

Wellbeing Waterloo Region

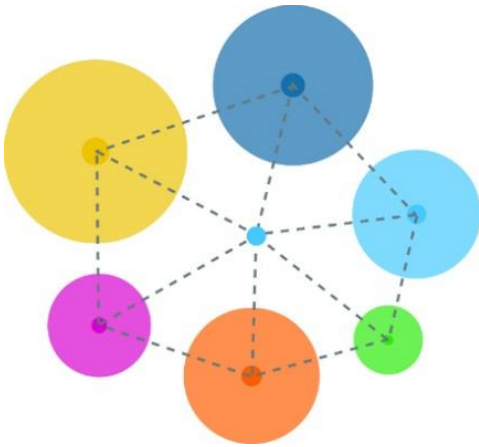
(formerly the Community Wellness Initiative)

Community Forum #1 October 13, 2016

Summary of Results

What is Wellbeing Waterloo Region?

Wellbeing Waterloo Region is a community-led initiative working together across sectors to improve wellbeing. All of us, across sectors and disciplines, are working to improve some aspect of wellbeing to improve the quality of life in our community.



Through the Wellbeing Waterloo Region Initiative we want to choose a couple of key priority areas and actions that will have the most impact on wellbeing for Waterloo Region residents. In order to do this we need to engage and involve the community in the development and direction around collective areas of focus and priorities. This work will result in the development of a wellbeing plan with a wellbeing vision, focus areas, priorities and measurement system by October 2017.

Over the next year there are various ways that the community, organizations, collaboratives and interested stakeholders can be involved. All of this information is available on website at www.wellbeingwr.ca.

One of these opportunities is through a series of community forums. These forums will:

- Provide information on the overall progress and community input gathered to date.
- Obtain input on the key elements for the Wellbeing Plan, including the vision, priorities and actions.

Purpose of this document

The purpose of this document is to provide a summary of the information gathered at the first community forum held on October 16th 2016 at the Waterloo Recreation Centre. There were over 165 people registered for this forum with 140 people in attendance. Participants represented various sectors including; education, primary health care, government, non-for profits, environmental groups, funders, etc. Should you wish to view the presentations they are available on the www.wellbeingwr.ca website as well as the videos of each speaker. We are excited to be on this journey with you. Your participation, your time, commitment and insights are much appreciated.

Our agenda for Community Forum 1

- 1. Overview & agenda**
Glenn Pothier- Facilitator for the forum - GLPi Consulting
- 2. Background – our journey to date**
Mike Murray - Chief Administrative Officer - Region of Waterloo
- 3. Factors that contribute to community wellness/ wellbeing: The Social Determinants of Health**
Stephanie Lefebvre - Manager, Service Collaboration - Canadian Mental Health Association Sudbury/Manitoulin
- 4. What we are already doing to support community wellness/ wellbeing in Waterloo Region-Small group discussion**
- 5. What we are already doing to support community wellness/ wellbeing in Waterloo Region - Small group discussion**

Networking Break

- 6. What keeps you up at night?**
Small group discussion
- 7. The top areas of focus to improve community wellbeing**
Small group discussion
- 8. Importance and Interest moving forward**
Large group exercise
- 9. Next steps and closing - Mike Murray - Chief Administrative Officer**
Region of Waterloo

1. Glenn Pothier- Facilitator for the forum

GLPi Consulting

Glenn Pothier, the founder and president of GLPi - a strategy, facilitation and research-consulting firm was the facilitator for the Community forum. Glenn provided an overview and objectives for the forum which were to:

- Engage and involve the community in ways that enhance collaboration and community partnerships.
- Discuss the factors that contribute to community wellness/wellbeing in Waterloo region.
- Identify what is already being done to support community wellness/wellbeing.
- Learn about “collective impact” and gauge interest and importance in developing a common agenda for community wellness/wellbeing in Waterloo Region.
- Begin to identify areas of common focus.



2. Our journey to date - Mike Murray

Chief Administrative Officer - Region of Waterloo

Mike Murray is currently the Chief Administrative Officer with the Regional Municipality of Waterloo where he has overall responsibility for all of the Region's functions including Community Services; Public Health and Emergency Services; Transportation and Environmental Services; Planning, Development and Legislative Services; Corporate Services; and Human Resources and Citizen Service, and all related corporate support functions.



