

York Region

Community Picture

Workshop Summary Notes

Hosted by Healthyork

Funded by the Government of Ontario

Facilitated by Dillon Consulting Ltd.



December 7th 2010

9:00 am to 1:00 pm

Ballantrae Fire Hall, Town of Whitchurch Stouffville

December 9th 2010

9:00 am to 1:00 pm

North Thornhill Community Centre, City of Vaughan

Introduction

The Ministry of Health Promotion and Sport (MHPS) has implemented the Healthy Communities Fund (HCF) for organizations that take a holistic and integrated approach to improving health and wellness at the community level. The HCF offers a one-window approach to fund community partnerships to plan and deliver integrated programs that improve the health of Ontarians. The HCF provides funding to community groups and partnerships to promote coordinated planning and action among community partners and to create healthy public policies that make it easier for Ontarians to be healthy.

In 2010, the MHPS released the Healthy Communities Framework, which provides partnership opportunities for public health units, municipalities, and community partners to work together to build healthy public policies and programs that make it easier for Ontarians to be healthy and promote a culture of health and well being. The strategic framework to support Healthy Communities focuses on six priority areas: Physical Activity, Sport and Recreation; Injury Prevention; Healthy Eating; Tobacco Use and Exposure; Substance and Alcohol Misuse; and Mental Health Promotion.



One component of the HCF is the Partnership Stream, which builds intersectoral collaboration, engages community leadership, and develops new partnerships that contribute to a new approach to health promotion planning, intervention, evaluation and investment. The Partnership Stream promotes coordinated planning and action among community partners to create policies that facilitate healthy lifestyles to make it easier for Ontarians to be healthy, through the development of healthy public policies in 36 communities across Ontario.

The Healthy Communities Partnerships focuses on three key functions:¹

1. Engage community members to develop a community assessment and identify healthy living priorities that reflect local needs and align with provincial health promotion priorities.
2. Mobilize community leaders and their organizations to work together to develop, influence and build local healthy public policies (e.g. create easier and more affordable access to recreation for low income families).
3. Build partnerships and link with local networks to maximize resources, minimize duplication and create an environment that promotes community health.

York Region is one of Ontario's selected 36 partnership communities, led by the Southlake Regional Health Centre, host agency to Healthyork.

Workshop Summary

On December 7th and 9th, 2010, Healthyork sponsored a workshop with a wide range of stakeholders in York Region to assist in developing the *York Region Community Picture* and in identifying recommended actions and policy priorities across the six Healthy Communities priority areas.

The purpose of the *York Region Community Picture* is to inform the work of the Healthy Communities Partnership and other community organizations and efforts. The *York Region Community Picture* will be a useful tool to engage partners, municipalities and others in improving the health of the community and its residents. The *York Region Community Picture* provides a strong role in mobilizing community partners and community organizations around a common goal; informs the Healthy Communities Fund Grants Project Stream; informs the allocation of other local funds or activities; and can be used by local organizations as a tool to identify strategic and program priorities.

The *York Region Community Picture* provides a comprehensive profile of the community, including demographic makeup, health status, current initiatives, and policies that have an impact on health and well-being. In addition to quantitative and qualitative descriptions of the community's "current state" with respect to the Provincial priorities, the *York Region Community Picture* reflects the broader social, economic, political and environmental context that affects the community's health needs and concerns.

Participants were asked to provide input regarding York Region's residents, their characteristics, the status of their health and those who are most affected by poor health. Participants were also be asked to comment on trends or issues affecting the implementation of Healthy Communities for their organizations, and identify strengths, capacities, and assets in their communities or organizations that will allow for better future planning.

A diverse group of community stakeholders representing 59 organizations were invited to the workshops. The 133 invited participants represented a wide cross-section of sectors and disciplines including regional and municipal representatives, health and social services, local hospitals and other health care providers as well as organizations serving people in poverty, people living with disabilities and the Francophone community. Of the invited stakeholders, **43 participants** representing **26 organizations** attended the workshops (see **Appendix A** for a complete list of participants). Community members were consulted by-proxy through the representatives of the attending community organizations.

¹ Ministry of Health Promotion and Sport (2010). [Healthy Communities Fund](#). Government of Ontario. Power Point Presentation

| Workshop Agenda | |
|------------------------|--|
| 8:45 am | Registration |
| 9:00 am | <p>Welcome and Introductions</p> <p>Nicky Rauzon-Wright, Healthyork: <i>Welcome</i></p> <p>Kim Bergeron, Dillon Consulting Limited: <i>Agenda Overview, Workshop Objectives & Visioning Exercise</i></p> |
| 9:15 am | <p>Presentations</p> <p>Kim Bergeron, Dillon Consulting Limited: <i>Project Overview and the Healthy Communities Framework</i></p> <p>Sari Liem, Dillon Consulting Limited: <i>York Region's Situational Assessment</i></p> |
| 10:00 am | <p>Plenary Discussion</p> <p>Large group discussion regarding the results provided</p> |
| 10:15 am | Break |
| 10:30 am | Small Group Activity #1: Priority Area Discussions |
| 11:15 am | Small Group Activity #2: Rotating Flipcharts |
| 12:00 pm | <p>(Working) Lunch and Plenary Discussion</p> <p>Kim Bergeron, Dillon Consulting Limited</p> |
| 12:50 pm | <p>Workshop Close</p> <p>Sari Liem, Dillon Consulting Limited</p> |

What is a Healthy Community?

