

Health Matters

at the Council Table

Healthy People means...

- More than just not being sick
- Focusing on prevention of illness, not only treatment
- You can work, learn, contribute and engage in your community



Healthy Communities...

- Enable residents to maintain a high quality of life and productivity
- Have safe places for people of all ages and abilities to participate and be active in their daily lives
- Have access to healthy food and recreation opportunities for all, regardless of income

Vibrant Economy...

- Needs a healthy, engaged workforce - poor employee health impacts productivity and business outcomes
- Offers a diverse range of employment opportunities
- Attracts and retains diversity of employees, entrepreneurs and businesses

Local governments play an important role in building healthy, active and prosperous communities. A municipality's services, programs, facilities, policies and planning processes help ensure residents have opportunities to make healthy choices where they live, work, learn, and play.

In our communities...

- Many people are living with chronic diseases such as diabetes, heart disease and high blood pressure
- Many people do not get enough physical activity to reduce their risk of chronic diseases
- Our senior population is growing
- Many employees don't have access to health benefits and regular preventative health services
- Many people struggle to afford and eat healthy food



What makes a healthy active community?

Community Food Security

Why?

Ensuring that everyone has access to safe, healthy food is good for health, the environment, the local economy and community well-being.

What?

Municipal representatives are participating in a Community Food Assessment to develop a plan and actions for a sustainable food system.

Active Transportation

Why?

Having walkable, bikeable communities is good for health and good for business.

What?

Paved road shoulders and upgrades to downtown Haliburton and Minden have made walking and cycling safer and more pleasant.

Age-Friendly Community

Why?

Having an age-friendly community means that seniors can engage, contribute and age well in their homes and communities.

What?

Municipal projects such as installation of benches, upgrading sidewalks and crosswalks, and installing curb cuts have improved safety and accessibility, making it easier for seniors to get around.

Access to Recreation

Why?

Recreation promotes healthy living and builds social and life skills for success at school, work and home.

What?

Municipalities provide accessible recreation programs and facilities such as trails, parks and playgrounds.

Vibrant Economy

Why?

In a thriving local economy, businesses provide meaningful and sustainable employment opportunities and foster a productive vibrant workforce.

What?

Municipalities are now individually responsible for economic development and are taking varied approaches to achieving municipal economic goals.

Action:

Municipalities can improve community food security by following through on the recommendations of the Poverty Reduction Strategy Action Plan.

Partner with:
Harvest Haliburton
Haliburton County
FoodNet

Action:

Municipalities and the county need to plan and design roads and communities for all modes of travel, not just cars.

Partner with:
Communities In Action
Committee

Action:

Consider and respond to the needs of seniors in all aspects of planning in order to make the community safe, accessible and a desirable place to live.

Partner with:
Aging Well Committee and
Haliburton Highlands CARP
Chapter 54

Action:

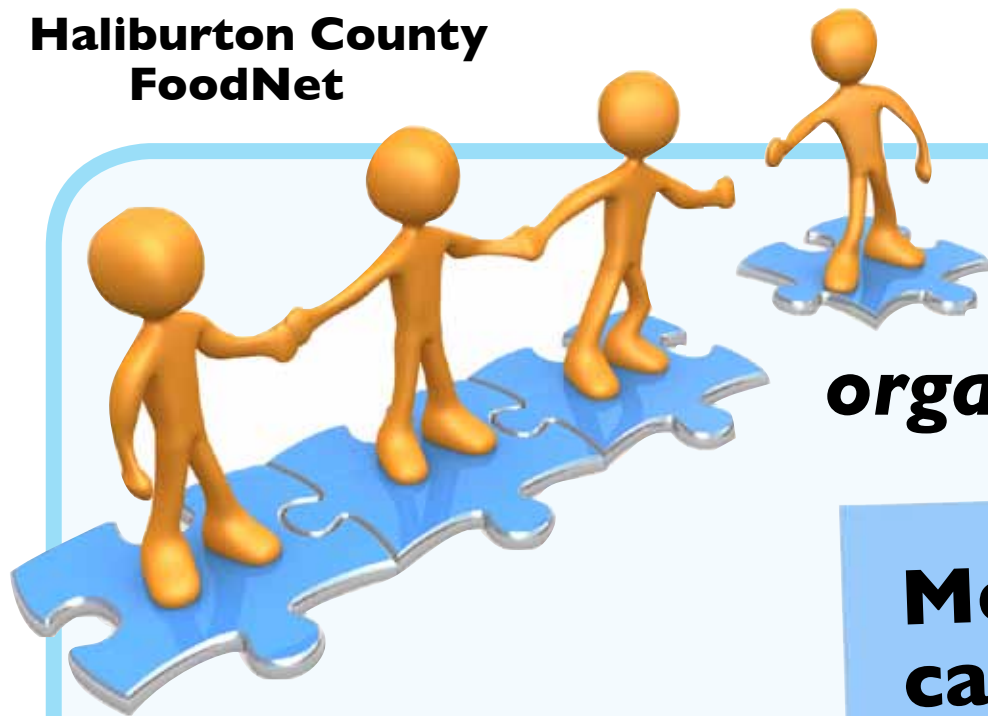
Municipalities need to partner with community groups to meet recreation needs for all people in the community.

