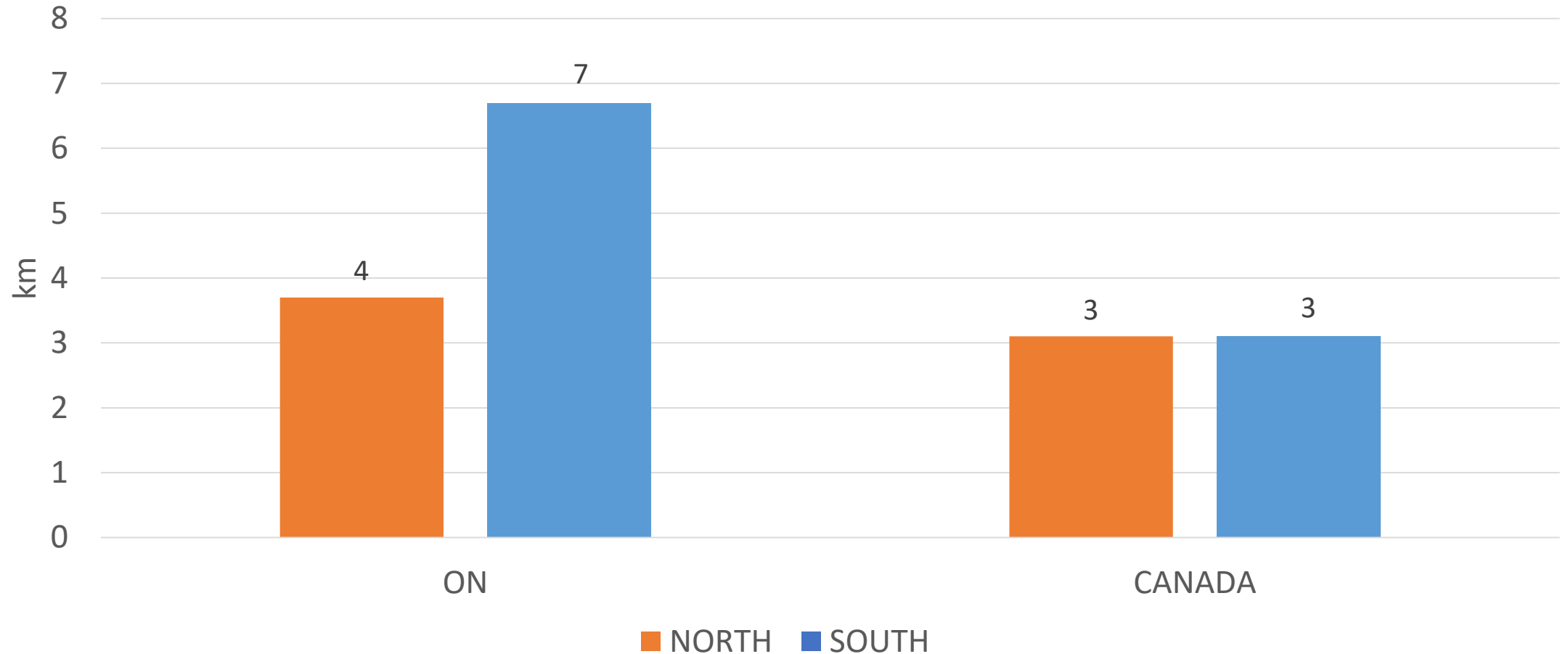
Adapted from: de Souza et al, *Cities and Health*, 2017

The distance to the nearest major highway varies: Rural QC, NS, NL most isolated



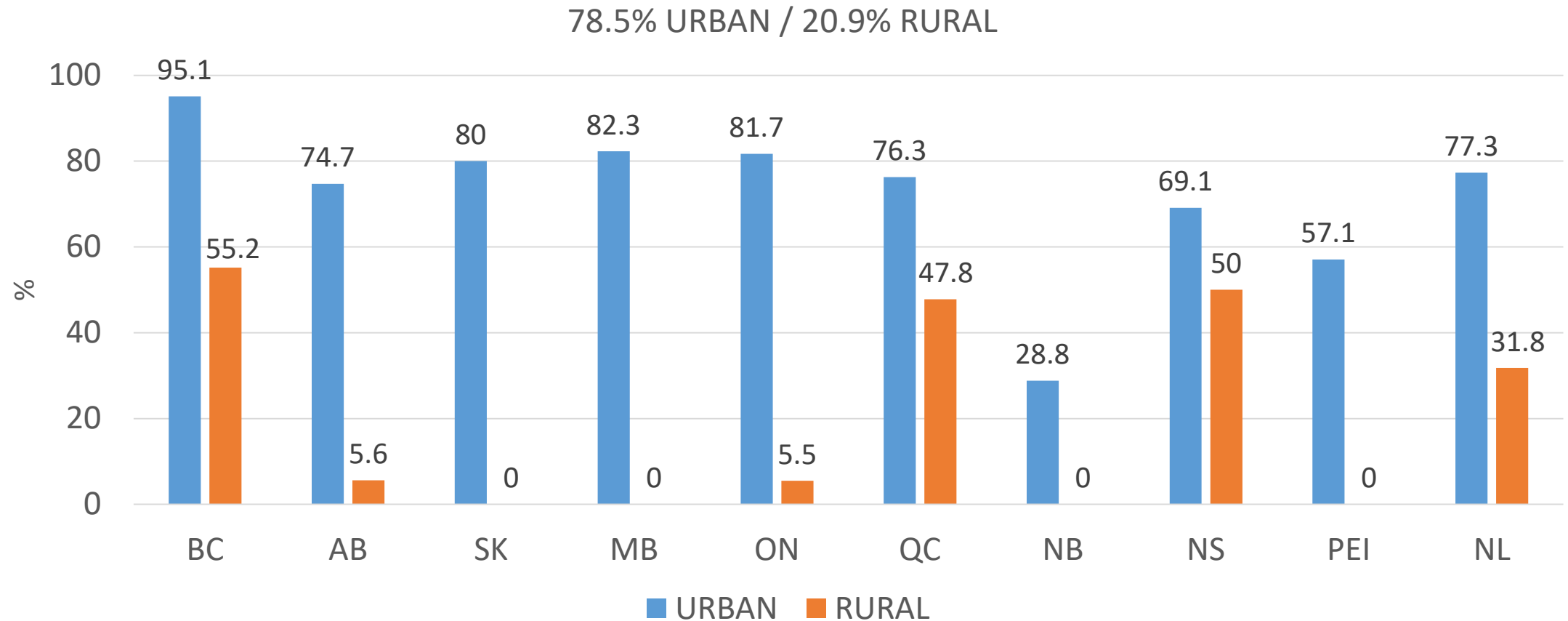
Northern and southern communities close to highways

Southern Ontario communities a bit further



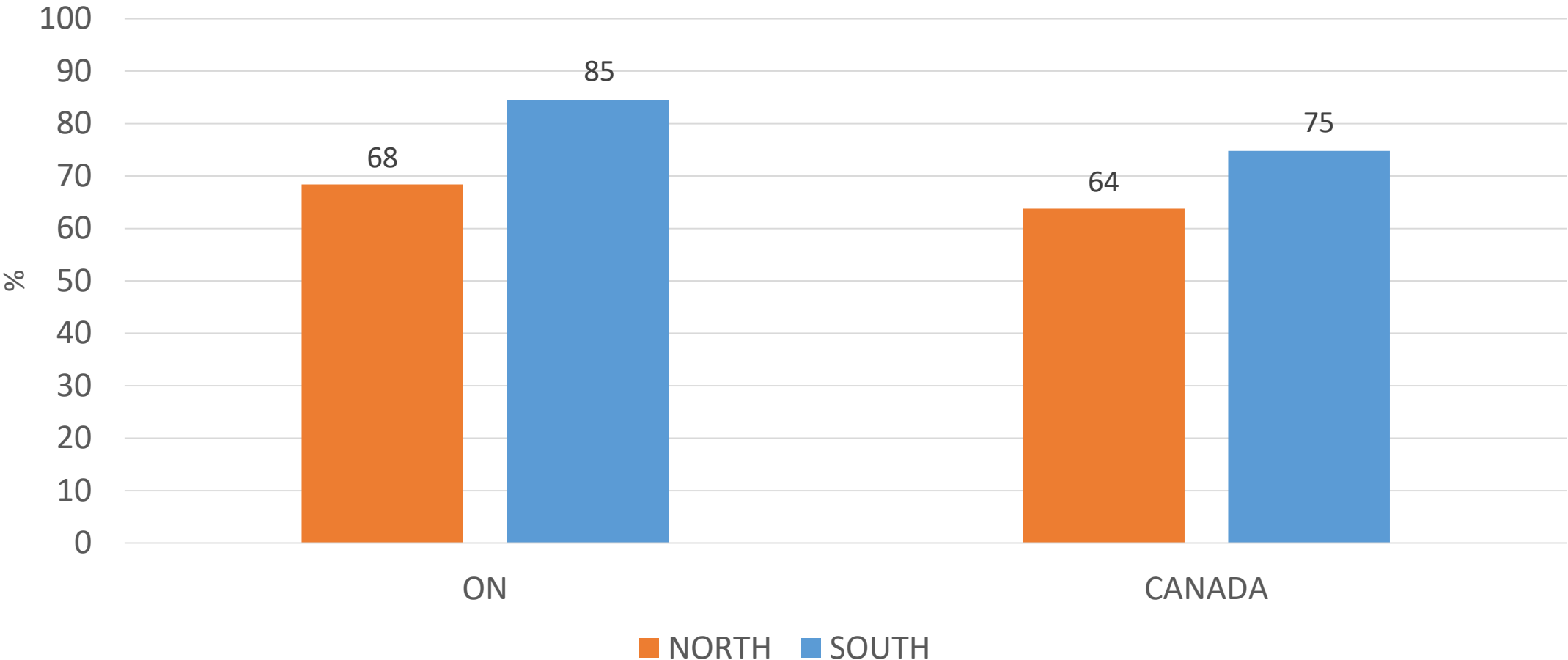
Urban communities more likely to have buses:

