



Dear candidate,

I am sending you this list of commitments and targets because I want you to commit to protecting my health and the health of my family. This list comes from the website lvoteforhealth.org which I invite you to consult to discover the health justifications that support these commitments and targets.

I hope you will work for my health and that of my loved ones.

Kind regards,

A voter

The 20 commitments

1. Have the will and courage to innovate to create urban designs that are conducive to my health and that of my loved ones.
2. Improve public transportation services.
3. Expand cycling networks.
4. Expand pedestrian networks (sidewalks, trails, pedestrian streets).
5. Develop a city of short distances.
6. Develop interconnected green spaces close to citizens.
7. Take on our winter by promoting walking, cycling and the use of green spaces in all seasons.
8. Secure pedestrian and bicycle networks.
9. Promote the availability of healthy food in my neighborhood.
10. Protect Quebec's food autonomy.
11. Conduct a health impact assessment¹ on significant projects in a living environment.
12. Fight air pollution.
13. Fight noise pollution.
14. Green my city.
15. Reduce sewage overflows into watercourses.
16. Fight pesticide exposure.
17. Fight heat islands.
18. Reduce greenhouse gas (GHG) emissions that cause climate change.
19. Green my workplace.
20. Green my child's school.



The 52 targets

1. In urban centers, aim for every citizen to live within 500 m of a transit stop. ²
2. In urban centers, aim for two-thirds of urban trips to be made by walking, cycling or public transit by 2040, as in Vancouver. ³
3. Provide quality urban and regional public transit service by requiring a one cent per liter gasoline contribution from motorists. ⁴
4. Aim for every citizen to live within 300 m of a bike path, as in Barcelona. ⁵
5. Provide comfortable and attractive bicycle routes, including trees, shelters, street furniture, public restrooms, water fountains, etc., and map restrooms and water fountains. ⁶
6. Aim to have a pedestrian route (sidewalk or marked pedestrian space) in front of every residence in the urban environment. ^{7 8}
7. Improve the comfort and attractiveness of pedestrian routes by providing trees, shelters, street furniture, public toilets, water fountains, dog waste dispensers, etc., and map out locations of toilets and water fountains. ⁹
8. In urban centers, aim for all citizens to reside in a neighborhood with a Walk Score (www.walkscore.com) of at least 70 out of 100. ¹⁰
9. Aim for every citizen to live within 300 m of at least 0.5 to 1 hectare of green space. ¹¹
10. Aim to have at least 12% of the land within the urbanized area and at least 17% of the total land area protected as natural areas by 2030. ¹²
11. Aim to have all-natural areas, green spaces and waterfront parks interconnected by naturalized corridors, the simplest expression of which would be tree-lined streets.
12. Aim to substantially increase public access to lakes and rivers for waterfront cities.
13. Clear snow and maintain all sidewalks, pedestrian links, bike paths, park trails and street furniture clear of snow and ice during the winter months.
14. Keep public washrooms open during the winter months.
15. Achieve Vision Zero (road deaths and serious injuries). ¹³
16. Construct automobile lanes no wider than 3 m in urban areas on streets with an annual average daily traffic flow of less than 12,000 vehicles. ¹⁴
17. Provide curb extensions at intersections and tree canopy at accident-prone locations.
18. Reduce the speed limit in residential neighborhoods to 30 km/hr. ¹⁵
19. Secure bike lanes through recognized means ¹⁶ and regular maintenance.
20. Plan to produce 25% of the municipality's fruit and vegetable needs within the urban perimeter, similar to Toronto. ¹⁷
21. Protect all agricultural land within my municipality.
22. Implement a greenbelt around my municipality to limit urban sprawl on agroforestry lands.



