# Ottawa neighbourhoods

## Across-OHT planning in the Ottawa region

Neighbourhood and Small Geographies Community of Practice, INSPIRE Neighbourhood Study Group, Toronto, October 22, 2026

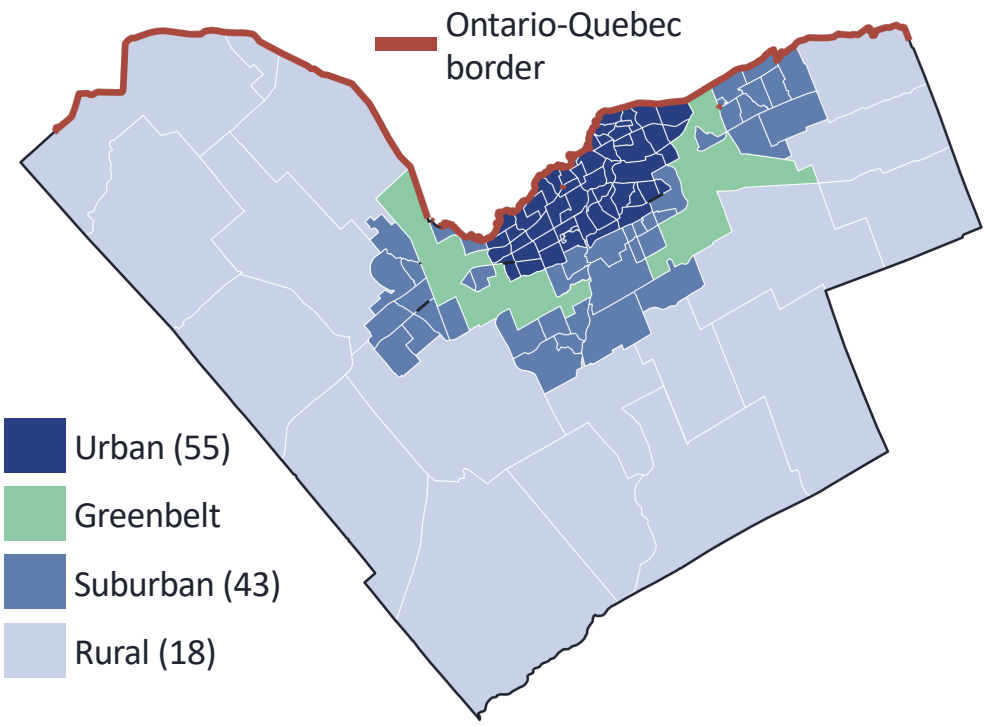
Kaden Carr and Claire Kendall, Ottawa Neighbourhood Study, Bruyère Health Research Institute

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# Ottawa (city) landscape - structural and geographic fragmentation