The Regional Municipality of Waterloo was asked by the community to provide “backbone support” to the Wellbeing Waterloo Region Initiative. The backbone organization provides common activities to support and facilitate collective impact. Over the lifecycle of an initiative, they:

- Guide vision and strategy development
- Support aligned activities
- Establish shared measurement practices
- Engage the community and build momentum
- Mobilize funding

Mike provided an overview of the journey to date [\(view a video of Mike's overview\)](#).

Why a wellbeing initiative?

Community wellness is shaped by a wide variety of conditions and systems in which individuals and communities are born, grow, work, live, and age. Waterloo Region is a community that has a number of partnerships which have made significant progress towards dealing with complex issues of community wellness/wellbeing. Over the past several years there have been many conversations that have identified some urgency to collaborate across these partnerships to further advance a more integrated, holistic approach to community wellness/wellbeing. This is premised on the belief that together can we create significant solutions to impact community wellness as there are so many factors and systems that interconnect and influence the wellbeing of the community.

The reason we are pursuing a community wellness initiative – the “WHY” – could be summarized as follows:

We are trying to do together what no organization has accomplished or can accomplish on its own. In order to create new, significant and impactful solutions, we wish to work together to identify and address collective priorities that will improve community wellness so that everyone in our community is able to thrive, and no one is left behind.

Goals of the Community Wellness/Wellbeing Initiative

The main goals of the Community Wellness initiative are as follows:

- **Engage in a collaborative process:** Create a process that brings community partners together to develop a shared vision of community wellness.
- **Develop a shared vision and collective plan for community wellness:** Develop a shared vision and collective aspirations related to community wellness, based on a desired future state. Based on the shared vision and analysis of the data, a limited number of priority areas for initial collective action will be developed.
- **Develop a coordinated measuring and monitoring approach to measure community wellness in Waterloo Region:** A commonly agreed upon set of indicators of community wellness will be identified to provide regular reports on the state of community wellness in Waterloo Region through a collaborative process.
- **Strengthen community capacity:** A series of development opportunities will be hosted in order to build community capacity.
- **Foster community engagement and communication:** A plan to engage and inform the community in the Community Wellness Initiative will be supported throughout the process.

The Framework for Wellness/Wellbeing

A common idea that was identified by numerous stakeholders was to adopt a broad framework to anchor this work. The Social Determinants of Health (SDOH) were seen as the appropriate framework to use as a starting point, as they help to define the multi-dimensional factors that connect and interact to impact community wellness.

The SDOH are the living conditions that surround us. They control our health in ways that not even the best health care systems or healthy choices can. They are bigger than our genetics and often affect a large group of people. We need to work together as a community to recognize, address and solve them in order to improve community wellbeing/wellness. They are described more in detail with the next agenda item.

Please note that the Social Determinants of Health framework may not be used or could be change or expanded on as our process unfolds as the framework will need to align with the measurement system.



Planning Approach Used

Collective Impact has been used as the approach to develop the Community Wellness Initiative model found within this document as it meets some of the needs from the discussions over the past several years and aligns well with the community discussions conducted to-date. They are described more in detail with the Collective Impact agenda item.

3. Factors that contribute to community wellness/ wellbeing: The Social Determinants of Health - Stephanie Lefebvre Manager, Service Collaboration Canadian Mental Health Association Sudbury/Manitoulin



