

# Healthy City Strategy






## Towards a Healthier City

General Committee  
Wednesday, December 4, 2024



# The Cities for Better Health Urban Diabetes Declaration\*

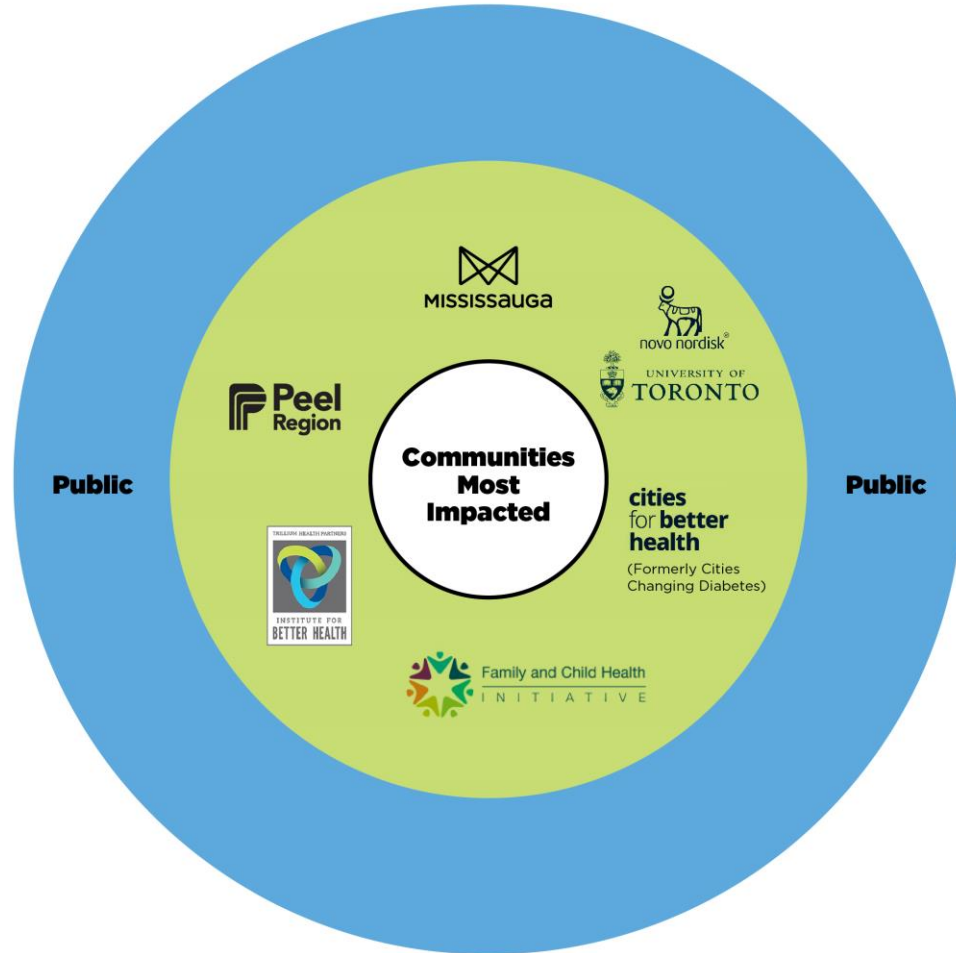
## Five Principles

-  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

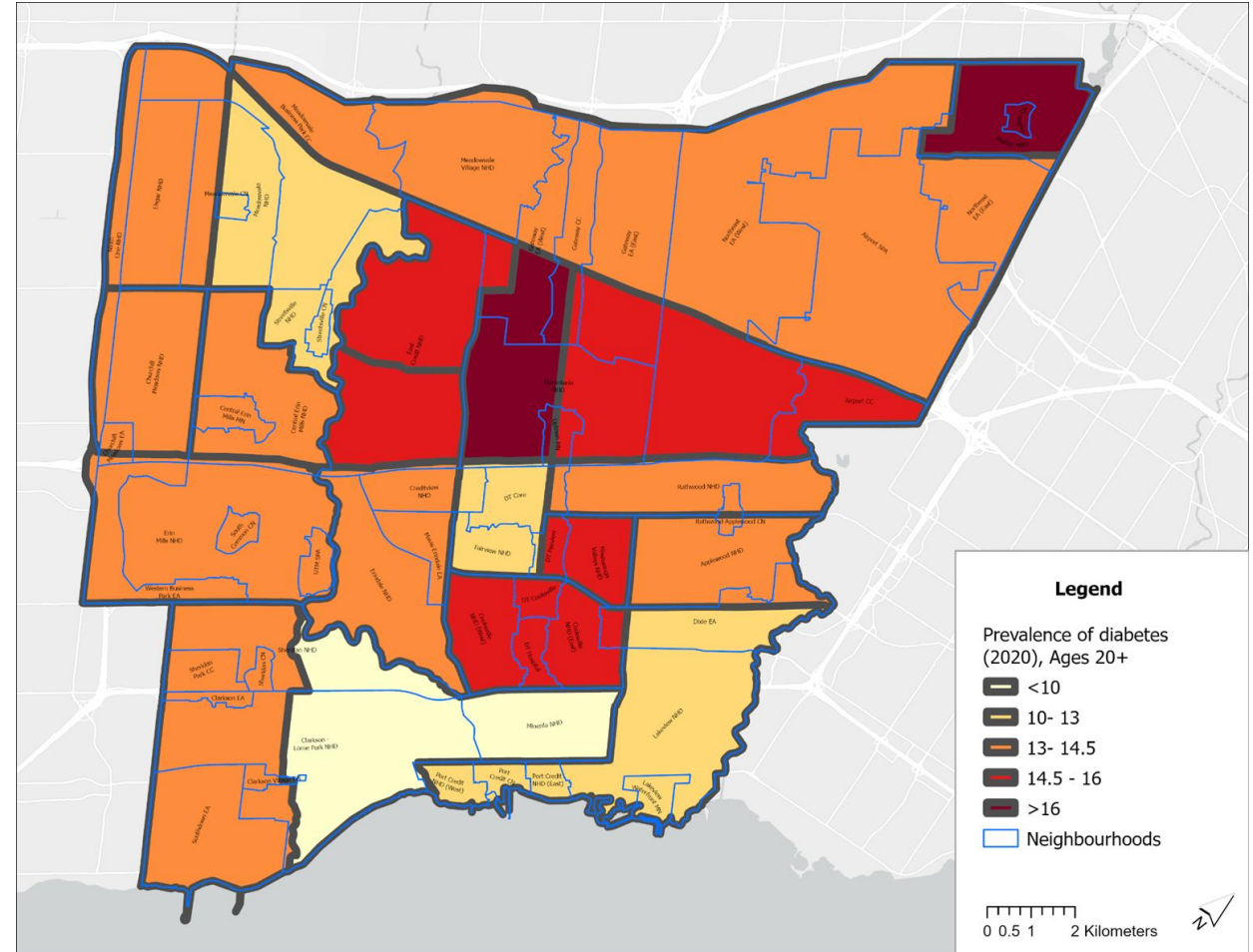


The Strategy required an evidence-informed approach. Those with lived experience and Those with policy, data and research expertise helped build the strategy



# 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



# Healthy City Strategy

## Vision

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



# Healthy City Strategy

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



# Thank you!