**2,788 km²** **Largest major metropolitan city.** Larger than Toronto, Montreal, Vancouver, and Calgary combined.

**200 km²** of **Greenbelt** separates the urban and rural Ottawa

**Rural** **80%** of the city's land

**10%** of the city's residents

**Northern border shared with Quebec**

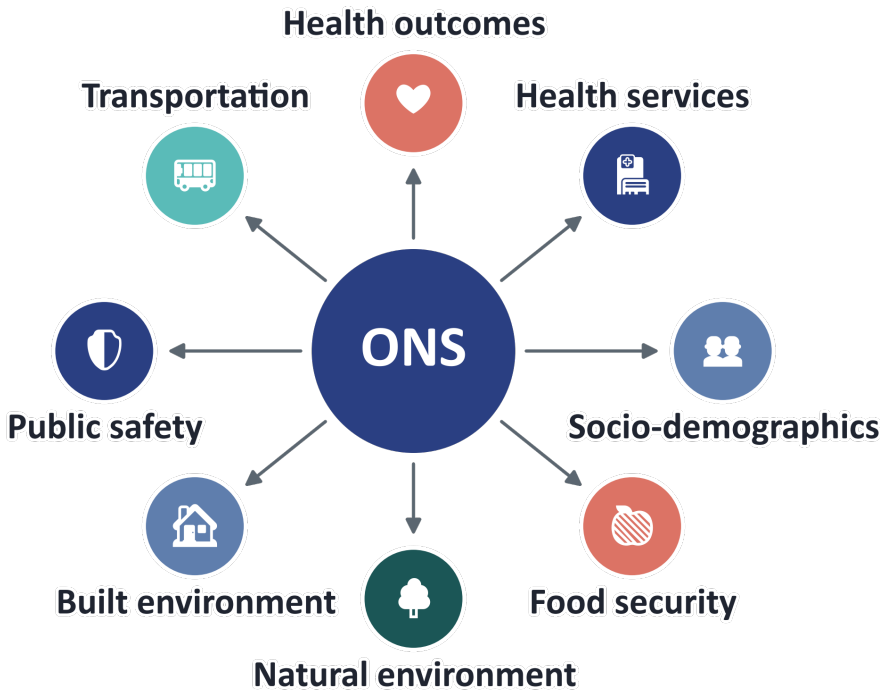
# The Ottawa Neighbourhood Study (ONS) since 2006

**Natural neighbourhoods and data on the social determinants of health, on one geography**

Founded in 2006 at uOttawa in partnership with the Ottawa Public Health, City of Ottawa, United Way East Ontario, the Champlain LHIN and community agencies.

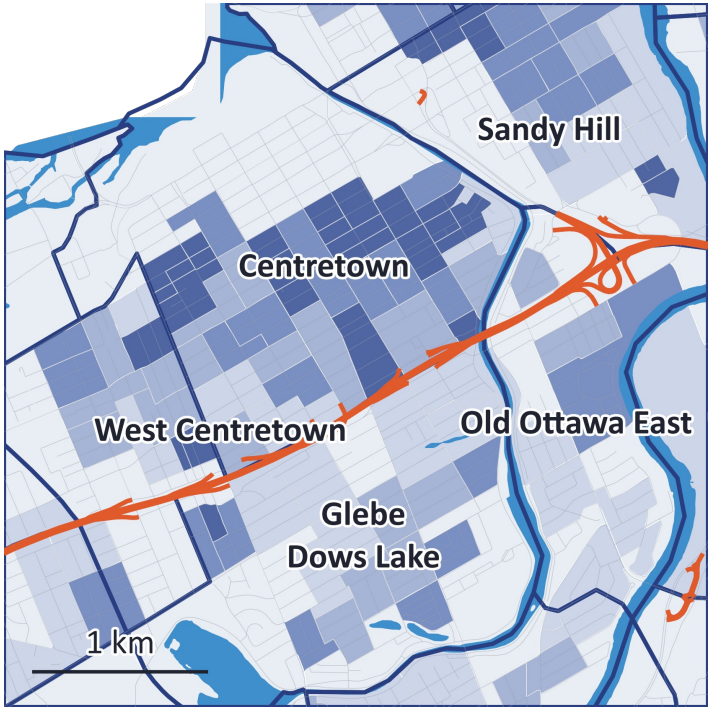
116 natural neighbourhoods that residents, community agencies and service providers helped define, following the barriers and the names people use.

**Used by health, municipal, and community partners across the city to inform planning, resource allocation and service delivery.**




