

FOR IMMEDIATE RELEASE

Peel Regional Council Unanimously Endorses Healthy City Stewardship Centre's *Better Health Matters* Report

Report details community feedback on how to improve overall health of residents

(Brampton, ON), Nov. 23, 2017 –Peel Regional Council today unanimously passed a motion to endorse Healthy City Stewardship Centre's (HCSC) *Better Health Matters Insight Report* and committed to using the key findings from the report to guide future work and build a healthier community.

The report was tabled to Council following a presentation that showcased key findings from the Better Health Matters Forum as well a Letter to Future Residents written by Forum participants as a declaration of what the community believes we are capable of achieving together.

Hosted by the members of HCSC and co-chaired by the Mississauga Halton Local Health Integration Network (LHIN), the forum engaged over 200 residents, community partners and government agencies across 92 organizations in Mississauga and Region of Peel. Through a series of interactive workshops, people from across the community came together to share stories, explore new ideas, and talk about shared priorities. Community members connected on the many factors that influence and impact our health, including; what we eat, where we live, who we know, and how our community supports nature, physical activity and transportation.

HCSC also reached out to the youngest members of the community by asking 260 elementary school children from the Peel District School Board what they need to stay healthy.

United by a sense of collective responsibility at the forum, participants identified three key priorities where action must be focused, which are detailed in the *Better Health Matters Insight Report*:

Equity and Access for All - each and every community member should have equitable access to the services, opportunities and supports they need to achieve optimal health.

Investing in Future Generations – to improve the health of future generations, children must be encouraged to be physically active in their daily lives, given access to healthy and nutritious food, opportunities to learn to make good decisions about their health, and a community safety and support framework that allows all children to thrive and grow.

Mental Health and Social Support Networks – by increasing prevention and support services, developing culturally sensitive approaches, and prioritizing vulnerable groups such as children and seniors, mental health can be improved throughout the community.

HCSC hopes the report will act as a guide for residents and organizations to work together to build better health across Mississauga.

More information about the Healthy City Stewardship Centre and the full report, *Better Health Matters Insight Report*, are available here: www.HealthyCitySC.ca

QUICK FACTS:

- HCSC is a volunteer committee that brings together key decision makers across the City of Mississauga and the Region of Peel to work proactively and collaboratively toward the better health of the community. While HCSC is headquartered in Mississauga, many of the member organizations represent service areas that span Peel Region, including Brampton and Caledon.

- The Better Health Matters Forum was held June 15, 2017 at Sheridan College’s Hazel McCallion campus, and was hosted by HCSC and the Mississauga Halton LHIN, and sponsored by AstraZeneca, Trillium Health Partners and University of Toronto Mississauga
- The *Better Health Matters Insight Report* reflects the feedback collected from the participants, outlining what the community values in a healthy community, including:
 - Thinking about health holistically, creating wellness of body, spirit and mind and living with a sense of belonging and an absence of fear;
 - Valuing green spaces, gathering places, nutritious food and physical activity;
 - Building a community with strong relationships and a supportive network;
 - Celebrating the rich cultural diversity that has contributed to strong social capital;
 - Breaking down the stigma associated with mental health issues, and developing opportunities for mental health supports and social inclusion.
- Three key priorities emerged from the forum: Equity and Access, Investing in Future Generations, and Mental Health and Social Support Networks
- As a declaration of partnership for better health, participants developed a Better Health Matters Community Commitment. All residents and organizations in Mississauga are encouraged to consider making the commitment:
 - We commit to adopting the Letter to Future Residents and will post it publicly on our website or in our offices to act as a beacon to guide our work.
 - We commit to adopting this report in principle and will use it to guide our organization as we continue to align, where appropriate, the three key priorities into our strategic plan and daily work.
 - We commit to sharing back on the collective progress we have made towards advancing the three key priorities.
 - We commit to working with others on the three key priorities.

QUOTES:

“We have committed to build a stronger, more equitable, healthier community informed by the voices and experience of those that call Mississauga their home. The Better Health Matters Insight Report outlines our priorities for action, informed by citizen feedback, and serves as a valuable tool that will help inform planning for the region, including Mississauga Halton LHIN’s strategic plan. The *Letter to Future Residents* provides an aspirational vision for our community and demonstrates the importance of listening to residents, in order to support better health. I look forward to working together, building on the voice of our community as we as we continue to invest in a healthier future.”

- Bill MacLeod, CEO, Mississauga Halton LHIN; Co-Chair, Better Health Matters Forum

“Peel Regional Council’s endorsement of this report is another stake in the ground toward building a community where people are healthier just because they live here. HCSC believes that we are more powerful when we work together to achieve our goals, and we are proud to stand together with our government partners to assure our community that their voices are being heard.”

- Michelle DiEmanuele, President and CEO, Trillium Health Partners; Chair, HCSC

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Backgrounder: Healthy City Stewardship Centre

The Healthy City Stewardship Centre (HCSC) is a volunteer initiative that brings together key decision-making organizations in the City of Mississauga and the Region of Peel to work proactively and collaboratively toward the betterment of the health of the people of Mississauga. The HCSC was formed in 2004 when the City of Mississauga, the University of Toronto Mississauga and other key organizations in the city came together to collectively work toward improvements in local health. The vision of HCSC is that Mississauga will be a healthy city of people with optimal physical, mental and spiritual health.

Vision

Mississauga will be a Healthy City of people with optimal physical, mental and spiritual health.

Goals

- All people in Mississauga will value and strive for optimal health.
- All people in Mississauga will feel safe in their communities.
- All people in Mississauga will have equal access to information and services.
- All people in Mississauga will live in and contribute to a clean and sustainable environment.
- All people in Mississauga will feel part of a larger community and will know that they will be cared for in times of need.

Membership 2016-17

Mayor Bonnie Crombie <i>City of Mississauga</i>	Michelle DiEmanuele <i>President & CEO Trillium Health Partners</i>	Janice Baker <i>City Manager & CAO City of Mississauga</i>	France Dube <i>Director of Government Affairs Stakeholders & Corporate Responsibility AstraZeneca Canada Inc.</i>
Chief Jennifer Evans <i>Peel Regional Police</i>	Bridget Fewtrell <i>President & CEO ErinoakKids</i>	Dr. Jessica Hopkins <i>Medical Officer of Health Region of Peel</i>	Peter Joshua <i>Director of Education Peel District School Board</i>
Marilyn Knox <i>Executive Lead – Strategic Projects Trillium Health Partners</i>	Ulli Krull <i>Vice President & Principal University of Toronto Mississauga</i>	Bill MacLeod <i>CEO Mississauga Halton LHIN</i>	Medhat Mahdy <i>President & CEO YMCA of Greater Toronto</i>
Marianne Mazzorato <i>Director of Education Dufferin-Peel Catholic District School Board</i>	Lynn Petrushchak <i>Executive Director Dixie Bloor Neighbourhood Centre</i>	Mary Preece <i>President & CEO Sheridan College</i>	Anita Stellinga <i>President & CEO (Interim) United Way of Peel Region</i>
David Wojcik <i>President & CEO Mississauga Board of Trade</i>			