



Diabetes Healthy City Strategy

Towards a
Healthier City

Combating Racism, Discrimination and
Hatred Advisory Committee
Tuesday February 20, 2024

Mississauga Diabetes Strategy



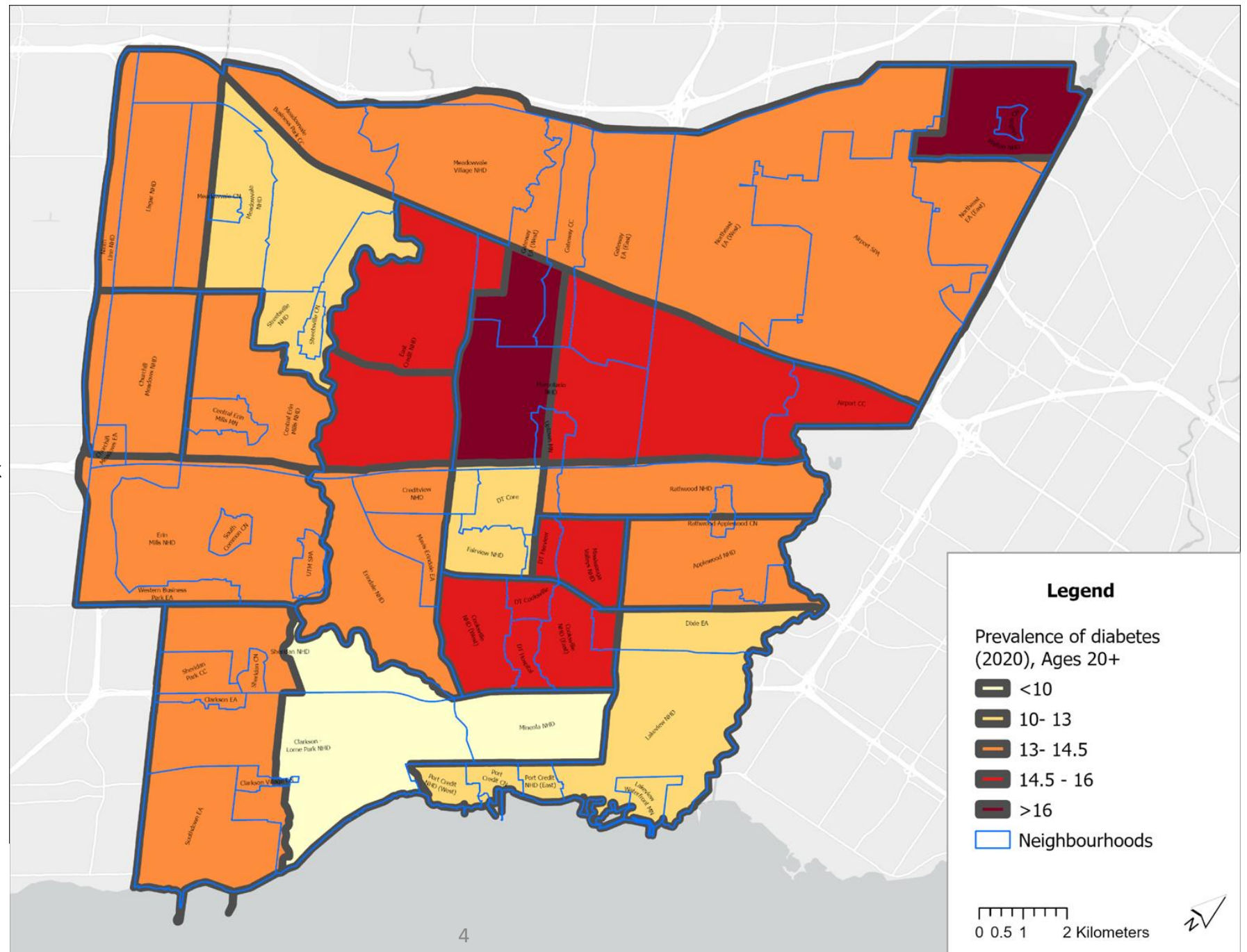
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Research Results – UTM Novo Nordisk Network for Healthy Populations

