

Theme: Healthy Communities



Two local youth enjoying the use of bike trails.

Where Are We Now?

Healthy Communities is broad and far-reaching, covering social equity, attainable housing, community involvement, healthcare, and recreation.

The Greater Peterborough Area is home to a number of community health-minded groups, faith groups, non-governmental organizations, and individuals. Local advocacy and citizen involvement has been and remains a strong point for the community. However, poverty continues to be a pressing challenge throughout the region, and the need for attainable housing persists.

In terms of healthcare, the Peterborough Regional Health Centre, opened in June 2008, is a state-of-the-art medical facility with capacity to serve the entire Greater Peterborough Area. However, obtaining access to health services remains a challenge for some – specifically those in the County's rural areas. An aging demographic will likely mean an increased demand on health and social services. Accordingly, the community must be prepared to meet this increase in service demand.

Health and well-being also depend on access to recreational opportunities for all age groups. Our playgrounds, trails, parks, arenas, gymnasiums, and multi-purpose facilities allow for a wide range of activities. In addition, many employers in both the public and private sectors are active in health and fitness, sports, and recreation; and are doing a great deal to promote the benefits of healthy lifestyles to their employees. However, there is limited capacity and many still encounter barriers to participation in regular recreation. Removing the physical and financial barriers which limit recreational participation is paramount in helping residents to achieve healthy lifestyles and create meaningful community connections.

Where Do We Want to Be in 25 Years?

Our Goal: We will be a community where everyone has the opportunity and support to achieve their physical, social, mental, emotional and spiritual potential.

How Are We Going to Get There?

By following our *Strategic Directions*:

- Encourage health and social services that focus on preventative care, are accessible, and meet the needs of our community as it changes.
- Provide sport and recreational opportunities that are accessible to all.
- Strive for adequate and attainable housing to increase the quality of life for all.
- Encourage civic engagement by supporting citizen involvement in decision-making.

Priority Action

- Increase the availability of *affordable housing* throughout the entire Greater Peterborough Area.

Note: Greater details of the *Priority Actions* are outlined in Appendix A. Additional short- and long-term Actions are offered in the List of Potential Initiatives (Appendix B).

Toolbox Resources

- **Developing Affordable Housing** – Develop and implement a municipal affordable housing strategy that collaborates with community partners.
- **Creating More Successful Public Spaces** – Invigorate the use of your public spaces by utilizing a low risk /low cost strategy that capitalizes on the creative energy of your community.
- **Make Your Community a Walkable Community** – Use the Canada Walks program to review the six characteristics of a walkable community and see how your community measures up.
- **Eat-Smart Recognition Program For Healthy Eating** – Adopt a healthy eating recognition program for your recreation centres and workplaces.

Sustainability in Action

- In 2009 the Canadian Association of Retired Persons identified Peterborough as the “most age friendly” City in the Country.
- Let Them Be Kids, a worldwide volunteer organization with a branch in the Township of Asphodel-Norwood, raises money in the community with the goal of increasing park and playground space for local youth. The community raised more than \$200,000 in five months in 2011.
- With the assistance of students from Trent University, the Township of Douro-Dummer is initiating a research study on the future needs for recreation and leisure services to address the community’s changing demographics over time.

THEME: HEALTHY COMMUNITIES

Goal

We will be a community where everyone has the opportunity and support to achieve their physical, social, mental, emotional and spiritual potential.

Strategic Direction Supported

Strive for adequate and attainable housing to increase the quality of life for all.

Priority Action:

Increase the availability of *affordable housing* throughout the entire Greater Peterborough Area.

Description

In Canada, a new movement is afoot. Known as the *Healthy Communities* movement, diverse groups across many sectors are coming together to address challenges and implement strategies to enhance overall community well-being. One such challenge faced by many Canadian communities is the provision of sufficient *affordable housing*. *Affordable housing*, as defined by the Canadian Mortgage and Housing Corporation, is housing that does not necessitate a household spending more than 30% of gross income on shelter costs. This action seeks to increase the availability of *affordable housing* throughout the GPA.

The *Healthy Community* movement is a dynamic force in many communities across Canada that brings together groups from many sectors to plan and implement strategies to enhance community well-being and address complex community issues.

Activities

- Assess community needs for *affordable housing*
- Set targets for the development of *affordable housing*
- Investigate incentives for landlords to provide affordable rents
- Allow secondary suites in new and existing housing
- Facilitate investment in converting existing housing stock to affordable housing
- Ensure housing is an integral part of an increased quality of life for all

Toolbox Resources

- **Developing Affordable Housing** – Develop and implement a municipal affordable housing strategy that collaborates with community partners

Potential Lead and Coordination

- City of Peterborough Housing Division

Potential Partners

- Affordable Housing Action Committee
- City of Peterborough
- County of Peterborough
- First Nations
- Healthy Communities Partnership
- New Canadians Centre
- Peterborough County-City Health Unit
- Peterborough & The Kawarthas Home Builders Association
- Peterborough Kawartha Home Builder Association
- Peterborough Housing Corporation
- Peterborough Poverty Reduction Network
- Peterborough Social Planning Council
- Townships

Measure of Success

- Completion of assessment and targets
- Targets for affordable housing are met
- Quality of life goals are established featuring housing as an objective
- Decrease in the number of people on affordable housing wait lists