Better service in more distal rural QC, NS, NL



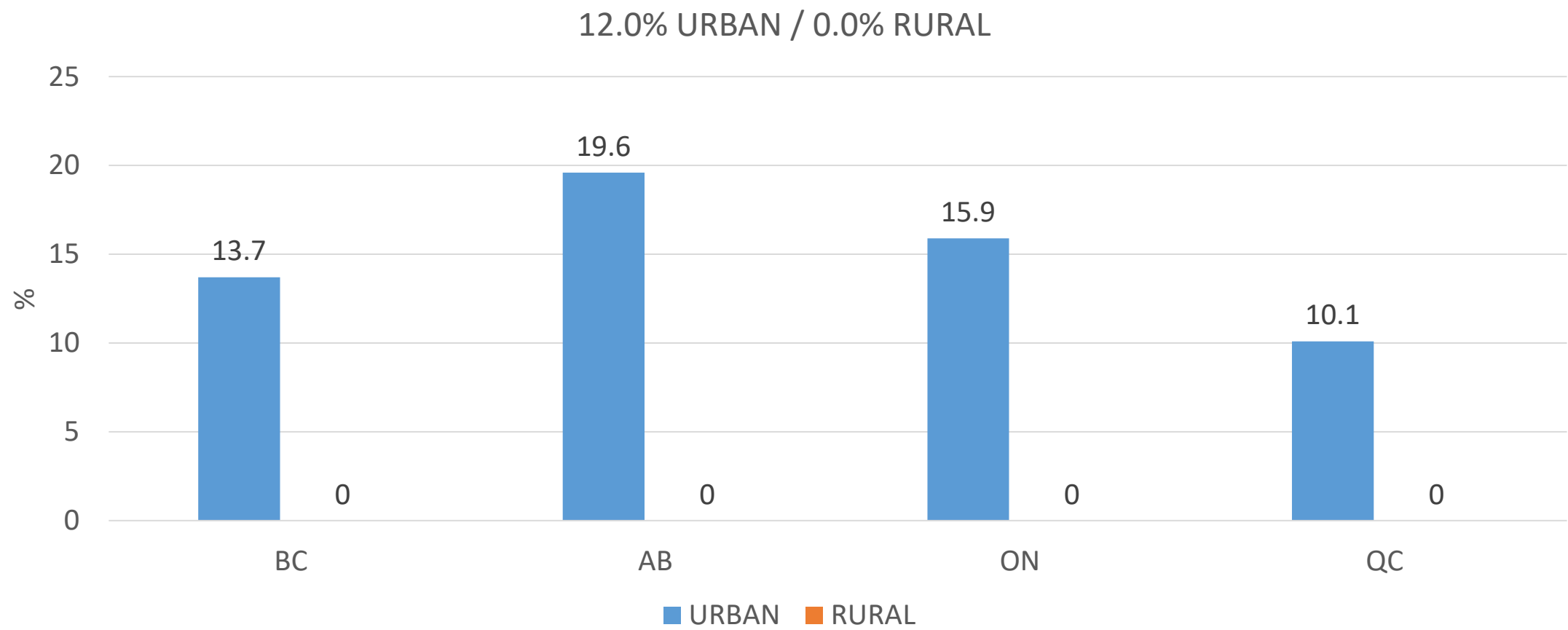
Northern and southern communities have buses

Better coverage in Southern Ontario



Adapted from: de Souza et al, *Cities and Health*, 2017

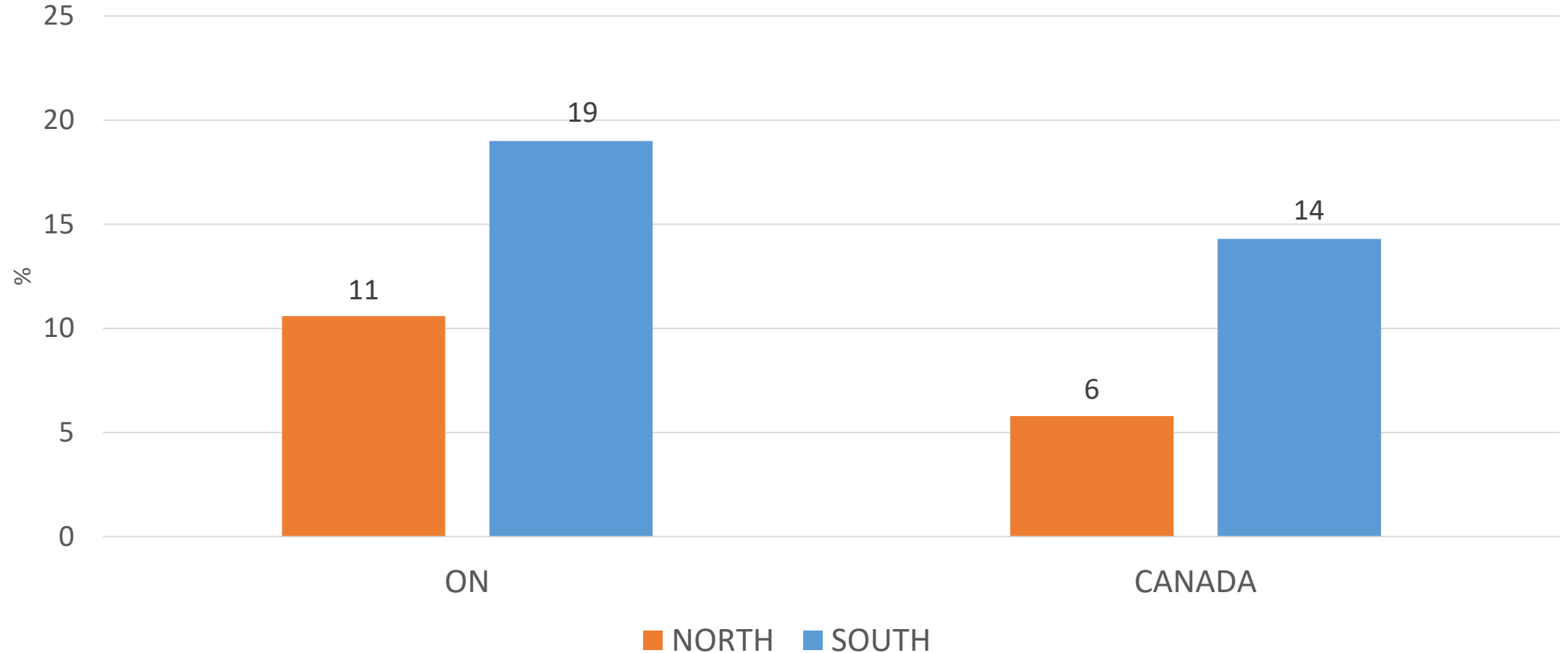
Access to train service limited to 4 provinces: Urban BC, AB, ON, QC



Adapted from: de Souza et al, *Cities and Health*, 2017

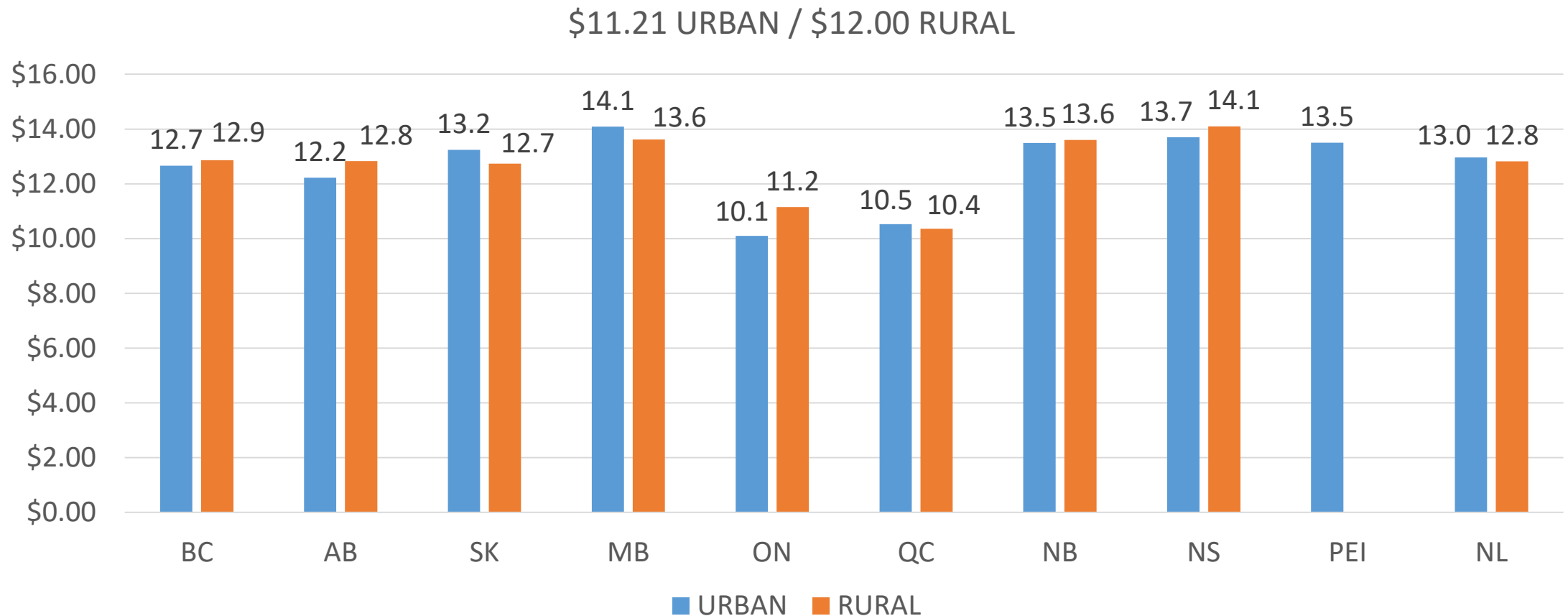
Train service more common in Southern communities

Better coverage in Ontario



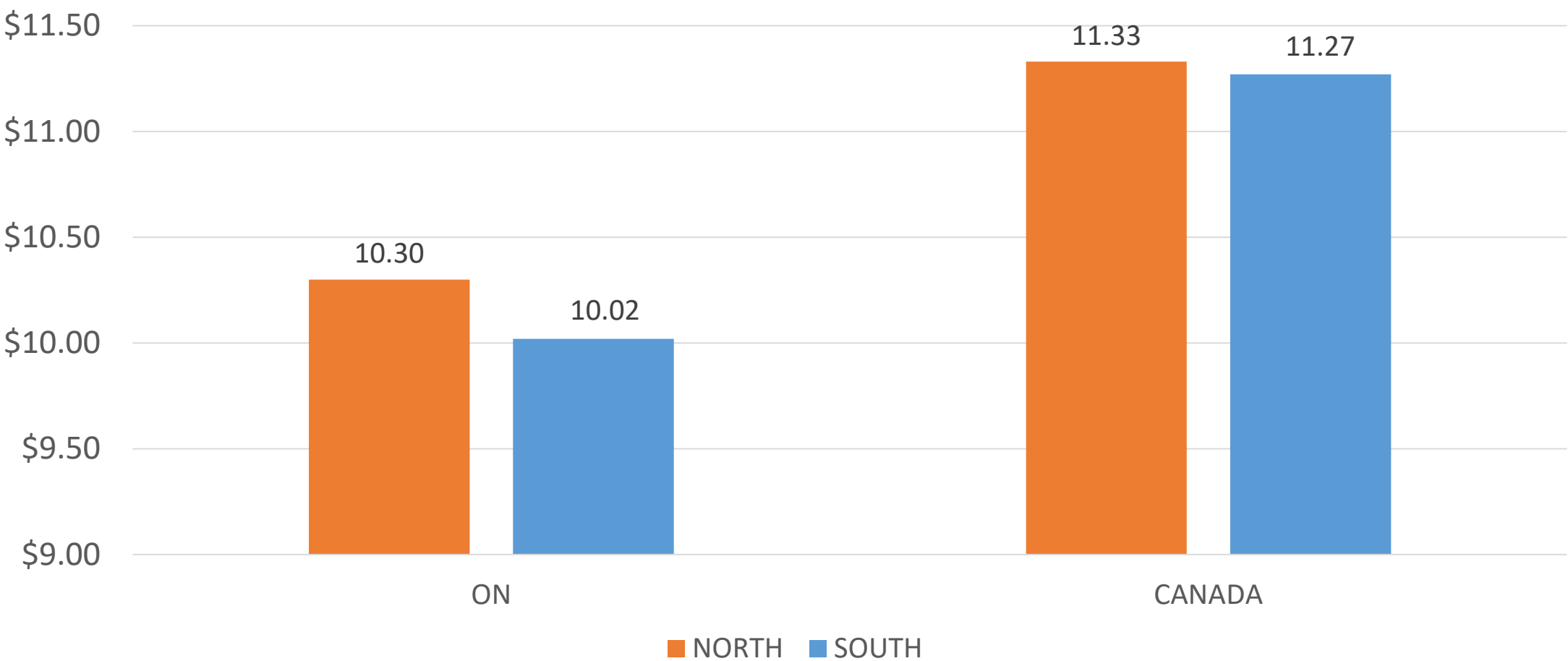
Cigarette prices vary by \$2 per 20-pack

