

Healthy Communities

strengthening social, environmental and economic well being across Ontario



Fall/Winter 2007 | FOCUS • Action for Social Equity

Taking Action on Child Poverty in Renfrew County

by Lyn Smith, CPAN Coordinator

Despite booming economic prosperity in recent years, Ontario has become the child poverty centre of Canada, home to almost 44% of the country's poor kids.

The multitude of reports and studies in Ontario echo the same message: despite growing prosperity, the income gap between high and low-income families is increasing, while poverty rates stagnate or worsen. In 2001, Statistics Canada reported differences in median family income in communities across Ontario, from \$25,924 in Opatatika (just west of Kapuskasing) on one end of the spectrum to \$88,859 in Aurora. A recent Pembina Institute report documented an up to 14-fold difference in income between high and low income earners in Ontario municipalities. Societies that are economically unequal have higher levels of poverty. This growing income divide indicates a deepening of poverty in Ontario. Those who are most



affected by this trend are children. According to the 2006 Child Poverty Report Card of Ontario, one in every six children lives in poverty.

Renfrew County is no exception. With median family income falling in the middle range at \$43,403- \$46,860, over 26% of children under the age of 17 in Pembroke live in families below the low income cut-off.

Poverty & Health

The effects of poverty on health are well documented. People further down the social ladder run a higher risk of serious illness and premature death than those near the top. Disadvantage has many forms for children living in low income families. It can mean living in poor housing, insufficient food and clothing and exclusion from extracurricular activities. These in turn impact their learning opportunities in school and their future prospects. Poverty is an underlying condition which influences the spectrum of health determinants throughout our lives, from

how and where we live to what we eat, constantly limiting choices and opportunities.

In Ontario, perceptions of poverty are often the greatest challenge in addressing this issue. Beliefs that poverty is the result of bad individual choices or circumstance and that only government can take action impede the societal change necessary to eliminate it. Recognizing the problem is the first step. Here we focus on what one community network with limited means and enormous will has been able to accomplish to eliminate the effects of poverty.

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Poverty Statistics

- 43% of Food Bank users in Ontario are children
- 31% of Aboriginal children in Renfrew County live in poverty
- 15% of children in Renfrew County live in poverty

Source: www.renfrewcountycpan.ca



Editorial

by Katarina Sukovski, OHCC

Income inequality in Ontario is increasing. Prosperity is less equally distributed in this province today than in 1980, and a greater number of Ontarians are finding they are unable to earn enough to secure life's necessities. This growing income gap is cause for concern, as increasing evidence is pointing to income inequality as a major determinant of health in our communities.

Evidence that large differences in social status and income inequality are associated with lower levels of health at the population level has sparked renewed interest in an approach to health that goes beyond traditional medical and behavioural risk factors: the social determinants of health (SDH). In short, the SDH are the economic and social conditions that influence not only the health of individuals but also those of communities. They are the conditions in which people live and work, the "causes behind the causes of illness".

Due to the scope and diversity of social, economic and structural factors which affect health, there is no defined set of factors or issues which can claim to cover the spectrum of social determinants of health. The World Health Organisation in its works includes factors such as social gradient, stress, early life, social exclusion, work, unemployment, social support, addiction, food and transportation, while the Public Health Agency of Canada has integrated the SDH in its list of health determinants. Income inequality, in the form of poverty or a steep social gradient, remains the key underlying determinant.

The Healthy Communities approach and principles are built on the social determinants of health perspective, which has guided the work of the OHCC for over 15 years. In this issue of Healthy Communities, we explore the realities of income inequality and poverty in Ontario communities and we take a closer look at community groups and organizations committed to taking action to improve the lives of those less fortunate.

Inside you will find excerpts from a prominent Canadian academic in the field of SDH, Prof. Dennis Raphael, and the latest research findings from the Centre for Research on Inner City Health in Toronto. We have also compiled information resources about poverty in urban and rural communities across Ontario. Most importantly, this issue focuses on community groups, such as the Child Poverty Action Network in Renfrew County and the Thunder Bay Economic Justice Committee, to illustrate strategies and initiatives that are making a difference – ultimately making these communities a healthier place for all.