The Social Determinants

# How ONS neighbourhoods are defined

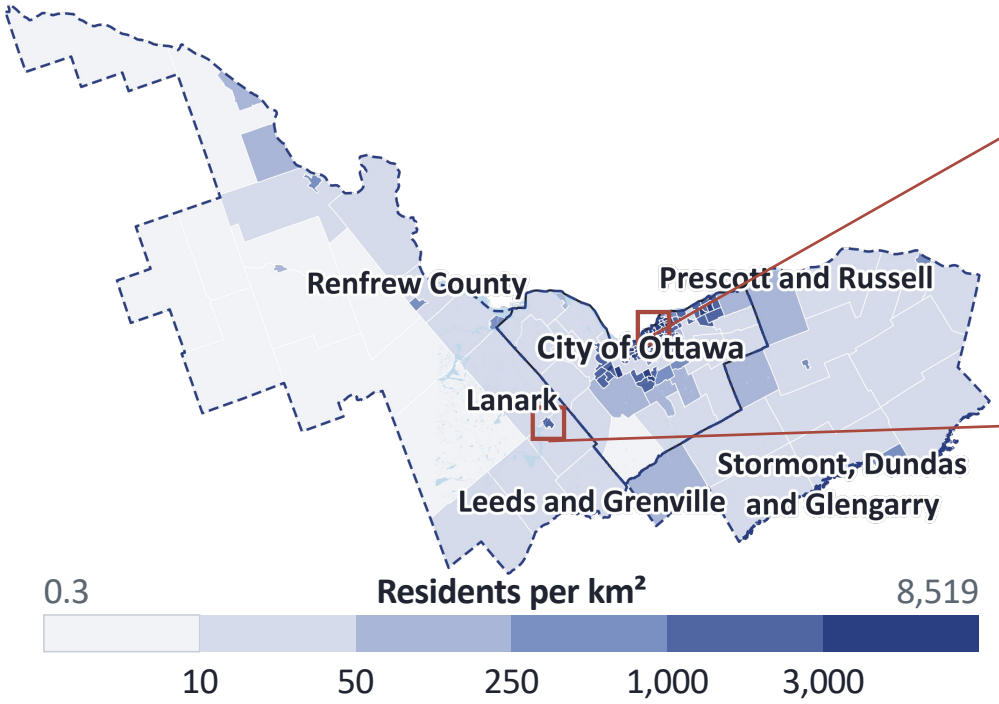


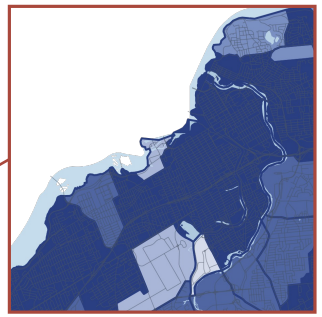

- Small census geographies (dissemination areas, DAs), clustered by demographic similarity into proto-neighbourhoods.
- Physical barriers: rivers, highways and rail lines.
- Community names people already use
- Participatory mapping with community stakeholders and service providers to draw the distinct boundaries.
- Revised to evolve as communities do
- 116 city of Ottawa neighbourhoods (Gen3)

# Ottawa and surrounding municipalities in the ONS regional file

Former Champlain (LHIN) region: 161 neighbourhoods / small areas

Surrounding municipalities = Census Subdivisions (CSDs)