- In most neighbourhoods in Mississauga diabetes prevalence rates range from 14.6-16.9%
- The Ontario age-standardized prevalence among adults is 9.8%
- Diabetes is on the rise in Peel Region, particularly for visible minority and immigrant communities
- Highest number of new diabetes cases will be among younger adults
- New cases of diabetes predicted to be highest for lowest income bracket
- Nearly 50% of new cases of diabetes are projected to be among those who are physically inactive

Neighbourhoods of Focus Based on Diabetes Prevalence

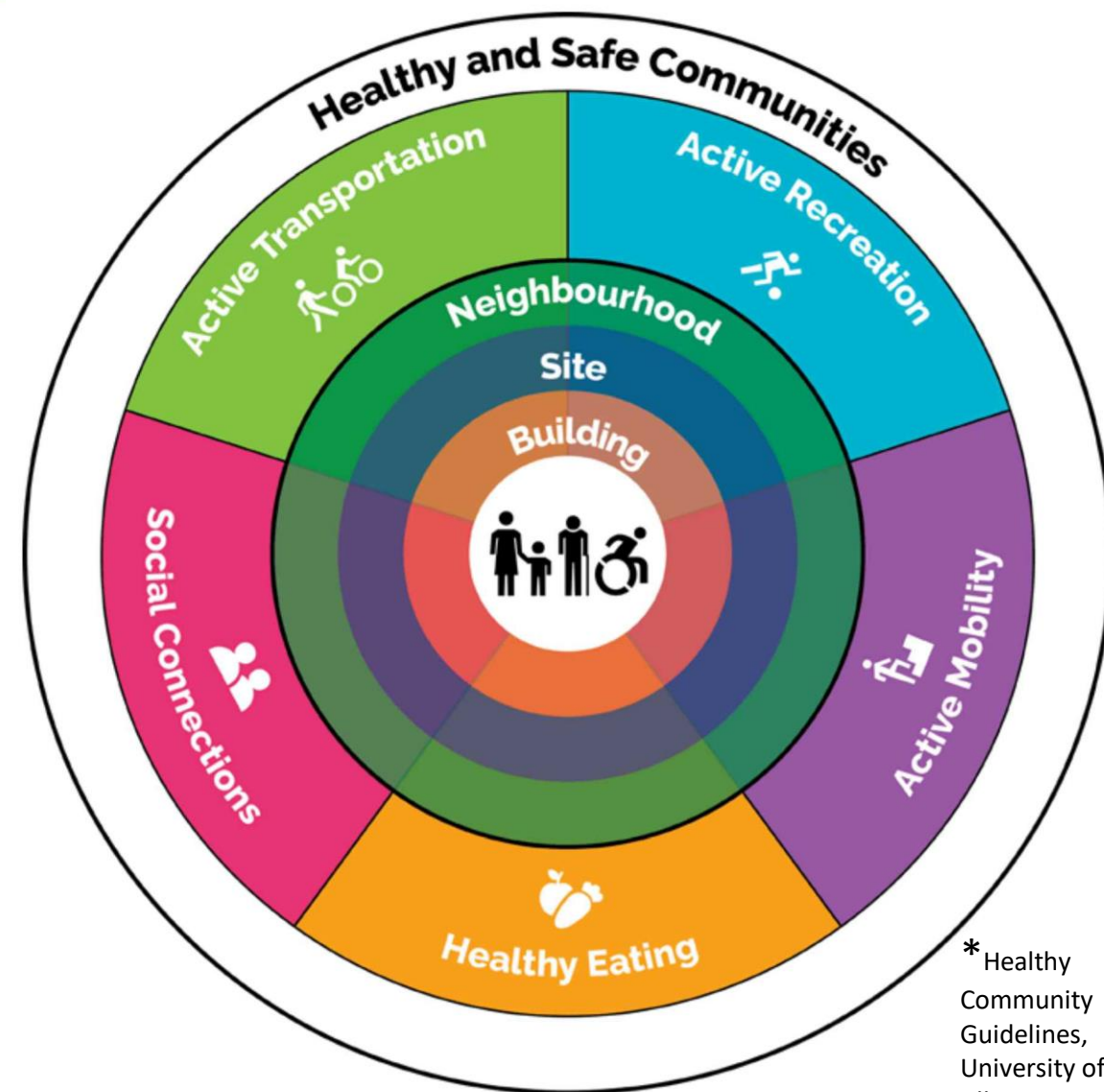
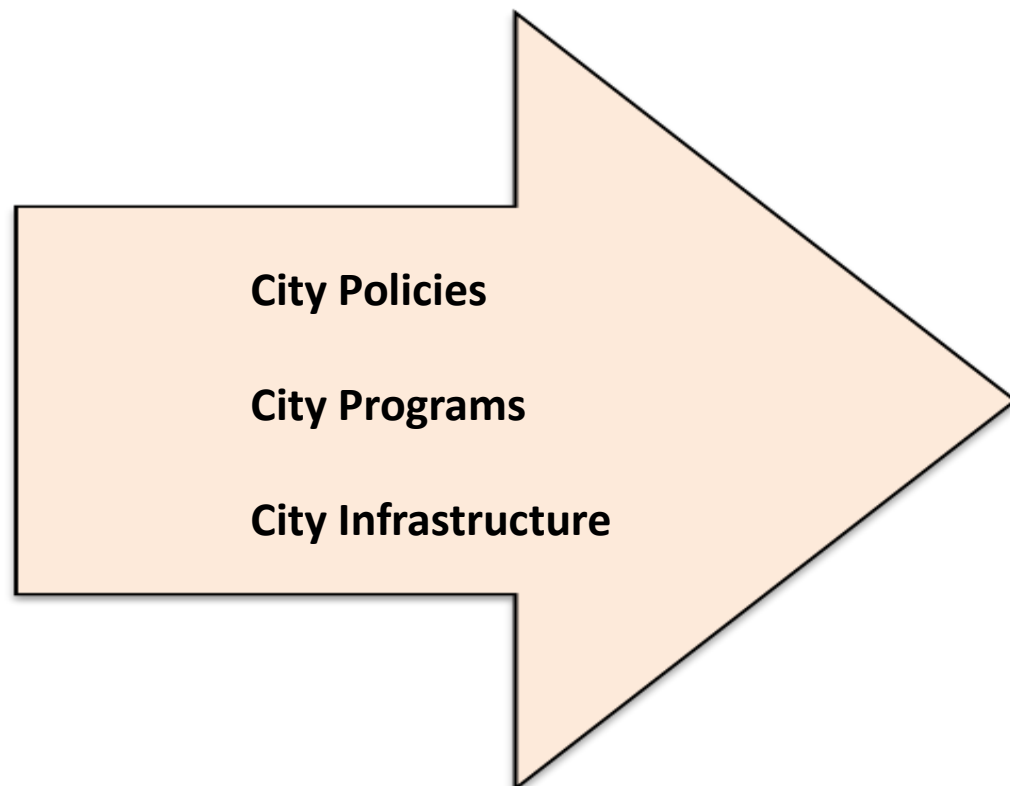
Source: University of Toronto
Mississauga Novo Nordisk Network
for Healthy
Populations and Ontario
Community Health Profiles
Partnership