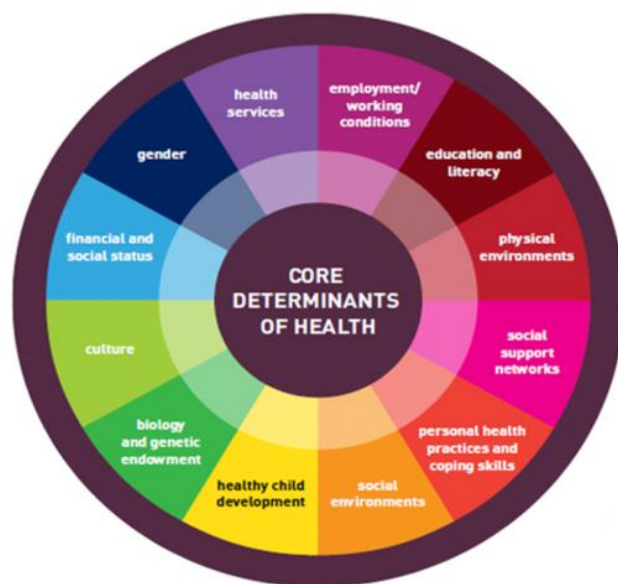
Stephanie provided the participants with an overview of the Social Determinants of Health ([view a video of Stephanie's overview](#)). The Social Determinants of Health (SDOH) were used as a framework to use as a starting point, as they help to define the multi-dimensional factors that connect and interact to impact community wellness. The Social Determinants of Health as defined by the Public Health Agency of Canada are:

1. **Income and Social Status:** Health status improves at each step up the income and social hierarchy. High income determines living conditions such as safe housing and ability to buy sufficient good food. The healthiest populations are those in societies which are prosperous and have an equitable distribution of wealth.
2. **Social Support Networks:** Support from families, friends and communities is associated with better health.
3. **Education and Literacy:** Health status improves with level of education.
4. **Employment / Working Conditions:** Unemployment, underemployment, stressful or unsafe work are associated with poorer health.
5. **Social Environments:** The importance of social support also extends to the broader community. Civic vitality refers to the strength of social networks within a community, region, province or country. It is reflected in the institutions, organizations and informal giving practices that people create to share resources and build attachments with others.
6. **Physical Environments:** The physical environment is an important determinant of health. At certain levels of exposure, contaminants in our air, water, food and soil can cause a variety of adverse health effects, including cancer, birth defects, respiratory illness and gastrointestinal ailments.
7. **Personal Health Practices and Coping Skills:** Personal Health Practices and Coping Skills refer to those actions by which individuals can prevent diseases and promote self-care, cope with challenges, and develop self-reliance, solve problems and make choices that enhance health.

8. **Healthy Child Development:** New evidence on the effects of early experiences on brain development, school readiness and health in later life has sparked a growing consensus about early child development as a powerful determinant of health in its own right. At the same time, we have been learning more about how all of the other determinants of health affect the physical, social, mental, emotional and spiritual development of children and youth.

4. What we are already doing to support community wellness/ wellbeing in Waterloo Region - Small group discussion

During this part of the forum each table was given the Social Determinants of health in the form of a wheel and were asked to write the name of their organization or collaborative next to the social determinant(s) of health where they are already doing work to support wellbeing. The information below provides a summary of the work mats in order to understand the work that is already going on from participants of the forum.



Please note: This below information is not an exhaustive list of all that work that is happening in the Waterloo Region as not every organization or collaborative was represented at the forum.

| Employment/ Working Conditions | Education and Literacy |
|--|--|
| <ul style="list-style-type: none"> • Canadian Index of Wellbeing • City of Waterloo - employment/job creation through development support • Community Advocate (FWMLO) • Community Support Connections • Economic Development. (Employer attraction, data) - Unionized Environment • Extend-a-Family Waterloo Region • Grand River Accessibility Advisory Committee • GRH Immigration Partnership • Immigrant Partnership Council • Immigration Partnership (IP) | <ul style="list-style-type: none"> • AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) • Canadian Index of Wellbeing • Children's Planning Table • Cambridge and North Dumfries Community Foundation • Cambridge Neighbourhood Organization • Community Advocate (FWMLO) • Children's Planning Table • Early Literacy Alliance of Waterloo Region • ELAWR • Family and Children's Services (FCS) • Educational Outcomes + Post Secondary |