Healthy Communities is the newsletter of the Ontario Healthy Communities Coalition.

Contributors

Katarina Sukovski
Lyn Smith
Kelly Murphy
Dennis Raphael
Raymond Pong
George Drazenovich
Kara Symbolic
Lorna Heidenheim
Michael Kerr

Editor

Sheila Lupson

Design and Layout

MediaDoc Inc.

Translation

Traductions MJP

Printing

Captain Printworks

Readers are encouraged to submit articles, newsbriefs, comments and suggestions.

Please contact us at:

Ontario Healthy Communities Coalition
2 Carlton Street, Suite 1810
Toronto, ON M5B 1J3

telephone (416) 408-4841

toll free 1-800-766-3418

fax (416) 408-4843

email ohcc@healthycommunities.on.ca

Visit our web site at:

www.healthycommunities.on.ca

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Poverty & Advocacy in Thunder Bay



Thunder Bay is the bustling urban centre of northwestern Ontario, home to nearly half of the region's population. Located in the boreal forest, overdependence on natural resource exploitation and changing economic conditions is leading to a decline in well paying jobs, deeply affecting socio-economic dynamics and structures in this relatively isolated centre in Ontario's north. By 2000, 14% of the population lived below the low-income cut-off line (LICO).

Inadequate research and evidence on poverty in Thunder Bay led one organization to take on the task of producing a comprehensive report on the issue:

- to identify both the barriers to achieving economic security and the characteristics of those vulnerable to poverty, and
- to demonstrate the scope and depth of poverty.

The Thunder Bay Economic Justice Committee (TBEJC) is comprised of organizations, groups, and individuals concerned about poverty in Thunder Bay. Sponsored by the Kinna-aweya Legal Clinic, the committee is dedicated to identifying and overcoming the barriers which prevent individuals from achieving economic security.

Profiles in Poverty

The geographic and demographic specificities of Thunder Bay are reflected in the poverty incidence of its population. Proximity to Aboriginal reserves and the ensuing migration, cold weather and relative isolation from other urban centres are but some of the characteristics of the Thunder Bay community.

Designed to be a resource and educational tool, Poverty in Thunder

Bay - A Statistical Reference is a comprehensive poverty analysis of vulnerable groups, structural causes and the obstacles to poverty reduction in the community.



people in the city, which in 2000 reached 40%. This extreme situation can only deteriorate given that median income for Aboriginal people in the city approaches \$4,000 below LICO and the rate of migration from surrounding Aboriginal reserves is increasing.

Inadequate levels of social assistance and low minimum wages make it extremely difficult to procure safe and adequate housing. Cold temperatures become an added cause for concern as energy costs rise resulting in a disproportionate amount of income being spent on energy in the city compared to others in the province. Low-income families then rely on applications to Ontario-funded emergency energy assistance programs to offset the cost of energy. Unfortunately, funding for the program was exhausted only 3 months after the March 2007 fiscal start period, leaving only uncertainty for those in need.

The purchase of healthy food in Thunder Bay is also major concern. The cost of a healthy diet in Thunder Bay is \$60 more than the provincial average.

Advocating change

Identifying barriers and quantifying the extent of the problem were only

The TBEJC report highlights current socio-economic trends, calling attention to the severe poverty of Aboriginal

the beginning. The following year, the TBEJC commissioned Poverty in Thunder Bay: Rich Conversations with the Poor, a follow-up qualitative report to put a human face on poverty in Thunder Bay.

However, TBEJC's work goes beyond research to effect change in the community. Providing a forum for those living in poverty to voice their needs and solutions, increasing awareness within the community and encouraging dialogue between service providers, decision-makers and community members are all facets of their work.