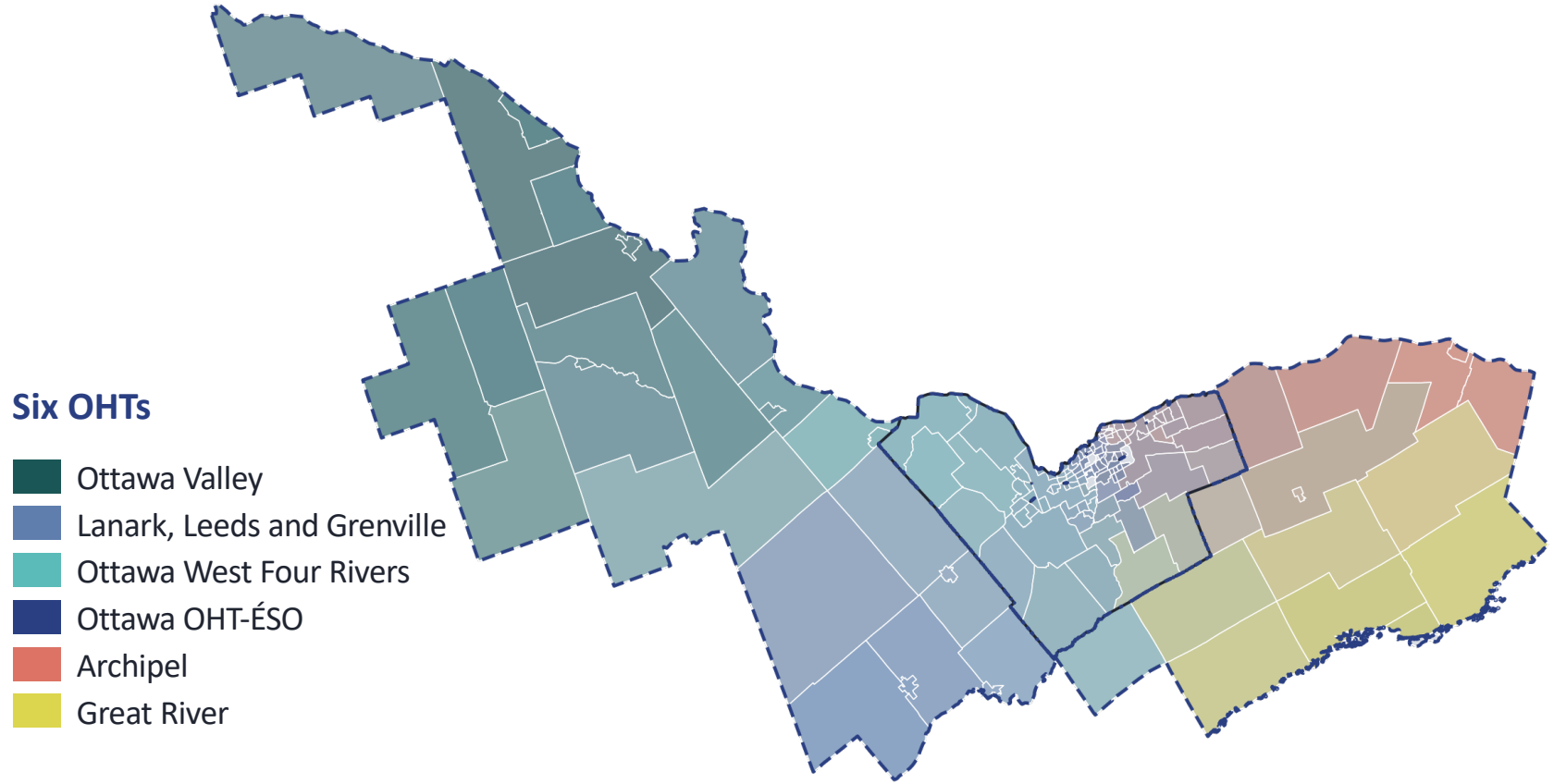



Centretown: 33 neighbourhoods in 10 km



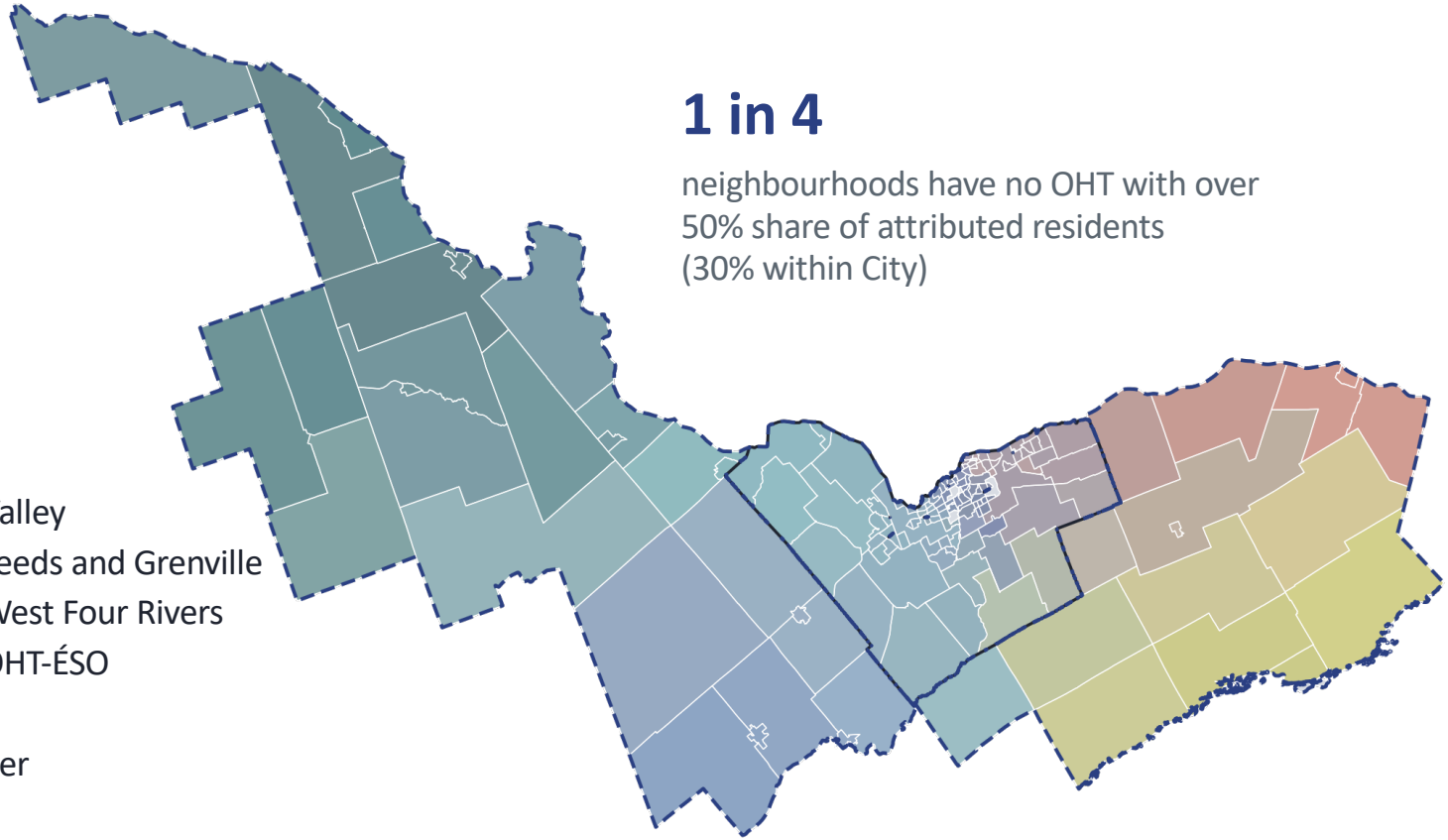
Carleton Place: 3 units in 10 km

# Neighbourhoods are shared among OHTs




Health System Performance Network (HSPN) OHT attribution shares, March 31, 2024 cohort