| Employment/ Working Conditions | Education and Literacy |
|--|--|
| <ul style="list-style-type: none"> • JOWETT ROW + MG • Kitchener Downtown Community Health Centre (KDCHC) - Teal • Living Wage • Lutherwood • MP- Catherine Fife • Region of Waterloo • Rural Realities Network • Social Planning Council of Cambridge and North Dumfries • Social Planning Council of Kitchener • The Centre for Family Medicine • Travelwise • United Ways • University of Waterloo (UofW) - SEED • Waterloo Region District School Board (WRDSB) - Employment preparation (Co-op, OYAP, Experiential Learning). • Waterloo Region Housing Youthforce (Region of Waterloo) - opportunities for youth from low income housing communities to obtain work skills and experience • Woolwich Township • Working Centre • YMCA - Employment Services • Youth Employment (FCS) Collaborative-Ray of Hope • Youth Transitions Network • Regional Sustainability Initiative | <p>Grants</p> <ul style="list-style-type: none"> • FCS- CWECT Literacy Program • Grand River Hospital (GRH) • Hallman Foundation Funding • Interpreters/Senior Classes • Kitchener Downtown Community Health Centre (KDCHC) - Teal • KW Symphony Youth Orchestra Programs and School Programs • Let's Read • Immigration Partnership • LSHF • MP- Catherine Fife • N4L • Ontario Early Years Centers (OEYC) • Our Place • Region of Waterloo Public Health services • Rural Realities Network • School Resources Program • School Travel Planning • Social Planning Council of Cambridge and North Dumfries • Special Needs Strategy • St. Johns Ambulance- FAID CIL etc. • The Centre for Family Medicine • United Way Kitchener Waterloo and Area • United Way of Cambridge and North Dumfries • University of Waterloo Outreach Programs • Waterloo Public Library (WPL) • Waterloo Region Crime Prevention Council • Waterloo Region District School Board (WRDSB) • Waterloo Region Integrated Drugs Strategy • Waterloo Region Police Services (WRPS) - TRAT • Woolwich Community Health Center • Region of Waterloo Child care centers • YMCA |

| Physical Environment | Social Support Network |
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| <ul style="list-style-type: none"> • Access to all programs, KDCHC, • Accessibility of Public Spaces, Buildings • Age Friendly Community (Woolwich) • Age-Friendly Community Strategy • LSHF • AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) • All municipalities • CFFM Mobility Clinics • City of Cambridge - Built Environment Policy Encouraging Affordable housing + Visitable housing • City of Waterloo - Capital Investment in Parks etc. • City of Waterloo - creation of Public Spaces, Green Spaces + Open Spaces/parks/facilities (including maintenance) City Planning (land use) + e.g., Community centers • City of Waterloo Neighbourhood Strategy • Climate Action WR • Cambridge and North Dumfries Community Foundation • Cambridge Neighbourhood Organizations • Community Care Concepts WWW • Cycling Infrastructure • Emergency shelters • Extend-a-Family WR • Government <ul style="list-style-type: none"> - Wetlands - Agriculture - Green Spaces - Wood lots • GRAAC Woolwich Healthy Communities WRPCPC Neighbourhood engagement (PTEI) • Grand River Conservation Authority (GRCA)- flood control trails foundation funding • Hallman Foundation Funding • Healthy Communities • Hespeler BIA | <ul style="list-style-type: none"> • AFC (Woolwich) • AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) - all programs address this • Arts Fund • Baby Connections • BBBSWR • Cambridge and North Dumfries Community Foundation • Cambridge Mobilization Team • Cambridge Neighbourhood Association • Cambridge Recreation – Youth -Seniors- N/A's • Care Partner Support • CFFM Health Links • Churches • City of Cambridge Friendly Visiting Seniors Programs • City of Waterloo - Affordable Housing Support (waiving fees etc.) - support for neighbourhood associations - neighbourhood strategy • City of Waterloo neighbourhood assoc. + community services dept (eg. • CKW YMCA • Cambridge Neighbourhood Organizations • Community Advocate- (FWMLO) • Community Belonging • Community Care Concepts WWW • Community Development and Volunteer Development • Community Justice Initiatives • Community Support Connections Woolwich Rec- Youth Centre/Seniors Centre, Rec Centres • Connectivity • Connectivity Tables (multiple links) • CPC- Neighbourhood Work • CPT • Cultural Diversity @ YMCA • Emergency Housing and Shelter • Equity + Inclusion Committee at WRDSB • Extend-a-Family WR |