More recently, the TBEJC undertook a public information campaign to put concrete poverty reduction actions on the agenda in Thunder Bay during the October 2007 provincial elections. Research and community consultation led TBEJC to focus their attention on three key issues: energy poverty, inadequate social assistance/minimum wages and modernizing income security. The TBEJC took these issues to local candidates in the form of a questionnaire and published their responses in an effort to inform voters and incite government to commit to a course of action.

Fostering change through systemic advocacy and raising awareness are the cornerstones of TBEJC's mandate "to identify and overcome the barriers which prevent people from being able to achieve economic security and live with dignity."

For more information about the TBEJC or to download a report, please visit <http://www.kalc.ca/tbejc-1.htm>

References

Brotchie, Karli (2006) "Poverty in Thunder Bay - A Statistical Reference". Thunder Bay Economic Justice Committee.

Brotchie, Karli (2007) "Poverty in Thunder Bay: Rich Conversations with the Poor" Thunder Bay Economic Justice Committee.

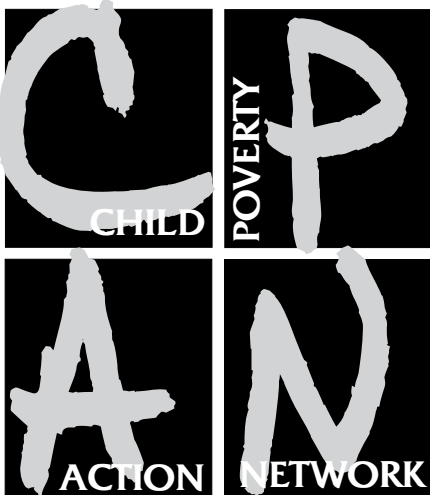
Taking Action on Child Poverty in Renfrew County

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“Giving children the opportunity to be all that they can be”

In 2000, the Renfrew County Report Card on Child Poverty sounded the alarm when it reported that 15% of children in Renfrew County lived in poverty. Heightened awareness of the problem and the need for a response gave birth to the Renfrew County Child Poverty Action Network (CPAN), with the mandate to eliminate the effects of child poverty and to do so in a manner that was empowering and inclusive. Today, CPAN’s commitment to taking action, advocacy and education is inspiring other communities in Ontario to take action on child poverty.

RENFREW COUNTY



CPAN promotes a vision of a Renfrew County where all children belong. Its members believe in all children being socially included. They are committed to ensure that every child in Renfrew County knows the “feeling and the reality of belonging” in their community. This growing network of over 100 members includes organizations, agencies and individuals who want to be a part of the solution. CPAN administers programs, works

to raise awareness of the extent and consequences of child poverty in our communities and ensures that child poverty remains in the public eye. It coordinates several programs and initiatives aimed at improving the lives of children living in poverty by allowing every child to feel equal to their peers, socially included and less stigmatized.

- “Backpack Plus” supplies a backpack, school supplies and one pair of shoes for each child who is in need. During the 2006-07 school year CPAN gave out over 1,000 to children who otherwise would have started school without the necessary supplies.
- “Operation Snowsuit” aims to ensure that every child in Renfrew County has appropriate winter wear. During the 2006-07 winter, CPAN supplied 148 children with a snowsuit, snow boots, hat and mitts, collected throughout the year. Through the kindness of individuals, businesses, and schools throughout Renfrew County, each request was filled.
- Activity Funding Program allows children of families that are in financial need to participate in extracurricular activities. These activities included basketball, hockey, soccer, baseball, swimming, spring/summer camps, Cubs/Brownies, martial arts, dancing and many more.

Spread the Word

Addressing specific needs through programs is only part of the picture. CPAN is an active political advocate, partnering with anti-poverty groups in campaigns and events to raise awareness about child poverty and educate others to dispel the myths and misconceptions associated with poverty.

Advocating for low income families who have children and are having

financial difficulties, CPAN works to positively influence public policy at the municipal, provincial and federal levels. This also includes focusing attention on broader community issues and raising awareness of the fact that child poverty exists here in Canada, in Ontario, and more locally Renfrew County.

