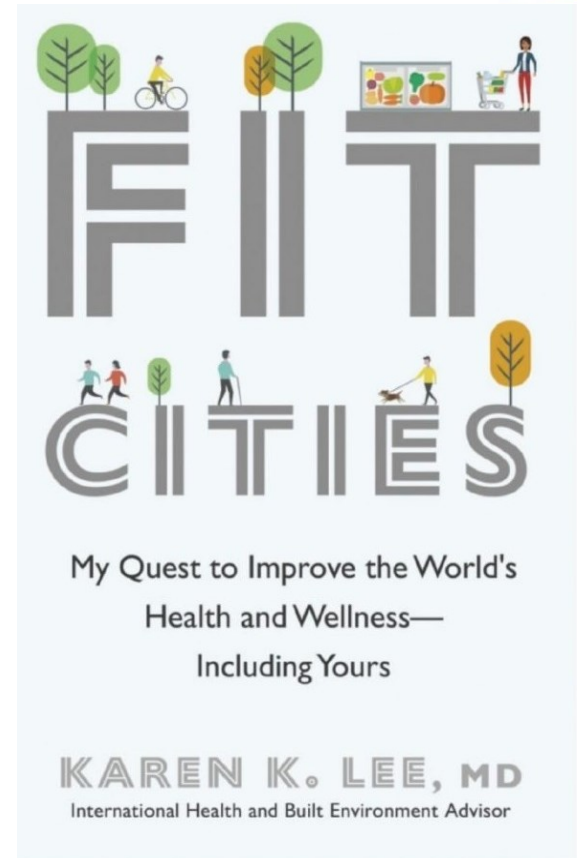


# Working Together to Create Healthy & Vibrant Communities



<https://yourtv.tv/node/237801?c=niagara>

Main message – need to design communities that give people true choices to be more active and eat healthier

# Excerpts from “Fit Cities” by Dr. Karen Lee

“Physical inactivity contributes to 3.2 million deaths annually around the world – 3.2 million *preventable* deaths. That is about a tenth of the entire population of Canada, every year.”

“...when healthy choices are not safe choices, they’re not really choices at all.”

“...improving the physical environment...across all neighborhoods, including and especially impoverished neighborhoods, as one critical way to address the health disparities so often seen in our cities.”

“We need to act now. We need to do what we can to ensure that people can make the lifestyle choices that will help them to stay – healthy and independent – longer.”

“Peñalosa once stated that “a citizen on a \$30 bicycle is equally important to one in a \$30,000 car” ...On taking office in 1998, Peñalosa cancelled plans for a new highway and invested the money instead in bike lanes and the city’s TransMilenio rapid transit system.”

“In the social sphere, as it is in the physical environment, helping people to be healthy, to be more fit, is fundamentally about what our governments and our organizations can do to give people more choices.”

“ ...our success in being healthy depends not only on ourselves – though we certainly have important roles to play and choices to make – but also on the physical and social environments we create in our cities, communities, and organizations. If our cities and towns become fit and healthy, we will find it easier to become fit and healthy too.”

# Niagara Statistics

## How we move and play

- 29.4 per cent of grade seven and eight students and 18.8 per cent of secondary students walk to school or ride their bicycles to school<sup>1</sup>
- 59.4 per cent of grade seven and eight students and 46.3 per cent of secondary students meet the Canadian guidelines for physical activity, with at least 60 minutes of activity per day<sup>1</sup>
- 57.3 per cent of adults (18 years or older) meet the Canadian guidelines for physical activity, with at least 150 minutes accumulated per week<sup>2</sup>
- 54.0% of post-secondary students in Niagara do not drive or have access to an automobile<sup>3</sup>

## How we eat

- 17.4 per cent of grade seven and eight students and 26.1 per cent of secondary students drink five or more sugar-sweetened beverages in the past seven days<sup>1</sup>
- 74.6 per cent of individuals (12 years or older) eat fewer than five fruits and vegetables per day<sup>2</sup>
- 61.5 per cent of grade seven and eight students and 43.9 per cent of secondary students had breakfast all five school days in the past week<sup>1</sup>

## How we build

- 80.0 per cent of schools in Niagara have fast and convenience food retailers within a 10 minute walk<sup>4</sup>

### Sources

- Ontario Student Drug Use and Health Survey, 2015
- Canadian Community Health Survey, 2015/2016
- Gervais, J. (2020). Understanding Post-secondary Student Mobility and its Impact on Wellbeing. Brock University. St. Catharines, ON.
- Niagara Region Public Health Mapping Project (2012)