

York Region Community Picture Overview



Hosted by HealthYork
Facilitated by Dillon Consulting Limited
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Broad Overview

- There is some policy work already happening in York Region.
- More policy efforts are needed
- Workplaces and schools provide an opportunity to create policies to support healthy living choices
- There is an opportunity to change local community design through policy development

Healthy Communities Framework

Ontario Ministry of Health Promotion and Sport
Healthy Communities Framework 2011/12

Ontario

Healthy Communities working together and Ontario's leading healthy and active team.

Goals

- Create a culture of health and well-being
- Build healthy communities through coordinated action
- Create policies and programs that make it easier for Ontarians to be healthy
- Enhance the capacity of communities to work together on health issues

Healthy Communities Fund Components

- Quality Project Stream**
 - A cross-sectorial pilot program that explores digital engagement with families and active non-sporting recreation opportunities in partnership with other organizations.
- Partnership Stream**
 - Promote coordinated planning and action among community partners to create policies that make it easier for Ontarians to be healthy.
- Resource Stream**
 - Provide training and support to build capacity for risk-reducing to reduce health inequalities in Ontario, including local partnerships and organizations that apply for funding through the HCF Grants Program.

Guiding Principles

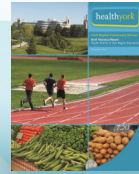
- Empower communities using a shared decision-making model
- Strengthen partnerships within and between communities and between local and provincial partners
- Accountable to communities and the ministry through measurable outcomes
- Focus on those at risk for poor health to reduce disparities
- Build on research, evidence and experience
- Work toward sustainable programs and strategies

Priorities and Outcomes

Physical Activity, Sport and Recreation	Injury Prevention	Healthy Eating	Tobacco Use Exposure	Substance Use	Mental Health Promotion
<ul style="list-style-type: none"> • Increase access to physical activity, sport and recreation • Support active transportation and improve the built environment 	<ul style="list-style-type: none"> • Promote safe environments that encourage the use of bicycles • Increase awareness of the preventable nature of these injuries 	<ul style="list-style-type: none"> • Increase access to healthy food and healthy eating practices 	<ul style="list-style-type: none"> • Increase access to tobacco-free environments 	<ul style="list-style-type: none"> • Support the reduction of binge drinking • Build resilience and engagement in our communities • Enhance mental health and social prevention strategies 	<ul style="list-style-type: none"> • Reduce stigma and discrimination • Improve knowledge and awareness of mental health issues • Foster environments that support resiliency

Creation of the Community Picture

- Geographic & Demographic Profile
- Health Profile of York Region Residents
- Overview of Programs, Services and Policy Directions
- OHHN Collaborative Policy Scan Project Report
- GIS Mapping
- Community Consultations
- Online survey
- Key Information Interviews



Importance of Policy

- It determines the world we live in
- Policy development seeks to achieve a desired goal that is considered to be in the interest of all members of society
- Can increase the availability of resources and accessibility to healthy living conditions for community members, which can lead to a better quality of life for all residents

Six Priority Areas of Interest



What We Know...

- By 2031:
 - Population growth is expected to surpass 1.5 million residents
 - Region's aging population will increase more than 3x over 2006 levels
 - Slower growth among the younger generation
 - Significant portion of growth is expected to continue to be driven by immigration

What We Know...

- Our residents have a lower incidence of chronic diseases and conditions (i.e., high blood pressure, diabetes, heart disease, arthritis and asthma) compared to residents in Ontario as a whole.
- However, social determinants of health, (i.e., unemployment, education levels and risk behaviours such as smoking and obesity), have all been shown to affect how healthy people are.

Central LHIN Integrated Health Service Plan (2009)

What We Know...

- York Region is experiencing growing polarization of income levels and increasing prevalence of low-income households.
- 12% of residents in York Region live with a disability
- Poverty / Low Income:**
 - Causes stress and anxiety which can affect people's health,
 - Limits people's choices,
 - Affects desirable changes in behaviour,
 - Has a significant impact on the ability of residents to eat healthy.
- While York Region enjoys a higher average standard of living than residents in the rest of the province, poverty does exist.