Visioning Exercise:
What are the characteristics of a healthy community?

At the workshops, participants envisioned their community in the year 2030. By this time, 85% of residents are engaged in a healthy lifestyle that includes physical activity, healthy eating, free from injury, mental health and well-being, live tobacco free lives and limit their alcohol intake. They are enjoying a fulfilling and healthy lifestyle. Less than 15% of the population suffers from chronic diseases that are preventable through healthy eating, physical activity and tobacco-free lifestyle.

Participants identified the following characteristics of a community that can achieve these results.

- Educate and increase awareness among residents of all ages to promote healthy lifestyles.
 - Engage schools and students through strong policy frameworks to influence decision making around healthy food choices and physical activity.
- Foster proactive communities
 - Communities should be proactive in developing policies which support access to healthy food options, opportunities for physical activity, and accessible, affordable infrastructure, programs and services.
- Support active communities
 - Communities should be walkable. This means having accessible, connected, safe and well lit sidewalks and trail systems which service residential, commercial and retail destinations. Active lifestyles are supported by a shift in cultural norms.
- Develop local economic security and affordability
 - Ensure that residents can participate in a diverse and resilient local economy. Residents must have access to good jobs which support them in choosing a healthy lifestyle. Additional support is available for individuals who are unable to work. Residents have access to safe, affordable and healthy housing.
- Ensure access to a health environment
 - Communities have clean air and clean water. The connection between a healthy environment and human health is recognized.
- Address the social determinants of health
 - The social factors which influence health outcomes (income, education, housing, food security, social well being, environmental quality) are recognized and managed.
- Improve public space
 - Communities must have safe common areas in which to gather and connect. Citizens should be involved and engaged in creating these spaces which contribute to a sense of belonging. Areas for community gardens should be increased.
- Improve community accessibility
 - Communities should be accessible to all residents regardless of abilities and diversities.

York Region's Socio-Demographic Profile and Priority Population Groups

An important part of developing the *York Region Community Picture* is to develop an understanding of the residents living in York Region. The following provides a summary of our findings, which identifies York Region's socio-demographic information and priority populations that are at risk for whom public health interventions may have a substantial impact.² Participants identified additional data sources and information for inclusion in the Community Picture report or as part of future recommendations.

Socio-Demographic Trends in York Region

- York Region has three hospitals; Southlake Regional Health Centre in Newmarket (370 beds), Markham Stouffville Hospital in Markham (215 beds), and York Central Hospital in Richmond Hill (506 beds). **The Region has 165 public elementary schools and 31 public high schools operated by the York Region District School Board.** Catholic schools are operated by the York Catholic District School Board, and include 83 elementary schools and 15 high schools. In addition, there are 4 French language schools operated by the Conseil Scolaire de District Catholique Centre-Sud and 3 French language schools operated by the Conseil Scolaire Viamonde.
- Between 2001 and 2006, York Region's population grew by 163,458 residents (22.4%) from a population of 729,254 to 892,712. By comparison, Ontario grew 6.6% from a population of 11,410,046 people to 12,160,282. **York Region's growth rate was the third highest amongst all census divisions in Canada and the population is expected to surpass 1.5 million residents by 2031** (York Region Official Plan).
- People aged 65 and over comprised 10% of the total York Region's population in 2006. The aging population in York Region has increased by 39% from 2001 to 2006 with slightly higher growth among the aging male population at 40% compared to 37% for females. **By 2031 the Region's aging population will increase more than three times over 2006 levels to 21% of the total population** (York Region, 2010c).
- **Growth among the younger generation was much slower compared to growth among the aging population in York Region.** An increase of 18% was observed for all of York Region. As a fraction of the total population it is projected to decrease over the next 20-25 years, which would drive the median age of York Region's population from 37.5 years in 2006 to approximately 42.5 years in 2031 (York Region, 2010c).
- **The total population of visible minorities has more that doubled within York Region in 5 years** (2001-2006). Rapid growth was observed throughout the Region, with the Town of Aurora topping the list with a 122% increase.
- York Region experienced 34% immigration growth from 2001-2006, which translates into 380,500 immigrants in 2006. New Canadians represented more than 40% of the total Region's population in 2006. York Region is projected to increase its population by more than 23,000 residents per year and is expecting almost 1.5 million residents by 2031. The most rapid growth is projected for the period prior to 2021. **The significant portion of the growth is expected to continue to be driven by immigration** (York Region, 2010c).
- **There were approximately 3,600 Aboriginal people living in York Region in 2006.** The fastest increase was observed in the King Township, where the number of aboriginal residents increased almost 5 times (from 45 residents to 215).
- **There were 30,565 lone families, 12% of all families, in York Region in 2006.** More than 80%

² Ministry of Health and Long Term Care (2008). [Ontario Public Health Standards](#). Government of Ontario.

of lone families were cared for by a female parent.

