

HEALTH IN THE CITY – ENVIRONMENTS FOR HEALTHY LIVING – MARCH 23, 11AM-2PM
AT UNIVERSITY OF TORONTO MISSISSAUGA

Members of the Healthy City Stewardship Centre will be working with Peel Public Health to offer a “Health in the City” event that will focus on *Creating Supportive Environments for Healthy Living in Peel*. The consequences of an inability to access nutritious foods where we work and play, and a lack of welcoming environments for walking and cycling as we go about the routines of our lives, are contributing to substantially increased rates of diabetes, cardiovascular disease and certain cancers. Extrapolation of present health trends suggests that by 2025, 1 in 6 residents of Peel will be confirmed to have diabetes. A sedentary lifestyle coupled with poor nutrition is the single largest cause for concern for the health of our community, and has potential for dramatic impact on our children. Peel Public Health, the Trillium Health Partnership and members of the Healthy City Stewardship Centre will be working together to ask questions such as why do only 2% of children now bicycle to school, yet over 95% have access to a bicycle? Why do we not have more choices of nutritious flavourful cost-effective foods where we live and work? The intention of these questions is to mobilize change, and we invite you to join in this dialogue and become agents of change.

This challenge was taken on by New York City almost 10 years ago now, and New York City is now internationally acclaimed for passing local by-laws that, for example, limit the size of soft drinks offered by the fast food industry, and require recreational green space as an element of many new construction and renovation proposals. Various program directors from the City of New York are now working with Peel Public Health to offer insights and expertise to encourage change in Peel and across the GTA, with activities that are appropriate for the region.

The upcoming Health in the City event will showcase displays and activities presented by a broad partnership of municipal government and services, health care institutions, academic institutions, social service agencies, and non-government organizations that will be working together in our community to confront the challenge. Peel Public Health will lead the day, explaining their plans and providing examples from New York City that will indicate the effectiveness of a municipal and regional effort to address the creation of environments for healthy living. The newly formed Trillium Health Partners (Credit Valley Hospital, Mississauga Hospital, and Queensway Health Centre) will share their strategic plan for innovative leadership in health care. Free food and recipes representing nutritious, tasty and cost-effective examples of what can be prepared by commercial cafeteria operations will be available for sampling.

This is an opportunity to meet key representatives from Peel Public Health and other community leaders from the City of Mississauga, the Trillium Health Partnership, the school boards, the Mississauga Halton Local Health Integration Network, YMCA, United Way, Peel Regional Police, Dixie-Bloor Neighbourhood Centre, Sheridan College, the Mississauga Academy of Medicine and UTM, and many others.

The event will focus activities near the Recreation Athletic and Wellness Centre (RAWC) at the University of Toronto Mississauga campus. Transit access to campus is plentiful, and free parking will be available. We hope to see you on March 23, to participate in the process of change at its outset.

Non-commercial groups interested in presenting a display can make arrangements for table space without cost by contacting Carol Solonenko, Event Specialist, Tel: 905-828-5278, Fax: 905-569-4637, carol.solonenko@utoronto.ca