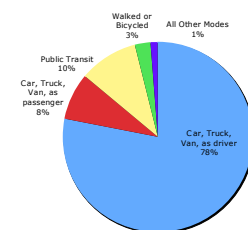
Physical Activity



Physical Activity

- 46% of York Region adults are overweight or obese
- 53% of the population aged 12+ years were physically active or moderately physically active
- Vulnerable populations may face barriers to participating in recreation programs and physical activity

Mode of Transportation to Work York Region, 2006



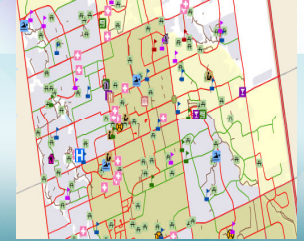
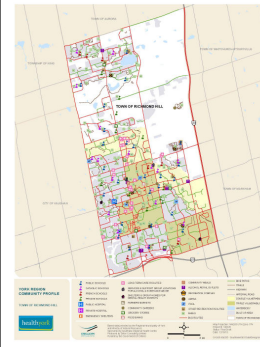
Current Environment

There is a Transportation Demand Management Plan for York Region that incorporates active transportation
There is a *Smart Commute in York Region* program
The Region of York is working on a *Sustainability Strategy*, which includes sustainable transportation infrastructure
There are 154 recreation facilities; 316 parks; & 766km of trail networks.

All nine municipalities have:

- Policies to ensure access to local government programs for low-income residents
- Parks and Recreation Master Plans

Physical Activity - Richmond Hill



Recreation Facilities Accessible by Transit

Priority Issues

1. Lack of affordable recreation opportunities
2. Neighbourhood design discourages residents to walk and/or cycle
3. Lack of cultural awareness of the benefits of physical activity and the availability of community programming
4. Lack of flexibility in accommodating working families
5. Safety concerns regarding children and youth walking to school
6. Lack of accessibility of recreation programming for people with disabilities

Policy Opportunities

Develop policies to

- Improve recreation policies to increase intramural and sport programs to ensure opportunities for all residents
- Enhance neighbourhood design to encourage walking and cycling.
- Support safe and active routes to school and work
- Facilitate flexible programming options for working families
- Create an equitable distribution of parks and trail networks across the Region

Policy Opportunities

- Policies to
- Create safe environments that encourage and support physical activity across the Region
 - Create more affordable and accessible recreation opportunities where people live for all residents, but especially for vulnerable populations such as those living with a disability
 - Create healthy school environments through school board policies that support physical activity and limit screen and sedentary time of students
 - Develop school travel planning policies

Program Opportunities

- Gather more information about barriers facing seniors, youth and low-income residents
- Increase cultural awareness of the benefits of physical activity and the availability of community programming
- Highlight the physical activity assets currently available

Injury Prevention



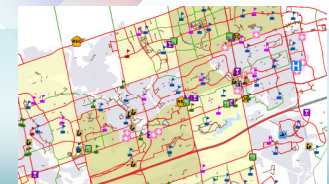
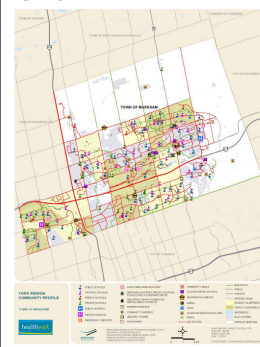
Injury Prevention

- 13.7% of people age 12+ in York Region sustained injuries within the past 12 months (8.1% sought medical attention)
- In 2007, there were 13,009 collisions. 25 were fatal and 2,350 caused personal injury. 3,370 persons experienced injury
- York Region experienced 147.2 per 100,000 of unintentional injury hospitalization rate children 0-17 years of age.

Current Environment

- Some work is being done to develop safe and active routes to schools in York Region
- Efforts are being made to reduce childhood injury and falls prevention for seniors
- York Region PARTY programs
- Whitchurch-Stouffville has a helmet patrol program

Injury Prevention- Markham



Elementary Schools Near Trails

Priority Issues

1. Lack of affordable and safe housing options
2. Lack of education of safe behaviours between users (e.g., cars, walking, cycling)
3. Unsafe neighbourhood design
4. Lack of sidewalks
5. Impact of extreme weather conditions (e.g. heat; cold; rain on vulnerable populations)

Policy Opportunities

- Develop policies
- To increase access to safe and affordable housing
 - To improve accessibility
 - To support injury prevention measures through proper design of the built environment
 - To create safer land-use environments for all seasons
 - Modify road designs and plans to ensure safe road function for all road users
 - Enhance neighbourhood design to increase safety (increase number of sidewalks in the region)
 - To encourage, support and facilitate active and safe routes to school at the School Board level

Program Opportunities

- Increase programs that promote education of safe behaviours between users (e.g., cars, walking, cycling)
- Develop programs that address water safety

