

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

1. 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.
2. Policies that ensure affordable and accessible recreation activities and reduce barriers in participation.

Evidence-informed Policies Recommended for Injury Prevention

1. Policies to ensure 'safe community' surroundings and built form, including injury prevention measures through proper community design.
2. Policies to modify road design and plans to encourage safe road function for all road users (e.g. motorists; pedestrians; cyclists).

Evidence-informed Policies Recommended for Healthy Eating

1. 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.
2. Policies that support community or urban agriculture such as community or rooftop gardens.

Evidence-informed Policies Recommended for Tobacco Use and Exposure

1. Policies to limit the number of tobacco retail outlets through zoning and licensing throughout the community including proximity to schools.
1. Policies to support persons with limited income to have access at no cost to cessation counselling; Nicotine Replacement Therapy; and pharmacotherapy.

Evidence-informed Policies Recommended for Substance Misuse and Alcohol

1. Policies to eliminate alcohol marketing and promotion to children and youth.
2. Policies for health care providers, designed to support the identification and treatment of substance misuse.

Evidence-informed Policies Recommended for Mental Health Promotion

1. Policies to increase access to affordable and safe housing.
2. Policies that address the socioeconomic conditions which promote positive mental health, social inclusion, freedom from discrimination/violence, and access to economic resources.