



# Healthy City Strategy

Towards a  
Healthier City

## Community Meeting Notes – What We Heard

Mississauga Valleys Community Centre  
Thursday, October 24, 2024  
6:00PM – 7:30PM

## Introduction:

A community meeting was hosted by the City of Mississauga to discuss the draft Healthy City Strategy. This session was part of a joint session with the EDI Strategy and which discussion followed. The community meeting was held at the Mississauga Valleys Community Centre at 1275 Mississauga Valley Blvd, Mississauga, ON L5A 3R8, from 6:00 pm – 7:30 pm. The format was in-person.

The public, community organizations and members were invited to attend. There were 11 people in attendance.

The meeting objectives were as follows:

- To report back on what the City has heard through community engagement conducted to date
- To seek input on the draft strategy components

The meeting agenda was as follows:

6:00 – 6:10 pm	Welcome & Introductions: – Tusma Sulieman, Advisor, Diversity & Inclusion, City of Mississauga
6:10 – 7:25 pm	(Diabetes) Healthy City Strategy: <ul style="list-style-type: none"><li>• Vera Famme, Mivian Consulting</li><li>• Ruth Marland, Strategic Leader, City of Mississauga</li></ul> Small Group Discussion: <ul style="list-style-type: none"><li>• Draft Healthy City Strategy Vision, City Commitments &amp; Actions – what do you like? What needs to be improved?</li></ul> Regroup
7:25 – 7:30 pm	Wrap up & Next Steps (Tusma)

Following the presentations, the attendees participated in small group discussions at their tables, facilitated by a City of Mississauga staff. The attendees discussed what they liked and what needs improvement regarding the Draft Healthy City Strategy Vision, City Commitments & Actions.

## Notes – What We Heard

Notes prepared by facilitators from each table have been digitalized with no edits outside of spelling. Subsequent to the meeting additional comments were submitted

through social media by members of the public and these comments are noted in addition.

DRAFT Vision:

*Mississauga will be a city for all people to be healthy, connected, supported, active and happy.*

DRAFT City Commitments:

*The City commits to striving for health equity and addressing the environmental and social differences across the city by:*

- *continuing to collaborate, learn and seek evidence-informed solutions*
  - *establishing resilient neighbourhoods enabling all people to live well*
  - *ensuring easy and safe movement for all daily living needs*
  - *providing supportive, accessible programs, services, amenities and facilities for healthy living*
  - *helping to create affordable housing options*
  - *supporting equitable access to affordable, healthy food*
  - *helping to create communities where all people feel they belong*
  - *connecting and working with communities to promote healthy living*
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What do you like?

- Vision:
  - Cast a broad net, hits 5 key components
  - support the vision
  - all include mental health

What needs improvement?

- Vision:
    - What do these terms mean
    - “city” – community supports?
    - “healthy” – health care?
    - don’t use “happy” – (is) privileged
    - happiness may be unattainable, accept contentment
    - loneliness is a risk
    - stress with type 2 diabetes if food is not available
    - change “happy” to “thriving”
  - City commitments:
    - Interactions with community agencies
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- Education is key
- Different level of educations – population, age, prevention aspect, support into place

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**DRAFT City Actions: 24 Actions – Informed by Research and What we Heard from the Community**

<b>DRAFT Actions by Theme</b>	<b>Lead</b>	<b>External Collaborators</b>
<b>Research &amp; External Collaboration Actions</b>		
1. Continue Research & Collaborations	City	<ul style="list-style-type: none"> <li>• University of Toronto Mississauga (UTM) Novo Nordisk Network for Healthy Populations</li> <li>• Trillium Health Partners</li> <li>• Peel Public Health</li> <li>• Cities for Better Health</li> </ul>
2. Promote the opportunity for healthy city research project proposals	City	<ul style="list-style-type: none"> <li>• UTM Novo Nordisk Network for Healthy Populations</li> </ul>
3. Explore opportunities to amplify and help sustain “healthy city” community projects	City	<ul style="list-style-type: none"> <li>• UTM Novo Nordisk Network for Healthy Populations</li> </ul>
<b>Strategic Decision-making - Equity Action Areas</b>		
4. Establish “Equity Action Areas” to guide the implementation of tailored and strategic actions	City	<ul style="list-style-type: none"> <li>• UTM Novo Nordisk Network for Healthy Populations</li> <li>• Peel Public Health</li> </ul>
5. Develop a new “Healthy City” Dashboard to inform City decision-making	City	<ul style="list-style-type: none"> <li>• UTM Novo Nordisk Network for Healthy Populations</li> <li>• Peel Public Health</li> </ul>
<b>Affordability of City Programs</b>		
6. Explore Ways to make City Programs More Affordable in Equity Action areas	City	<ul style="list-style-type: none"> <li>• Play in Peel</li> <li>• Trillium Health Partners</li> </ul>
<b>Accessibility of City Programs</b>		
7. Make City programs more accessible in Equity Action Areas	City	<ul style="list-style-type: none"> <li>• University of Toronto Mississauga</li> </ul>
8. Align City Library and Recreation & Culture programs to support Equity Action Areas	City	<ul style="list-style-type: none"> <li>• Peel Public Health</li> <li>• University of Toronto Mississauga</li> <li>• Play in Peel</li> <li>• School boards</li> </ul>
<b>Ease of Getting Around</b>		
9. Improve Transit Service in Equity Action Areas	City	