23. Conduct a health impact assessment for any significant project in my neighborhood such as the extension or addition of a roadway, the destruction of a green space, the massive cutting of urban trees, the installation or expansion of a polluting industry, etc.
24. Choose design options that support my well-being and health and reduce health care costs.
25. Inform the public about the features and benefits of healthy urban design.
26. Aim for zero air pollution days in my neighborhood during the year (air pollutant levels below the Canadian Ambient Air Quality Standards 2025 of the Canadian Council of Ministers of the Environment).
27. Prohibit highway construction within 300 m¹⁸ of my residence, my place of work or my children's place of study.
28. Aim for an optimal canopy of at least 40% of the urbanized area following the lead of Toronto ¹⁹ and the signatories of the *2020 Declaration for Resilience in Canadian Cities*. ²⁰
29. Introduce strong municipal bylaws to protect urban trees, including consideration of existing trees in defining building footprints, protective measures during construction and deterrent fines.
30. Aim for zero noise pollution (noise pollution levels below the threshold levels recommended by the Institut national de santé publique du Québec). ²¹
31. Adopt a Toronto-style shadow code. ²²
32. Adopt a sustainable stormwater management policy based primarily on green infrastructure. ²³
33. Fully conserve wetlands within my municipality.
34. Ban the use of all chemical plant protection products throughout the urbanized area, following the example of Paris and other cities. ²⁴
35. Ban the use of all chemical plant protection products throughout the urbanized area, following the example of Paris and other cities.
36. Remove any minimum number of parking spaces per dwelling unit ²⁵ from the by-law and impose a maximum number of parking spaces.
37. Reduce large surface parking lots by requiring the construction of underground or multi-story parking lots.
38. Require the application of BNQ 3019-190 on surface parking lots.
39. Mandate green or white roofs, as adopted by the City of Toronto and several Montreal boroughs, for flat or low-slope roofs. ^{26 27}
40. Aim for a reduction of at least 37.5%, and preferably at least 55%, in GHG emissions from 1990 levels by 2030. ²⁸
41. Aim to have all public transit and vehicles in the city electrified. ²⁹
42. Divest from fossil fuels (municipal employee pension fund, municipal investments).
43. Eliminate fuel oil and other non-renewable fossil fuels as energy sources for municipal buildings.



44. Make all new construction carbon neutral by 2030, building on the City of Vancouver's strategy.³⁰
45. Ban lighting in public buildings, store and exhibition windows between 1:00 a.m. and 7:00 a.m., and in offices one hour after the last employee leaves, using France as a model.³¹
46. Adopt a travel management policy that promotes sustainable mobility for the municipality's employees, including a teleworking policy.
47. Evaluate the feasibility of integrating renewable energy (e.g. solar, geothermal) into all new municipal building projects.
48. Use urban trees to reduce heating and cooling needs of buildings.³²
49. Fight overconsumption of energy by banning disposable plastic bags, charging for drinking water and waste materials, and promoting the circular economy.
50. Require exterior walls with windows for all new office construction.
51. Require a minimum of one tree per 200 m² of undeveloped land including outdoor parking areas for my workplace.³³
52. Require a minimum of one tree per 200 m² of undeveloped land including outdoor parking areas for my child's school.³⁴

An initiative of



I Vote for My Health is an initiative of Healthy Urbanity and the Quebec Association of Physicians for the Environment (QAPE) aimed at positioning urban planning and health issues at the heart of the next municipal elections on November 7, 2021. As a non-partisan platform, *I Vote for My Health* is an initiative that does not directly or indirectly promote or discourage the election of any candidate or candidates of any party. For more information, visit the website: <https://lvoteforhealth.org>.

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- ² <https://www150.statcan.gc.ca/n1/daily-quotidien/200602/dq200602a-eng.htm>
- ³ https://vancouver.ca/files/cov/Transportation_2040_Plan_as_adopied_by_Council.pdf
- ⁴ <https://www.lesoleil.com/actualite/transport-collectif-aux-iles-et-en-gaspesie-taxe-dun-cent-sur-le-litre-dessence-bc615659e8fc4a500330d1cdb3435930>
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- ⁶ <https://centdegres.ca/magazine/alimentation/municipalites-8-pistes-daction-encourager-vos-citoyens-a-boire-de-leau/>
- ⁷ <https://www.stateoftheair.org/key-findings/cleanest-cities.html>
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