Income Inequalities and Poverty in York Region

- **In 2006, the York Region's median household income was \$81,928, the second highest in Greater Toronto Area and higher than both the provincial and national averages.** Approximately 5% of York Region's households, or almost one-third of recent immigrants, consist of more than one family, higher than both the provincial and Canadian averages (Regional Municipality of York Community and Health Services Department, 2009a).
- **The large immigrant population in York Region is reflected in the high percent of people with low incomes (20%) who live in multifamily households (Lo 2009).** Large households require bigger dwellings that are usually more expensive than smaller detached dwellings intended for a nuclear family. This is particularly acute for low income households that have very low median household income despite their large household size.
- In York Region, a statistical profile of low income residents helps to paint a more nuanced picture of poverty and health. According to the 2006 Census, **12.7% of York Region's population was considered low income**, a 2.7% increase from 2001 figures (Regional Municipality of York Community and Health Services Department, 2009b).
- Living in poverty is an especially important threat to the health of children since it has immediate and long-lasting effects upon health (Raphael 2007, 10). **The percentage of children under 18 in low income households increased by 62 % between 2001 and 2006** (York Region Human Services Planning Coalition, 2004).
- **York Region has a record of strong employment with an unemployment rate of 5.4% in 2005, lower than the provincial average of 6.4%.** Markham experienced the highest rate of unemployment in the region at 6.7% while Whitchurch-Stouffville reported the lowest rate of unemployment at 4.4%.
- **A recent study was undertaken by York University (Lo et al., 2009), which identifies three dimensions of vulnerability in York Region, including seniors, recent immigrants, and low income residents.** The study identifies intersections between the three population groups are heavily concentrated in southern York Region in Markham and Richmond Hill.

Poverty and Implications on Health

- While many residents of York Region enjoy a high quality of life, **the region is experiencing growing polarization of income levels and an increasing prevalence of low-income households** (York Region Human Services Planning Coalition, 2004). These changing economic realities have serious implications for the health and well-being of those living in poverty.
- Income provides the prerequisites for health, such as shelter, food, warmth, and the ability to participate in society. Living in poverty can cause stress and anxiety which can damage people's health; and low income limits people's choices and affects desirable changes in behaviour (Benzeval, Judge & Whitehead 1995, pxxi). Poverty can have a significant impact on the ability of residents to eat healthy. Fresh produce and non-processed food is often more expensive than other food alternatives.
- **While York Region enjoys a higher average standard of living than residents in the rest of the province, poverty exists.** This inequity is hidden in median household statistics yet evident in the rise of local income individuals across the Region. Women, children, seniors, single individuals, lone parent families, individuals with less than a high school education, and individuals unable to secure full-time work are at greater risk of living below the low-income cut off. The increasing polarization of incomes and growing prevalence of low income earners has serious implications for health.

Plenary Discussions

Additional Data Sources and Information

Workshop participants were asked to identify data gaps and additional sources of information to enhance the understanding of York Region's socio-demographic profile and priority population groups, resources, assets and infrastructure.

Participants recommended that persons with disabilities be identified as an additional vulnerable population group in York Region. Participants requested more detailed characterizations of the region's diverse populations, including the Francophone community. This characterization will be addressed in the *York Region Community Picture* report.

Participants identified the following future mapping requirements:

- Locations of fast food restaurants and other food choices with particular regard to proximity to schools. It should be noted that Bill 140 will prohibit schools from selling unhealthy foods, which could result in greater numbers of students leaving school to purchase food.
- Bus routes, shelters and stops which are accessible for people with disabilities. It was noted that York Region Transit has a gap in services delivery for people with disabilities.
- Dial-A-Bottle/Cigarette Services, which may represent another source of alcohol in the region. However, it was also noted that these services are sometimes considered a method of discouraging drunk driving.

Participants offered the following feedback with respect to the congruency of Community Picture data with the work of other organizations:

- Questions regarding the definition of an appropriate "accessible" walking distance were raised. The Regional Official Plan and Municipal Official Plans use similar, yet subtly different, indicators (e.g. a walkability radius of 500 m vs 400 m). With this in mind, the *York Region Community Picture* will apply a walkability radius of 400 metres, reflecting a well-recognized pedestrian walking shed, while incorporating other potential resources within a 500 m buffer.
- Comments regarding the inclusion of the French school boards in the *York Region Community Picture* were noted. Data from the French schools in York Region will be incorporated into the *York Region Community Picture*, however, it should be noted that the French school boards encompass but extend beyond the boundaries of York Region.