Taking action on poverty also requires taking action on stigma and judgment in the minds of those in our community. CPAN actively works to eliminate these barriers by disseminating information, giving presentations and changing perceptions through interactive tools, such as educational games. The Poverty Survival Game, for example, is a poignant tool based on the reality of living in poverty. It lets the players walk a mile in the shoes of financially strapped families, and shows the tough choices some families face on daily, weekly, and monthly basis.

A grassroots network, CPAN’s strength lies in its members. Each member is a resource, where the only membership requirement is the belief that child poverty has to be eliminated. Child poverty is a very real issue in our urban and rural communities, and changing this reality is our shared responsibility. By improving the lives of over 1000 children in the Ottawa Valley last year, CPAN’s actions are indeed contributing to a healthier community.

For more information about CPAN’s work or to request a speaker on taking action in your community, please visit www.renfrewcountycpan.ca.

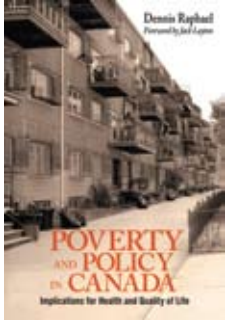
¹ Social Planning Network of Ontario: www.spno.ca

² Community Profiles: www.2ontario.com

³ Pembina Institute et al. (2007) Ontario Community Sustainability Report — 2007. <http://www.pembina.org/pub/1512>

Poverty, Health, and Community Action

by Dennis Raphael, PhD ~ a leading Canadian researcher on the Social Determinants of Health. His most recent publication provides a unique, interdisciplinary perspective on poverty and its importance to the health and quality of life of Canadians.



“Despite the stated best intentions of our elected representatives and government policy-makers, and the efforts of various agencies, organizations, and advocacy groups to eliminate poverty in Canada, there has been only limited action and even less success in this endeavour. Instead, the past two decades have seen poverty rates remain largely unchanged. More ominously, the recent sustained growth in the Canadian economy has been associated with growing income and wealth inequality whereby economic benefits are accruing to the already well off. In addition, the affordability of basic needs for many Canadians is decreasing and the social safety net is becoming increasingly frayed.

The most striking effects of these developments have been increas-

ing housing insecurity and homelessness, growing food insecurity, and food bank use. Incomes for many Canadians stagnate as meager minimum wages and social assistance benefits combine with tightened eligibility for unemployment benefits to provide cheap pools of labour that suppress wages. There is a growing gap between the life situations of home owners and renters and growing divides between low-income Canadians’ incomes and their ability to afford housing in virtually every Canadian city. The living conditions of Canadians of colour and recent immigrants become more difficult with evidence of a growing Canadian economic apartheid, whereby Canadians of colour are increasingly likely to be living in poverty and concentrated in specific urban neighbourhoods.

[...] Considering the vast amount of evidence that has accumulated concerning the detrimental effects poverty has upon health and quality of life of those experiencing it, their

communities, and Canadian society in general, and the concerted efforts by numerous groups over the past two decades to have governments address the issue, it is difficult not attribute governmental neglect of these issues to these powerful political and economic forces. It is not an issue of insufficient evidence being available or of needing further research to identify policy solutions to the problem of poverty. Continuing high levels of poverty and the evidence of growing income and wealth inequalities are a result of willful indifference on the part of governments to implement public policies in support of poverty reduction and more equitable distribution of income and wealth.”

Excerpted from “Poverty and Policy in Canada: Implications for Health and Quality of Life” by Dennis Raphael, published by Canadian Scholars Press, 2007.