Healthy Eating



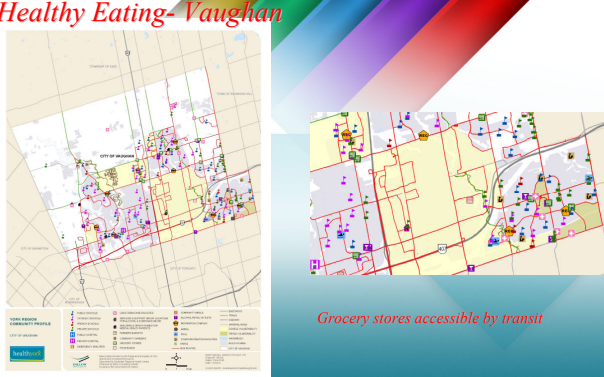
Healthy Eating

- Less than 1/2 population is consuming daily recommended quantities of fruits and vegetables
- York Region food banks served over 54,000 clients in 2009
- There has been an increase in food bank users
- The cost of the Nutritious Food Basket for a family of four (2008) was \$143.00

Current Environment

- York Region Food Network
- Food for Learning program
- Some policies exist at the municipal level to
 - support the availability of healthy foods in vending machines; snack bars and cafeterias and concession stands;
 - support local sustainable agriculture
 - Source and procure local foods
 - Support the availability of broader variety of foods from street vendors
 - Establish of farmers' markets
 - Support breastfeeding
 - Promote or sponsor healthy food access maps

Healthy Eating- Vaughan



Grocery stores accessible by transit

Priority Issues

1. Lack of affordable healthy food choices in community facilities and schools
2. Lack of education around nutrition, healthy eating, and food literacy (reading food labels)
3. Lack of food education courses to students and parents in schools
4. Lack of community kitchens and gardens
5. Lack of policies, programs and supports to implement urban agriculture
6. Lack of fresh fruits and vegetables at food banks
7. Limited choices in fresh food outlets/sources in community neighbourhoods

Policy Opportunities

- Develop policies to increase:
 - Affordable healthy food choices in community facilities and schools
 - Provision of education around nutrition and health eating and food literacy
 - The number of community gardens and kitchens
 - Support for programs and supports to implement urban agriculture
 - Fresh fruits and vegetables at food banks
 - Fresh food outlets in all communities and neighbourhoods.
- Develop policies that restrict advertising of unhealthy food products to children
- Increase the types of policies that exist in areas of the Region where they are not present

Program Opportunities

- Enhance community engagement with farmers, other food producers, organizations and residents
- Community programs to include education around nutrition, healthy eating and food literacy
- School's to include skill building opportunities for students to increase their knowledge and skills in growing and preparing healthy foods

Tobacco Use and Exposure



Tobacco Use and Exposure

- Teen (12-19) smoking rate (2005) for York Region was 6.7%, compared to the Ontario rate of 10.6%
- Adults (20+ years) smoking rate (2005) for York Region was 17.2%, compared to the Ontario rate of 22.2%
- 6.4% of the non-smoking population reported exposure to second-hand smoke in the home and 20.7% report exposure (in the past month) in vehicles and/or public places

Current Environment

- There was a decrease in the number of tobacco vendors in York region between 2007 and 2008
- Vendor inspections resulting in charges continue to decline year over year, from 12% in 2007 to 3.7% in 2009
- York Central Hospital Strategic Priorities includes encouraging tobacco cessation support

Current Environment

- There are some municipal policies in York Region that:
- Limit the exposure of second-hand smoke by prohibiting tobacco use in municipal owned outdoor spaces
 - Ban tobacco use within a designated distance of public entrances and exits at municipal buildings
 - Facilitate tobacco-free sport and recreation at local sport clubs

Priority Issues

1. Lack of support services to reduce tobacco-use at no or low cost
2. Highest rate of mortality and tobacco exposure among low-income residents
3. Lack of youth engagement
4. Contraband tobacco products is an issue in the community
5. Lack of awareness of the health effects of second - hand tobacco smoke
6. Lack of cultural awareness of the negative impacts of tobacco use

Policy Opportunities

- Develop policies
- To support persons with low-income and persons with disabilities to reduce tobacco use
 - That prohibit smoking in municipally owned multi-unit dwellings
 - That address land-use and regulatory controls of tobacco product outlets
 - That support smoke-free recreation festivals and events

Program Opportunities

- Engage youth in creating smoke-free environments
- Increase awareness of the health effects of second-hand smoke
- Increase cultural awareness of the negative impacts of tobacco use
- Learn more about the issue of contraband tobacco in York Region

