

## Profile of Community

- ◆ Population: 162 990 (as of 2006), spread out over 6 329 km<sup>2</sup>, only one city with ~ 22 000 people
- ◆ 3.7% Francophone population, 0 First Nations bands, and 7.6% immigrant population
- ◆ 58% of residents live in rural environment compared to 16% for Ontario overall

Population increased by 2.4% between 2001 to 2006 with greatest positive rate of population change in the 55+ age groups and greatest decrease in population in the 0-4 and 5-14 year age groups.

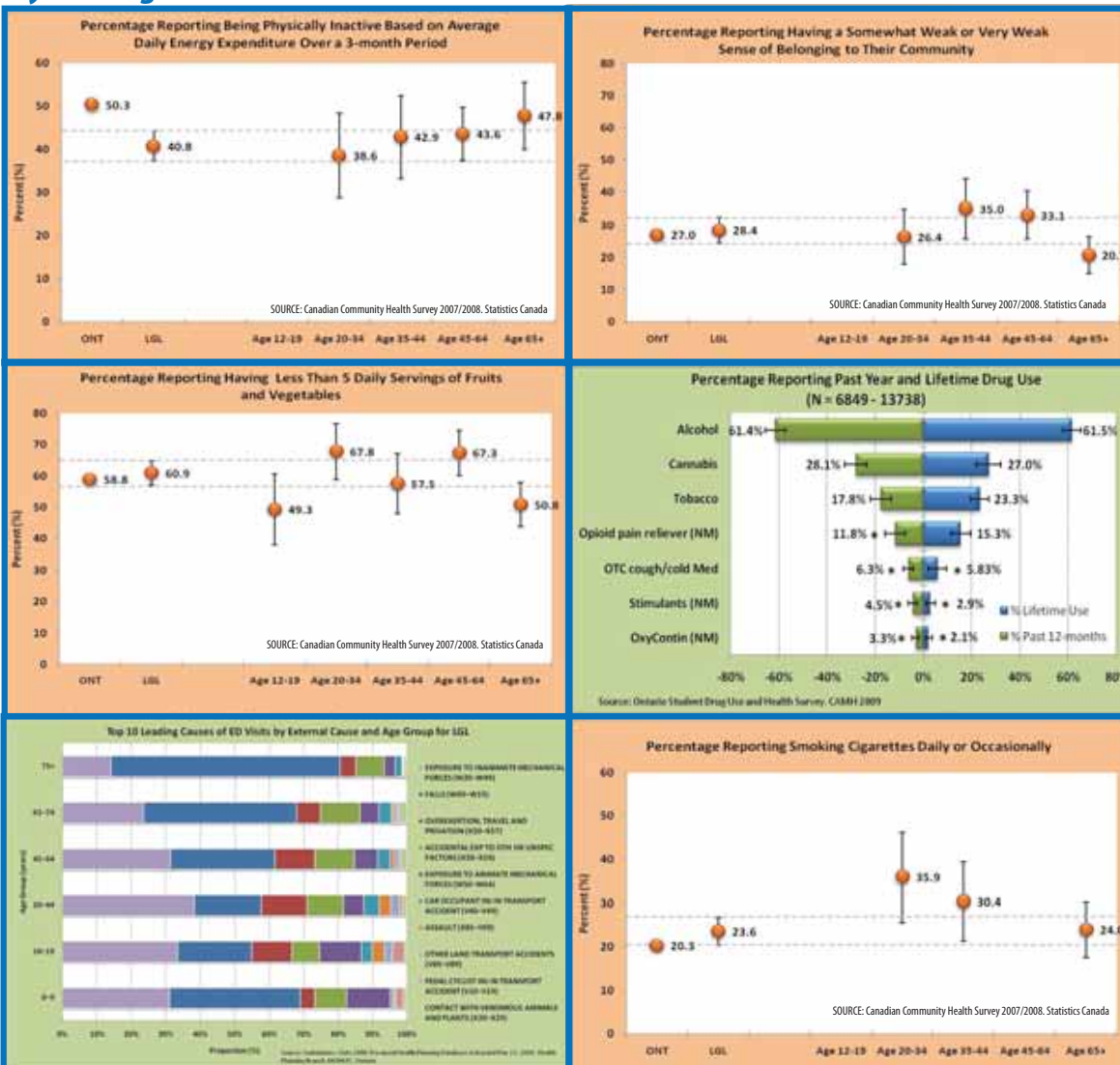
## Profile of Stakeholders Involved

- ◆ A LLG HCP Core Committee was formed with over 20 members representing health, municipal, education, and community sectors
- ◆ In addition, over 100 individuals are involved as “peripheral” members who are consulted for input and kept informed of the LLG HCP’s activities
- ◆ Support from the French Language Health Services Network of Eastern Ontario to engage the francophone community.

