

City of Mississauga

Corporate Report



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

Prepared by: Andrea McLeod, Management Consultant

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 3rd 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 100th 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

THE DIABETES CHALLENGE

Diabetes is rising at an alarming rate around the world. Given the devastating human and economic cost of diabetes and its complications, individuals, communities, healthcare systems and societies are being put under unsustainable pressure.

More than half of the world's population lives in cities. Cities are engines of economic growth and innovation. Yet some of the drivers of their prosperity also lead to widening health inequalities. Urban environments significantly impact how people live, travel, play, work and eat — factors that, in combination, affect the rise in diabetes. This puts cities on the front line of the diabetes challenge.

City leaders' closeness to the lives of their citizens and their ability to drive change puts city leaders in a prime position to tackle the challenge and bend the curve on diabetes.

THE URBAN DIABETES DECLARATION

The city of X recognises the need to accelerate city action to prevent diabetes and its complications. There is great potential to improve health and well-being, combat health inequalities, reduce long-term costs, and ensure productivity and growth in our cities.

As a partner city in Cities Changing Diabetes, city X is committed to five principles to guide the actions we deliver to respond to the diabetes challenge. We will:

- 1 INVEST IN THE PROMOTION OF HEALTH AND WELL-BEING**
Cities have great potential to be health-promoting environments. This will require a shift towards viewing the prevention of diabetes and its complications as a long-term investment rather than a short-term cost. Therefore, **we must prioritise health-promoting policies and actions to improve health and well-being for all.**
- 2 ADDRESS SOCIAL AND CULTURAL DETERMINANTS AND STRIVE FOR HEALTH EQUITY**
Social and cultural determinants are root causes that shape citizens' opportunities for healthy living. Striving for health equity is essential in order to provide healthy opportunities for all. Therefore, **we must address social and cultural determinants in order to make the healthy choice the easier choice.**
- 3 INTEGRATE HEALTH INTO ALL POLICIES**
Health is linked to other policy agendas, including social, employment, housing and environmental policies. To improve the health and well-being of citizens, health must be integrated into decision-making processes across departments and be driven by shared policy goals. Therefore, **we must coordinate action across departments to integrate health into all policies.**
- 4 ENGAGE COMMUNITIES TO ENSURE SUSTAINABLE HEALTH SOLUTIONS**
Health is largely created outside the healthcare sector, namely in community settings where people live their everyday lives. Health actions should move beyond the individual level to include the community settings where social norms that shape behaviour are created. Therefore, **we must actively engage communities in order to strengthen social cohesion and drive sustainable health-promoting actions.**
- 5 CREATE SOLUTIONS IN PARTNERSHIP ACROSS SECTORS**
Health is a shared responsibility. Creating sustainable solutions demands that all members of society acknowledge the health impact of their actions. Combining competences and pooling resources and networks are prerequisites to creating innovative, effective and sustainable solutions. Therefore, **we must work together to share the responsibility for creating solutions, as no single entity can solve the challenge alone.**

CITY OF [CITY NAME]

Mayor of X
[City], [Country], [Date]