# Neighbourhoods are shared among OHTs



## 1 in 4

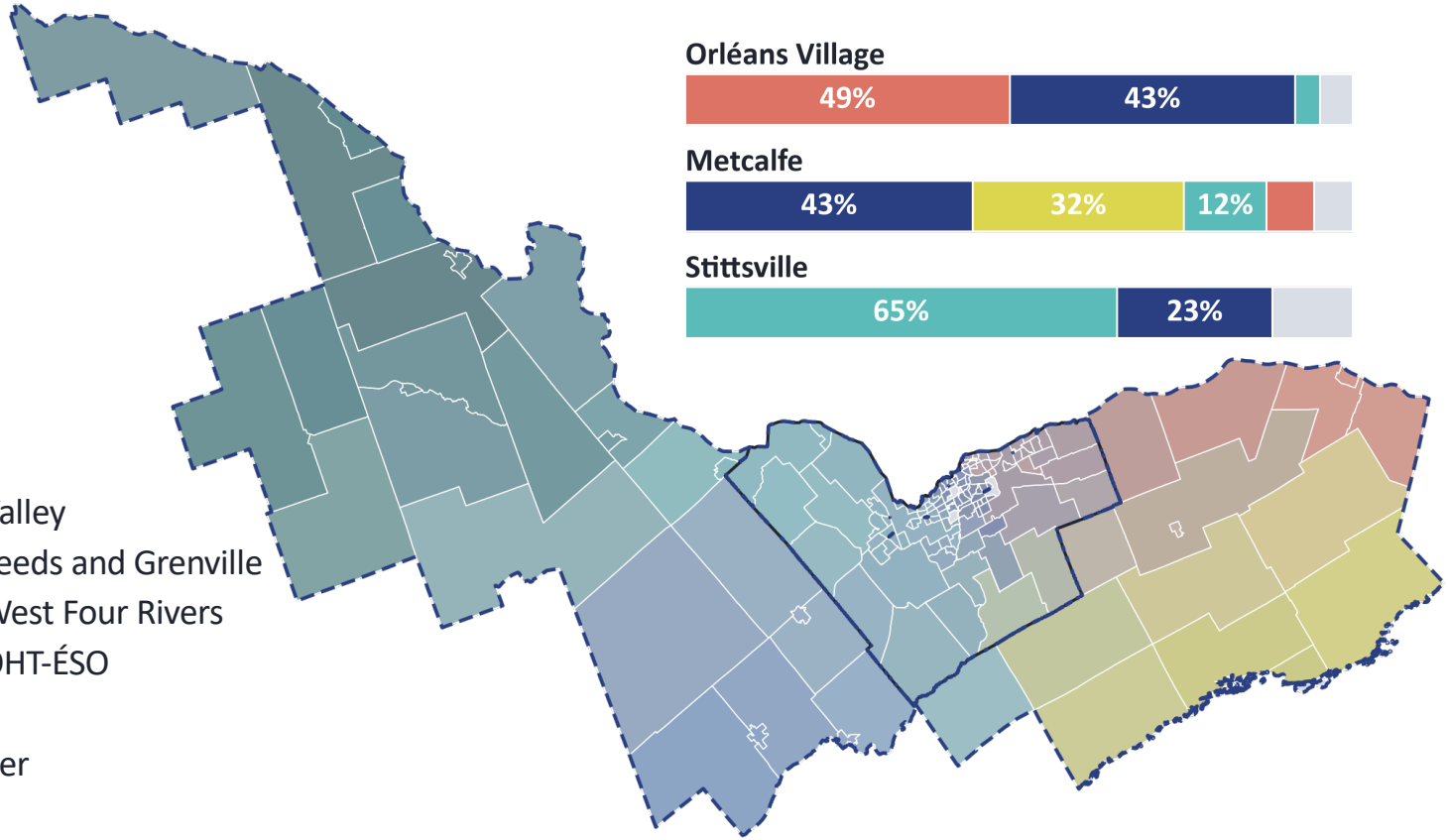
neighbourhoods have no OHT with over 50% share of attributed residents (30% within City)

**Six OHTs**

- Ottawa Valley
- Lanark, Leeds and Grenville
- Ottawa West Four Rivers
- Ottawa OHT-ÉSO
- Archipel
- Great River

Health System Performance Network (HSPN) OHT attribution shares, March 31, 2024 cohort

