

Better health. Better health care.

The O'Brien Institute for Public Health at the University of Calgary supports excellence in population health and health services research, realizing the benefits of such research by informing community, policy and health-practice stakeholders.

As an Institute, we share a vision of "better health and health care," reflecting our two priority research areas of improved population health and enhanced health systems performance.

The institute's success in brokering broader external relationships, with provincial and national interest groups, policy makers, research agencies, the media, philanthropists, and community stakeholders, further extends the reach and impact of our members' significant research outputs.



UNIVERSITY OF CALGARY
O'Brien Institute for Public Health

obrieniph.ucalgary.ca

Together we can ...

*make*Calgary



makecalgary.ca



Photo courtesy of Bernard Spragg



Photo courtesy of City of Calgary



Photo courtesy of City of Calgary

What is *makeCalgary*?

An **informative platform** that hosts events to inspire positive change and improve urban health for all Calgarians

An **influential network** that encourages interdisciplinary connections and collaborations

A catalyst for **impactful change** through community engagement, thoughtful dialogue and health-oriented urban change

Who We Are

Supported by leaders at the City of Calgary and the University of Calgary, including the O'Brien Institute for Public Health, *makeCalgary* is an interdisciplinary collective working to improve the lives of Calgarians through a research-based exploration of the links between municipal policies and health.

Canadian cities are growing rapidly and the pace of change presents challenges to ensure livable spaces for all citizens.

Our interdisciplinary network acts as a pathway to progressive change by bringing together University of Calgary researchers and municipal decision-makers to tackle contemporary urban challenges and support dialogue on health-focused topics related

to active living, culture and leisure for community health, and mitigating social vulnerabilities.

Our community-engaged research is based on four integrated criteria to define a healthy city: resilient, vibrant, healthy, and equitable.

Our Research Themes

Active Living: How municipal policies and infrastructure can support physical activity of all types.

Mitigating Social Vulnerability: How municipalities can best support socially vulnerable individuals and mitigate harmful effects on citizen.

Vibrancy and Leisure for Health: How municipalities can enhance social

cohesion through strategic investments in infrastructure and key events capable of enriching life in the city.

A healthy lifestyle is one of the most effective ways to prevent disease. 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.

Would You Like To Learn More?

Visit: makecalgary.ca

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