Cheapest in ON, QC... priciest in MB



Cigarettes prices similar between north and south

Ontario a bit cheaper



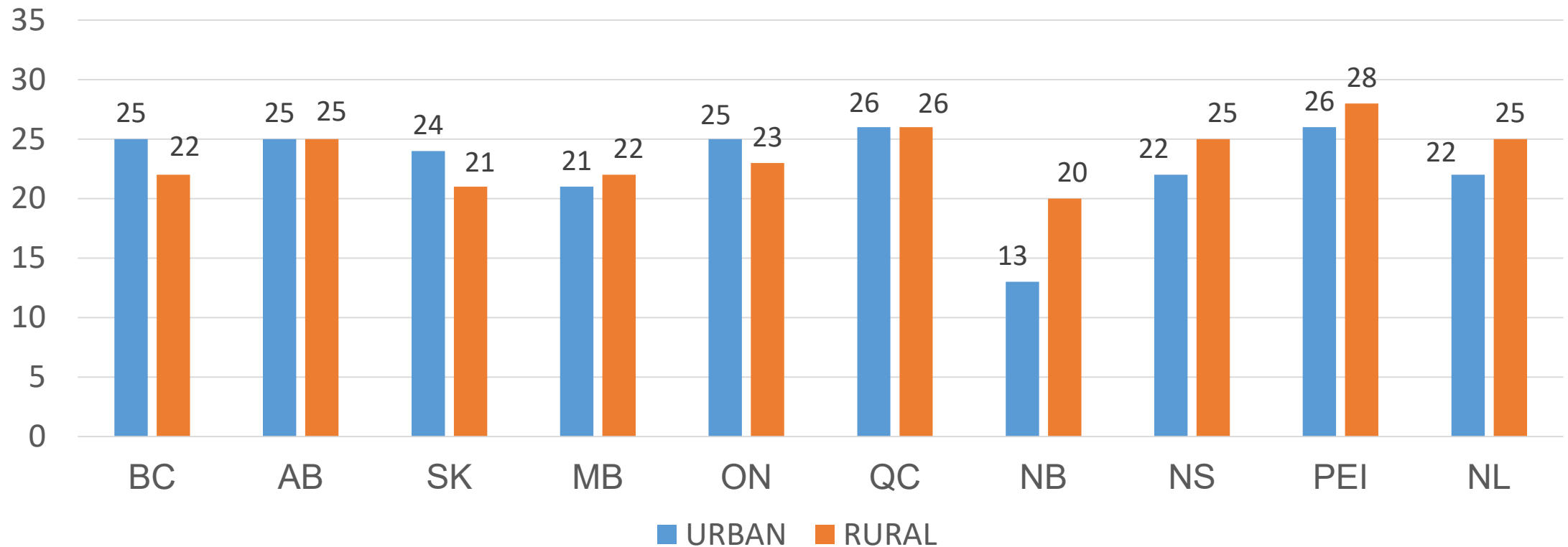
Adapted from: de Souza et al, *Cities and Health*, 2017