# Neighbourhoods are shared among OHTs



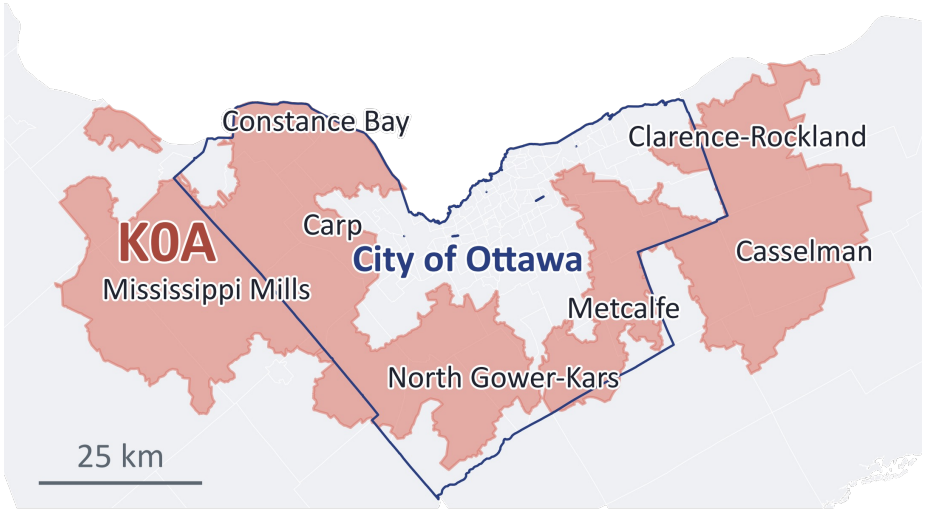

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# The challenge with FSAs – they don’t align with census geographies or meaningful planning zones

**One FSA spans the City of Ottawa, four counties and five OHTs**




FSA K0A, DMTI 2023 boundaries

## 3,314 km²

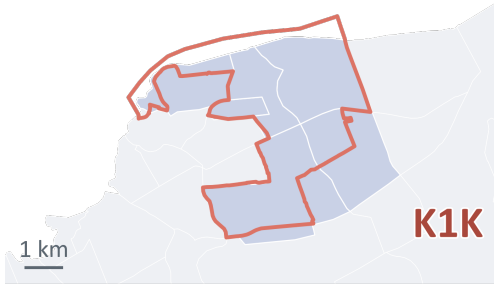
area of K0A is larger than the City of Ottawa's

## 48%

of K0A's area is inside the city, other half in Lanark, Renfrew, Prescott-Russell and Stormont-Dundas-Glengarry

# Ottawa OHT-ÉSO: Neighbourhood Zones for Planning

**FSA-based planning zones for provincial alignment, ONS neighbourhoods underneath**




Example of an FSA (K1K) over ONS neighbourhoods.

**4 zones** — FSA-based

**21 FSAs** — 3 rural

**51 ONS neighbourhoods**

- Four FSA-based zones, balanced for population, unattached population and size, aligned with Ontario Health and PCAT

**How Ottawa OHT-ÉSO uses the neighbourhoods (e.g.)**

**Profiling neighbourhoods for cancer screening outreach**
Unattachment rates, cancer screening rates, demographics

**Priority population distribution**
Older adults with frailty, unattached children, people facing mental health or substance use challenges.

**Capacity mapping**
Mapping distribution of primary care network capacity (anchor orgs, specialized services, expansion readiness)

# OWFR: Data-Driven Primary Care Investments

## Ottawa West Four Rivers OHT: neighbourhood data for interprofessional primary care team (IPCT) proposals




**48**

neighbourhoods in OWFR's area of interest

**458,000**

residents

- IPCT proposal support tool with equity indicators, health outcomes and health partners by neighbourhood.
- Mapping investments from prior IPCT rounds and identifying the gaps remaining, for prioritization.
- PCAT data (e.g., Health Care Connect waitlist) by ADA, weighted into neighbourhoods.

# Ottawa's OHTs started with a socialized map

**Maps were already long established readily available to OHTs inside the city, and somewhat to the broader Ottawa region**

- **Neighbourhoods already established in Ottawa**
  - Easy adoption of ONS neighbourhoods within the city, already in use among local health service providers.
  - Since neighbouring OHTs use the same shapes, it's easier to "share" neighbourhoods

- **There was still consensus to build on the shape of surrounding municipalities**
  - OHTs working together, OCHPP, CoP

# Shared units let OHTs plan from the same map

**Common neighbourhoods let OHTs that serve the same places plan together**

## Why shared units matter

- the ability to report every OHT on the same units for the same period, so neighbouring OHTs compare on the same basis.
- Overlapping areas of interest: where two OHTs plan for the same place, the unit is the same on both sides.

## What it takes

- Agree on the small area units with neighbouring OHTs
- Consult communities where custom shapes matter; use standard geographies where they do not.