<b>DRAFT Actions by Theme</b>	<b>Lead</b>	<b>External Collaborators</b>
10. Improve pedestrian infrastructure in Equity Action Areas	City	
11. Review micromobility options in Equity Action Areas	City	
<b>Improve Neighbourhoods &amp; Outdoor Spaces</b>		
12.. Enhance the Built Environment in Equity Action Areas for a compact and complete neighborhoods.	City	<ul style="list-style-type: none"> <li>• Peel Public Health</li> </ul>
13. Improve the safety and amenities in outdoor public spaces.	City	
<b>Access to Affordability of Housing and Healthy Food</b>		
14. Attract Healthy Food Retailers to operate in food deserts in Equity Action Areas.	City	<ul style="list-style-type: none"> <li>• Mississauga Board of Trade</li> </ul>
15. Reduce barriers to urban agriculture activities on private and public lands in Equity Action Areas.	City	
16. Work with a broad range of community partners to increase urban agriculture and food security in Equity Action Areas.	City	<ul style="list-style-type: none"> <li>• Ecosource</li> <li>• Mississauga Foodbanks</li> <li>• Peel Public Health</li> <li>• Mississauga Board of Trade</li> </ul>
17. Review opportunities for affordable and adequate housing for seniors and those most vulnerable in Equity Action Areas.	City	
<b>Community Awareness &amp; Education</b>		
18. Encourage employer programs that promote healthy living.	City	<ul style="list-style-type: none"> <li>• Peel Public Health</li> <li>• Mississauga Board of Trade</li> </ul>
19. Promote awareness of outdoor attractions that enable healthy living.	City	<ul style="list-style-type: none"> <li>• Peel Public Health</li> </ul>
<b>Connections &amp; Belonging</b>		
20. Help to enable community members to create connections in Equity Action Areas	City	<ul style="list-style-type: none"> <li>• Peel District School Board</li> <li>• Peel Public Health</li> </ul>
21. Enhance free WiFi access to the City's Wireless Mississauga network in Equity Action Areas.	City	
22. Support program delivery through Partner collaboration.	City	<ul style="list-style-type: none"> <li>• Community Partners</li> <li>• Trillium Health Partners</li> <li>• School Boards</li> <li>• Newcomers</li> </ul>
<b>Implementation &amp; Measurement</b>		

DRAFT Actions by Theme	Lead	External Collaborators
23. Provide Council with annual updates on the Strategy progress.	City	
24. Refresh the Strategy every 5 years.	City	

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## 1. What do you like?

- Access to Healthy Food
  - Access to food and understanding
  - Local celebrity chefs as “influencers”
  - Edit cultural foods to be healthy
  - Need healthy food festivals
  - Only allow healthy food in a zone (e.g. Korea has healthy food zones)
  - How to influence Uber dropping off food at lunchtimes at schools?
  - Park festivals require healthy foods
  - Connect to tourism – healthy food
  - Promote economic opportunities
  - Set standards for institutions
  - Festivals need healthy choices
  - Education about healthy eating and have support groups. Every culture has a food that is medicinal and healthy to eat.
- Access to City Programs
  - Senior workout circuits
  - Hiking and walking
  - Walking groups
  - Programming outdoors
  - Make movement the norm
- Community Education & Awareness
  - A big theme
  - Education depends on audience
  - Don’t create a stigma
  - Getting into schools
  - Healthcare
  - Health bus for education with a nurse
  - Take health and awareness into communities
  - Doctors need to be innovative in practice
- Improve Neighbourhood & Outdoor spaces
  - Focus on outdoor spaces
  - I wish I could see water stations in the city...like a garden hose with filter. But be located at the entrance to parks and stuff. Lack of water and benches put people at risk.

- How to get people outdoors
- Incentive to get people outdoors

## 2. What needs improvement?

- Community Awareness & Education
  - School education is missing. Food education for focus on healthy food education so that people can make better decision
  - Education re: stress impact
  - Healthy food education is for everyone not just diabetes (don't create a stigma)
  - Education around treatment and management
  - Drive-through education – have info about what you eat, available resources and healthy food resources
  - Educating young people through curriculum as topic – making healthy choices
  - Diabetes bus – travel around providing info/education, incentives (nurse, pamphlets), schedule (public health)
  - People need more awareness about parks available in Sauga in general and in their neighbourhoods
- What does success look like at the end?
- One of the most used parks being Erindale Park, the path really needs repairs. The bridge has open drops, gaps, another section there a new stream running through the walkway. It's a matter of time someone gets injured really bad. People need to be safe in a park, get fresh air, and combat health issues.

## 3. Any other external collaborators?

- Community Health Centre
- School boards
- Religious communities
- Grocery stores – corner stores (independent), mandate to have signage
- BIA
- Access to Healthy Food Action 14 - Use grocery that are there and improve the system

Other comments:

- The focus groups (in 2023) were not a clear representation of Mississauga – need more focus local feedback
- Survey findings enough input – valid numbers?
- Immigrants face immense pressures – stay in Canada
- Youth – costs for housing
- Other government costs – pharmacare – free vs cost - disconnect