| Physical Environment | Social Support Network |
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| <ul style="list-style-type: none"> • House of Friendship • House Stability Collaborative (Region) • Housing + Homelessness 10-year community plan (Region) • Housing Stability System • KidsAbility Rec. Therapy • Kinbridge Community Association • Kitchener Community Gardens • Kitchener Downtown Community Health Centre - Teal • Kitchener Waterloo Community Foundation • KW Habilitation • Langs Community Health Center • Lutherwood • Ontario Works • Parks + Rec Centers • Productive Healthy Learning and Wellbeing Conditions • RAIN Smart Neighbourhoods • REEP Green Solutions • Region of Waterloo - Official Plan (condos, suburbs, macro plans) • Region of Waterloo - Protected Country Side • Region of Waterloo - Roads • Region of Waterloo –Housing • Region of Waterloo Public Health services • Region of Waterloo -Transportation (GRT, Ion, Roads, Airport) • Rural Realities Network • Settlement services helping newcomers with housing • Silverheights Neighbourhood Assoc. • SPCCD- CAHG • St. Johns Ambulance- Medical First Response • Emergency Response Team • Grand River Hospital • Sustainable Waterloo Region • Township of North Dumfries • Township of Woolwich- parks, roads, trails • U of W- SEED • United Way- Neighbourhoods | <ul style="list-style-type: none"> • Faith Communities • Family and Children's Services Family Finding Initiative • Friends, Family Neighbours • Grand River Hospital Mental Health + Addictions • Groups to participate in KDCHC • Hallman Foundation Funding • Cambridge Mobilization Team • Hospice Waterloo Region • House of Friendship • HW- Counselling • HWCF Investment Strategies • Volunteerism • -government • -not for profit • Immigration Partnership • Kinbridge Community Association • Kit/Cambridge Mobilization Team • Kitchener Downtown Community Health Centre - Teal • Kitchener Waterloo Community Foundation • Kitchener Waterloo Multicultural Centre • Langs Farm Community Health Centre • LSHF • Lutherwood • MT Space • Multicultural - Bridging Resources • N4L • Neighbourhood Organizations • Neighbourhood strategy • Age friendly community initiative • Neruda Arts • New Story Group- belonging indicators • Newcomer Youth @ YMCA • Ontario Early Years - Our Place • Pathways to Education • Preston Heights Community Center • Rainbow Community Council Outlook Study • Ray of Hope Clothing • REEP • Region of Waterloo Housing services |

| Physical Environment | Social Support Network |
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| <ul style="list-style-type: none"> • Waterloo / Wellington Local Health Integration Network • Waterloo Public Library • Waterloo Region Crime Prevention Council • Waterloo Region District School Board • Waterloo Region Police Services- Crime prevention through environmental design CPTED • Woolwich- Age friendly plans, hub • YMCA | <ul style="list-style-type: none"> • Region of Waterloo Public Health services - Peer Programs, • Cambridge Neighbourhood Organizations • RRN • Seniors Wellness Centre • Settlement Services • Silverheights Neighbourhood Association • Social Planning Council of Cambridge and North Dumfries • Special Needs Strategy\System • The Working Centre • United Way of Cambridge and North Dumfries • United Way Kitchener Waterloo and Area • Vital Signs • Waterloo Public Library • Waterloo Region Crime Prevention Council • Waterloo Region District School Board (WRDSB) • Waterloo Region Family Network • Waterloo Region Integrated Drugs Strategy • Waterloo Region Legal Services Crime Prevention Neighbourhood/ Community Engagement work + say hi • Waterloo Region Police Services - Social Media, Its your call and referrals to agencies/connectivity tables • Woolwich Community Health Center • Township of Woolwich - age friendly plans -"Hub" • YMCA – OEYC - Immigrant and Employment services • Youth Onset Dementia Group • YSI |