Recommended Resources: Inequality, Poverty & Health

On the Social Determinants of Health

• International

Wilkinson, R. and M. Marmot (2003). Social Determinants of Health: The Solid Facts. Copenhagen, Denmark: World Health Organization Regional Office for Europe. www.euro.who.int/document/e81384.pdf

WHO Commission on the Social Determinants of Health: www.who.int/social_determinants/en/

• Canada

Poverty and Policy in Canada: Implications for Health and Quality of Life by Dennis Raphael. Foreword by Jack Layton. <http://tinyurl.com/2uds3s>

Staying Alive: Critical Perspectives on Health, Illness, and Health Care, edited by Dennis Raphael, Toba

Bryant, and Marcia Rioux. Foreword by Gary Teeple. <http://www.cspi.org/books/s/staying.htm>

Social Determinants of Health: Canadian Perspectives, edited by Dennis Raphael. Foreword by Roy Romanow. <http://www.cspi.org/books/s/socialdeter.htm>

The Politics of Population Health – Lecture by Dennis Raphael. <http://msl.stream.yorku.ca/mediasite/viewer/?peid=ac604170-9ccc-4268-a1af-9a9e04b28e1d>

Presentation on Politics and Health at the Centre for Health Disparities in Cleveland Ohio. <http://video.google.com/videoplay?docid=-4129139685624192201&hl=en>

Scott K. (2002). A Lost Decade: Income Equality and the Health of Canadians. Paper presented at The Social Determinants of Health Across the Life-Span Conference, Toronto, November 2002.

Recommended Resources: Inequality, Poverty & Health

On Poverty & Health

• Canada

Campaign 2000 – End child poverty in Canada: www.campaign2000.ca

The National Anti Poverty Organization (NAPO) – Working to eliminate poverty in Canada: www.napo-onap.ca

• Ontario

• Rural Poverty

Pong, R.W. (2007) “Rural Poverty and Health: What Do We Know?” Invited presentation to the Standing Senate Committee on Agriculture and Forestry. Ottawa, Ontario, Canada; May 29, 2007. www.cranhr.ca/pdf/Presentation_Senate_Committee_on_rural_poverty_-_May_2007.pdf

• Urban Poverty

Canadian Council on Social Development and the United Way of Greater Toronto (2002). A Decade of

Decline: Poverty and Income Inequality in the City of Toronto in the 1990s. Myles J., Picot G. and Pyper W. (2000, December). www.unitedwaytoronto.com/who_we_help/Decade_in_Decline/pdfs/Decade_of_Decline_Final_Report.pdf

• Sources of Local Reports

Child Poverty Action Network: <http://www.renfrewcountycpan.ca/>

Colour of Poverty: www.colourofpoverty.ca

Social Planning Network of Ontario: www.spno.ca Links to local reports from social planning organizations in Ontario.

Thunder Bay Economic Justice Committee: <http://www.kalc.ca/tbejc.htm>

Toronto Health Profiles: <http://www.torontohealthprofiles.ca>

The Pembina Institute: Ontario Community Sustainability Report — 2007. <http://www.pembina.org/pub/1512>

NEWS BRIEFS

The Colour of Poverty

The Colour of Poverty Campaign was launched in September by the Colour of Justice Network to help raise public awareness about the serious problem of poverty within the racialized communities of Ontario. The campaign is a province-wide community-based effort with modest support from both the Department of Canadian Heritage and the Atkinson Foundation.

The Colour of Poverty Campaign partners have developed a series

of ten Fact Sheets addressing different aspects of racialized poverty and its negative impacts on education & learning, health & well-being, employment, income levels, justice and policing, immigration and settlement, housing and homelessness and food security in Ontario.

In addition to the fact sheets, a new video on Race and Poverty in Ontario has been created as an educational tool, presenting compelling stories of

individuals and families from racialized communities living in poverty and the daily struggles they face.

For more information about the Colour of Poverty Campaign, to download the Fact Sheets and to order printed fact sheets or copies of the video DVD, go to www.colourofpoverty.ca.

OHCC Annual General Meeting *by Lorna Heidenheim, OHCC Executive Director*

OHCC held its 15th Annual General Meeting on September 14th, 2007 at the Harbourfront Community Centre in Toronto, attended by 45 members and staff. The business portion of the meeting was followed by a Members' Forum, in which Michelle Chambers, consultant, gave an overview of the Organizational Renewal process being

undertaken by OHCC and invited members to provide their insights and suggestions regarding the future development of OHCC. Following lunch, Kathleen Kevany, National Director of the Vibrant Communities Initiative, a project of Tamarack: An Institute for Community Engagement, facilitated a workshop on “Partnerships and Collaborations:

Making Them Work”. Responses to the event were positive and participants enjoyed the opportunity to renew acquaintances and meet new members.