Participants identified the following additional data sources for future consideration:

- Ontario Early Years Centres
 - Early Years Centres are important community hubs for families and serve as a great resource on health promotion. Many Centres have a data coordinator who collects pertinent health promotion information. Input for the Community Picture will be sought from local Early Years Centres.
- York Support Services Network
 - York Support Services Network may have data pertaining to special needs adults. Suggestions were made to include the York Support Services Network as part of the key informant interviews in the creation

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| | <p>of the <i>York Region Community Picture</i>.</p> <ul style="list-style-type: none">• Ministry of Transportation (MTO)<ul style="list-style-type: none">○ The MTO may have useful regional injury and prevention data accessible through local representatives. The Ontario Road Safety Report (2009) will be reviewed for the <i>York Region Community Picture</i>.• Centre for Addiction and Mental Health<ul style="list-style-type: none">○ The 2009 “Ontario Student Drug Use and Health Survey (OSDUHS) Mental Health and Well-Being Report” will be reviewed and incorporated into the <i>York Region Community Picture</i>.• York Region Alliance to End Homelessness: (2008) Transportation Needs Analysis Study<ul style="list-style-type: none">○ This study surveyed clients in all of the shelters in York Region regarding their transit needs and experiences related to accessibility and affordability. This report will be reviewed and incorporated into the <i>York Region Community Picture</i>.• York Region Transit and York Community Health Services Department Transit Subsidization Study (October 2010)<ul style="list-style-type: none">○ This survey solicited community feedback regarding subsidization of public transportation for vulnerable populations. The study may not yet be publicly available. If available, this report will be reviewed and incorporated into the <i>York Region Community Picture</i>.• School Board Planning Departments<ul style="list-style-type: none">○ School board planners may have additional socio-demographic information as they forecast growth, development, accommodation reviews and school closures.• York Region Food Network<ul style="list-style-type: none">○ The Network may have data regarding access to healthy foods for diverse populations including retail and farm outlets.• Google Maps: Cycling Routes<ul style="list-style-type: none">○ Google Maps may be able to offer cycling route information. |
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Cited Socio-Demographic Profile Data Sources

Socio-Demographic Profile Data Sources

- Hemson Consulting Ltd. (2005) "The Growth Outlook for the Greater Golden Horseshoe"
- Lo, Lucia (2009). "Infrastructure in York Region: Analysis of Human Services." York University.
- Raphael, Dennis (2002). "Poverty, Income Inequality and Health in Canada." Toronto: The CSJ Foundation for Research and Education.
- Raphael, Dennis (2007). "Poverty and Policy Implications for Health and Quality of Life." Toronto: Canadian Scholars' Press Inc.
- Regional Municipality of York Community and Health Services Department (2009a). "Housing Shelter Fact Sheet".
- Regional Municipality of York Community and Health Services Department (2009b). "Low Income Population Living in York Region".
- Statistics Canada. (2006). "82-221-X: Appendix A: Variable Definitions". Available at: <http://www.statcan.gc.ca/pub/82-221-x/2009001/regions/app-ann/app1-ann1-eng.htm>.
- York Region Alliance to End Homelessness. (2010a). "Needs Assessment: Health and Access among Homeless and At-Risk People in York Region"
- York Region Alliance to End Homelessness. (2010b). "Homelessness and Health: Social Determinants of Health in York Region".
- York Region Food Network. (2010) "Annual General Report".
- York Region Human Services Planning Coalition. (2004). "Our Children: A Preliminary Status Report on York Region's Children".
- York Region. (2009). "Employment and Industry, 2009"
- York Region. "A Profile of York Region's Low Income Population: Research Highlights".
- York Region (2010c). "Economic Analysis of Human Services Costs to 2031 – Recommendations for Enhancing Human Services Planning in the Regional Municipality of York"
- York Region (2010d). "The Regional Municipality of York Community and Health Services Multi-Year Plan – Investigating Our Communities 2010 – 2015"
- Statistics Canada (2007). "Census of Canada 2001: Community Profiles".
- Statistics Canada (2010). "Census of Canada 2006: Community Profiles".

Community Capacities

A review of relevant documents enabled the project team to develop an understanding of resources, services, and supports available in York Region, as well as an understanding of the community context i.e., local, regional and provincial strategies that may further or impede building healthy public policies. The review focused on key factors influencing health and well-being in the areas of physical activity, sport and recreation; healthy eating; tobacco use and exposure; injury prevention; substance & alcohol misuse; and mental health with a primary focus on youth services as well as broader issues such as social determinants of health or health service delivery.