| Personal Health Practices and Coping Skills | Social Environments |
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| <ul style="list-style-type: none"> • AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) - Harm Reduction • City of Waterloo <ul style="list-style-type: none"> - rec center and programs - fee assistance programs • Cambridge Neighbourhood Organizations • Waterloo Region District School Board - EFAP <ul style="list-style-type: none"> - staff wellness - student well-being/school focus • Community Care Concepts WWW • Connectivity Tables • CKW YMCA • CSFB- Peer Health • HW- Counselling Day Program • Kinbridge Community Association • Kitchener Downtown Community Health Center • KW Habilitation • Neighbourhood Groups/Municipalities • OEYCs <ul style="list-style-type: none"> Infant + Toddler Mental Health Training for Community Workers • Personal Counselling Services • Preston Heights Community Center • Region of Waterloo Public Health services <ul style="list-style-type: none"> - prevention eg. Breastfeeding support, handwashing, food preparation • SHORE Centre • Silverheights Neighbourhood Association • The Working Centre • Waterloo Region Crime Prevention Council • Waterloo Region Integrated Drugs Strategy • Waterloo Region Police Services <ul style="list-style-type: none"> - mental health - anger management • WR Sexual Health Youth Strategy • WRPS- Connectivity tables • YMCA- OEY • YMCA | <ul style="list-style-type: none"> • Age Friendly Community (Woolwich) • AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA) • All Libraries • Cambridge and North Dumfries Community Foundation • Cambridge Neighbourhood Organizations • Carizon • CFFM Health Links • City of Cambridge Recreation • City of Kitchener Neighbourhood Focus • City of Waterloo - Neighbourhood Strategies - Engagement, social media, engage Waterloo (online feedback tool) • Coalition of Muslim Women • Committee- Social Justice +Health Equity + Social Groups, on the street • Community Advocate (FWMLO) • Community Care Concepts WWW • Community gardens • Community Justice Initiatives • Community Support Connections • CPC: Janes Walk, Say Hi • Creating safe, healthy, vibrant housing communities (Region) with a mix of income levels • Cultural Diversity @ YMCA • Equity + Inclusion Committee at WRDSB • Extend-a-Family WR • Faith Communities • Family and Children's Services - Family Center • Family Support Groups • Government <ul style="list-style-type: none"> - citizen engagement - community - neighbourhoods • Grand River Accessibility advisory Committee • Grand River Hospital • Hallman Foundation Funding • House of Friendship - community centers • HW- Day Programs |

| Personal Health Practices and Coping Skills | Social Environments |
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| <ul style="list-style-type: none"> House of Friendship - addiction services | <ul style="list-style-type: none"> Immigration Partnership Kinbridge Community Association Kitchener Downtown Community Health Center- Teal Kitchener Waterloo Community Foundation KW Habilitation KW Symphony Bridge to Music + Health + Wellness KW Symphony- Community Outreach Program: Concerts and activities outside the concert hall eg. Retirement homes, prisons, workplaces, community centres LSHF Lutherwood Neighbourhood associations Neighbourhood Community Centers (groups) OEYC- YMCA Peer Programs Region of Waterloo Public Health Rainbow Community Council and Outlook Study Region of Waterloo - Ontario Works Region of Waterloo Public Health services Rural Realities Network Silverheights Neighbourhood Association Social Planning Council of Cambridge and North Dumfries Special event celebrations Strong Start Charitable Organization (Get ready for school) Sustainable WR The Working Centre Township of North Dumfries United Way KW & Area United Ways Violence Prevention Committee of Crime Prevention Council Waterloo Public Library Waterloo Region Crime Prevention Council Waterloo Region District School Board - Equity & Inclusion, - Healthy |

| Personal Health Practices and Coping Skills | Social Environments |
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| | <p>Relationships, Fourth R/WITS, Public safety - Diversity outreach</p> <ul style="list-style-type: none"> • Waterloo Region Family Network • Waterloo Region Integrated Drugs Strategy • Waterloo Region Police Services - social response twitter • Waterloo Wellington Local Health Network • Wellness Center • YMCA - Immigrant + Employment Services- Settlement Services, Teen Drop-in Zone • YMCA- Ontario Employees • Youth + Women's Programs • YSI |