Variety of fruits similar across provinces

Urban NB about 50% of the variety

n FRUITS

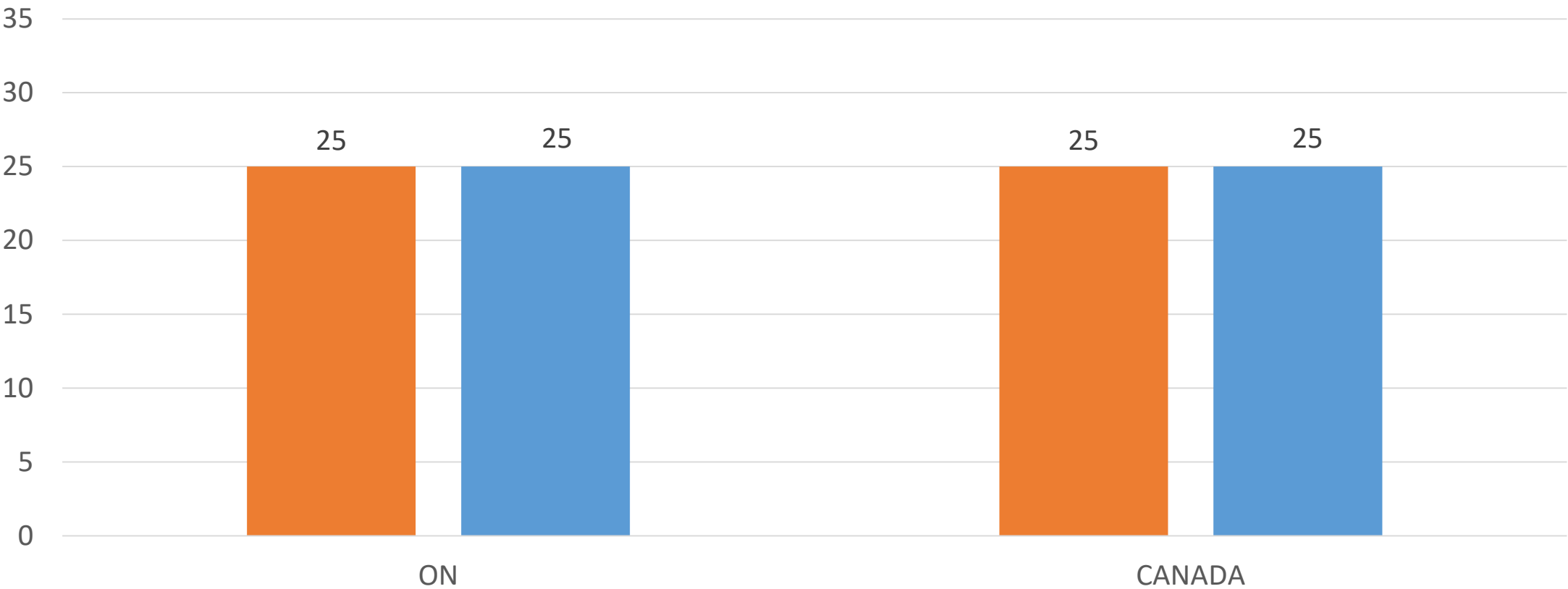
25 URBAN / 23 RURAL



Fruit choice similar between north and south

Ontario consistent with national trend

n FRUITS

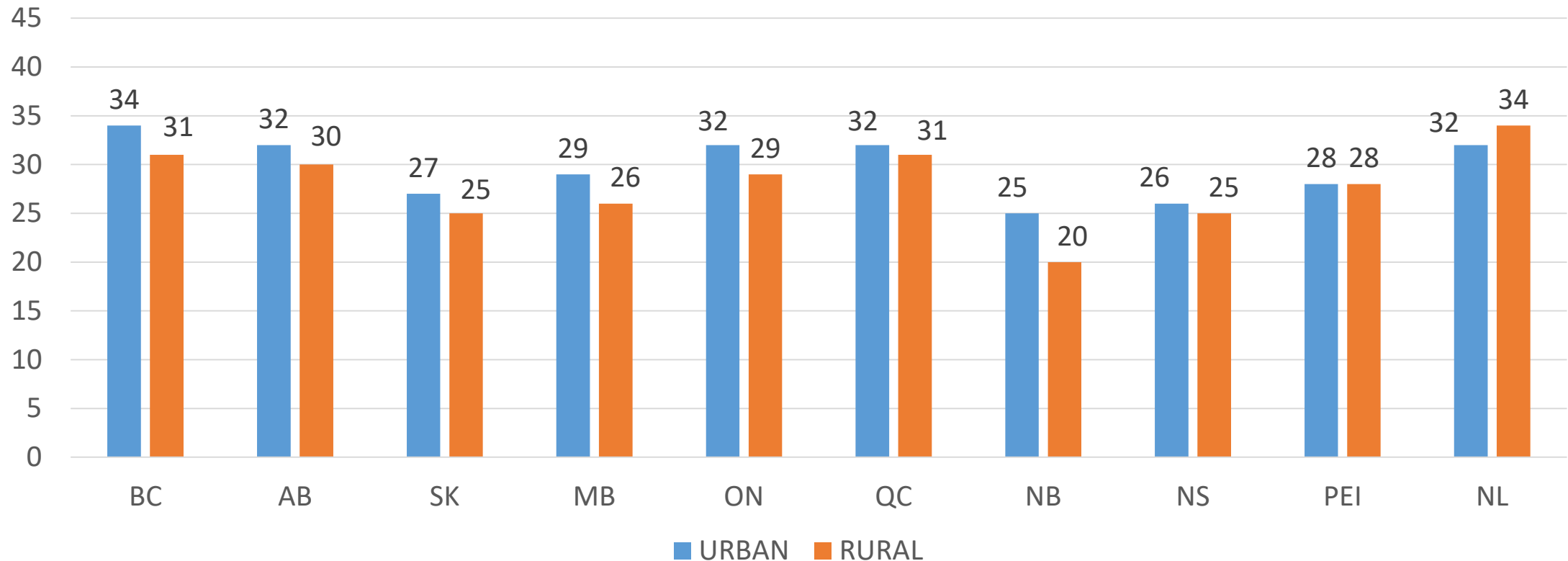


Variety of vegetables similar across provinces

Urban NB about 65% of the variety

n VEGETABLES

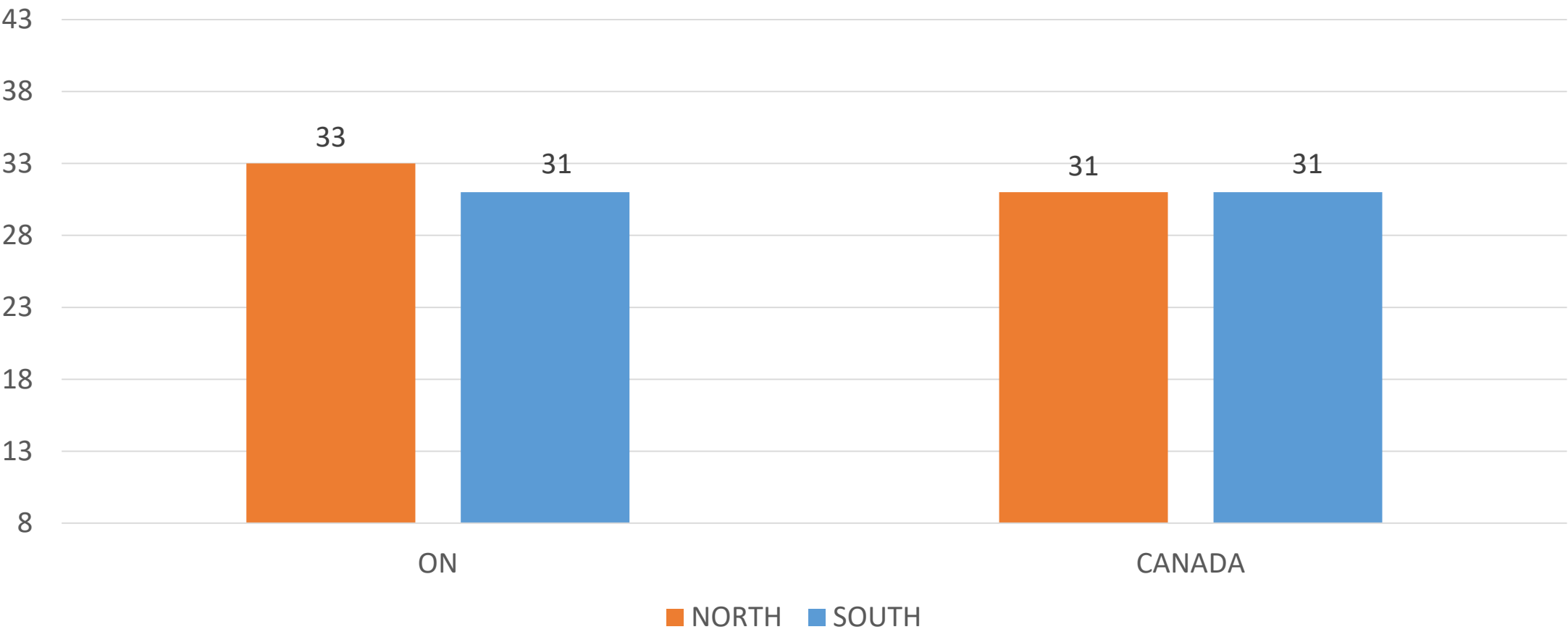
32 URBAN / 28 RURAL



Vegetable choice similar between north and south

Ontario consistent with national trend

n VEGETABLES



Adapted from: de Souza et al, *Cities and Health*, 2017

Common fruits and vegetables were in >90% of stores

Fruits

- **Most Common**

- Apple
- Orange
- Banana
- Lemon
- Grapes

- **Least common**

- Jackfruit
- Pumpkin
- Lychee
- Guava
- Persimmon

Vegetables

- **Most Common**

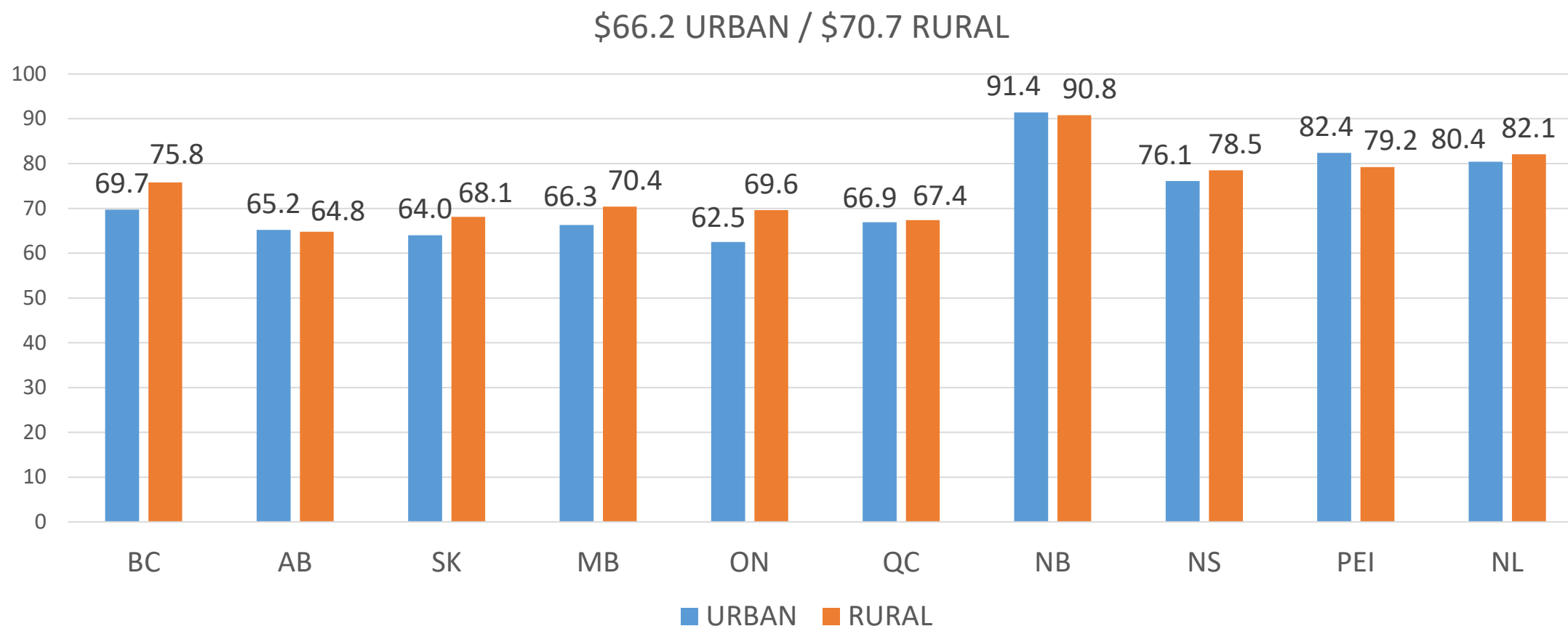
- Carrots
- Tomato
- Celery
- Onion
- Cucumber

- **Least Common**

- Mustard Greens
- Broad (Lima) beans
- Gourd
- Winter melon

Price of nutritious food higher in rural communities

Most expensive in NB, most affordable in ON

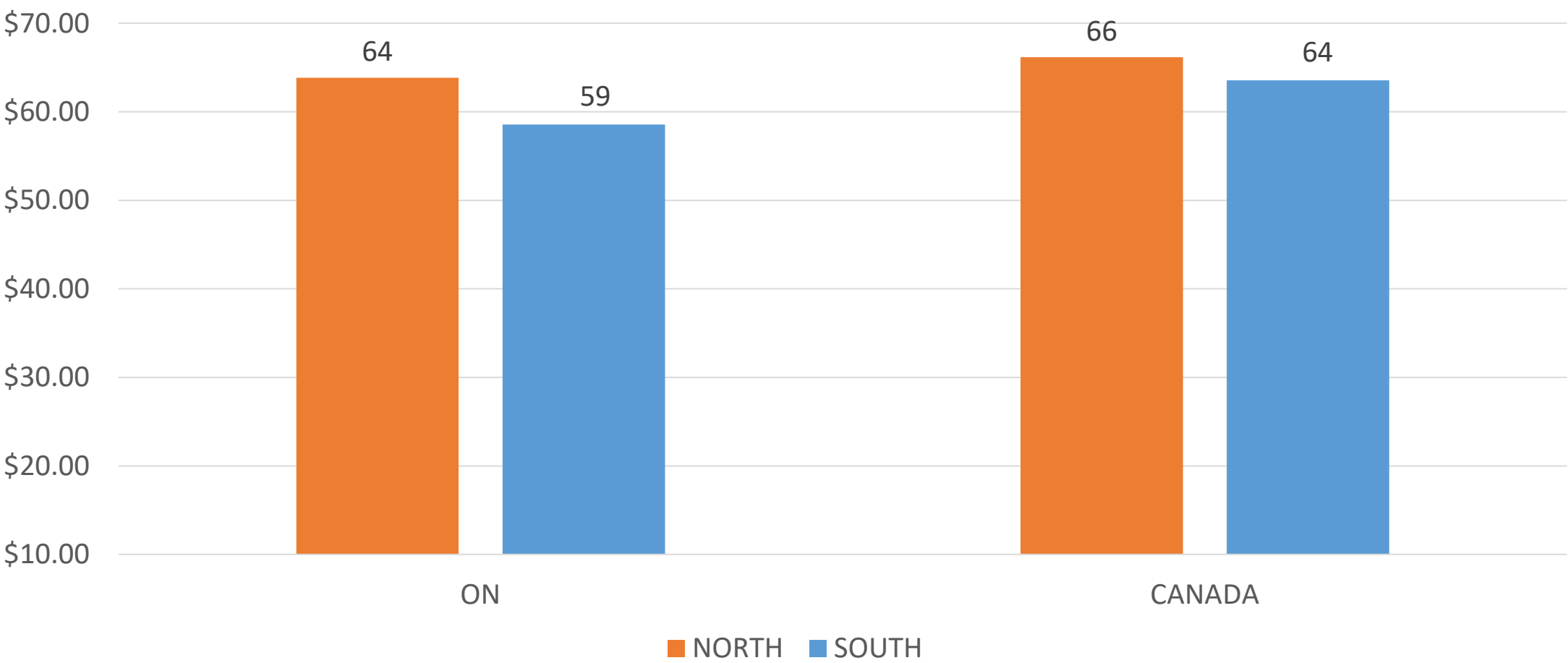


Nutritious food: 2% milk, eggs, chicken drumsticks, pork loin chops, carrots, lettuce, apples, bananas, grapes, oranges, pears, tomatoes, white bread, white rice, brown rice

