



HEALTHY CITY  
STEWARDSHIP CENTRE

MISSISSAUGA

# 2008

## Report Card



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



The City of Mississauga is proud to be in partnership with so many local organizations that form the Healthy City Stewardship Centre. Together, we are working toward the betterment of health for the people, the environment and the community as a whole. I hope everyone joins in by making at least one positive change for improved health in their personal lives, their community or their workplace.

Mayor Hazel McCallion, C.M.

## Message from the Chair

*Chair of the Healthy City Stewardship Centre;  
Vice-President and Principal of the  
University of Toronto Mississauga*



Prof. Ian Orchard

More community outreach and initiatives focused on local solutions for better health marked 2008 as a banner year for the Healthy City Stewardship Centre.

Our 15-member organization developed a number of significant projects this past year that support the Healthy Mississauga 2010 Plan including a specific focus on obesity, newcomers to the community and volunteerism. For example, HCSC members created the Health Information (hi) collaborative; child-centred development programs (AstraZeneca Canada Inc.); a strategic plan for crime prevention (Peel Regional Police); and improvements to seniors' quality of life through an "Ageing at Home" strategy (Mississauga Halton LHIN and Credit Valley Hospital). In addition, HCSC organized a consultative lunch-and-learn session on obesity.

In 2008, there were a number of changes on the HCSC board, notably new members from Credit Valley Hospital, Peel Regional Police and the Mississauga Board of Trade. And, one final change to mark at the end of the year, I handed over the HCSC Chair duties to Shelley White, Chief Executive Officer of the United Way of Peel Region, when my term finished in December 2008. It has been a most fulfilling two years, and I look forward enthusiastically as we work together to create a community of optimal physical, mental and spiritual health for all residents.



## Trillium Foundation Grant

"It is inspiring to see that from a 'concept' HCSC today is in a 'take off' stage and moving forward. It was possible due to the hard work and commitment by its members."

Ahmad Abbasi, PhD  
*HCSC Program Manager*

**THE ONTARIO  
TRILLIUM  
FOUNDATION**



**LA FONDATION  
TRILLIUM  
DE L'ONTARIO**

## Optimal Health

- Mississauga Halton LHIN's 2008/09 'Go Forward Strategy' is a multi-sector plan to provide efficient and alternative long-term care home placement for seniors' aging at home.
- In September 2008, Trillium Health Centre introduced a 'School Diabetes Toolkit' in Peel schools. The program provides staff with the necessary information to support students with type-1 diabetes.
- The 2008 Peel Health report 'A Picture of Health - A Comprehensive Report on Health in Peel' serves as an excellent source of the latest information on health of the residents in the Region of Peel.  
[www.peelregion.ca/health/resources](http://www.peelregion.ca/health/resources)
- In 2008, Get Active Mississauga continued work on a research project based on focus groups of young women from Polish and Indian decent (ages 13-17) identifying barriers to physical activity and inactivity. Also, the 'Borrow a Pedometer' program was launched at all 18 Mississauga branch libraries allowing interested users to borrow pedometers and walking tips booklets free of charge.  
[www.getactivemississauga.ca](http://www.getactivemississauga.ca)

## Feeling Safe

- To make youth aware of gang initiations and to keep schools safe, caring and inclusive communities, the Dufferin-Peel Catholic District School Board, in collaboration with Peel Regional Police, produced a highly successful DVD called 'MOUSE'.
- 'Safe City Mississauga' (formally the Mississauga Crime Prevention Association) was formed with a mandate dedicated to crime

prevention, injury prevention and promoting an overall safe living environment for all. Peel Regional Police, Peel District School Board, Dufferin-Peel Catholic District School Board, Mississauga Board of Trade, Mayor's Youth Advisory Committee, businesses, community groups and citizens of the City of Mississauga are collaborating in this effort.

