

Date: May 6, 2021  To: Chair and Members of General Committee  From: Paul Mitcham, P.Eng, MBA, City Manager and Chief Administrative Officer	Originator's files:
	Meeting date: June 9, 2021

## **Subject**

**Cities Changing Diabetes Programme**

## **Recommendation**

1. That the Corporate Report entitled "Cities Changing Diabetes Programme," dated May 6, 2021, from the City Manager and Chief Administrative Officer, be received for information, and
2. That the City of Mississauga become a member of the Cities Changing Diabetes Programme.

## **Executive Summary**

- On April 21, 2021, Council adopted resolution 0081-2021, that staff provide a report to Council on the necessary steps for the City of Mississauga to become a member of Cities Changing Diabetes (CCD) programme, including resource impacts and outcomes
- CCD is a program launched in 2014 by the Steno Diabetes Center Copenhagen, University College London, and Novo Nordisk to address the growth of type 2 diabetes and obesity
- CCD enables cities to understand their own urban type 2 diabetes challenge, to set their own unique goals for halting the rise of type 2 diabetes in their city, and to work across sectors and disciplines to unite stakeholders behind a common cause
- In 2015, there were 161,342 cases of diabetes and by 2024, it is projected that there will be a total of 100,194 additional diabetes cases in Peel. Mississauga has the second-highest rate of diabetes in Peel
- The City has implemented numerous programs and initiatives that contribute to healthy living and diabetes prevention
- By becoming a member of CCD, Mississauga will be the only active Canadian CCD city and Mayor Crombie will be the first Canadian Mayor to sign the Urban Diabetes Declaration
- The City's participation in the CCD programme will be lead by staff from the Strategic Initiatives Division in the City Manager's department. Staff will work with a cross-departmental internal working group as needed for the programme

- There is no financial impact associated with the recommendations of this report as there is no fee for joining the CCD programme.

## Background

On April 21, 2021, Council adopted resolution 0081-2021, attached as Appendix 1, that staff provide a report to Council on the necessary steps for the City of Mississauga to become a member of Cities Changing Diabetes (CCD) programme, including resource impacts and outcomes. CCD is a program launched in 2014 by the Steno Diabetes Center Copenhagen, University College London, and Novo Nordisk to address the growth of type 2 diabetes and obesity.

Type 2 diabetes occurs when the pancreas does not produce enough insulin and/or when the body does not adequately use the insulin produced. Type 2 diabetes is considered preventable because there are a number of well-established behavioural and modifiable risk factors including maintaining a healthy body weight, maintaining a nutritious diet, staying physically active and eliminating tobacco use. Important non-modifiable risk factors for diabetes include age, gender, family history and ethnicity. Certain ethnic groups, including Asian, South Asian, Arab, Black, Hispanic and Indigenous populations, are at an increased risk of Type 2 diabetes.

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. 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.

The CCD programme is designed to address the social and cultural factors that can increase type 2 diabetes vulnerability among certain people living in urban environments. Today, the programme has established local partnerships in 36 cities around the world, reaching more than 150 million individuals to help prevent and control urban diabetes.

The CCD programme is built on three interconnected elements: Map, Share, and Act. The programme enables cities to understand their own urban type 2 diabetes challenge, to set goals for halting the rise of type 2 diabetes in their city, and to work across sectors and disciplines to unite stakeholders behind a common cause.

Cities who join the programme get a global overview of the challenges associated with urban diabetes and have access to key insights and learnings from solutions around the world and can determine if there is a solution from the toolkit that could be applied locally. The programme is focussed on community-based actions, and working with local stakeholders to develop local solutions.

## Present Status

According to the Region of Peel's 2019 report entitled "The Changing Landscape of Health in Peel", Type 2 diabetes accounts for 90% of all diagnosed diabetes cases in Canada and is the fastest growing chronic disease.

The report also states that the number of incident cases of diabetes in Peel increased by 182% between 1996 and 2015. This increase is due to the aging and growing population and changes in diabetes risk. Older Peel residents, those aged 60 to 79 years, have the highest incidence of diabetes. However, younger individuals are increasingly being diagnosed with diabetes and over the last two decades, the incidence rate in Peel for those aged 20 to 49 years doubled which is a trend not seen in other age groups. In 2015, there were 161,342 cases of diabetes and by 2024, it is projected that there will be a total of 100,194 additional diabetes cases in Peel. Mississauga has the second-highest rate of diabetes in Peel.

Additionally, 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. In 2020, the United Nations General Assembly adopted a resolution recognizing that people living with diabetes are at a higher risk of developing severe COVID-19 symptoms and are among the most impacted by the pandemic.

