



Healthy Communities Partnership:
Lanark, Leeds and Grenville
Vision Statements & Recommended Actions
2011

Physical Activity Sport and Recreation:

Vision: All residents of Lanark, Leeds and Grenville have the necessary knowledge, interest, resources and opportunity to be physically active, and all age levels meet the daily recommended minimum physical activity requirement.

Recommended Actions:

- 1) Provide a variety of opportunities for accessible and inclusive physical activity.
- 2) Promote physical activity as do-able for all.

Mental Well Being and Resiliency:

Vision: A supportive community that understands and promotes mental health and responds appropriately to mental illness.

Recommended Actions:

- 1) Provide individuals/families/ communities with information and resources to help them maintain good mental health, recognize mental health challenges and get support
- 2) Foster environments that enhance community connectedness for children, teens, adults and seniors.

Healthy Eating:

Vision: All residents of Leeds Grenville and Lanark have a healthy body weight and the necessary resources, food skills & knowledge to access safe, healthy, affordable and culturally appropriate food.

Recommended Actions:

- 1) Provide opportunities for individuals to develop food selection, food preparation, and food safety skills.
- 2) Provide supportive environments for healthy food choices.

Substance / Alcohol Misuse:

Vision: Lanark, Leeds and Grenville has children, youth and adults who have a healthy, respectful, knowledgeable attitude and behavior towards alcohol and other drugs.

Recommended Actions:

- 1) Enhance and facilitate adaptive qualities in youth that promote protective factors that buffer risky environments and lead to resilience (e.g. Developmental Assets).
- 2) Implement health promotion programs in schools, workplaces, communities and with families that encourage appropriate use of alcohol and avoid problematic substance use for all ages.

Tobacco use/exposure:

Vision: Less use of and exposure to tobacco and better health outcomes for all ages.

Recommended Actions:

- 1) Support tobacco-free lifestyles by increasing the availability of comprehensive tobacco awareness, prevention, cessation services for youth and adults.
- 2) Implement health promotion programs that encourage a smoke free lifestyle for all ages.

Injury Prevention:

Vision: Leeds Grenville and Lanark residents have the knowledge and skills to prevent injuries (including before, during and after an incident) and a safe environment exists in which to live, work and play.

Recommended Actions:

- 1) Create & implement policies and programs that support safe environments.
- 2) Promote safe environments and healthy lifestyles to prevent injuries in all ages, especially falls among seniors and children.