

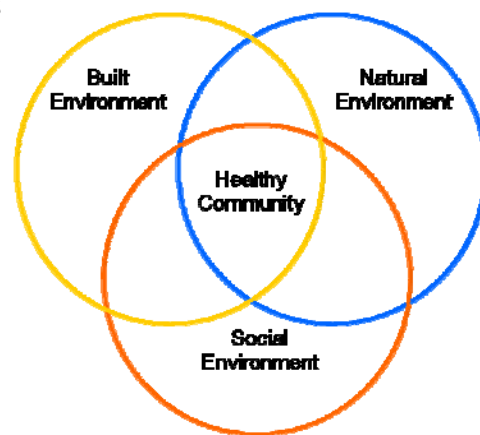
Ideas for Elected Officials & Decision Makers

- Note that policy development and decision-making can impact many of the determinants of health and can directly affect the health of a community and its residents
- Engage community residents and businesses in decisions, especially youth, older adults, people with lower/limited incomes, and others who may normally be at a disadvantage
- Explore policies that support locally produced foods and healthy food access maps
- Support the availability of healthy foods in vending machines, concession stands, at meetings and for fundraising
- Foster active living through your support of pedestrian-oriented transportation and healthy built environments which include recreational facilities, parks and inter-connected trail corridors
- Evaluate and improve sidewalk quality and connectivity in your community. Consider aesthetics and safety.
- Support the development of attainable housing.
- Establish policies to ensure affordable access to recreation for all persons in the community regardless of income
- Connect with the Public Health Unit to examine ways to collaborate.

Creating Healthier Communities

Key Definition:

"A Healthy Community... provides all people with the ability to make choices in a community that offers opportunities for access to: affordable housing, transportation, healthy and nutritious foods, recreation, education and employment, medical and social services, clean air & water and a safe environment within an inclusive and socially cohesive atmosphere"



How can we promote healthy communities in a collaborative and effective manner?

Assess Community Capacity & Readiness:

- Are community residents, decision makers and key stakeholders aware of the issues and how they are locally relevant?
- Is there broad understanding of the positive outcomes of living in a healthy community?
- Are there local champions that can act as leaders or role models in healthy community development?
- Are there specific barriers to creating a healthier community that must be addressed?

Develop Objectives and Supportive Policies and Programs:

- Build awareness and understanding through public education
- Embrace local champions and foster partnerships
- Address identified barriers to creating a healthier community

Healthy Community Resources

Ontario Ministry of Health Promotion: <http://www.mhp.gov.on.ca/en/>

Ontario Healthy Communities Coalition: www.ohcc-ccso.ca

Planning by Design, A Healthy Communities Handbook- http://www.ontarioplanners.on.ca/pdf/Healthy_Communities_Handbook.pdf