Adapted from: de Souza et al, *Cities and Health*, 2017

Price of nutritious foods higher in northern Canada

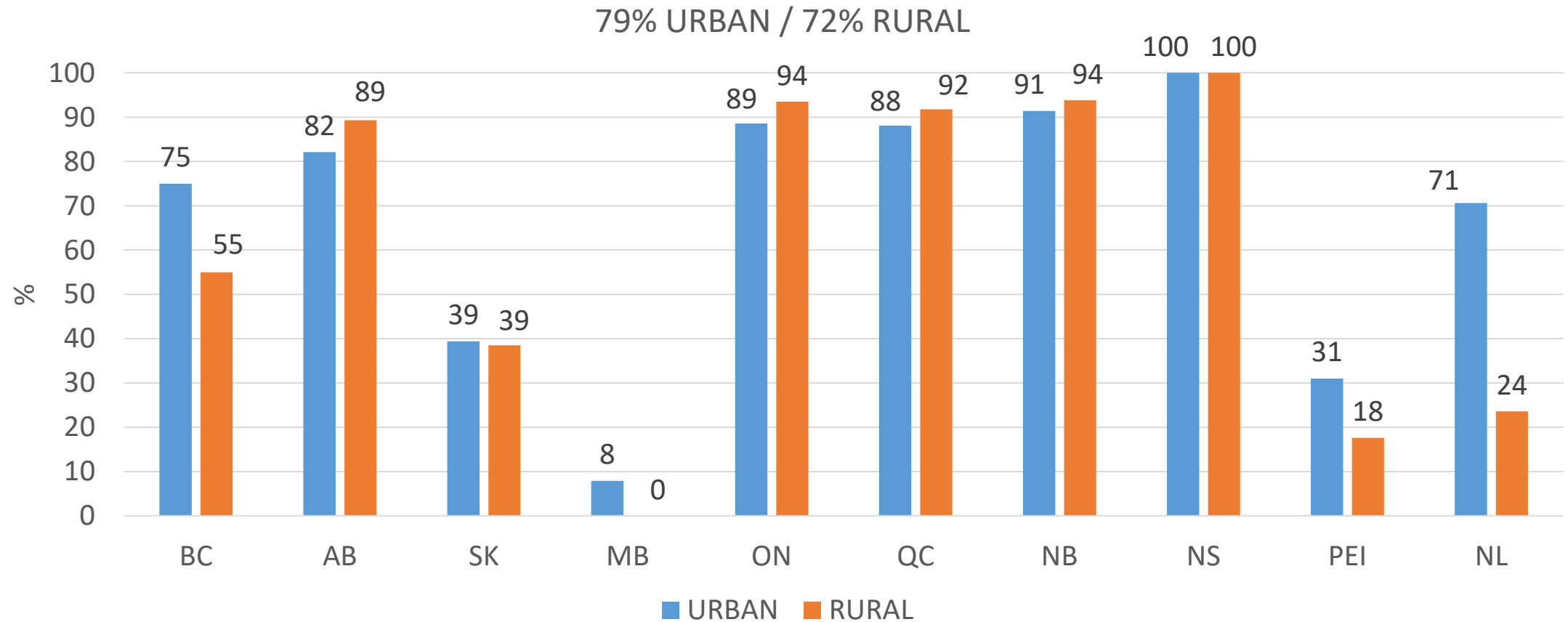
Ontario consistent with national trend



Adapted from: de Souza et al, *Cities and Health*, 2017

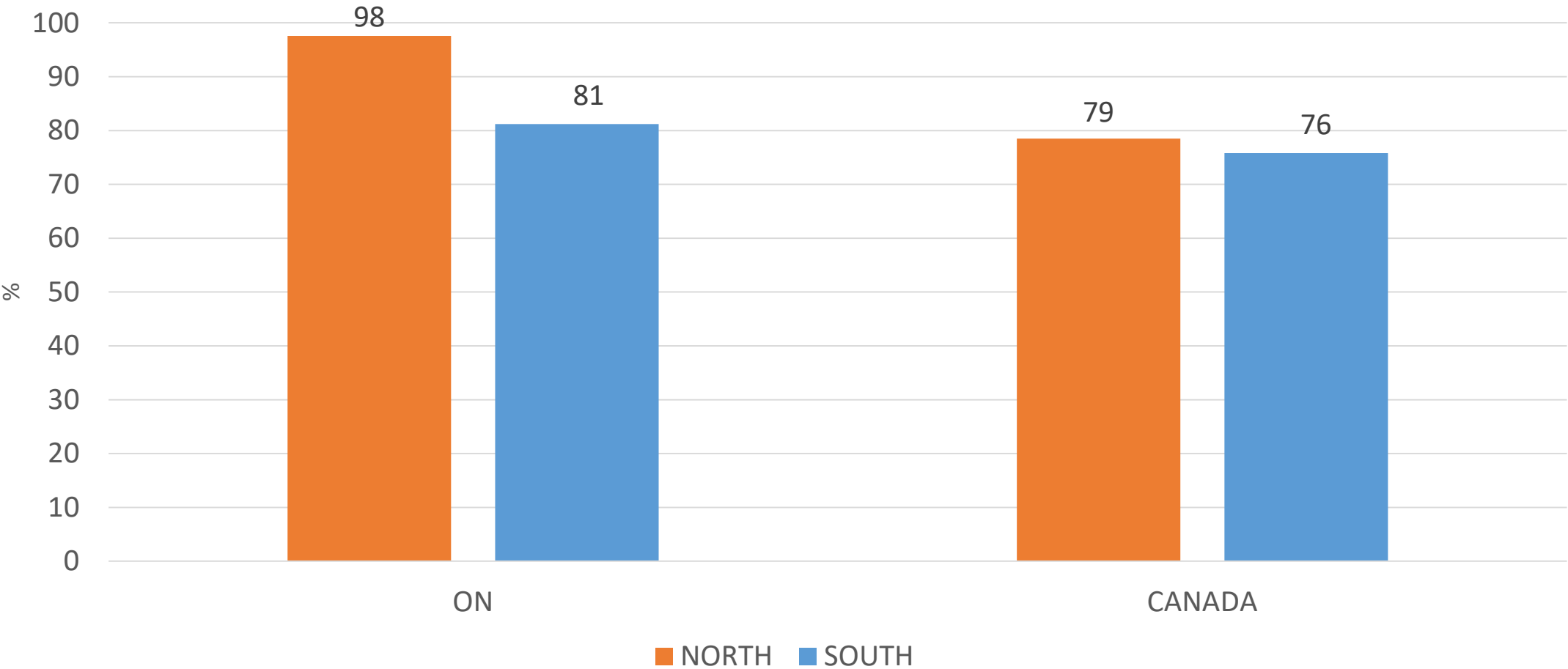
Junk food advertisements are common

Least common in SK, MB, PEI, NL



Junk food advertisements are common

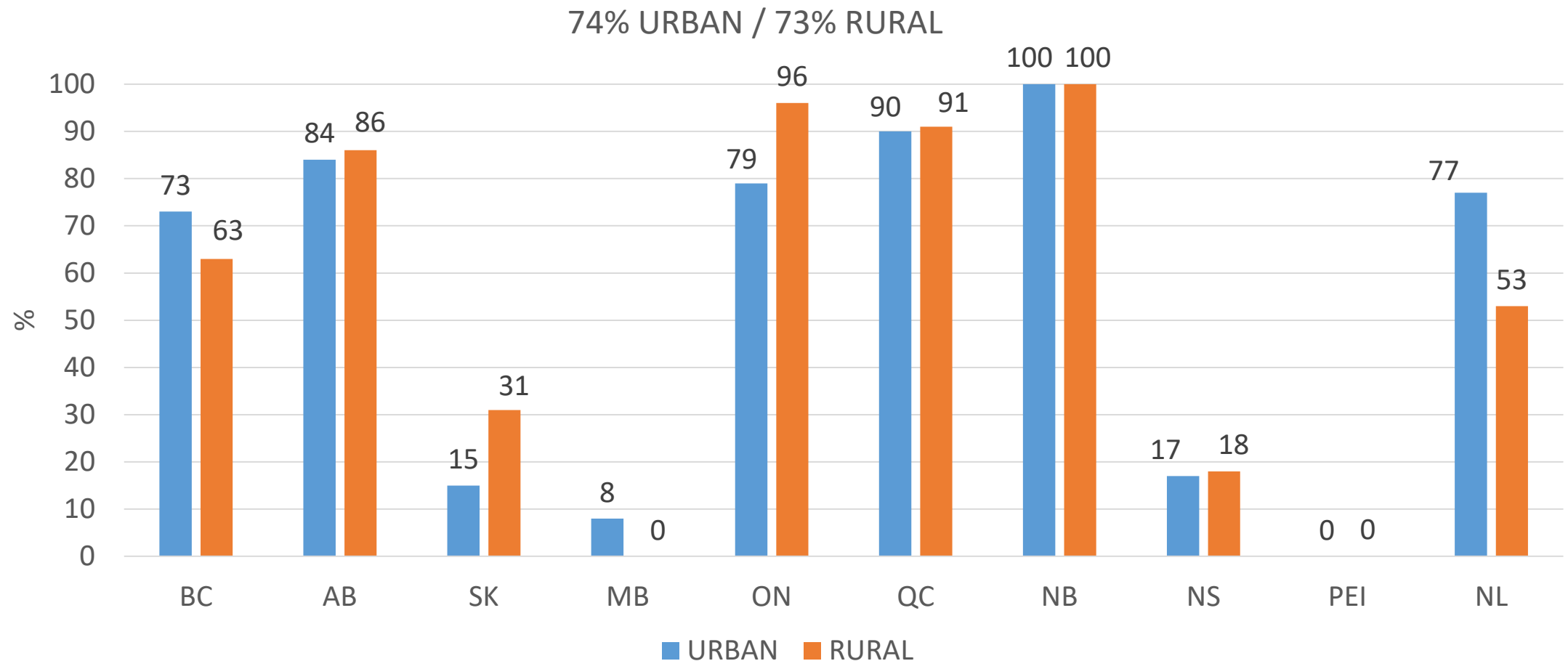
Ontario higher than national averages