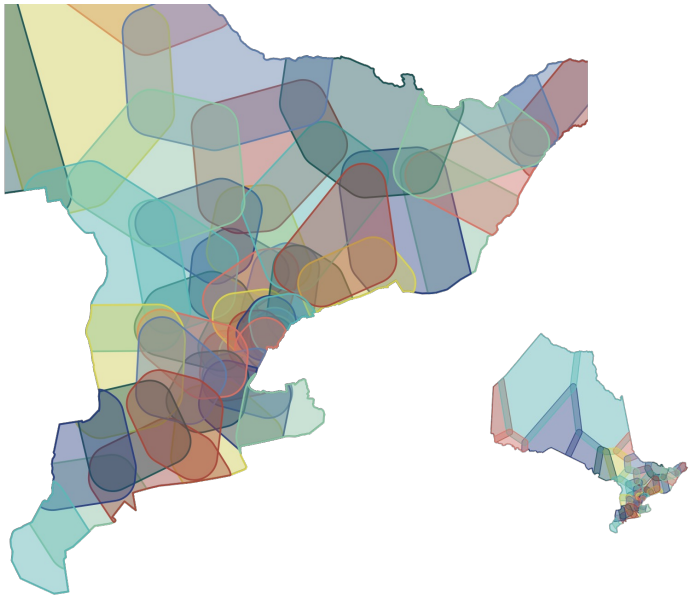


Illustration not OHT boundaries ☺

# Question/discussion

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# Sources (1 of 2)

- ONS Gen3 neighbourhood boundaries, City of Ottawa (116) and surrounding counties (45); areas in UTM 18N. Basemaps: City of Ottawa road centrelines; ONS waterbodies layer (2019).
- Statistics Canada, pseudo-households (2021 Census dissemination block populations), release of July 17, 2023, assigned to ONS units by the Ottawa Neighbourhood Study; residents per km² of unit land area.
- Health System Performance Network (HSPN), OHT market share by neighbourhood: residents attributed to each OHT (top five), OHT attribution model, ICES cohort at March 31, 2024; Champlain+ data request, May 2026.
- DMTI Spatial, CanMap Postal Code Suite, forward sortation areas, 2023 (K0A area 3,314 km², water included; 32 units with over 5% of their area inside it). Statistics Canada, 2021 Census: City of Ottawa profile (1,017,449 residents; 2,788.2 km² of land) and FSA boundary file for K1K (13.4 km²).
- City of Ottawa, Rural Economic Development Strategy, 2020 (80% of the city's land is rural, one of the biggest rural areas of any Canadian municipality); Rural Residential Land Survey 2020 to 2022 (2,192 km², almost 79% of land); about 10% of residents live in the rural area. National Capital Commission, Greenbelt, 20,000 hectares (Greenbelt Master Plan 2013).
- Parenteau et al., Development of Neighborhoods to Measure Spatial Indicators of Health, URISA Journal 20(2), 2008; City of Ottawa report ACS2008-CPS-DCM-0003; Carleton University Library, ONS shapefile description.

# Sources (2 of 2)

- Ottawa Neighbourhood Study, Neighbourhood data for population health management (deck for Ottawa OHT-ÉSO, April 2025): partner adoption list on slide 3.
- OCHPP, Summary of Small Areas Under/In Development in Eastern Ontario, North West and North East Ontario, revised October 6, 2026.
- Ottawa OHT-ÉSO, Planning Zones: A Neighbourhood Approach, April 1, 2026 (S. Horrocks): zones and the 47 neighbourhoods.
- Ottawa West Four Rivers OHT: IPCT proposal support tool (October 2025). OWFR area of interest: five-OHT list (spring 2026, Montague excluded) plus three neighbourhoods added by OWFR on 19 October 2026; 2021 Census pseudo-household population.
- Ottawa OHT-ÉSO, uses of neighbourhood data (internal presentation material, June 2025).
- Ontario Health Teams: list of 58 at ontario.ca/page/ontario-health-teams, read 21 October 2026. Areas on the map are approximations drawn by ONS for illustration.