The City, through its various departments, has implemented numerous programs and initiatives that contribute to healthy living and diabetes prevention. Examples include:

- The introduction of a Healthy Food & Beverage Policy for Recreation Facilities to promote healthier eating by increasing the range of healthier food and beverage choices available through Concession Services and Vending Machines
- Promoting Active Transportation through implementation of the cycling master plan, planning and programming improvements to the City's cycling and pedestrian infrastructure, developing and implementing education and awareness programs and events related to active transportation and building new multi-use trails and protected cycling infrastructure to encourage a more active lifestyle
- Offering and promoting healthy living activities such as fitness and wellness programs, and the management and operation of over 500 parks and supporting trail networks
- Implementing the Economic Development Strategy that promotes 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
- Implementing a refined Healthy by Design Questionnaire to evaluate development applications from a health perspective based on the results of the completed 2-year pilot program
- Adoption of Resolution 0207-2020 to address systemic discrimination and inequities within Mississauga, including accessibility to resources, services and supports for Black and Indigenous residents
- Managing a Community Gardens program which provides residents access to shared spaces to grow food and encourage active and healthy living

- Developing an Urban Agriculture Strategy to identify the City's role in supporting corporate and community efforts to increase urban-scale food production across Mississauga
- Hosting webinars with community partners and stakeholders to raise awareness on diabetes prevention.

## Comments

By becoming a member of CCD, Mississauga will be the only active Canadian CCD city and Mayor Crombie will be the first Canadian Mayor to sign the Urban Diabetes Declaration. The full declaration is included as Appendix 2. This declaration is signed by all CCD cities, and signals a commitment to accelerate action to prevent type 2 diabetes with a set of five guiding principles.

The programme will run over the next 3 to 5 years depending on the specific programme components developed for Mississauga. The programme enables cities to understand their own urban diabetes challenge, to set their own unique goals for halting the rise of type 2 diabetes in their city, and to work across sectors and disciplines to unite stakeholders behind a common cause.

### Benefits of Joining CCD

The CCD programme provides Briefing Books, the Urban Diabetes Toolbox, and the Urban Diabetes Action Framework, which are effective engagement tools that provide decision-makers and City practitioners with a common understanding of the severity of urban diabetes and how to take action to prevent its rise. Through an existing programme partnership with University Toronto at Mississauga (UTM), funding is provided to assist with research, while a CCD advisory board comprised of a wide variety of community stakeholders will be created and community roundtables will be held.

The City will be able to leverage existing City-run healthy living activities and programs through the integration of CCD programme resources and will also be able to develop specific CCD programme activities as needed.

Implementing CCD in Mississauga will illustrate how municipal governments can be leaders in chronic disease prevention, and cooperate with industry, health care partners, community groups and academia to realize synergies and work towards a common goal.

### Responsibilities of the City in the Programme in the First Three Years

The City's participation in the CCD programme will be lead by staff from the Strategic Initiatives Division in the City Manager's department. Staff will work with a cross-departmental internal working group as needed throughout the duration of the programme.

The following outlines the main tasks for the first three years of the programme.

#### Year One (2021)

- Signing of the Urban Diabetes Declaration by Mayor Crombie

- Assisting in the establishment of a Research Lead, funded by the CCD programme, to aggregate existing research on type 2 diabetes and obesity in Mississauga, and to apply this research to the Urban Diabetes Toolbox
- Assisting in coordinating, hosting and participating in a series of targeted virtual roundtables, to outline the goals of CCD, introduce the Urban Diabetes Action Framework, and build a stakeholder network
- Participating in the Official Launch of CCD Mississauga to coincide with World Diabetes Day in November

### **Year Two and Year Three (2022 and 2023)**

- Assisting in the recruitment of a City Connector funded through the programme. This would be an individual based at UTM connecting the City, the programme, health care partners, the academic community and stakeholders, and assist with roundtables and facilitating initiatives
- Assisting in establishing and announcing a CCD Advisory Board, to include City staff, industry, academia, community groups, faith groups, recreational sports leagues, subject matter experts and others
- Assisting in developing and implementing the step-by-step programme components specific to Mississauga through the Urban Diabetes Action Framework and Urban Diabetes Toolbox
- Participating in a CCD Forum to review progress to date, publicize the findings of the Research Lead, and engage new stakeholders

## **Financial Impact**

There is no financial impact associated with the recommendations of this report as there is no fee for joining the CCD programme. Any future costs related to implementation of the programme will be covered through approved operational budgets and through programme partners and sponsors.

## **Conclusion**

Joining the CCD programme is a commitment to take action on type 2 diabetes over the next three to five years and will provide the City with tools, resources and partners to actively prevent the rise of type 2 diabetes in Mississauga.

## **Attachments**

Appendix 1: Cities Changing Diabetes Motion

Appendix 2: Urban Diabetes Declaration



Paul Mitcham, P.Eng, MBA, City Manager and Chief Administrative Officer

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