Adapted from: de Souza et al, *Cities and Health*, 2017

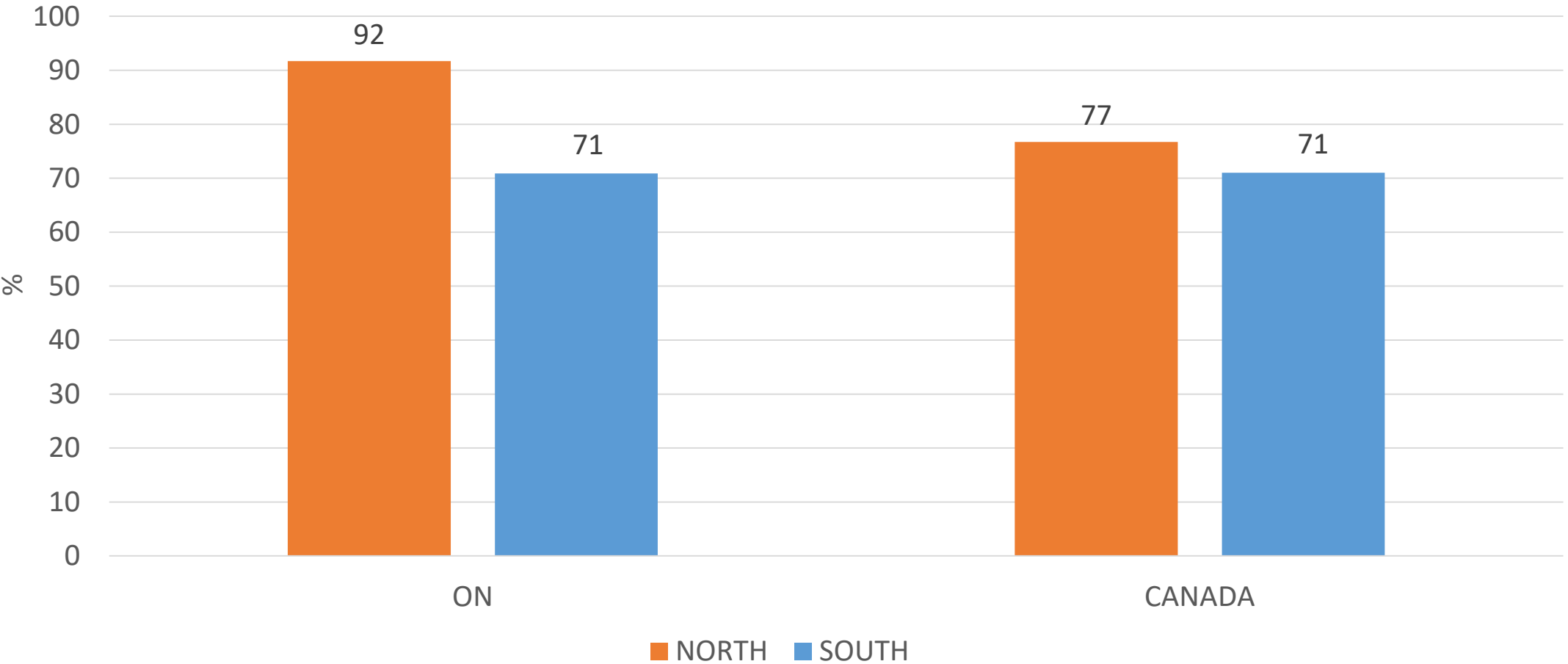
Sugary drink advertisements are common

Least common in SK, MB, PEI, NL



Sugary drink advertisements are common

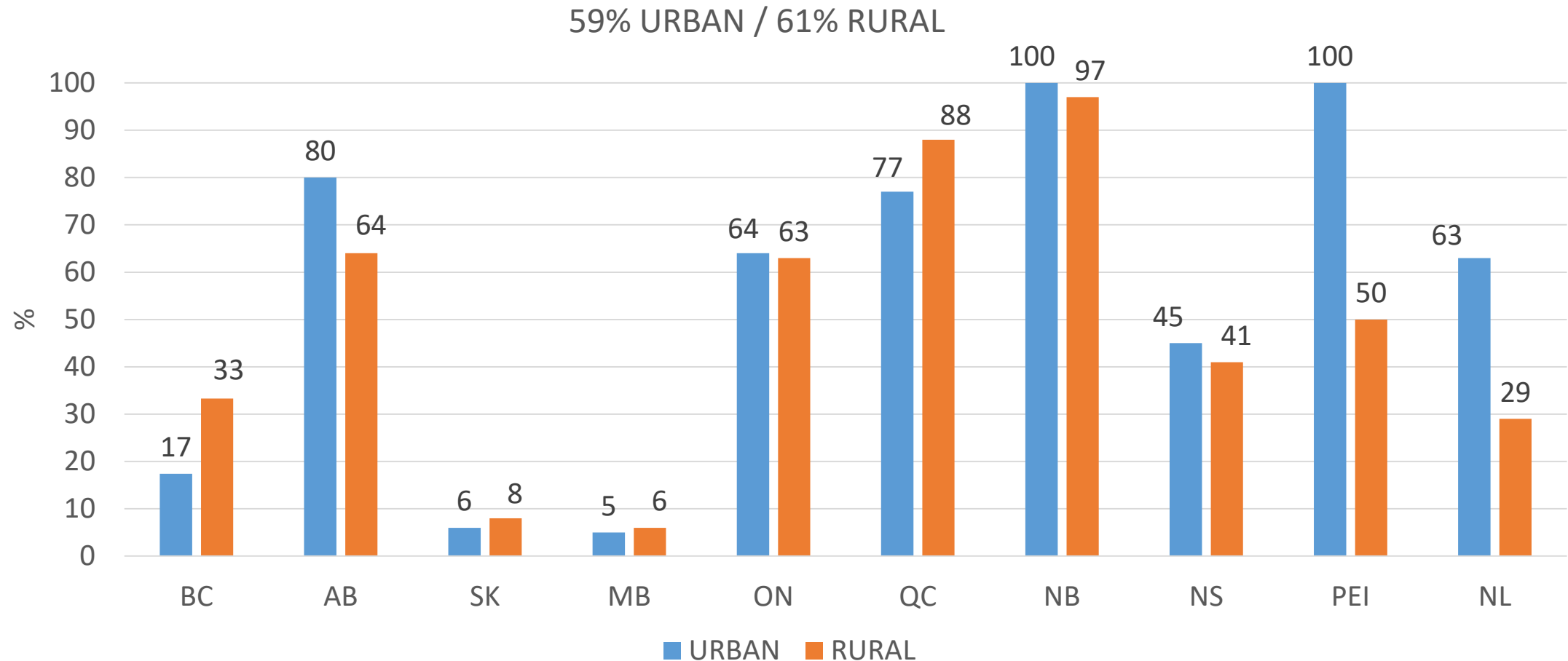
Ontario higher than national averages, more in north



Adapted from: de Souza et al, *Cities and Health*, 2017

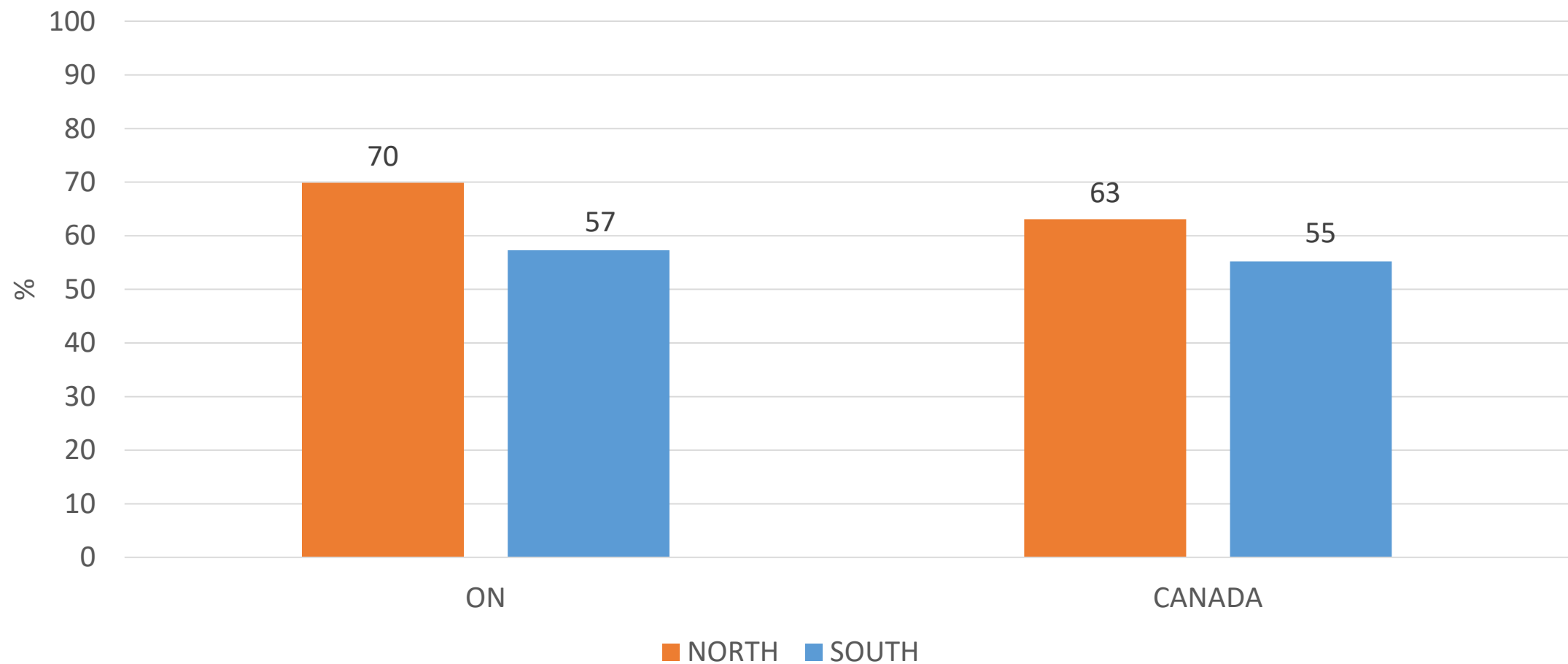
Fruit & vegetable advertisements are less common