Twelve documents that included relevant information for this review were:

1. York Region Sustainability Strategy Towards a Sustainable Region (2007)
2. Transportation Fact Book 2009: Section 2 Sustainable Transportation
3. A Profile of Low Income Population Highlights based on the 2001 consensus
4. The Regional Municipality of York Community and Health Services Multi-year Plan Investing in Our Communities 2010-2015
5. United Way of York Region...if addressed Report
6. Hunger in the Midst of Prosperity: The Need for Food Banks in York Region: 2009
7. The York Centre for Children, Youth and Families
8. Planning for Policy: Developing a Strategic Direction for Healthyork
9. Report No.6 of the Community and Health Services Committee Regional Council Meeting of September 23, 2010
10. An Integrated Health Service Plan for the Central Local Health Integration Network 2010-2013: Needs and Gaps (2008)
11. A Profile of York Region's Low Income Population Research Highlights
12. Ontario Heart Health Network Collaborative Policy Scan Project Results (2010)

The following section provides a list of organizations, networks, alliances, coalitions, regional and provincial strategies, policies and legislation informing the development of the York Region community capacity review. The results of the community capacity review were provided and updated during the workshops.

| Cited Organizations, Networks, Programs and Strategies Documented in the York Region Community Capacity Review | | | |
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| Organizations | | | |
| <p><i>Best Start Child and Family Centres Housing York Inc.</i></p> <p><i>York Centre for Children, Youth and Families</i></p> <p><i>Blue Hills</i></p> <p><i>Kinark</i></p> <p><i>Heart and Stroke Foundation of Ontario</i></p> <p><i>Ontario Ministry of Health Promotion and Sport</i></p> <p><i>Southlake Regional Health Centre</i></p> <p><i>Centre of Addictions and Mental Health</i></p> <p><i>York Region District School Board</i></p> <p><i>Vaughan Community Health Centre</i></p> <p><i>Northern Lights Canada</i></p> <p><i>Canadian Diabetes Association</i></p> <p><i>Bradford Assessment Centre, Northern Lights</i></p> <p><i>Town of Markham</i></p> | <p><i>Regional Municipality of York Community and Health Services</i></p> <ul style="list-style-type: none"> - Housing and Homelessness - Services for adults, families and children in need - Public Health Services - Emergency Medical Services - Information and Referrals | <p><i>Central Local Health Integrated Network</i></p> <ul style="list-style-type: none"> - E-health - Emergency Response Alternate Level of Care - Aging at Home - Aboriginal planning initiative - Vaughan hospital study - Emergency department - Service expansion for the diabetes strategy - Francophone community engagement activities - Pay for Results - Emergency Department Process Improvement Program - Home First program - Increasing Community Supports in Rural Areas - Adult Day Program for Seniors with Dementia - Traditional Support for Aboriginal Seniors - Georgina Island Support for Independent Living - CrossLinks Housing and Support Services - Balance of Care - Anti-Stigma Project - Cultural Competency Project - Adult day programs - Funding for stroke prevention and health promotion clinics - One-time investments in community based-Acquired Brain Injury Services - Dialogue and collaboration: keys to | <p><i>United Way of York Region</i></p> <ul style="list-style-type: none"> - Alzheimer Society of York Region - Big Brother Big Sisters of York - Blue Door Shelters - Canadian Mental Health Association, York Region - Canadian Red Cross Society (Region of York Branch) - Carefirst Seniors & Community Services Association - Catholic Community Services of York Region - Centre for Information and Community Services of Ontario - Community Based Home Assistance to Seniors - Chinese Family Services of Ontario - CNIB Ontario Central Region - Community Living Georgina - Community Living Newmarket/Aurora District - Community Living York South - COSTI Immigrant Services - Family Services York Region (FSYR) - Girls Incorporated of York Region |

