

**Motion: City of Mississauga joins the Cities Changing Diabetes Programme as a Type 2 Diabetes Prevention Strategy**

Moved by: B. Crombie

Seconded by: P. Saito

WHEREAS the City of Mississauga, as the 3<sup>rd</sup> largest municipality in Ontario, has the opportunity to influence the health of its citizens by taking actionable steps to address increasing rates of Diabetes;

AND WHEREAS one in six adults between the ages of 45 and 64 in Peel lives with diabetes, rising to one in three after age 65; and where a vast majority (~90%) of cases in Canada are diagnosed with Type 2 Diabetes, a preventable form of the disease;

AND WHEREAS the majority of neighbourhoods in Mississauga have a prevalence rate similar to Peel Region's overall rate, which has been consistently higher than the provincial rate for over two decades, and continues to increase;

AND WHEREAS the City of Mississauga is one of the most diverse municipalities in Canada, with 51.3% of residents self-identifying as South Asian, Chinese, Black, Filipino, Latin American, Arab, or Southeast Asian, all of whom Diabetes Canada reports are at higher risk of type 2 diabetes;

AND WHEREAS the risk factors in these populations are further compounded by the fact that 53.6% of adults in Peel Region are considered overweight or obese, the single biggest modifiable risk factor for developing Type 2 Diabetes;

AND WHEREAS research shows that those living with Diabetes are more likely to develop severe symptoms and complications as a result of contracting COVID-19 than those without Diabetes;

AND WHEREAS Type 2 Diabetes is a major public health concern in Mississauga and places a significant burden on residents' quality of life and on the healthcare system. The projected healthcare cost of Diabetes in Peel Region is estimated to be \$689 million in 2024;

AND WHEREAS Diabetes accounts for the second highest drug costs among City of Mississauga employees;

AND WHEREAS the City is home to the second largest Life Sciences business cluster, in which many of the businesses are working on the commercialization of products, technologies and services in Diabetes care, treatment, as well as research on prevention and reduction efforts recognizing the unsustainable burden the rise of Type 2 Diabetes places on the healthcare system;

AND WHEREAS the City, through its various departments, has implemented numerous programs and initiatives that contribute to Diabetes prevention. Measures at the City has undertaken include:

- i. Influencing food choices at City facilities with the introduction of the new Food and Beverage Policy;
- ii. Introducing a cycling infrastructure program building new multi-use trails and protected cycling infrastructure to encourage a more active lifestyle;
- iii. Implementing a new Economic Development Strategy that will promote a more human centred approach to development, decreasing residents' reliance on cars and creating an environment that is more welcoming for walking to boost activity levels;
- iv. Initiating a 2-year pilot program: Healthy by Design Questionnaire that evaluates development applications from a health perspective;
- v. Developing the Active Stairs Program (2014-2015) that promotes active movement;
- vi. Adoption of Resolution 207 to address systemic discrimination and inequities within the City of Mississauga, including accessibility to resources, services and supports for Black and Indigenous residents.

AND WHEREAS only through a thoughtful, coordinated approach will it be possible to address the underlying factors that contribute to the rise of Type 2 Diabetes in our community;

AND WHEREAS that the City of Mississauga has been approached by Novo Nordisk, a local Mississauga-based life sciences company and leader in addressing diabetes, to join the *Cities Changing Diabetes* (CCD) programme, an urban-based, global collaborative of 36 cities working in partnership, which maps the extent to which obesity and Type 2 diabetes affect the City and which populations are most vulnerable, shares best practices through a global knowledge hub, assists in identifying local drivers and provides resources to assist in preventing and reducing the rise in type 2 diabetes rates;

AND WHEREAS Novo Nordisk and the University of Toronto Mississauga (UTM), have invested \$40 million to establish the Novo Nordisk Network for Healthy Populations at the UTM campus to address the rise in chronic diseases and diabetes;

AND WHEREAS the CCD programme consists of partnerships with Mississauga's life sciences industry, Trillium Health Partners, UTM and community organizations to facilitate public engagement and educational outreach, and its implementation would align with the 100<sup>th</sup> anniversary of the discovery of insulin in 2021;

AND WHEREAS Mississauga would be the first active Canadian city to join the CCD programme;

NOW THEREFORE BE IT RESOLVED that the City of Mississauga Staff provide a report to Council on the necessary steps for the City of Mississauga to become a member of CCD programme, including resource impacts and outcomes.

*Bonnie Chumbley*