Least common in SK, MB, BC



Fruit & vegetable advertisements are less common

Ontario a little better than most

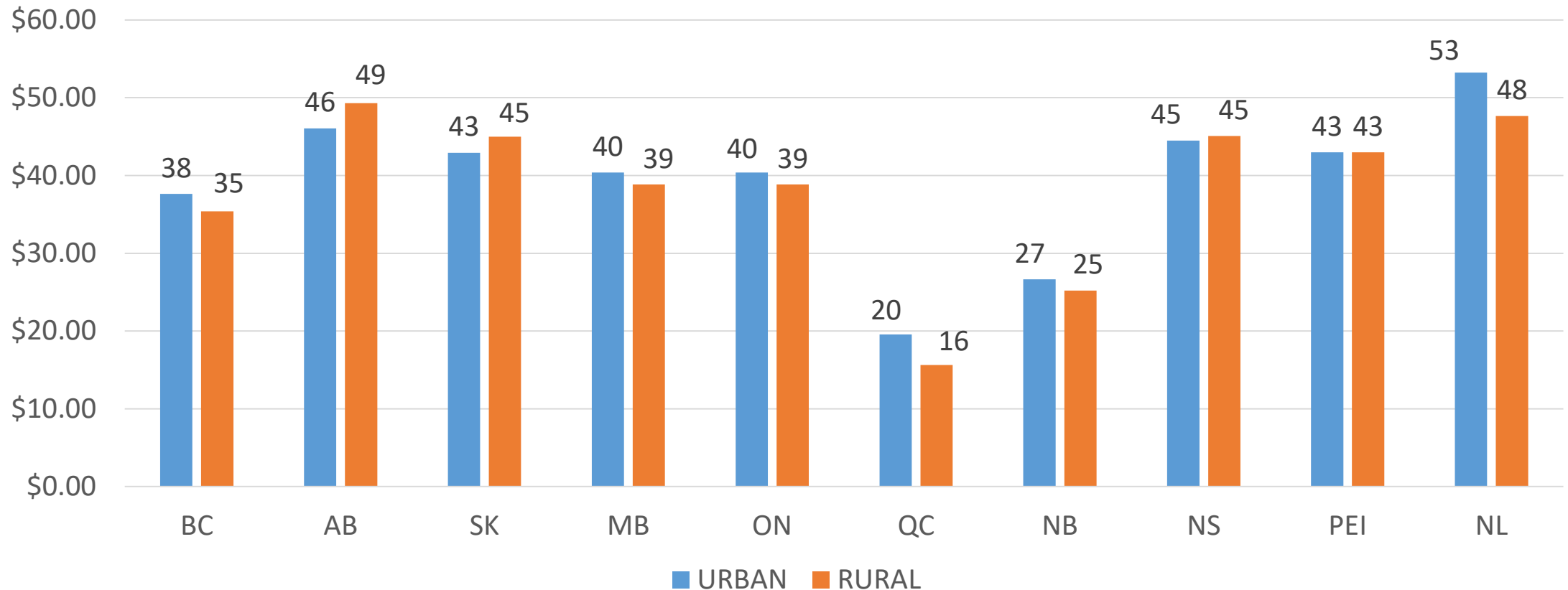


Adapted from: de Souza et al, *Cities and Health*, 2017

Price of beer varies across provinces

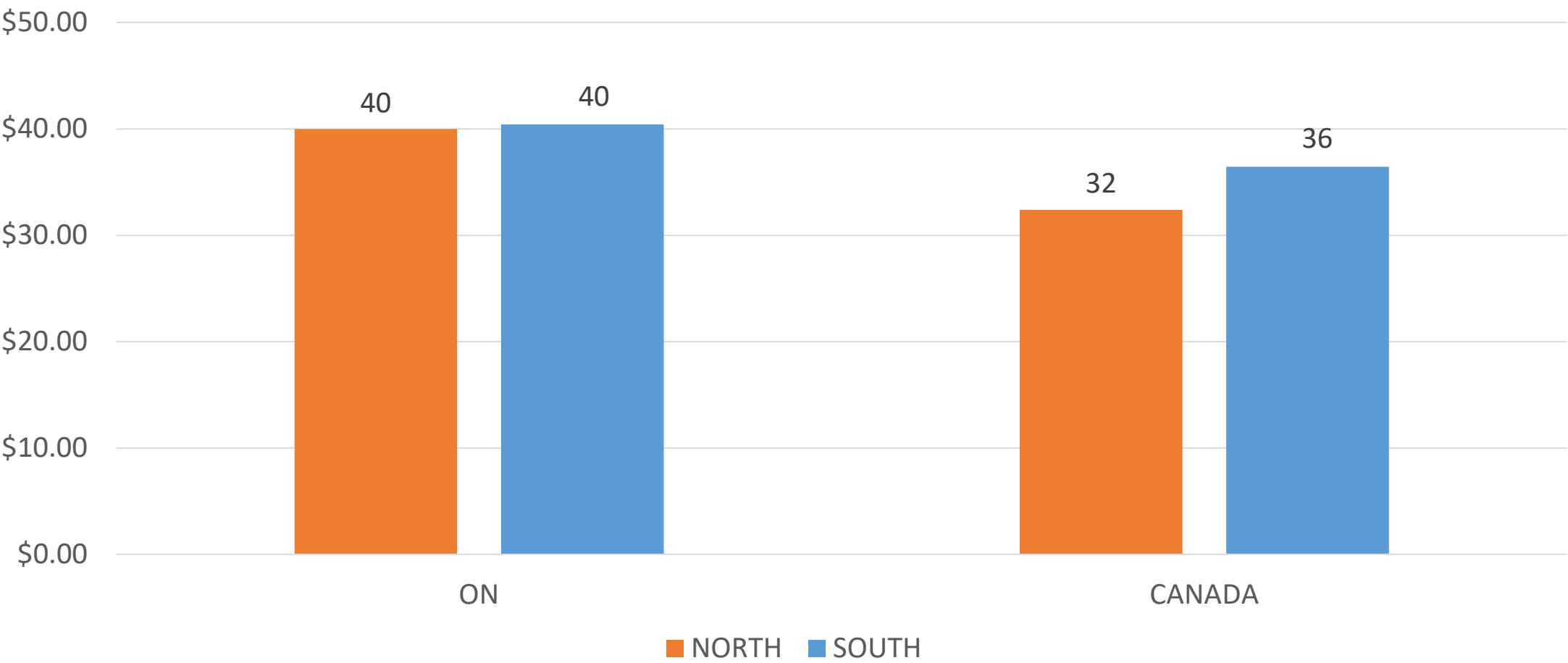
Cheapest in QC, NB... most expensive in NL

\$34.13 URBAN / \$33.26 RURAL



Price of beer varies across provinces

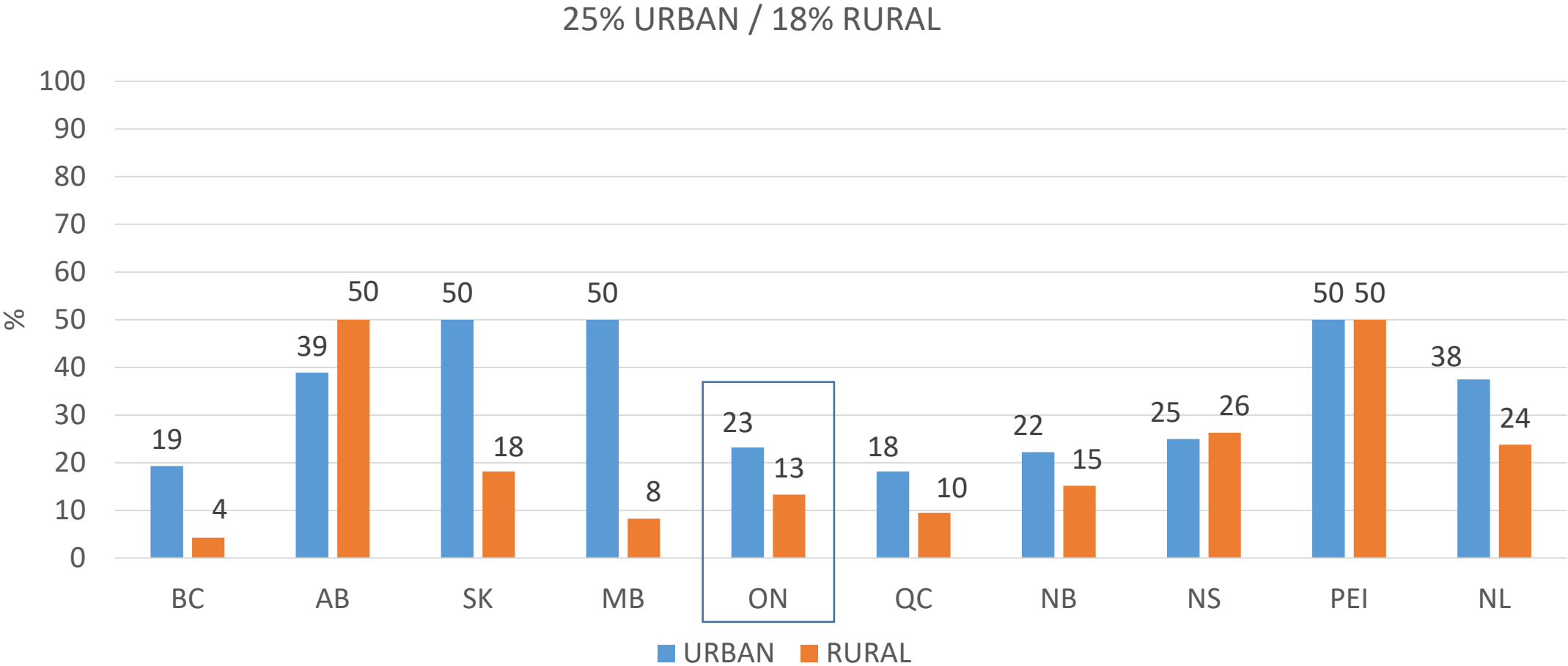
Little more expensive in Ontario; but QC, NB low



Adapted from: de Souza et al, *Cities and Health*, 2017

Nutrition information not available in most restaurants

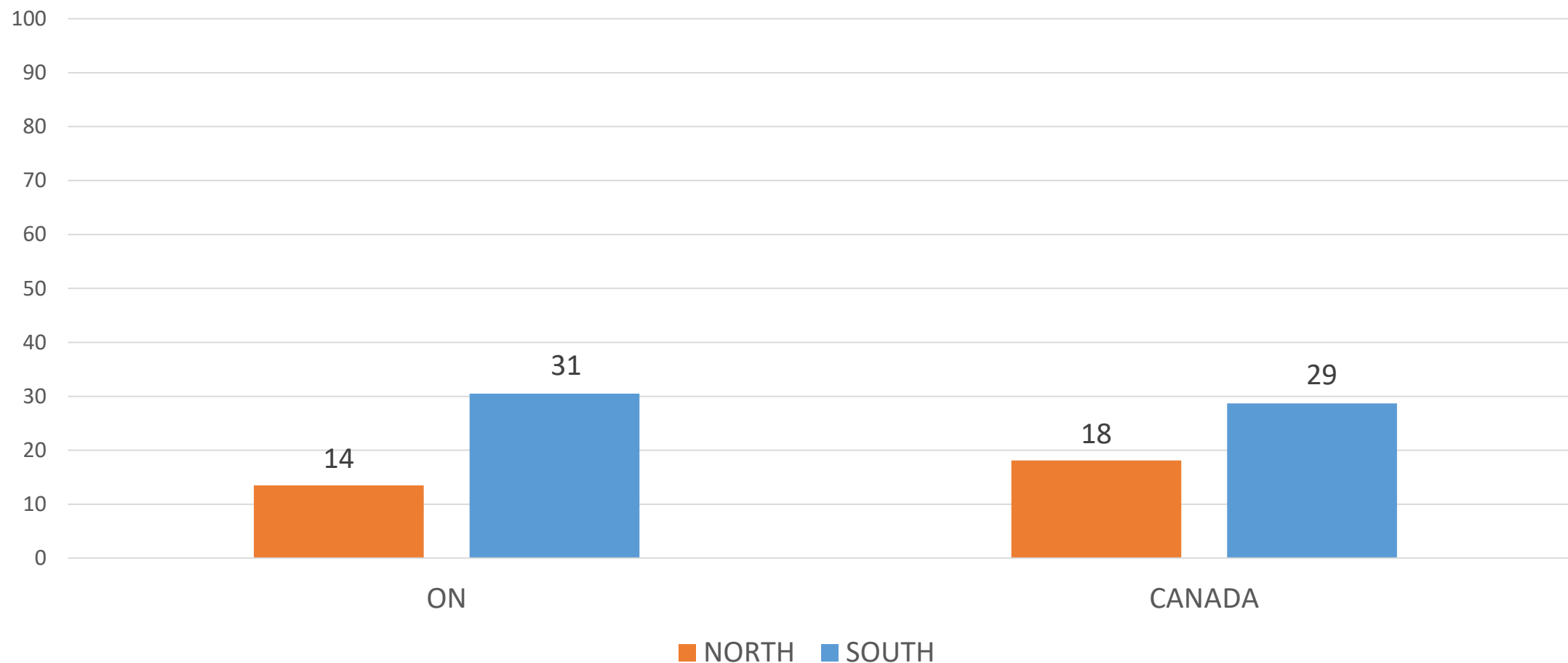
Large inter-provincial variation



Adapted from: de Souza et al, *Cities and Health*, 2017

Nutritional information unavailable in most restaurants

Slightly less so in Northern Ontario



Development of the on-line map:

<https://cvcdcontextual.mcmaster.ca/>

1. Create database of audits for each community
2. Render the map of Canada using tile map service
3. Use Canadian FSA boundary data from Census Canada
4. Use postal boundary data from CanMap Postal Code Suite
5. Link #3 and 4 to EPOCH-1 data for each community
6. Integrate data from study, boundaries, and basemap (*leaflet*)


1. Simple database

- .csv format containing the values for each community's environmental assessment (Microsoft Excel, Microsoft Corporation)

[illegible]

2. Render the map

- tile map service provided from CARTO (<https://carto.com>) to render the map of Canada
- CARTO provides stylized maps based on OpenStreetMap data
- OpenStreetMap (<https://www.openstreetmap.org>) is a collaborative project that offers open map data of the world that is free to download and use for any purpose

 **OpenStreetMap**

Edit

History

Export


[GPS Traces](#) [User Diaries](#) [Copyright](#) [Help](#) [About](#)

[Log In](#) [Sign Up](#)

Search

Where is this?