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| | | <p>effective Aboriginal patient care</p> <ul style="list-style-type: none"> - strengthening the circle workshops - engagement sessions with Francophone community on the priorities of new IHSP. | <ul style="list-style-type: none"> - Hospice Georgina - Jericho Youth Services - Jewish Family and Child Services - Job Skills - Learning Centre for Georgina - Learning Disabilities Association of York Region - Literacy Council York-Simcoe - Pathways for Children, Youth and Families of York Region Inc. - Rose of Sharon Services for Young Mothers - SANDGATE, Women’s Shelter of Georgina - Social Services Network - The AIDS Committee of York Region - The Canadian Hearing Society – Simcoe York Region - The Cross-Cultural Community Services Association - The Vitanova Foundation - The York Centre for Children, Youth and Families - Victim Services of York Region Inc. - Vita Community Living Services - Women’s Centre of York Region - Yellow Brick House - York Region Abuse Program - York Region Food Network |
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| Networks/Alliances/Coalitions: |
| <ul style="list-style-type: none"> - Community Partnership Council - Diversity Committee (York Centre for Children, Youth and Families) - Fresh Food Partners - Healthyork - Interfaith Social Assistance Reform Coalition - Poverty Action for Change Coalition - Put the Food in the Budget - York Region Do the Math Committee - York Region Food Network - York Regional Alliance to End Homelessness |
| Programs: |
| <ul style="list-style-type: none"> - Backyard garden program - Carpool and shuttle services - Community gardens - Community Outreach Program (York Centre for Children, Youth and Families) - Crime Prevention through Environmental Design - Girls on Run - Gleaning Program - Health Connection and Contact Centre - Smart Commute In York Region - Street Tree Program - Streetscape Program - Viva - Women’s Support Network cooking program - York Region Prevent Alcohol and Risk-related Trauma in Youth Programs (York Region PARTY Programs) - York Region Transit - York Region Transit Mobility Plus - Youth Program (York Centre for Children, Youth and Families) |
| Strategies/Policies: |
| <p><u>Regional Strategies</u></p> <ul style="list-style-type: none"> - Corporate Clean Air Strategy - Green Strategy - Growth Management Strategy - Natural Heritage System - Social Audit in York Region (April, 2010) - Sustainability Strategy - Vision 2026 for York Region - York Region Affordable Housing Strategy - York Region Housing Strategy - York Region Pedestrian and Bicycling Master Plan - York Region Pedestrian and Cycling Master Plan - York Region’s Human Service Strategy - York Region’s Immigration Settlement Strategy |

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| <p>Provincial Strategies</p> <ul style="list-style-type: none"> - Accessibility for Ontarians with Disabilities Act, 2001, 2005 - Dignity for All campaign - Ontario Heart Health Program/Healthy Communities Fund - Ontario Poverty Reduction Strategy - Ontario Public Health Standards - Ontario Works Act - Pascal Report - Provincial Long-term Mental Health and Addictions Strategy |
| <p>Additional Organizations Identified by Workshop Participants</p> |
| <p>The following organizations were identified by workshop participants. These organizations will be captured in the <i>York Region Community Picture</i> under the umbrella of organizations in York Region providing support to the six priority areas.</p> <ul style="list-style-type: none"> - Canadian Automobile Association - Green Communities Canada - In From the Cold - Lung Association - Mosaic - Mothers Against Drunk Driving - The Krasman Centre - York Region Food For Learning - York Region Nutrition - York Region Windfall Ecology Centre |
| <p>Additional Policies Identified by Workshop Participants</p> |
| <p>The following policies were identified by workshop participants. These policies will be captured in the <i>York Region Community Picture</i> under the umbrella of policies in York Region providing support to the six priority areas.</p> <ul style="list-style-type: none"> - York Region District School Board’s Healthy Schools and Workplace Policy - Provincial Policy Statement |
| <p>Additional Strategies Identified by Workshop Participants</p> |
| <p>The following strategies were identified by workshop participants. These strategies will be captured in the <i>York Region Community Picture</i> under the umbrella of strategies in York Region providing support to the six priority areas.</p> <ul style="list-style-type: none"> - Metrolinx: The Big Move - York Public Health Healthy Aging Strategy - Markham Green Parks Sustainability Plan |

Recommended Policies and Programs

The following is a list of issues, networks, policies and programs addressing the six priority areas recommended by workshop participants. These recommended policies and programs will be taken in consideration when developing recommended actions in the *York Region Community Picture*.

