

Optimal Health

- Mississauga gears up for a cycle friendly city with the Council approved ‘Cycling Master Plan’. Over the next 20 years, Mississauga will develop over 900 kms. of on and off road cycling routes for everyone to enjoy, providing a multi-modal approach to transportation throughout the city. <http://www.mississauga.ca/portal/residents/mississaugacyclingplan>
- The Stewardship Centre received a grant from the Ministry of Health Promotion to conduct ‘Walk Mississauga, Cycle Mississauga – Strategy Development’. The Strategy Development will work to specifically link health determinants of various cultural groups that are relevant to walking and cycling participation.
- The Mayor’s Youth Advisory Committee organized a t-shirt campaign: ‘Healthiness Revolution’. Nine high schools participated from both the Peel District School Board and Dufferin Peel Catholic District School Board. One thousand students wore campaign t-shirts with messages on healthy living, and over 600 students signed a ‘healthy living’ pledge. Overall, 2,500 students were engaged and on the importance of healthy living!
- The ‘Chronic Disease Prevention Community Initiative’ at the Dixie Bloor Neighbourhood Centre is a community focused outreach project dedicated to improving the health and well-being of Mississauga residents. Culturally appropriate exercise and nutrition programming, have attracted and inspired hundreds of individuals to become more physically active and nutritionally savvy.

Feeling Safe:

- More than 1,000 Peel District School Board students participated in Helmets on Kids, a program that aims to prevent brain injuries through education and by providing free helmets to students. Helmets on Kids is a joint venture of the Brain Injury Association of Peel and Halton, the Ontario Trial Lawyers Association, the Peel Children’s Safety Village, Peel Regional Police and Peel Public Health.

Access to Information:

- Find over 700 kms. of trails throughout the Region of Peel on the ‘Walk and Roll’ interactive website. Walk and Roll Peel encourages cycling and walking in an effort to get people out of cars for short trips. The Region received \$30,000 in funding through the Ontario Ministry of Transportation’s TDM Municipal Grant Program. <http://www.walkandrollpeel.ca/>
- Trillium Health Centre introduced ‘Health Talks’, a series of six public educational seminars focused on specific health-related topics throughout 2010. Topics ranged from: cardiac health, finding a family doctor, and living life to the fullest with diabetes.
- A University of Toronto Mississauga research study examined physicians’ locations by neighbourhood to find well-served and under-served areas in

communities, as well as noting which physicians are accepting new patients and in what languages care is offered. This study helps determine levels of access and resident satisfaction based on their geographic location and cultural appropriateness.

Sustainable Environment:

- Mississauga’s Official Plan’ was endorsed by City Council in September 2010. The updated Plan will foster the notion of complete communities placing more value on a range of mobility options and includes key features such as a policy shift in transportation way from automobiles, towards transit, cycling and walking.



HEALTHY MISSISSAUGA 2010 PLAN



1 2 3

- Action 1: Mobilize more of City’s population to achieve better health
- Action 2: Support the Active 2010 Get Active Mississauga Plan
- Action 3: Support the youth strategy development and implementation
- Action 4: Make our communities feel safe for active living
- Action 5: Communication on health information for all communities in Mississauga
- Action 6: Support ‘Public Health and Urban Form’
- Action 7: Support the UTM’s ‘Centre for Emerging Energy Technologies’
- Action 8: Investigate health and community needs of new immigrants
- Action 9: Research existing volunteer programs and create forum to share success stories

- 1 progressing well
- 2 progressing steadily
- 3 progress emerging

Caring Community:

- 2010 marked the 10th anniversary of the United Way of Peel Region’s ‘Day of Caring’™. Twenty-one projects were completed including yard cleanups and computer training, by 120 volunteers from companies and organizations across the Region.
- Credit Valley Hospital, with funding from the Ministry of Citizenship, Immigration and Multiculturalism, developed a settlement worker program for newcomers to Canada. This service assists healthcare personnel to understand customs or cultural norms that could affect treatment, provide interpretation services, and assist with referrals to appropriate health care providers and other settlement agencies in the community.



Presentations ’10

Mississauga’s New Official Plan [www.mississauga.ca/residents/draftmississaugaofficialplan](http://www.mississauga.ca/residents/draftmississaugaofficialplan)  
*John Calvert and Angela Dietrich, City of Mississauga*

Achieving More Walkable Communities  
[www.peelregion.ca](http://www.peelregion.ca)  
*Gayle Bursey, Peel Public Health*

Cultural Barriers to Physical Activity  
*Prof. Kathi Wilson, UTM; Brenda Callaghan, Get Active Mississauga; Lisa Limarzi, HCSC*

Healthiness Revolution  
*Saqib Mian, Mayor’s Youth Advisory Council*

At My Best Program  
[www.atmybest.ca/](http://www.atmybest.ca/)  
*John Jenner, AstraZeneca Canada Inc.*







Being physically active and eating well have always been important aspects of my daily life and I urge everyone to embrace healthy living.