Partner with:
HKPR District Health Unit

Action:

Municipalities need to expand and focus the work of their economic development committees and ensure broader stakeholder engagement.

Partner with:
Haliburton Highlands
Chamber of Commerce



Collaboration is important.

Creating a healthy community involves many organizations, institutions, governments and individuals.

No single group can do it alone, it's a shared responsibility.

Message for candidates

Municipalities need to invest in creating healthy active communities for both health AND economic development. Creating a healthy community should be a consideration in decision making. The municipality should work with community groups towards the goal of a healthy active community for people of all ages and abilities.

Message for voters

Local councils make many decisions that affect the kind of communities we live in. Ask your candidates how they will make sure that the municipality is a healthy, active place for people of all ages and abilities. Find out if they see the connection between a healthy community and vibrant economy. Let them know that living in a healthy active community is important to YOU.



VOTE

Community Food Security

Community food security is when all residents have access to safe, healthy and personally acceptable food through a sustainable food system that maximizes community self-reliance.



Making our communities food secure matters because:

It's good for health.

Healthy food can improve mental health and reduce risk of obesity and diseases like type 2 diabetes and heart disease.

It improves the local economy.

Connecting local consumers to local producers helps build a stronger and more sustainable local economy. Food dollars remain in the community.

It's environmentally-friendly.

Local food production reduces our carbon foot print. It also reduces packaging and waste, and increases composting.

It improves the well-being of our community.

Residents coming together to connect around food – (i.e. farmers markets, community gardens, advocating for improved access to healthy foods etc.) – creates greater awareness and understanding of food-related issues, and builds strong partnerships and social networks.

Addressing the local food system through food security is also a way of linking to other issues that communities face, such as poverty.



What's happening?

Haliburton County FoodNet is a network of all the food programs in our county.

Haliburton Highlands Community Garden Network has grown from 2 to 12 gardens.

Haliburton County Food Bank Network is raising awareness around the need for healthier food donations (over 270 households access food banks on a monthly basis, 30% food bank users are children).

Good Food Box Program delivers fresh vegetables and fruit to over 230 families each month.

Poverty Reduction Strategy Group identified food security as an issue to address poverty.

Harvest Haliburton initiated a Community Food Assessment Steering Committee to conduct a food assessment to inform long term planning and action for a sustainable food system.

Minden Food Bank & Masons have partnered to build the Haliburton County Food Centre.

Food for Kids, a free and universal Student Nutrition Program, provides over 4,000 breakfasts and healthy snacks each week to all schools in Haliburton County.

IncrEdible Haliburton County Farmers' Market operates at two locations and increases access to local food.

Numerous community service organizations have developed unique initiatives to address food security with their participants/clients.

What the municipalities and county can do:

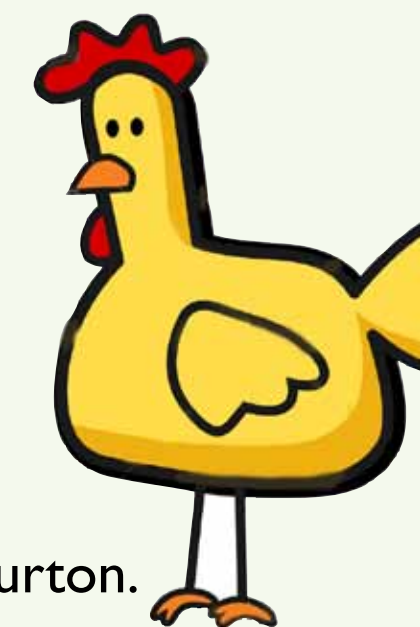
Advocate to the federal and provincial governments to develop policies and programs to address food security including: income security, employment, affordable housing, and transportation.

Incorporate policies related to food systems, healthy eating, and healthy community design into municipal official plans.

Waive or reduce rental fees and insurance costs of municipally owned lands and facilities that may be used for food security initiatives such as community gardens and kitchens.