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| Mental Health | Issues | <ul style="list-style-type: none"> - Homelessness and Mental Health <ul style="list-style-type: none"> o There is a strong prevalence of mental health issues amongst the region’s homeless population. Homeless individuals face barriers to get a diagnosis and to access support without a diagnosis. - Mental Health Promotion <ul style="list-style-type: none"> o There is a lack of safe community spaces to foster mental health. Drop in centres are rare and are usually targeted towards a specific population. Youth mental health services delivered through schools tend to be quite good but services for vulnerable populations, individuals with developmental disabilities and the general public are lacking. o There is a lack of public knowledge of what services are available. Individuals need advocates to help them navigate the system. o There is gap in programs with target the risk factors for mental health challenges (i.e., reducing social isolation, poverty) - Mental Health and Smoking <ul style="list-style-type: none"> o There is a strong correlation between individuals with mental health challenges and smokers. This correlation has an impact on these individuals’ ability to lead a healthy life. - Mental Health and Vulnerable Populations <ul style="list-style-type: none"> o The mental health needs of parents/caregivers of children with developmental delays are underserved. o Agencies report higher stress levels amongst women and social isolation amongst newcomers o Individuals with mental health challenges often find it difficult to incorporate other elements of the healthy lifestyle. o Individuals with a dual diagnosis fall through the cracks in the system. Often service provides don’t understand their disabilities and don’t know how to address them. o Child and Adolescent mental health consultation wait times are too long (up to 7 months). There is a huge gap in access to clinical mental health services for youth. Early capture and treatment is crucial. Educators should be trained to recognize the behaviours and symptoms. o Individuals trying to access a multitude of mental health services face challenges in coordinating program offerings. - Stigmatization <ul style="list-style-type: none"> o Individuals with mental health challenges face stigmatization. This can serve as a barrier to treatment. |
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| | Programs | <ul style="list-style-type: none"> - Communities should offer mindfulness, yoga, well being classes. These are clinically proven stress reducers. - There should be more community gathering places to reduce social isolation and build up support networks. |
| Tobacco | Issues | <ul style="list-style-type: none"> - Tobacco Use and Poverty <ul style="list-style-type: none"> o Low income populations experience the highest rate of mortality and tobacco exposure. o Smoking is a prevalent coping strategy for the homeless. These individuals often have difficulty accessing cessation programs. Supports and services available to help the homeless quit smoking is rare and must be part of a more comprehensive plan for well-being. o Cessation programs (including nicotine replacement therapy) are not covered by OHIP and can be difficult for low income people to access. o Smoking is often used as a mechanism to curb appetite. This is particularly prevalent in high school students. o Smoking outside of local high schools is common. - Tobacco Use in Individuals with Disabilities <ul style="list-style-type: none"> o Smoking is a behaviour that is easily corrected for people with intellectual disabilities - Contraband Tobacco <ul style="list-style-type: none"> o Cheap tobacco products are being purchased on reserve and transported outside. Contraband tobacco is much more affordable. |
| | Programs | <ul style="list-style-type: none"> - Newmarket Hurricanes Hockey Team is smoke free <ul style="list-style-type: none"> o Incentives built around group efforts tend to be successful. - Newmarket's Sunnyhill Park is tobacco free |
| Substance Misuse | Issues | <ul style="list-style-type: none"> - Alcohol Use and Driving <ul style="list-style-type: none"> o Drunk driving is much more prevalent in older generations (31 years and over) - Alcohol and Youth <ul style="list-style-type: none"> o Overconsumption is the biggest issue for youth. Binge drinking is a cultural phenomenon. Drinking games can be problematic. Peer pressure shapes young peoples' relationship with alcohol. Alcohol is glorified in youth culture. o Parents should meet to discuss consistent and reasonable messages for their kids. Consider the liabilities of serving and how to frame conversations with your kids. - Alcohol and Fundraising/Retail <ul style="list-style-type: none"> o Fundraising through the sale of alcohol and bottle drives seems to be socially acceptable o Wine Rack locations offer free wine samples to parents in grocery stores. - Healthy Relationships with Alcohol <ul style="list-style-type: none"> o Awareness programs should focus on the difference between consumption and abuse. o Consider the impact of factors such as sense of |

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| | <p>Programs</p> | <p>community, income, culture on one’s relationship with alcohol.</p> <ul style="list-style-type: none"> - Drug Use <ul style="list-style-type: none"> o Use of illicit substances is not discussed. o Consider the relationship between drug use and petty crime. o Cocaine use is prevalent and is of particular concern among male youths. o Marijuana is as commonly used as alcohol. There are many myth surrounding its effects. Marijuana use can contribute to psychosis in youth. It can be difficult for youth to access cessation programs. - Drug Treatment <ul style="list-style-type: none"> o Drug treatment programs very difficult to come by. The closest detox centre, governed by the Central LHIN, is in Barrie. There are transportation issues associated with accessing this treatment. - Mothers Against Drunk Driving (both provincial and local) offers an excellent program for high school students which is very effective. - Some schools have individual student-run alcohol free support groups and events. |
| <p>Healthy Eating</p> | <p>Issues</p> | <ul style="list-style-type: none"> - Healthy Eating and Vulnerable Populations <ul style="list-style-type: none"> o There are challenges to accessing fresh produce for food bank users. Community gardens may be able to serve as an alternative. o York Region needs to advocate for the expansion of the special diet allowance to ensure that the poor are getting access to healthy food. - Healthy Eating and Schools <ul style="list-style-type: none"> o There needs to be more education around nutrition, healthy eating and food literacy in schools for students and their families. - Community Gardens <ul style="list-style-type: none"> o The success of existing community gardens needs to be evaluated in terms of what they are producing and who is using them. o Community gardens need to be implemented using a top down approach. o Policies which limit community gardens need to be re-evaluated. o Parks, green roofs and institutional lands could be better utilized for community gardening. - Community Engagement <ul style="list-style-type: none"> o Farmers and other food producers should be more involved in the healthy eating movement. o New Canadians need to be better engaged in this issue. It is important that cultural diets are addressed |