## Community Assessment

- ◆ A Community Profile was developed in fall 2010 and will be available on the LLG HCP website: [www.HealthyLLG.org](http://www.HealthyLLG.org)
- ◆ This profile contains demographic information, data for the six Healthy Communities Priority areas, data on local causes of morbidity and mortality, and local assets

## Key Findings



## Community Consultations

- ◆ A Partnership Day was held in October 2010 at Camp Merrywood and over 85 participants took part in small group discussions related to local issues for the six priority areas
- ◆ 15 focus groups were completed in 13 communities throughout LLG during fall 2010 with a wide variety of age groups (youth, parents, seniors, etc.) to solicit feedback about community members' visions for a healthy community, and their perceptions of local strengths and needs related to the six priority areas
- ◆ 3 focus groups were completed with networks of individuals representing over 50 community organizations

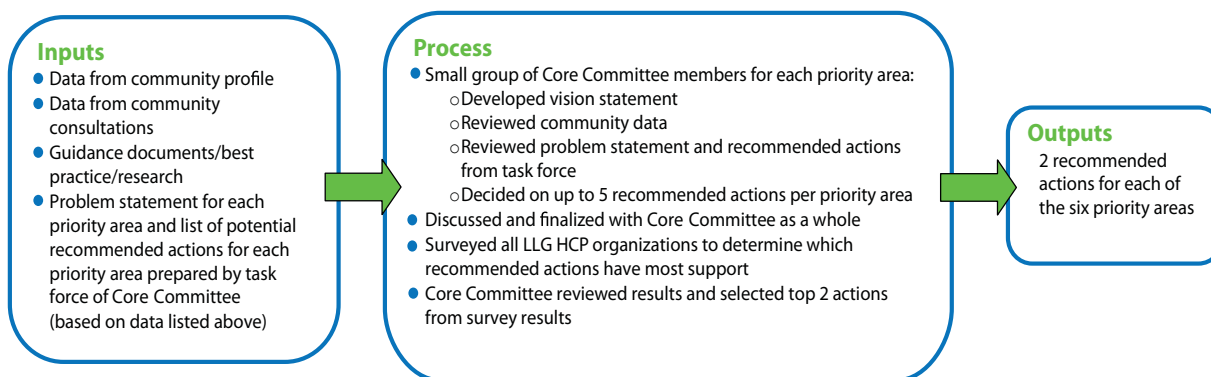


Photo Courtesy of the EMC

## Key Findings – Issues Identified in Community Consultations

- ◆ Access to a variety of sport and recreation opportunities for children, youth and families, and need to create supportive environments
- ◆ Safe environments and prevention/education of injuries
- ◆ Access to healthy food and promoting healthy food choices
- ◆ Youth tobacco use, contraband tobacco, and adult role modelling
- ◆ Youth substance and alcohol use and adult role modelling
- ◆ Youth mental health and support for families

## Summary of Process for Developing Recommended Actions



## Recommended Actions

### Physical Activity, Sport & Recreation

- ◆ Provide a variety of opportunities for accessible and inclusive physical activity.
- ◆ Promote physical activity as do-able for all.

### Substance & Alcohol Misuse

- ◆ Enhance and facilitate adaptive qualities in youth that promote protective factors that buffer risky environments and lead to resilience (e.g. Developmental Assets).
- ◆ Implement health promotion programs in schools, workplaces, communities and with families that encourage appropriate use of alcohol and avoid problematic substance use for all ages.

### Mental Health Promotion

- ◆ Provide individuals/ families/ communities with information and resources to help them maintain good mental health, recognize mental health challenges and get support
- ◆ Foster environments that enhance community connectedness for children, teens, adults and seniors

### Injury Prevention

- ◆ Create & implement policies and programs that support safe environments.
- ◆ Promote safe environments and healthy lifestyles to prevent injuries in all ages, especially falls among seniors and children.

### Healthy Eating

- ◆ Provide opportunities for individuals to develop food selection, food preparation, and food safety skills.
- ◆ Provide supportive environments for healthy food choices.

### Tobacco Use/ Exposure

- ◆ Support tobacco-free lifestyles by increasing the availability of comprehensive tobacco awareness, prevention, cessation services for youth and adults.
- ◆ Implement health promotion programs that encourage a smoke free lifestyle for all ages.