Continue to support innovative community food security initiatives and programs.

Work with partners to develop a food charter and food action plan for the County of Haliburton.



For more information contact: Rosie Kadwell, Chair Haliburton County FoodNet & Harvest Haliburton; Public Health Dietitian, HKPR District Health Unit rkadwell@hkpr.on.ca
www.HaliburtonCountyFoodNet.com www.HarvestHaliburton.com

Active Transportation

Active Transportation is any form of human-powered transportation, e.g. walking, cycling



Making Haliburton County safer, more convenient and more pleasant for walking and cycling matters because:



It's good for health.

Physical activity through active transportation can improve physical and mental health and reduce risk of diseases like type 2 diabetes, stroke, heart disease and high blood pressure.

It's good for the local economy.

Active transportation helps boost the local business and tourism, and supports the community's livability, helping to attract and retain residents and businesses. People walking and cycling are more likely to stop and visit local shops. ¹

It's environmentally friendly.

Walking and cycling are environmentally friendly modes of travel.

It improves the well-being of our community.

More people out and about on the streets help make the community more social and people-friendly. Active transportation options provide non-drivers with a much needed way to get around.

¹ Transport Canada, 2010, Active Transportation in Canada - A Resource and Planning Guide

What's happening?

The county is paving road shoulders on road reconstruction projects.

Streetscape projects in Haliburton and Minden have made the downtowns safer and more pleasant for walking – benches, trees, flowers, bike racks, better crosswalks.

The Aging Well Committee has worked with downtown businesses to install grab bars to help with steps, and has a pilot project that has portable ramps at entrances at two Haliburton businesses.

The Communities in Action Committee (CIA) does active transportation planning, advocacy and promotion such as: hosting community forums and walk audits, promoting share the road, and advocating for good policies.

County and municipal official plans have policies that recognize and support active transportation.



Stepping in the right direction

What the municipalities and county can do:

Ensure that road improvements plan for all modes of travel, not just cars.

Continue to develop and maintain trails, especially those that people can use to get from one place to another.

Make villages and hamlets clean and attractive to encourage people to use active transportation.

Continue to develop and maintain sidewalks in and around villages/hamlets.

Review municipal by-laws to make sure they support and encourage active transportation.

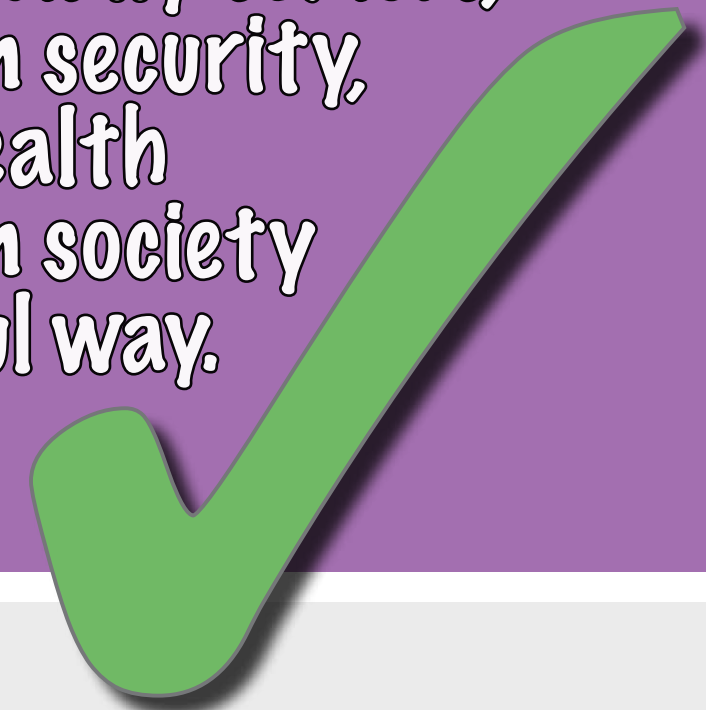
Refer to local Active Transportation Plans and the Cycling Master Plan for priorities and recommendations.



For more information contact: Sue Shikaze, Chair, Communities in Action Committee; Health Promoter, HKPR District Health Unit sshikaze@hkpr.on.ca www.communitiesinaction.ca

Age-Friendly Communities

In age-friendly communities, people of all ages, especially seniors, can age well, live in security, enjoy good health and participate in society in a meaningful way.



Making Haliburton County age-friendly matters because:

It's good for health.

We want seniors to remain healthy, active and independent for as long as they can which will reduce the demand on local health services.

It's good for the local economy.