Health Equity – Equitable Engagement

- Reviewed disaggregated data for focus neighbourhoods
- Asked community leaders how best to engage
- Engaged with communities as recommended
- Agency support with disseminating language-specific surveys
- Recognized participants' time with gift cards, food, recreational and transit passes; advertised child programming and shuttles
- Circled back to participants with notes, survey results
- Ongoing...

City Scope of Influence

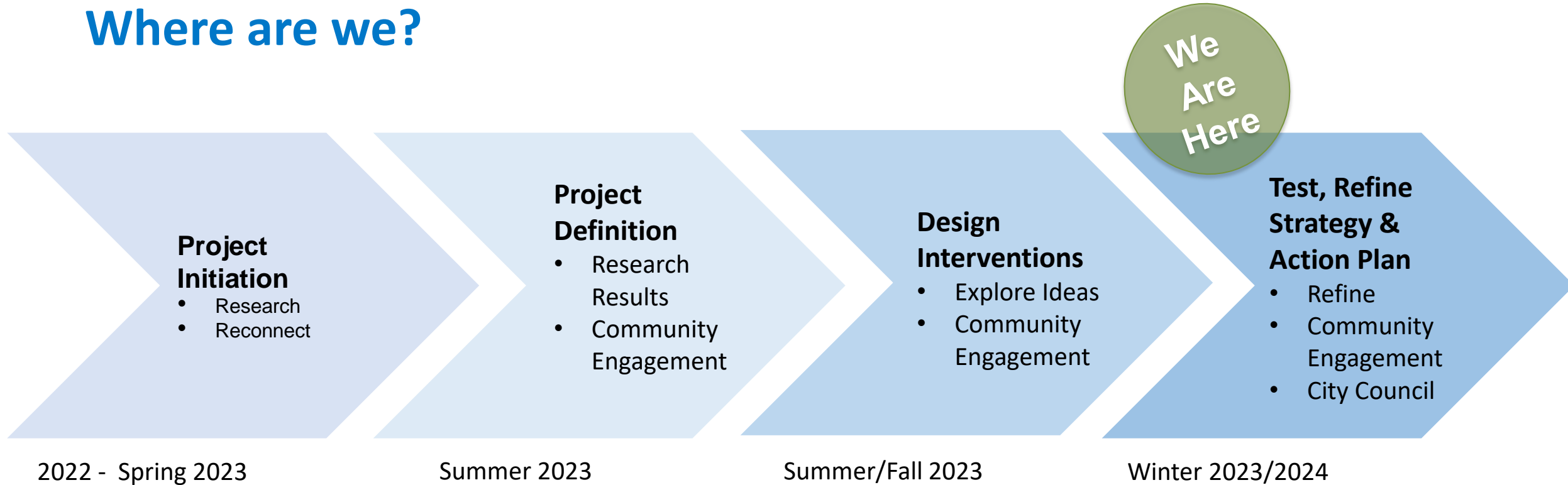


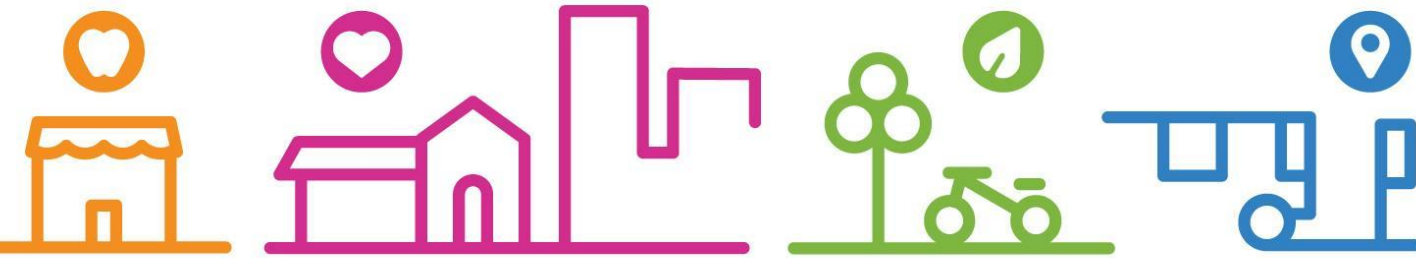
* Healthy Community Guidelines, University of Alberta, 2023

Social Determinants of Health – Overlapping Risk factors



Where are we?





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Mississauga Diabetes Strategy


Diabetes is affecting a rapidly growing number of Mississauga residents. The City is working with partners, experts and communities to develop a strategy to prevent cases from rising.

Project overview

The development of a Mississauga Diabetes Strategy will guide risk reduction and ways to improve how we live, work and play to ultimately decrease the prevalence of type 2 diabetes in Mississauga.

Through a focus on building healthy complete communities that are compact, pedestrian-friendly and transit-supportive, and contain a mix of uses that support daily living and enable physical activity through active transportation, Mississauga will have access to more healthy choices. The strategy will also inform community services and programming to continue to support active living and education for diabetes prevention.

The City will work with the community, industry, agency and government partners to better understand Mississauga's



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Thank you!