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| | Policies | <ul style="list-style-type: none"> - Policy Model: Hamilton Wentworth Public School Board - Food Charter - Healthy Food Vending Contract Agreements - Mandated land allocations for community gardens |
| | Programs | <ul style="list-style-type: none"> - Healthy Eating Information <ul style="list-style-type: none"> o Fact sheets could be provided at recreation centres, farmers markets o Access to organic and pesticide free food could be improved through a credible certification for these products. |
| Physical Activity | Issues | <ul style="list-style-type: none"> - Physical Activity and Schools <ul style="list-style-type: none"> o Screen time in schools needs to be limited o Perceptions need to be changed to facilitate children walking to school. Parents sometimes discourage walking. o Bus routes and options to schools need to be re-evaluated. o Buses should have bike racks to encourage multi-modal active transportation. o Bike racks should be included in school site plans o Consider defining the role of the Board of Education in this issue. o Heavy backpacks can serve as a barrier to walking. - Walkable Communities <ul style="list-style-type: none"> o Communities need to be designed to encourage walking. Intensification facilitates walking. - Access to Community Recreation <ul style="list-style-type: none"> o Fees for recreation memberships need to be standardized across the region. o There are no opportunities for adults to access free programs. Tax credits could improve the incentive to access programs. o Special events could be used to integrate new Canadians into physical activity programming. |
| | Policies | <ul style="list-style-type: none"> - Policies to manage the role of technology in schools and limit students' screen time are needed - School travel planning policies are needed |
| | Programs | <ul style="list-style-type: none"> - New Horizons for Seniors <ul style="list-style-type: none"> o This program offers active living opportunities to seniors. |
| Injury Prevention | Issues | <ul style="list-style-type: none"> - Affordable Housing - Cycling and Injury Prevention <ul style="list-style-type: none"> o More bike lanes are needed. Separated bike lanes may not actually increase the safety of cyclists. o Cyclists and drivers need to be educated about safe behaviours - Traffic and Injury Prevention <ul style="list-style-type: none"> o Car seat safety needs to be addressed o Traffic should be calmed to decrease speed and reduce injuries. - Water Safety - Accessibility <ul style="list-style-type: none"> o Traffic lights need to have an auditory component. o Facilities need to be wheelchair accessible |

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| | Policies | <ul style="list-style-type: none"> - Accessibility for Ontarians with Disabilities Act (AODA standards) - Separation distances/land use - Urban heat island and all season planning policies - Age friendly environments (World Health Organization) - Shade policies |
| | Programs | <ul style="list-style-type: none"> - Whitchurch-Stouffville has a helmet patrol program which is being expanded elsewhere |

Conclusion

Workshop participants provided valuable feedback which will inform the development of the Community Picture report moving forward. Next steps include an online survey for community stakeholders and key informant interviews to be conducted in January.

Appendix A: Workshop Participants

Community Picture Workshop Participants, December 2010

| First Name | Last Name | Organization |
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| Barb | Armstrong | Town of Whitchurch-Stouffville |
| Lina | Baccarella | Alternatives |
| Dennis | Bailey | Alliance to End Homelessness |
| Julie | Bellehumeur | La clé d'la Baie Huronie |
| Susan | Bonomo | York Region Health Services |
| Jackie | Booth | Participation House |
| Catherine | Campbell | Ministry of Citizenship and Immigration, Ministry of Culture and Ministry of Health Promotion |
| Catherine | Cook | York Region Food Network |
| Grace | Couplin | Meta Centre |
| Mireille | Coulombe- Anifowose | Centre canadien de leadership en évaluation |
| Alicia | Davis | Safe Haven |
| Rina | DiDonato | Girls on the Run |
| Rita | Foscarini | York Region Health Services |
| Margaret | Good | OPHEA |
| Kevin | Haley | York Region Health Services |
| Shirley | Hallett | Participation House |
| Michelle | James | Deaf Blind Ontario |
| Dominique | Janssens | AFRY |
| Michael | Jessop | York Region EMS |
| Dean | Johnson | New Leaf Inc. |
| Vanessa | Karklins | York Support Services Network |
| Heather | Kaufmann | City of Vaughan |
| Tracey | Keffer-Lyon | York Region Health Services |
| Marlene | Lauer | Vaughan Health Centre |
| Anne | Le Quang | Canadian Diabetes Association |
| Tracy | Mansell | Kerry's Place Autism Services |
| Pat | McIntosh | Town of Newmarket |
| Carolyn | Mooi | Alliance to End Homelessness |
| Vicky | Morley | York Region Health Services |
| Mihaela | Neagol | City of Vaughan |
| Micole | Ongman | Town of Whitchurch-Stouffville |
| Monique | Patenaude | AFRY |
| Debbie | Robinson | York Regional Police |
| Lindsay | Rosien | York Region Health Services |
| Joanne | Rutledge-Miles | York Region Police Fitness/Wellness Coordinator |
| Kathy | Sampson | Town of Richmond Hill |
| Tim | Savage | York Support Services Network |
| Mira | Shnabel | York Region Health Services |
| Ritu | Singarayer | Community Living York South |
| Gina | Soriano | City of Vaughan |

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| Joan | Stonehocker | York Region Food Network |
| Helen | Tunney | York Region Health Services |
| Sue | Turner | Heart and Stroke Foundation |