Go




Relation: Canada (1428125)

delete country node (labels are not mappable objects and mapping country as area is preferable)

Edited about 7 hours ago by [Mateusz Konieczny](#)
Version #278 · Changeset #68248211

Tags

ISO3166-1	CA
ISO3166-1:alpha2	CA
ISO3166-1:alpha3	CAN
ISO3166-1:numeric	124
admin_level	2
alt_name:vi	Ca-na-da
boundary	administrative
capital_city	Ottawa
country_code_fips	CA
flag	http://upload.wikimedia.org/wikipedia/commons/c/cf/Flag_of_Canada.svg
int_name	Canada
name	Canada



500 km

+

-

↑

↵

⌂

?

<https://carto.com/location-data-services/basemaps/>

<https://www.openstreetmap.org>

3+4. Canadian FSA boundary (Census Canada)

- Display boundaries for regions nearby
- allow the user to view data on a region by selecting anywhere within a region's boundary
- Canadian FSA boundary data from the Canadian census (Statistics Canada), and the postal boundary data from CanMap Postal Code Suite
- Includes fields for six digit postal codes with and without space
- Includes shapefile for retired postal codes
- Level of accuracy = Ranging from CanMap Streetfiles to Dissemination Area centroid
- Projection = Unprojected Latitude/Longitude

CanMap Multiple enhanced Postal Codes

Attribute Name	Description
MEP_ID	Multiple enhanced postal code point unique identifier
POSTALCODE	Postal Code data with no space between the FSA and LDU
POST_CODE	Postal Code data with a space between the FSA and LDU
SLI	Single Link indicator (identifies main postal code record when multiple exist)
PROV	2 letter alpha abbreviation (Canada Post) according to the first letter of the postal code (i.e. L1R2H2=ON)
COMM_NAME	Community name
MAF_ID	Uniquely identifies a municipal amalgamation boundary
BIRTH_DATE	Data when the postal code became active (YYMMDD)
RET_DATE	Date when a postal code was retired or no longer in use by Canada Post Corporation (YYYYMMDD format)
DOM_DELMDE	Dominant Delivery Mode Type identifying the primary type of delivery service for Active Postal Code records only
TOTAL_POC	Total Points of Call-the total number of points of call (apartments, business, houses and farms) served by the postal code for all delivery mode types for Active Postal Code records only
POC_APART	Points of Call for Apartments-the total number of apartments served by the postal code for all delivery mode types for Active Postal Code Records only
POC_BUS	Points of Call for Business-the total number of business served by the postal code for all delivery mode types for Active Postal Code Records only
POC_HOUSE	Points of Call for Farms-the total number of houses served by the postal code for all delivery mode types for Active Postal Code Records only
POC_FARM	Points of Call for Farms-the total number of farms served by the postal code for all delivery mode types for Active Postal Code Records only
PC_COUNT	Total number of Postal Code point records associated with each postal code
POSITION	Representative point flag, this identifies the method used to geographically position the coordinate
LONGITUDE	Longitude in the decimal degrees
LATITUDE	Latitude in decimal degrees
CANMAPID	ID to reference to CanMap street file

5+6. Linkage

- used Leaflet (<https://leafletjs.com/>)
- open-source library for creating web maps
- integrate audit data, boundary data, and basemap
- create an interactive map that would be accessible via a mobile or desk/laptop browser
- Leaflet handles retrieval and processing of the basemap tiles and displays the FSA and postal boundaries with the study data

5+6. Linkage

- used Leaflet (<https://leafletjs.com/>)
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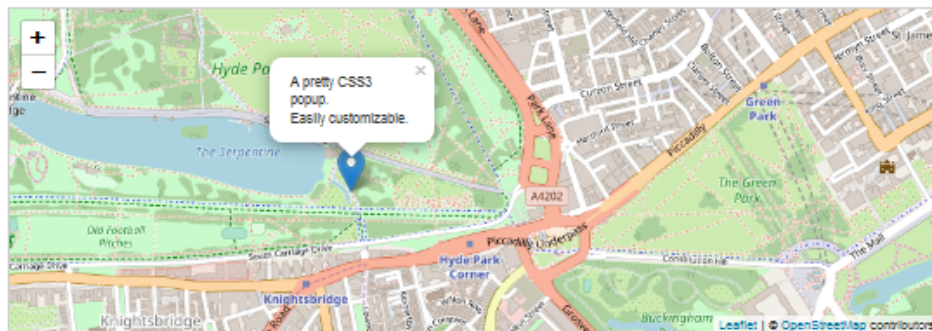
an open-source JavaScript library
for mobile-friendly interactive maps

[Overview](#) [Tutorials](#) [Docs](#) [Download](#) [Plugins](#) [Blog](#)

Dec 30, 2018 — [Leaflet 1.4.0](#) has been released!

Leaflet is the leading open-source JavaScript library for mobile-friendly interactive maps. Weighing just about 38 KB of JS, it has all the mapping [features](#) most developers ever need.

Leaflet is designed with *simplicity*, *performance* and *usability* in mind. It works efficiently across all major desktop and mobile platforms, can be extended with lots of [plugins](#), has a beautiful, easy to use and [well-documented API](#) and a simple, readable [source code](#) that is a joy to [contribute](#) to.



Here we create a map in the 'map' div, add [tiles](#) of our choice, and then add a marker with some text in a popup:

```
var map = L.map('map').setView([51.505, -0.09], 13);

L.tileLayer('https://{s}.tile.openstreetmap.org/{z}/{x}/{y}.png', {
  attribution: '©copy; <a href="https://www.openstreetmap.org/copyright">OpenStreetMap</a> contributors'
}).addTo(map);

L.marker([51.5, -0.09]).addTo(map)
  .bindPopup('A pretty CSS3 popup.<br> Easily customizable.')
  .openPopup();
```

Learn more with the [quick start guide](#), check out [other tutorials](#), or head straight to the [API documentation](#). If you have any questions, take a look at the [FAQ](#) first.

Online Map:

<https://cvcdcontextual.mcmaster.ca/>

- <https://cvcdcontextual.mcmaster.ca/>

Implications for policy and practice

- *Foster collaboration between public health and built environment professionals, and legislators around the common aim of improving community health*
 - **Planners:** expertise in the use of strategic environmental assessments, sustainability appraisals, and health impact assessments
 - **Public health professionals:** knowledge of the wider determinants of health, health needs assessment, setting objectives for health, and monitoring and interpreting health information
 - **Public:** publicly-available data (assessments) can support grassroots campaigns

Implications for policy and practice

- *Policies that reduce and stabilize the prices of fruits and vegetables across rural and urban communities are likely to increase purchase and consumption*
- **Barriers:** Canada requires a multi-factorial solution that addresses several challenges, including the lack of population density (i.e. less demand), and greater isolation, longer distances to travel under poor road conditions, a lack of storage and/or processing facilities

Implications for policy and practice

- *Reducing the influence of advertising is an important step in reducing obesity, most specifically, childhood obesity*
 - **Models that work:** Strict prohibition of advertisements of tobacco and alcohol could be the model for a federal, enforceable restriction of marketing unhealthy foods to children and vulnerable populations
 - **Proposals:** “Junk food” or sugar taxes represent a complex solution

Implications for policy and practice

- *Higher prices of cigarettes are likely to be an effective strategy to prevent new smokers and increase cessation in existing smokers.*
 - **Price-sensitivity:** cigarette smokers seek out measures to purchase less expensive cigarettes
 - **Barrier to entry:** younger smokers deterred

Implications for policy and practice

- *Our data may be linked with population-based data on other exposures (e.g. eating patterns, **air pollution**, access to health services) and outcomes (e.g. disease rates)*

Future research directions

- Linkage with cardiovascular and cancer outcomes
- Concordance between individual perceptions and our observations
- Multi-level models parsing the influence of individual and community

Summary of findings

1. Provincial and urban-rural differences exist in availability of fruits and vegetables; advertising differs between provinces more so than between urban and rural communities
2. Rural communities face higher food prices, are subject to more seasonal variation in fruit and vegetable selection, and generally see less promotion of healthy restaurant options and availability of nutritional information at restaurants than urban communities
3. In-store advertising for sweet drinks and junk food are more frequent than in-store advertisements for tobacco products
4. Cigarette prices are lower and the variety of brands is greater in urban than in rural tobacco stores; and are lowest in central Canada, where there is both more in-store advertising for cigarettes and signage prohibiting smoking in-store
5. Alcohol prices are lowest in Quebec

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Thank you

- @DrRussRD
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- Watch our video:
<https://www.youtube.com/watch?v=PJU4qSkEndM>



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Search a FSA or Postal Code

Enter a **Forward Sortation Area** (FSA) or **Postal code** above to display statistics about the area



General

FSA/Postal Code: M5A

of Postal Codes: 603

⚙ Average House Price: \$1,375,000

Rural?: No

Nearest City: Toronto

Nearest Highway: 404

Bus Frequency: 12 per hour

Subway Frequency: 20 per hour

Map



Tobacco

Point-of-Sale Advertising:	No Data
Openly Displayed Cigarettes:	No Data
Signs that Prohibit Smoking:	No Data
Signs Showing Harmful Effects:	No Data
⚙ # Cigarette Brands sold?:	33
⚙ # Smokeless Tobacco Brands?:	3
Available Packet Sizes:	20-24/pack, 25-30/pack, >30 or multi-pack carton,
⚙ Cheapest Brand Sold:	LD @ \$6.88 for 20
⚙ Marlboro Brand Sold:	Rooftop @ \$10.27 for 20
⚙ # of Health Warning on Cheapest Pack:	2
Smoking Cessation Aids Sold	No



Groceries

Junk Food Advertisement:	≥ 3
Sweet Drink Advertisement:	≥ 3
Fruit and Vegetable Advertisement:	1-2
Cigarette and Tobacco Advertisement:	None
Alcohol Advertisement:	None
⚙ # of Types of Fruit:	23
3+ Fruits Appear to be Damaged:	No
3+ Fruits are Specially Packaged:	Yes
⚙ # of Types of Vegetables:	32
Healthy Food Basket	\$62.70
Junk Food Combination	No Data



Restaurants

Salads as Main Dish:	Yes
Increase Portion Size Option:	No
Buffet Service:	No
Health Check Items:	No
Nutritional Information Provided:	No



Alcohol

Store Sells Alcoholic Beverages?:	Yes
Price of a 750-ml Bottle of White Wine?	\$10.10
Price of 24-Cans of Beer?:	\$43.95