

# What does a healthy future look like?



## Dear Future Residents:

Welcome to our region, a community where you will feel safe, happy and healthy. It's not by accident that you found yourself here. We've built an inclusive global region that is leading on every measure of quality of life. A place that makes you healthier just because you live here.

We know that better health includes physical, mental and spiritual health. This is the reason we are striving to build a region that has a strong "Quality of Place", an idea that spans more than just health care – it means a region that is safe, inclusive and supports people in mind, body and spirit. A place where every person, from all walks of life, is welcomed, encouraged and supported to live their best life.

Our diversity is a strength in so many ways. We know that this strength is built both by celebrating our diversity and by finding common ground to share our experiences. We hope that our region will be a community that fertilizes your capacity to make human connections through our cultures, experiences and a belief that you are free to live as you choose. We hope that in every way you feel a boldness and conviction from the people around you that you belong in our region.

We envision places to find common ground can be found throughout the region. We've created places to support community health by making it easy to get outdoors and participate in the community. We hope our senior residents thrive in the residence of their choice and remain active and connected to our community. We've made the community more accessible by improving transit, housing, trails, bike paths and sidewalks.

We hope that you go for walks, ride bikes and enjoy nature. We encourage you to make time to experience the community and share a meal in a place that has the healthiest, tastiest and most interesting food choices in the entire country. A joyful life is in part connected to the ways we share and connect with each other. Take the time to know your neighbours, to have friends who care about you, and to care about others.

Our hope is that we deliver the quality of care you deserve and give caregivers all the supports they need. We have worked hard to support a holistic approach to health and improve inclusion, mental health, well-being, gender equality and poverty. We've created a health care system that is an interconnected network of people and partnerships that is easy to access and enhances your quality of life.

We hope our children continue to benefit from an education system that supports them, encourages them to be a part of their community and provides and instills a lifelong love of learning. We envision affordable post-secondary education that provides our youth with the knowledge, skills and training needed to land a job they love. Through emerging technologies, we have found ways to be both cutting edge and connected with our humanity. We are sure there is more work to do, however, due to our efforts, we hope you live in a region where every resident feels they have equitable access to health care, support services and education. Where people, regardless of age and income, know their needs are prioritized.

We hope that you have found an ordinary happiness in a place that supports your health in all ways – a beautiful place you call home. In turn, we hope that you are involved and give back to your community. We planted seeds in 2017 to create a community where better health matters – we're excited for you to see what grew.

Sincerely,

Better Health Matters Forum 2017 Participants

Earlier this year over 200 residents and community partners came together at the Better Health Matters Forum hosted by the Healthy City Stewardship Centre. The Forum participants shared their hopes for better health and built a roadmap for action.

Written collectively, the "Dear Future Residents" letter uses the words of Forum participants who shared what we need to do to build better health in our region.

Learn more by visiting:  
[www.HealthyCitySC.ca](http://www.HealthyCitySC.ca)

## We're all in this together!

#BetterHealthMatters