Mayor Hazel McCallion, C.M., LLD.

## Message from the Chair - Shelley White

*Chair of the Healthy City Stewardship Centre; Chief Executive Officer of the United Way of Peel Region*

As I am ready to begin another year as Chair of the Stewardship Centre I would like to take the time to say thank you for the opportunity to work with and unite leaders throughout Mississauga on local community health issues. Many of these health issues are challenging and complex, but I believe that our ability to thoughtfully discuss the issues and identify collaborative approaches as a Centre and as a community, we will be able to find practical solutions that will improve the health and well-being of Mississauga's residents. I would like to recognize the excellent work that Karen Spencer and Lisa Limarzi have done to advance the work of the Centre.



Shelley White

Now, entering into our 6th year, we have begun discussions on the renewal of our current health strategy. 2010 also marks the first year the Centre received funding for a research project entitled, "Walk Mississauga, Cycle Mississauga – Strategy Development", which will deeply analyze one community in Mississauga to determine assets and barriers that influence the local population's participation in walking and cycling. The Ministry of Health Promotion made this project possible through their Healthy Community Fund Grants Program. I believe this project represents how Mississauga and Peel Region are leading the way on health research and transforming it into informed public policy.

I would like to thank Mayor McCallion for her vision to establish the Healthy City Stewardship Centre. The Stewardship Centre is truly an extraordinary partnership that many cities do not have. We place health at the centre of our decision making process, understanding that health is the key to mental, spiritual, and physical well-being and we demonstrate this through the successes mentioned in this 2010 Report Card.



## Trillium Foundation Grant

"Health is a topic that can not be avoided; it is important to everyone, everywhere. Supporting the Stewardship Centre has been an exceptional experience in understanding how complex and multi-faceted health is."

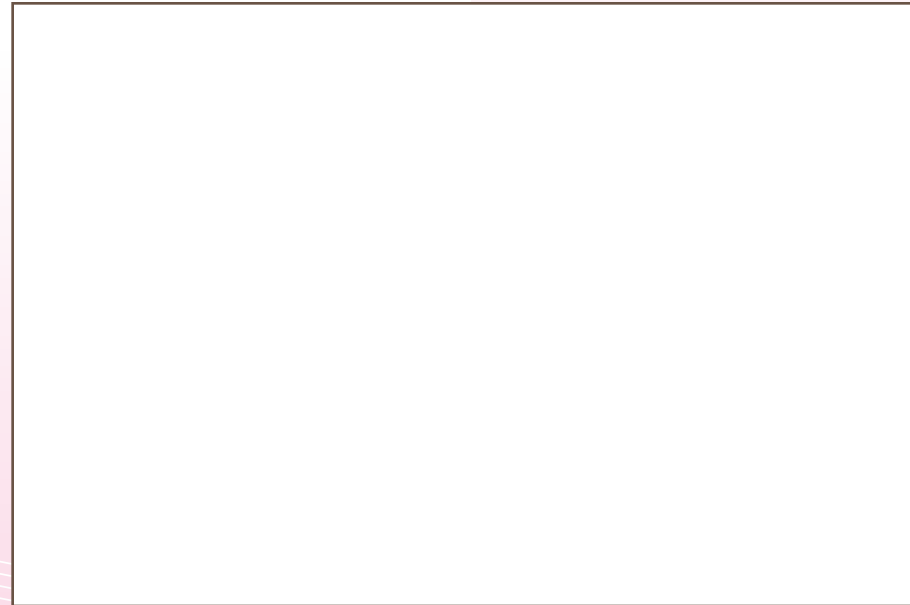
Lisa Limarzi  
HCSC Program Manager

THE ONTARIO  
TRILLIUM  
FOUNDATION



LA FONDATION  
TRILLIUM  
DE L'ONTARIO

## 2010 HCSC Committee Members



HCSC members meeting, City of Mississauga

## HCSC Member Organizations

- AstraZeneca Canada Inc.
- City of Mississauga
- Credit Valley Hospital
- Dixie Bloor Neighbourhood Centre
- Dufferin-Peel Catholic District School Board
- Mayor's Youth Advisory Committee
- Mississauga Board of Trade
- Mississauga Halton LHIN
- Peel District School Board
- Peel Health, Region of Peel
- Peel Regional Police
- Sheridan College Institute of Technology and Advanced Learning
- Trillium Health Centre
- United Way of Peel Region
- University of Toronto Mississauga

Visit us online at

[www.mississauga.ca/stewardshipcentre](http://www.mississauga.ca/stewardshipcentre)

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# 2010 Report Card



Mississauga will be a Healthy City  
of people with optimal physical,  
mental and spiritual health