



Healthy Communities Partnership: Lanark Leeds and Grenville



Healthy Community Vision:

Healthy people in Lanark, Leeds & Grenville live, learn, work and play in healthy communities.



Healthy Community Vision

(cont'd)

- All **community members** have the opportunity to make the choices that enables them to live a healthy life, regardless of income, education, or ability.
- Healthy **community environments** promote well being and quality of life and contribute to integrated community sustainability.



Physical Activity

- All community members have the necessary knowledge, interest, resources and opportunities to be physically active, including **being active outdoors in nature.**



Healthy Eating

- All community members have food knowledge and skills, and **access** to local, safe, healthy, affordable and culturally appropriate food.



Mental Well Being and Resiliency

- All community members are engaged and connected and have access to resources, and are able to cope with life's challenges within a safe, supportive community.



Substance/Alcohol Misuse Prevention

- All community members have a responsible attitude towards alcohol and other drugs, and the community supports skills and knowledge for healthy decision making and risk reduction.



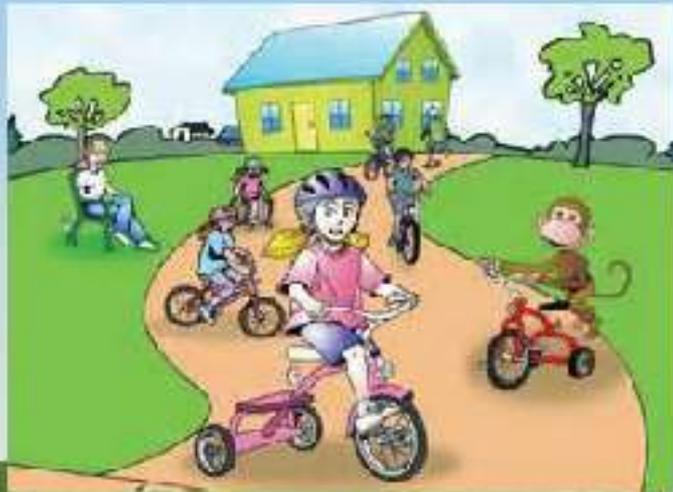
Tobacco Use/Exposure Prevention

- All community members have knowledge about tobacco use, skills for risk reduction and have less exposure to tobacco smoke in public and recreation settings.



Injury Prevention

- All community members have the knowledge and skills to prevent injuries, and a healthy environment in which to live, learn, work and play.



Preventing Falls Among Older Adults



Why Endorse?

- Healthy communities are vibrant and connected
- Support healthy choices
- Enhance learning, growth and development
- Respond to interest of residents
- Economic benefits – less absenteeism, innovation, less use of health care system
- Working together makes change happen
- Builds momentum in community – this is important!



Join Others

- Lanark County, United Counties of Leeds and Grenville
- Municipalities – Rideau Lakes, Beckwith, Tay Valley, Smiths Falls, Front of Yonge (more to come)
- Community Organizations – Health Unit, Every Kid, Lanark Planning Council, Children and Family Services.
- Members of the public



Municipal Asset Inventory

- Supporting Physical Activity
 - Facilities & Programming
 - Built Environment
 - Outdoors & Nature
 - Access
- Supporting Healthy Eating
 - Municipal facilities/events
 - Programs & policies
 - Community Partnerships



Together We Can Make a Difference!!

- Go To www.healthyllg.org
- Watch the video
- Endorse the Vision
- Do what you can
- Share with others!!!