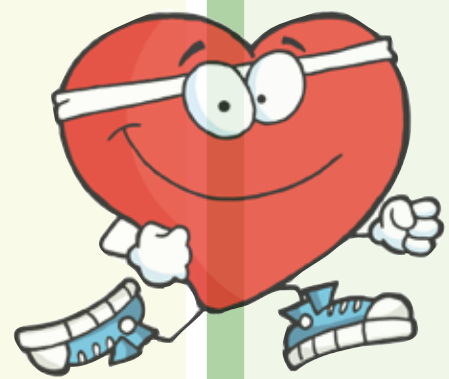
Seniors make a significant contribution to the economy both through their contributions of knowledge, skills and experience and their buying power.

Seniors aged 65+ represent 27.9% of the County's population.

Age-friendly and accessible communities create opportunities for seniors to actively contribute and spend money locally.

It improves the well-being of our community.

Healthy aging means reducing the severity of chronic diseases and disabilities in later life, as well as reducing the risk of falls, which are a leading cause of declining health and mobility in seniors.



What's happening?

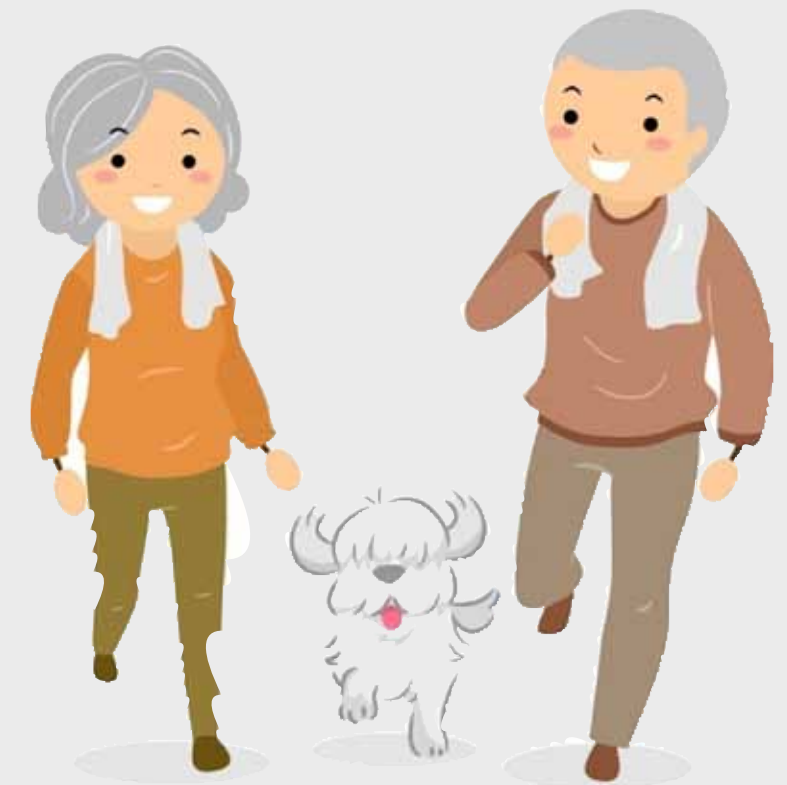
The Aging Well Committee advocates for, promotes and takes action on creating an Age-Friendly Haliburton County.

The Aging Well Committee has worked with the Municipality of Dysart et al. and downtown businesses to improve accessibility by installing grab bars to help with steps and portable ramps at selected downtown businesses.

Health service providers are working together to coordinate seniors' health issues regarding falls prevention.

Haliburton Highlands CARP Chapter 54 was launched in 2013 and has been working hard to advocate for seniors throughout the county.

The Haliburton County Pool Committee has been advocating for a recreation facility and indoor pool in the county, which would provide many health benefits for families and older adults.



What the municipalities and county can do:

Consider and respond to the needs of seniors in all aspects of planning in order to make the community a desirable place to live.

Plan and design accessible facilities, such as adding benches along pathways, investing in safe walkways and large signage and providing adequate lighting. Communities that are good for seniors to get around are good for everyone!

Make villages and hamlets safe, clean and attractive places to walk.

Support housing development particularly for seniors.

Provide a core set of free and low-cost recreation programs that are available to all.



For more information contact: Angela Andrews, Chair, Aging Well Committee; Health Promoter, HKPR District Health Unit aandrews@hkpr.on.ca

Access to Recreation

Access to recreation means that recreation is affordable and available for people of all ages, abilities and income.



Access to Recreation matters because:

It's good for health.

