



Healthy City Strategy

Towards a Healthier City

Combating Racism, Discrimination and Hatred Advisory Committee Meeting
Wednesday, December 4, 2024



The Cities for Better Health Urban Diabetes Declaration* – Five Principles



1. Invest in the promotion of health and well-being



2. Address social and cultural determinants and strive for health equity



3. Integrate health into all policies



4. Engage communities to ensure sustainable health solutions



5. Create solutions in partnership across sectors

* Endorsed by City Council November 2021

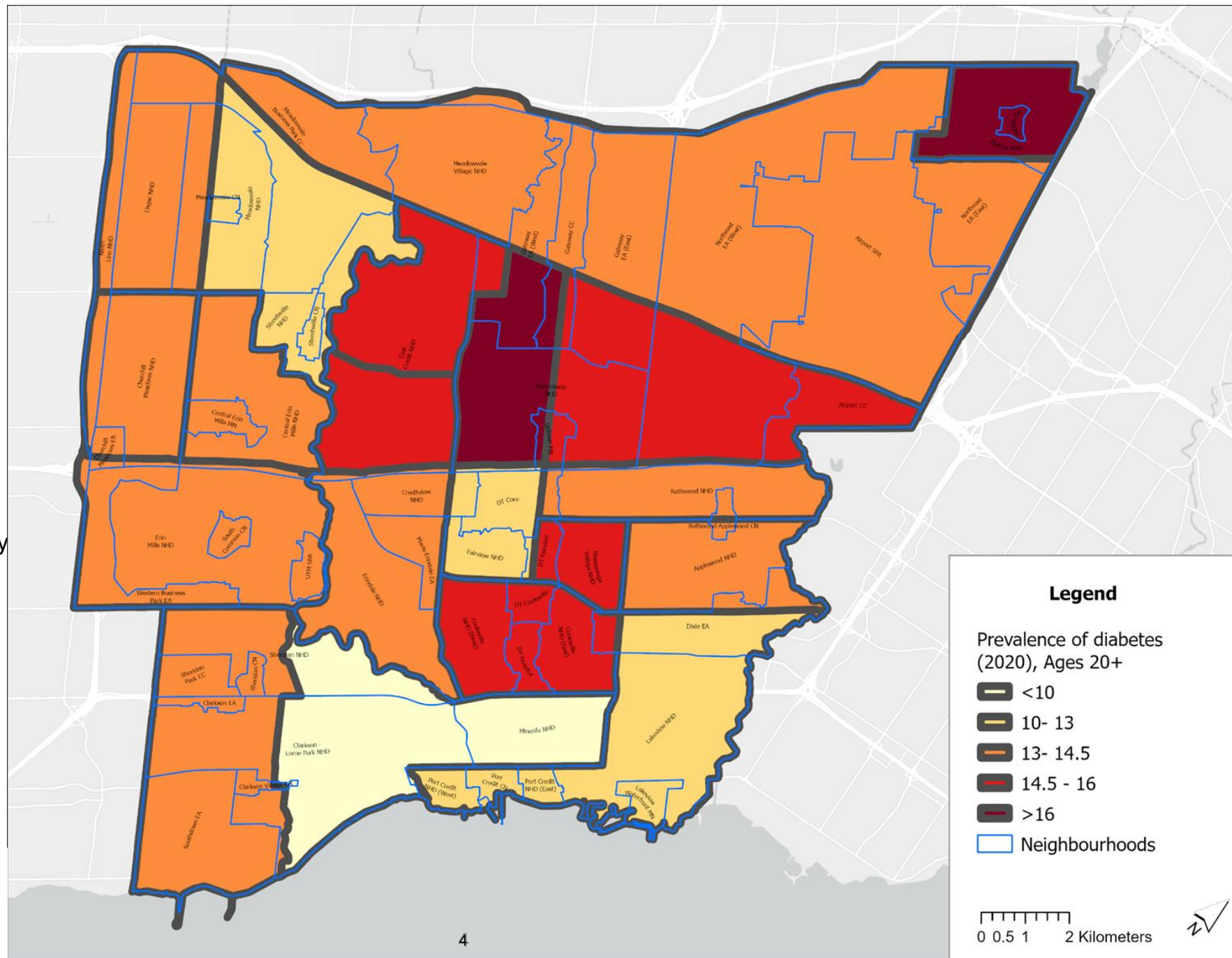


Mississauga (Diabetes) Healthy City Strategy



Neighbourhoods of Focus Based on Diabetes Prevalence

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



Key Findings from Community Engagement:

Affordability of Programming

Accessibility of Programs and Services

Ease of Getting Around

Neighbourhoods & Outdoor Spaces

Access to and Affordability of Healthy Foods

Affordability of Housing

Awareness and Education

Connection and Belonging



Framing the Healthy City Strategy:



Vision



Actions



“Healthy City” Lens



Implementation & Measurement





Vision

Mississauga will be a city where all people thrive and are healthy, active, connected and supported within their community.

The City commits to improving health equity and addressing the environmental and social disparities across the city by:

- continuing to collaborate, learn and seek evidence-informed solutions
- establishing resilient neighbourhoods enabling all people to live well
- ensuring easy and safe movement for all daily living needs
- providing supportive, accessible programs, services, amenities and facilities for healthy living
- helping to create affordable housing options
- supporting equitable access to affordable, healthy food
- helping to create communities where all people feel they belong
- connecting and working with communities to promote healthy living



Healthy City Strategy Actions:



10 Themes for 24 Actions – informed by Research & Community

1. Research & External Collaboration

2. Strategic Decision-making - Equity Action Areas

3. Affordability of City Programs*

4. Accessibility of City Programming*

5. Ease of Getting Around*

6. Improve Neighbourhoods & Outdoor Spaces*

7. Access to and Affordability of Housing and Healthy Food*

8. Community Awareness & Education*

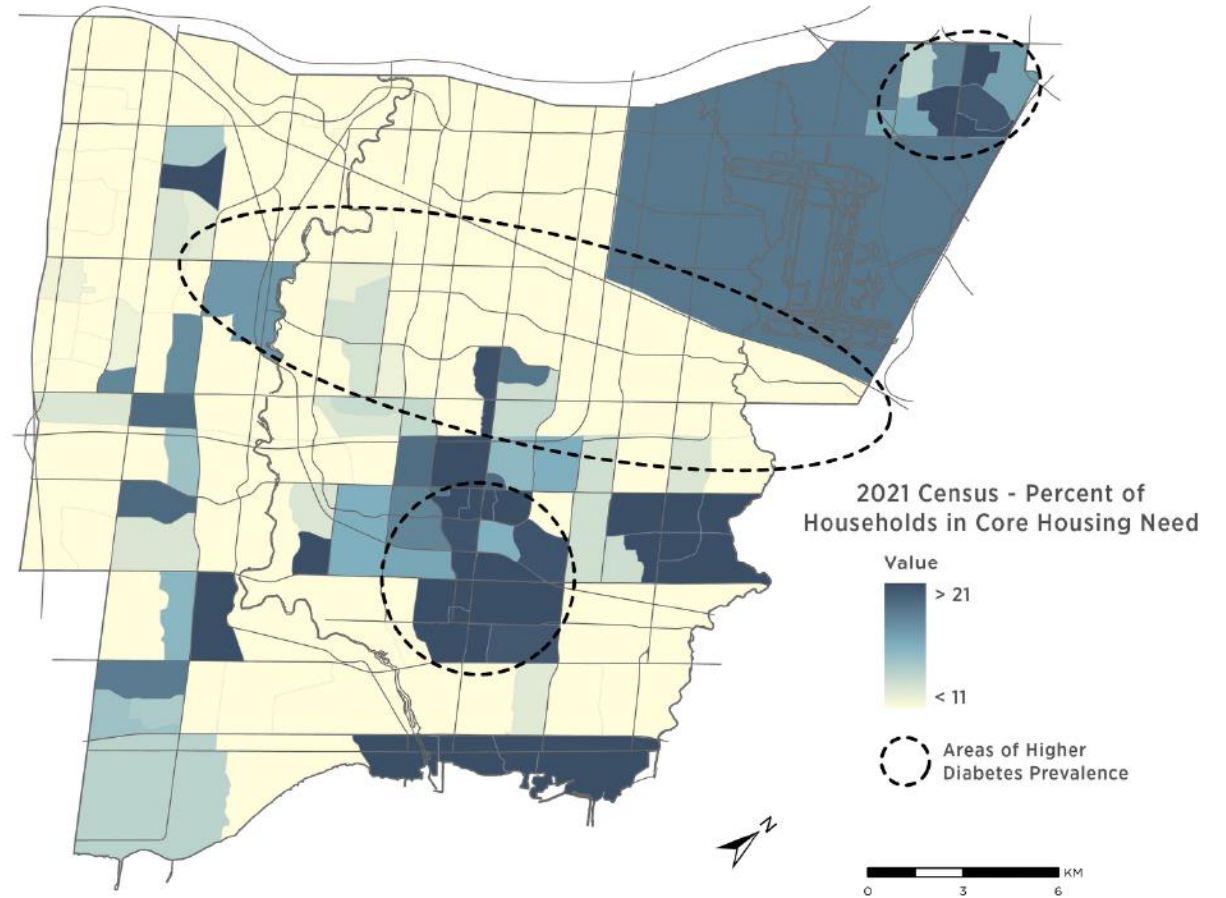
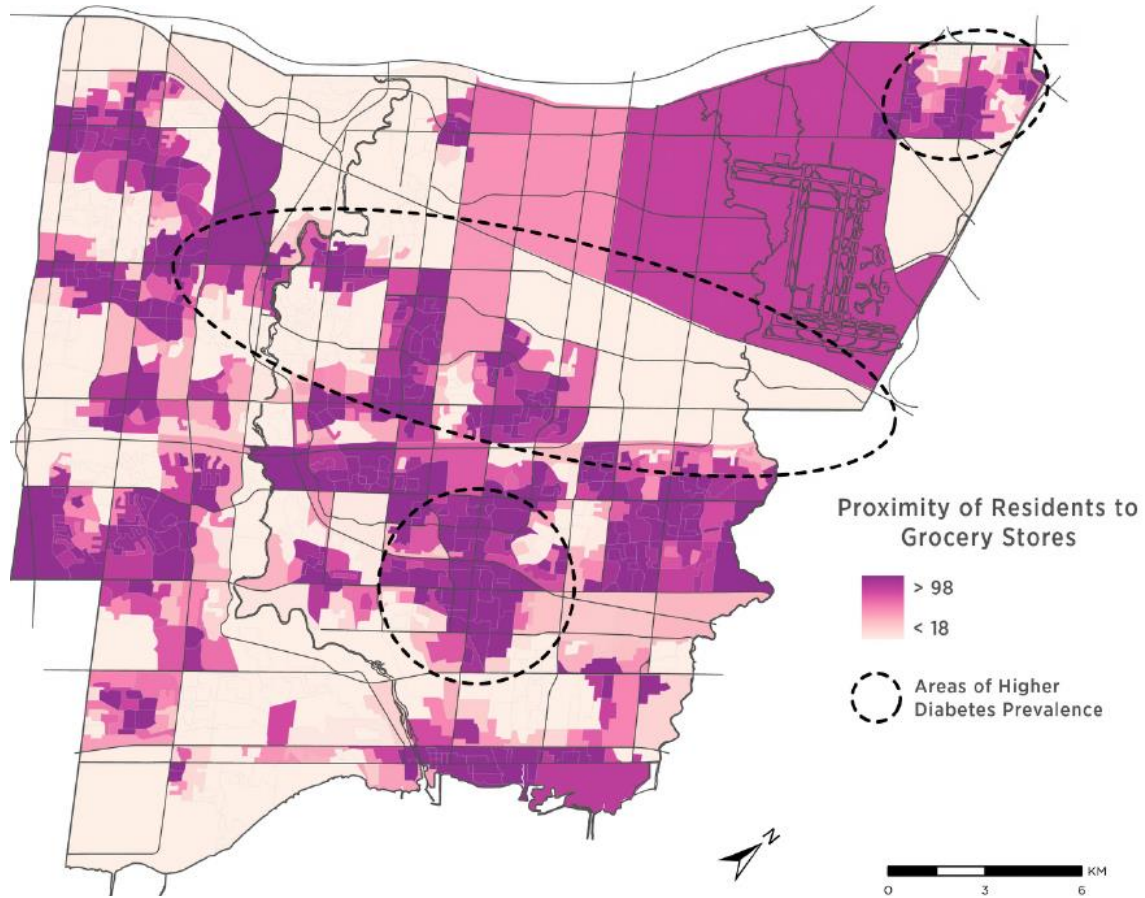
9. Connection & Belonging*