Michelle Chambers speaking at the AGM

The Centre for Research on Inner City Health

The Centre for Research on Inner City Health (CRICH) at St. Michael's Hospital is Canada's only hospital-based research organization focused on the health consequences of urban life and social inequality.

Across a range of health conditions, lower income and socially marginalized people are at highest risk of illness and experience greatest unmet need for health care. Using multiple research methods, CRICH generates scientific evidence and tools to understand these health care barriers and assess interventions to reduce health inequities.

Health-promoting neighbourhoods, the health impacts of being homeless or under-housed; and the health care needs of vulnerable urban communities are some of the issues studied at CRICH. The Centre prioritizes the health needs of marginalized women and children, urban aboriginals, immigrant communities, people with severe and persistent mental illness, and people living with HIV/AIDS.

Research into Action

"At CRICH, research is a means to an end – not an end in itself," explains CRICH's Director of Knowledge Transfer, Kelly Murphy. In order to be relevant, CRICH's scientific findings need to be used – by policy-makers and local communities. For this reason, the Centre collaborates with partners to conduct research that

is sensitive to local conditions. This approach is based on the recognition that "marginalization affects different communities in different ways".

What does this mean for communities?

One example of this work is The Toronto Diabetes Atlas, which CRICH's Dr. Rick Glazier recently completed with colleagues from the Institute of Clinical Evaluative Sciences. The Atlas contains colour-coded maps showing that diabetes rates in Toronto vary tremendously from neighbourhood to neighbourhood. To find out why, the researchers looked at differences between neighbourhoods with high and low rates of diabetes. Links were found between diabetes rates and neighbourhood resources such as good transit routes, fruit and vegetable stores, and bike paths. In suburbs, where these resources are less easily accessible, more residents experience diabetes. Downtown, diabetes rates are lower. These findings suggest that city infrastructure is an important factor in the diabetes epidemic because it shapes our opportunities to make healthy lifestyle choices. Changing the way we perceive and build our neighbourhoods could have positive effects on health. In future, CRICH researchers will study chronic disease rates in other cities and communities. The

Toronto Diabetes Atlas is available online at www.crich.ca.

A related research project is to work with residents to identify neighbourhood factors that may affect mental health. Dr. Patricia O'Campo, Director of CRICH, is the scientific lead on this project which has led to the creation of 'concept maps' by local residents across Toronto. This kind of project is important because it enables community members (working independently and collectively) to advise researchers about factors they consider important to health. The concept maps generate ideas about mental health and neighbourhoods that might never be considered otherwise. The next step is to explore these ideas in more depth, to learn if measurable linkages do exist between mental health and such neighbourhood features as streetlights, signage, tourist zones, and graffiti. Some solutions to mental health problems might literally be located in our own backyards. With the support of the Ministry of Health and Long-Term Care and St. Michael's Hospital, CRICH scientists are working to discover some of these solutions.

CRICH is a part of the Keenan Research Centre in the Li Ka Shing Knowledge Institute of St. Michael's Hospital. For more information about CRICH, please visit the website www.crich.ca.

OHCC Board members for 2007-2008

Provincial Association Representatives

Theresa Schumilas
Ontario Public Health Association

Kathy Hamilton
Association of Ontario Health Centres

Susan Cumming
Ontario Professional Planners Institute

Community Representatives

Sheila Lupson (Past President)
Southwest: London

Chris Coulombe (Vice-President)
North: Sudbury

Evelyn Smith
GTA: Pickering

Nancy Hughes (President)
GTA: Oshawa

Network Representatives

Miriam Gbehi-Guzman (Secretary)
Toronto

Andrew Schultz
Toronto

Board Appointment

Brian Lass (Treasurer)
Toronto

Our Newest Members

OHCC welcomes the following new members who have joined since the last Issue of Healthy Communities:

Jill Ryan
Petoskey

Dianne Kokesh
United Way of York Region
Markham

Tracey Vaughan
The Wexford
Toronto

Nira Sharma
Toronto

Dieter Staudinger
Dundas

Aynur Gurbanova
Toronto

Orion Milczarski
Sketch
North York

Derrick McBurney
London

Aysha Dawood
Toronto

Thadsha Navamanik
Canadian Cancer Society -
Markham/Whitchurch-Stouffville
Markham

Giselle Lily Lefebvre
Toronto

Natalie Henry
Humanize Toronto
Toronto

Sheila McKnight
Trout Unlimited Canada's Yellow
Fish Road
Guelph

Susan E. Smith
Addison

Kelly Murphy
Center for Research on Inner City
Healthy
Toronto

Khurram Sheikh
Toronto

Gordon Chamberlain
Toronto

Lori Prentice
Women's Multicultural Resource
& Counselling Centre of Durham
Ajax

Laura King Hahn
Heart and Stroke Foundation
Toronto

Prince Sibanda
Kingston

Mae Radford
VON Hamilton
Hamilton

Joann Helmer
Merrickville District Community
Health Centre
Merrickville

Nicole Vann
The Hangleton & Knoll Project
Hove (UK)

S. M. Vinay
Helping Hands Trust
Nellore dt. (India)

Sarosh Anwar
Toronto

Janice Dunbar
Huron County Health Unit
Clinton

Robert Parsons
Mariposa Wrestling Club
Orillia

Margaret Ann Munoz
Stratford

Jennifer Miller
Big Brothers and Big Sisters of
Lanark County
Smiths Falls

Teresa Fysh
Cultural Coalition of Chatham-
Kent
Chatham

Kristen Chamberlain
Burlington

Lisa Carver
Adult Learning and Training
Centre
Perth

Brian Finner
Northeastern Ontario Recreation
Association (NeORA)
North Bay

Maya Clarke
London

Dan Walters
University of Ontario,
Practicum Department
Oshawa

Krystal LeBreton
Port Hope

Jason Jordan
London

Vicky Czelen
Community Wellness Center
Welland

Kristen Elkow
Toronto

Kate Hall
Minden

Joanne Moss
The Canadian Foundation for
Animal-Assisted Support Service
Winchester

Sherry Diaz
Simcoe Muskoka District Health
Unit
Barrie

Kaurobi Pandit
Scarborough

Lisa Munday
Napanee

Bethanne Currie
Canadian Partnership for
Children's Health & Environment
Toronto

Lyn Smith
Renfrew County Child Poverty
Action Network (CPAN)
Pembroke

Lisa Jayne
Toronto

Give the Gift of Active & Healthy Living

As the gift giving season approaches, a Healthy Communities approach to our everyday lives invites you to consider gift selections that support active living, healthy eating and personal wellness. Here are some ideas to get you started:

Winter Fun

- Skates
- Snowshoes
- Snowboard
- Toboggan
- Skis

In the Kitchen

- Cookbook published in cooperation with the Canadian Cancer Society or Heart and Stroke Foundation
- Juicer/ nut grinder/ steamer

On the Move

- Trail books / maps
- Pedometer
- Bicycle pump/ carrier/ light/ horn
- Bicycle / tricycle
- Child's seat for parent's bike
- Jogging stroller
- In-line skates
- Skateboard

Gift Certificate Ideas

- Gym membership or physical activity class: aerobics, dance, yoga, tai chi
- Recreational fun: green fees, ski pass, swim pass, canoe/kayak rental
- Mind & Body: massage, reflexology, aromatherapy, etc.
- Dinner for 2 to an Eat Smart restaurant: <http://eatsmart.web.ca/en/find/restaurant>

Note: This list was adapted from a list put together by Sue Westrate, a health promotion consultant with the Ontario Prevention Clearinghouse.