

HOSC
HEALTHY CITY
STEWARDSHIP CENTRE
MISSISSAUGA

2009
Report Card



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

Optimal Health

- ‘Next Step to Active Living Program’, funded by the Local Integrated Health Network and in partnership with Credit Valley Hospital, celebrated its 10th anniversary. The Program is a therapeutic recreation program that offers a supportive environment for adults with acquired physical disabilities, and assists them in becoming more active and independent.
www.mississauga.ca/portal/residents/nextstepactiveliving
- Peel Public Health awarded Mississauga Secondary School, with an ‘Eat Smart! Award of Excellence’, for offering students a variety of health food choices and raising awareness and knowledge about healthy eating among students and staff.
- Mississauga launched ‘ActiveAssist’ a fee assistance program for low-income families, which helped over 2500 residents in 2009. This program is an innovative, cost-effective approach to ensure that every resident, regardless of financial circumstances, experiences play without barriers, engages in positive and high quality leisure activities and enjoys good health through participation in recreation.
www.mississauga.ca/portal/residents/activeassist

- In April 2009, Trillium Health Centre’s cardiac wellness and rehabilitation program, offered through the Hazel McCallion Centre for Heart Health, welcomed its 800th patient participant since partnering with the University of Toronto Mississauga (UTM) Recreation, Athletics and Wellness Centre.
- Dixie Bloor Neighbourhood Centre received a grant from the Ministry of Health Promotion: Healthy Communities Fund, to develop and implement a chronic disease prevention program. This program has led to the betterment of physical activity levels and nutritional habits of diverse ethnic and cultural communities in Mississauga.

Feeling Safe:

- Dufferin-Peel Catholic District School Board’s anti-gang film ‘Mouse’, produced in association with Peel Regional Police, captured the title of Best Canadian Short Film at the 9th Annual ReelWorld Film Festival in Toronto. The film featured students, educators and police officers based in Mississauga’s Malton community.
www.mousethemovie.com



Access to Information:

- The University of Toronto's School of Continuing Studies, in partnership with their Faculty of Medicine and sponsored by AstraZeneca Canada Inc., offered Mini-Med, a course designed for people interested in taking control of their own health and becoming more informed patients and caregivers.
www.learn.utoronto.ca/artsci/minimed

Sustainable Environment:

- The City of Mississauga's Urban Forestry section, in partnership with community organizations, planted over 25,000 trees and shrubs on City land, with 2,500 community volunteers.
- Region of Peel opened a self-sustainable garden at Malton Village Long-Term Care Facility, which offers a safe, secure, comfortable environment for adult day service participants.

Caring Community:

- Dufferin-Peel Catholic District School Board opened four Parenting and Family Literacy Centres in Mississauga to promote positive parent-child interaction, as well as engage parents/caregivers and children in play-based early literacy and numeracy activities.



HEALTHY MISSISSAUGA 2010 PLAN



1 2 3

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: Communication on health information for all communities in Mississauga

Action 6: Support 'Public Health and Urban Form'

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

Action 8: Investigate health and community needs of new immigrants

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

1 progressing well

2 progressing steadily

3 progress emerging



Presentations/Seminars '09

True Sport Ottawa
www.truesport.ca

Paul Melia, Spokesperson

Smart Commute Mississauga
www.smartcommute.ca/mississauga

Glenn Gumulka, Executive Director

Volunteer MBC
www.volunteermbc.org

Carine Strong, Executive Director

HI Collaborative

Cheryl Miller, Executive Director





Mississauga is known for its strength in local partnerships and I am both proud and excited that the Stewardship Centre member organizations continue to collectively strive for a healthier Mississauga where everyone can live, work and play.

Mayor Hazel McCallion, C.M., LLD.

Message from the Chair

*Shelley White, Chair of the Healthy City Stewardship Centre;
CEO of the United Way of Peel Region*



Shelley White

Our 2009 Stewardship Centre achievements have been many as our HCSC member organizations have worked to develop and implement solutions for better health in our local community. It is through both the challenges and successes of our many partnerships that we can push forward on many health issues.

I am delighted that the HCSC partnership now includes the Sheridan College Institute of Technology and Advanced Learning. Between the 15 organizations, we have come together in many creative ways to discuss and support our members on programs related to the health of our people, our environment and our community. I am happy to highlight just a few of the many efforts put forward by our HCSC members in the 2009 Report Card.

We also welcome a new HCSC Program Manager, Lisa Limarzi, which our Trillium Foundation grant makes possible. Our ‘Healthy Mississauga 2010 Plan’ requires renewal in the coming year; we look forward to a new endeavour beginning that will combine local cultural research and community programming to encourage more residents to walk and cycle - just one simple but important effort to improve our overall health.



Trillium Foundation Grant

“ It is truly an invaluable experience to be working on such a progressive collaboration. I believe the Stewardship Centre will continue to evolve and be extremely dynamic and innovative due to its very committed membership.”

Lisa Limarzi
HCSC Program Manager

**THE ONTARIO
TRILLIUM
FOUNDATION**



**LA FONDATION
TRILLIUM
DE L'ONTARIO**

2009 HCSC Committee Members



HCSC members meeting, AstraZeneca Canada Inc.

HCSC Member Organizations

- AstraZeneca Canada Inc.
- City of Mississauga
- Credit Valley Hospital
- Dixie Bloor Neighbourhood Centre
- Dufferin-Peel Catholic District School Board
- Mayor's Youth Advisory Committee
- Mississauga Board of Trade
- Mississauga Halton LHIN
- Peel District School Board
- Peel Health, Region of Peel
- Peel Regional Police
- Sheridan College Institute of Technology and Advanced Learning
- Trillium Health Centre
- United Way of Peel Region
- University of Toronto Mississauga

Visit us online at

www.mississauga.ca/stewardshipcentre

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