Recreation promotes healthy living. Recreation that includes physical activity, reduces risk of diseases such as type 2 diabetes, high blood pressure, heart disease and some cancers.

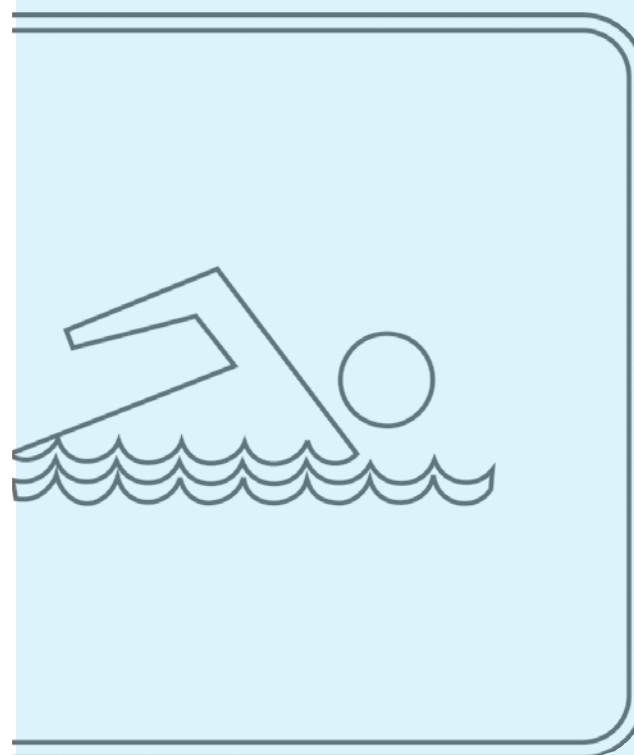
It's good for the local economy.

For every dollar invested in recreation, savings of up to \$11 can be made on a broad range of health care programs and services.

It improves the well-being of our community.

Recreation builds social and life skills for success at school, work and home. It reduces risky behaviour, improves self-esteem and gives opportunities for fun.¹ User fees, transportation and equipment costs are all barriers to participation, especially for low-income households. A range of facilities need to be available for both indoor and outdoor recreation activities to meet the needs of all people.

What's happening?



Municipalities offer a variety of affordable recreation programs and operate facilities such as arenas, trails, parks and playgrounds.

Many recreation organizations and businesses have policies to improve access to recreation for people for whom fees are a barrier. Point in Time offers free after school recreation programs in Minden, Wilberforce and Cardiff.

The County Swimming Pool Initiative is planning and advocating to get a recreation centre and indoor pool in the county.

What the municipalities and county can do:

- Create policy and strategies to improve access to recreation for people for whom fees are a barrier.
- Provide a core set of free and low-cost recreation programs that are available to all.
- Build and maintain easy to access facilities like parks, playgrounds, trails and sidewalks.
- Enable affordable access to community space to use for formal and informal recreation.
- Partner with community groups to address recreation needs for all people in the community.
- Support the development of a recreation centre and indoor pool.



¹ Parks and Recreation Ontario. Affordable Access to Recreation for Ontarians Policy Framework

Vibrant Economy

In a thriving local economy, businesses provide meaningful and sustainable employment opportunities and foster a productive vibrant workforce.



Healthy community and vibrant economy go hand in hand:

Thriving businesses are more likely to support and drive healthy, active community initiatives.

A vibrant local economy improves the local availability of products and services.

A healthy, active, and engaged workforce is more productive – impacting individuals, businesses and community.

Income is the most significant predictor of health – the more year-round employment opportunities the healthier the community.



What's happening?

Haliburton Highlands Chamber of Commerce is the voice of business – bringing business-related education, networking, planning, advocacy, and cost saving opportunities to member businesses and the broader community.

Many local groups across the county are taking innovative approaches to building sustainable productive business communities.

County Tourism has created the #myHaliburtonHighlands brand to market and strengthen the local tourism economy.

Some municipalities have established committees of council to address economic development.

The Young Professionals Network, an initiative of the Chamber of Commerce is engaging young professionals in their 20s and 30s and exploring strategies to retain and attract young professionals to help strengthen and grow the local economy.



What the municipalities and county can do:

Expand and focus the work of municipal economic development committees and ensure broader stakeholder engagement.

Identify ways to increase collaboration between municipalities on economic development.

Revisit and adopt recommendations of the Haliburton County Business Retention & Expansion Report, May 2011, spearheaded by the Haliburton Highlands Chamber of Commerce.

Create policies that attract and support new businesses that are year-round, innovative and sustainable and serve diverse economies.

Recognize the connection between a healthy community and a vibrant economy.