10. Implementation & Measurement

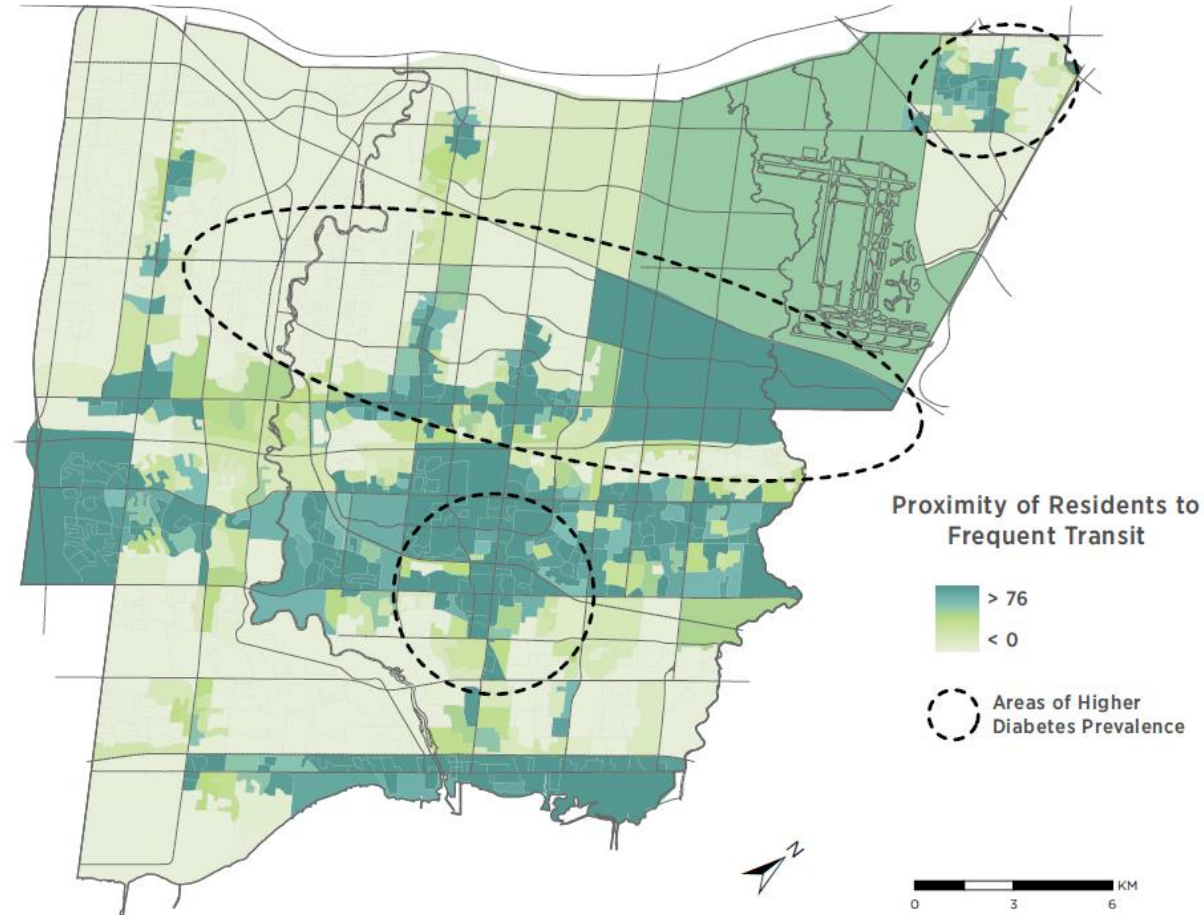
*Equity Action Areas as basis for planning & evaluation



Equity Action Areas: Built Environment & Diabetes



Equity Action Areas: Built Environment & Diabetes



Health Equity & City Decision-making



Thank you