Alcohol and Substance Misuse



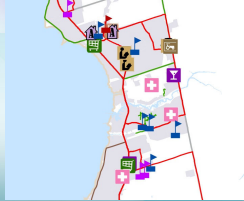
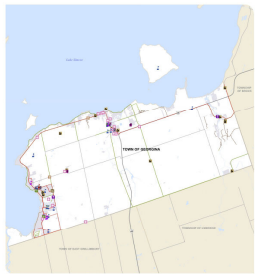
Alcohol and Substance Misuse

- 16.7% of York Region population aged 12+ reported heavy drinking
- Rates of heavy drinking were much higher for York Region males (23.9%) than for York Region females (8.5%)

Current Environment

- There are 13 alcohol/addiction shelter/facilities mapped in relation to walking distance of transit
- Centre for Addiction and Mental Health
- York Region PARTY program
- All but one municipality (Markham) has a Municipal Alcohol Policy
- Most municipalities have policies that support “safer bars” training and special occasion permits that allow alcohol to be sold

Alcohol and Substance Misuse -Georgina



Alcohol Retail Outlets Accessible by Transit

Priority Issues

1. Overconsumption of alcohol among youth
2. Lack of alcohol and drug treatment programs in the community
3. Impacts of alcohol & drug use in relationship to crime
4. Drunk driving among adults over the age of 30
5. Fundraising for community organizations through the sale of alcohol and bottle drives
6. Wine retail outlets in grocery stores

Policy Opportunities

- Policies within Official Plans that address land-use and regulatory controls of alcohol outlets
- Policies that restrict or ban alcohol advertisements or signage
- Policies that designate all youth-friendly events as “dry”
- Policies designed to support the identification and treatment of substance misuse
- Policies that limit access of alcohol to youth
- Policies that limit fundraising through the selling of alcohol or the collecting of alcohol bottles

Program Opportunities

- Learn more about alcohol use and driving
- Develop programs that focus on the difference between consumption and abuse of alcohol
- Learn more about substance use in York Region
- Develop local drug treatment programs that are accessible

Mental Health Promotion



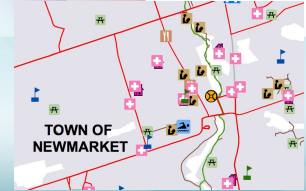
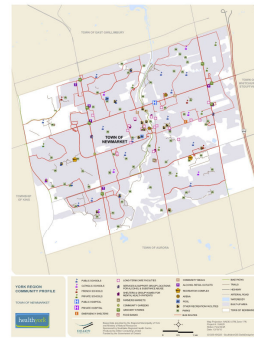
Mental Health

- Approximately 60% of the York Region rated their own health status as being very good or excellent
- 25% of York Region males (ages 15 and older) and 27% of York Region females rated their life as quite stressful
- Homelessness and Health Report (2010) found that the most common reason for sending a client to the emergency room were a mental health problem (23%) or a physical problem other than injury (20%), followed by an injury (19%) or a prescription refill (17%)

Current Environment

- There are 34 mental health shelters and homes in York Region
- Mobility Bus program is available in all nine municipalities for people with disabilities
- There are 6000 social housing units through 43 independent non-profit and cooperative housing providers
- The York Centre for Children, Youth and Families runs a youth program
- There is support for the “Dignity for All” campaign
- York Region Alliance to End Homelessness

Mental Health Promotion- Newmarket



Mental Health Shelters Accessible by Transit

Priority Issues

1. Lack of long-term support for individuals with mental health illness
2. Individuals with mental health issues face stigmatization
3. Lack of public knowledge of what services are available
4. Lack of community spaces to foster positive mental health
5. Lack of shelter housing available for those in need of immediate care
6. Individuals with mental health issues face barriers to living healthy lives

Policy Opportunities

- Policies that address social equity, inclusion and collaboration that encourages and supports social cohesion and well-being
- Policies that achieve work-life balance (employers)
- Policies that increase structured opportunities for volunteerism/civic participation
- Policies that ensure affordable and accessible transportation
- Policies that facilitate access to affordable and safe housing

Program Opportunities

- Increase awareness about the mental health and well-being of those who are experiencing homelessness
- Increase awareness of positive mental health and the effect of the social determinants of health on a persons well-being
- Increase programs that support those who care for people experiencing mental health issues
- Awareness campaigns that decrease stigmatization, particularly in health care settings

Priority Populations for York Region

- Low-income families
- Persons with disabilities
- Ethnic communities
- Older adults
- Children and youth