

### **Evidence-informed Policies Recommended for Physical Activity, Sport and Recreation**

- a. Policies that ensure affordable and accessible recreation activities and reduce barriers in participation.
- b. Policies that require communities to be walkable.
- c. Policies to ensure the equitable distribution of parks and trail networks within the Region
- d. Policies to increase public transit opportunities.
- e. Policies that support the development of parks that provides a diverse range of structured and unstructured recreation opportunities in both built and natural environments.
- f. Policies that support the universal design of facilities, parks, open spaces, playgrounds, and trails to accommodate all populations including persons with disabilities, children, and the elderly.
- g. Policies that support the collaboration between recreation/sports providers, community groups, and school boards to ensure that all children and their families have access and opportunities to participate in a wide range of physical activity programs throughout the year.
- h. Policies that support active transportation throughout the community, particularly to schools and workplaces.
- i. Policies that promote physical activity in the workplace.

### **Evidence-informed Policies Recommended for Injury Prevention**

- a. Policies to increase the provision of sidewalks in the Region.
- b. Policies to modify road design and plans to encourage safe road function for all road users (e.g. motorists; pedestrians; cyclists).
- c. Policies to ensure 'safe community' surroundings and built form, including injury prevention measures through proper community design.
- d. Policies to support land use environments for all seasons including shade protection and planning for winter environments.
- e. School board policies to encourage, support and facilitate active and safe routes to schools within the Region.

### **Evidence-informed Policies Recommended for Healthy Eating**

- a. Policies related to improving access to healthy food where residents live, learn, work, and play (e.g. community facilities; schools; workplaces)
- b. Policies to support the use of local foods in the community and for municipal food venues, community programs and events.
- c. Policies to improve the geographic availability of grocery stores and farmers' markets in under-serviced areas.
- d. Policies that support community or urban agriculture such as community or rooftop gardens.
- e. Policies to restrict advertising of unhealthy food products to children.
- f. Policies that support breastfeeding.
- g. Policies at the school board that promote and support healthy eating through increased access to healthy, local foods (beyond the Ontario's PPM 150 School Food and Beverage Policy) and increased opportunity for students to develop nutrition and cooking skills.

**Evidence-informed Policies Recommended for Tobacco Use and Exposure**

- a. Policies to limit the number of tobacco retail outlets through zoning and licensing throughout the community including proximity to schools.
- b. Policies that protect residents from tobacco use and second-hand smoke by creating by-laws that encourage tobacco-free outdoor recreation areas; outdoor events and festivals; and outdoor workplaces.
- c. Policies that support smoke-free multi-unit dwellings.
- d. Policies that prohibit accepting money from the tobacco industry.
- e. Policies to support persons with limited income to have access at no cost to cessation counselling; Nicotine Replacement Therapy; and pharmacotherapy.
- f. Workplace policies to establish employee health care benefits and/or Employee Assistance Program (EAP) which include smoking cessation counselling; nicotine Replacement Therapy (NRT); and pharmacotherapy

**Evidence-informed Policies Recommended for Substance Misuse and Alcohol**

- a. Policies to restrict the density and regulate the spatial location of retail alcohol outlets (e.g., policies restricting the location of alcohol outlets near schools).
- b. Policies that restrict or ban alcohol advertisements/signage in municipally owned buildings and facilities.
- c. Policies to eliminate alcohol marketing and promotion to children and youth.
- d. Policies for health care providers, designed to support the identification and treatment of substance misuse.
- e. Policies that limit fundraising through the selling of alcohol or the collecting of alcohol bottles.
- f. Policies that designate youth-friendly events held within the municipality as “dry”.
- g. School board policies to develop comprehensive school alcohol policies.
- h. Comprehensive workplace alcohol policies.

**Evidence-informed Policies Recommended for Mental Health Promotion**

- a. Policies that address the socioeconomic conditions which promote positive mental health, social inclusion, freedom from discrimination/violence, and access to economic resources.
- b. Policies that provide a wide range of educational opportunities.
- c. Policies that increase structured opportunities for volunteerism/civic participation.
- d. Policies to increase access to affordable and safe housing.
- e. Policies that ensure affordable and accessible transportation.
- f. Policies that support a “whole school” approach to “promote health and well-being, and shape a respectful, welcoming, and caring school environment”.
- g. Workplace policies to provide the opportunity for employees to achieve work-life balance.