## Access to Information

- 'Health Qs' a 90-second video and 'Thrive' Magazine by the Credit Valley Hospital provide valuable information on health and wellness. Rogers Television shows Health Qs on a weekly basis and is featured daily on the hospital's digital signage and patient television system.  
[www.cvh.on.ca/mediaroom](http://www.cvh.on.ca/mediaroom)
- The Department of Geography at UTM piloted several important research studies in 2008 on local health issues. These studies analyzed local health determinants in Mississauga and factors that affect health and lifestyles of newcomers to our communities.
- To provide timely and accurate information to the potential and already arrived new immigrants in Peel, a Web Portal was launched by the Region of Peel in November 2008. Information on government and community programs and services, labour market and employment opportunities, settlement and integration issues are made available through this web portal. The portal allows an easy access to employers seeking to employ skilled and 'job-ready' employees.  
[www.immigrationpeel.ca](http://www.immigrationpeel.ca)

## Sustainable Environment

- ‘Partners in Project Green’ was launched at Toronto Pearson’s Infield Terminal in October 2008 to create an internationally recognized ‘eco-business zone’. The City of Mississauga, Toronto and Regional Conservation Authority, Greater Toronto Airport Authority, Region of Peel, City of Toronto and the City of Brampton are collaborating on this project.
- The City of Mississauga joined many organizations, corporations and residents around the world to observe Earth Hour. Mississauga was able to reduce 3.6 percent electricity consumption from turning off all non-essential lights during Earth Hour. [www.enersource.com/HM/EarthHour.aspx](http://www.enersource.com/HM/EarthHour.aspx)

## Caring Community

- AstraZeneca Canada Inc. and Physical and Health Education Canada (PHE Canada) launched the national school-based children’s wellness program At My Best™. The program hopes to advance physical, nutritional and emotional health and wellness for kindergarten to grade 3 students. The program is now being implemented in 1,000 schools across the country, in English and French. 1,000 additional primary schools will be added each year. [www.phecanada.ca/atmybest](http://www.phecanada.ca/atmybest)
- In April 2008, Dixie Bloor Neighbourhood Centre celebrated 20 years of community services. The Peel Mentoring Partnership matched 398 internationally trained professionals of whom 204 successfully obtained employment.

## HEALTHY MISSISSAUGA 2010 PLAN



Action 1: Mobilize more of City’s population to achieve better health

Action 2: Support the Active 2010 Get Active Mississauga Plan

Action 3: Support the youth strategy development and implementation

Action 4: Make our communities feel safe for active living

Action 5: Communications on health information for all communities in Mississauga

Action 6: Support ‘Public Health and Urban Forum’

Action 7: Support the UTM’s ‘Centre for Emerging Energy Technologies’

Action 8: Investigative health and community needs of new immigrants

Action 9: Research existing volunteer programs and create forum to share success stories

1 2 3

1 progressing well

2 progressing steadily

3 progress emerging



- To support and promote volunteerism within the Region of Peel, Volunteer MBC (Mississauga, Brampton, Caledon) was established in September 2008. The centre is supported by the United Way of Peel Region, the Trillium Foundation and the Region of Peel. Programs and services are available for all ages including youth, recent retirees and newcomers to Canada. [www.volunteermbc.org](http://www.volunteermbc.org)
- 1 in 5 women experience Postpartum Mood Disorder after childbirth. The Peel Postpartum Mood Disorder Program, an initiative of Success By 6 Peel, formed to address the issue, recently launched a website providing information and resources. [www.pmdinpeel.ca](http://www.pmdinpeel.ca)

## Presentations/Seminars '08

**March 27**

Peel Newcomers Strategy Group  
 – Evelyn Myrie, Director, PNSG

**September 26**

The New Medical Academy of UTM  
 – Dr. Pamela Coates, Director of UTM's Medical Academy and Faculty of Medicine, University of Toronto  
 Get Active Mississauga Business Plan and Social Awareness Plan  
 – Brenda Callaghan, Get Active Mississauga Coordinator

**November 28**

The Social and Economic Impact and Opportunities of an Ageing Population  
 – Dr. Jane Barratt, Secretary General, International Federation on Ageing

**December 5**

HCSC Lunch-n-Learn Research/ Academia Knowledge Sharing Meeting on Obesity – UTM Council Chambers  
 – HCSC Organized Event



## 2008 HCSC Committee Members



HCSC members meeting, UTM Council Chambers, November 28, 2008

### HCSC Member Organizations

- AstraZeneca Canada Inc.
- City of Mississauga
- Credit Valley Hospital
- Dixie Bloor Neighbourhood Centre
- Dufferin-Peel Catholic District School Board
- Hon. Peter Fonseca, Minister of Labour, MPP Mississauga East
- Mayor's Youth Advisory Committee
- Mississauga Board of Trade
- Mississauga Halton LHIN
- Peel District School Board
- Peel Health, Region of Peel
- Peel Regional Police
- Trillium Health Centre
- United Way of Peel Region
- University of Toronto Mississauga

Visit us online at

[www.mississauga.ca/stewardshipcentre](http://www.mississauga.ca/stewardshipcentre)

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