| Healthy Child Development | Biology and Genetic Endowment |
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| <ul style="list-style-type: none"> • ArtsPlay Therapy • Baby Connections Special Needs Strategy (KidsAbility) • BBBSWR • Breastfeeding Support • CACP • Cambridge and North Dumfries Community Foundation • Cambridge Neighbourhood Organizations • Cambridge Self Help Food Bank- making healthy baby food • CAP • Carizon • CFFM • Children's Planning Table - service alignment and capacity • CITS- School and Family Programs • City of Cambridge Recreation • City of Waterloo- Active Living Program • CKW YMCA • Community Advocate (MwMLO) • Community Outreach • CPNP • Crime Prevention Council • Delton Glebe Counselling Center • Early Literacy Alliance of WR | <ul style="list-style-type: none"> • Accessibility for Ontarians Act • CFFM Health Links • Family and Childrens Services - FASD Group, Specialized Programs, Sunblast/Imagination Station, Special Needs Daycare, Family Center • Grand River Hospital • Grand Rivers Accessibility Advisory Committee • KidsAbility - Hub • Kitchener Downtown Community Health Center • Kitchener Downtown Community Health Center- Teal • KW Habilitation • OK 2 Be Me • Public Health- Prenatal health • Region of Waterloo Public Health services • SHORE Center pre-conception health • Strong Start Charitable Organization • Water Region District School Board - accessibility and awareness of supports • Waterloo Wellington LHIN • White Owl Native Organization (Epigenetics) • Woolwich Community Health Center |

| Healthy Child Development | Biology and Genetic Endowment |
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| <ul style="list-style-type: none"> • Early Years Center • Elmira Family Centre • Extend-a-Family WR • Family + Children's Services • Family Violence Support • FASD • FCS- Child Maltreatment, Child Dev. (Children in Care), Child Well-Being • Government - recreation • Grand River Hospital -Pediatric Programs • GVI Reintegration • Hallman Foundation Funding • HKCC High Five Rec/Leisure/Sport Programs • House of Friendship • Immigration Partnership • Intergenerational Program Children/Seniors • Kids N Cops • Kidsability • Kinbridge Community Association • Kitchener Downtown Community Health Center - Breast Feeding Day Care - Teal • Kitchener Public Library and all libraries • Kitchener Waterloo Community Foundation • Kitchener Waterloo Multicultural Centre • KW Habilitation • KW Symphony- Youth Orchestra program: cross-region, socializing youth, teaching collaboration • LSHF • Lutherwood • MP- Catherine Fife • N4C • Nutrition + Learning • Ontario Early Years - ER • Our Place Family Resource- O.P. • Parenting, Positive Parenting Table • PHCC- Early Program Years • Prenatal Nutrition • Public Health- healthy babies, healthy children | <ul style="list-style-type: none"> • Woolwich Community Services |

| Healthy Child Development | Biology and Genetic Endowment |
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| <ul style="list-style-type: none"> - screening programs • Region of Waterloo Children's Centers • Region of Waterloo Public Health service • Rural Realities Network • Schools • SHORE Center • Silverheights Association • Special Needs Strategy • St. John's Ambulance- Babysitting Home Alone • Strong Start Charitable Organization • Student Nutrition Programs (SNP) • Township of Woolwich- Parks, recreation, Programs - age friendly plan -the hub Elmira family centre • United Ways • Waterloo Public Library • Waterloo Region Crime Prevention Council • Waterloo Region District School Board - Early Learning, Child Care (Before and after school) early child development program - before/after care • Waterloo Region Integrated Drugs Strategy • Waterloo Region Police Services - Breakfast programs - Youth Protection Unit - child and youth advocacy centre • Waterloo Region Sexual Health Youth Strategy • Waterloo Wellington Local Health Integration Network • Woolwich Community Health Center • YMCA Child Care • YMCA/YWCA • Youth Community Impact (UW, Cambridge) | |

| Culture | Financial and Social Status |
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| <ul style="list-style-type: none"> • AIDS Committee of Cambridge Kitchener Waterloo and Area • Arts Fund • Cambridge Neighbourhood Organizations | <ul style="list-style-type: none"> • AFC Neighbourhood Strategy • Affordable Housing • Cambridge and North Dumfries Community Foundation |

| Culture | Financial and Social Status |
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| <ul style="list-style-type: none"> • Cambridge North Dumfries Community Foundation • Cambridge Recreation Festivals + Events Arts Programs Cultural Celebrations • Carizon- Promise of Partnership • CFFM Refugee Health Clinics • CITS Performing Arts Centre • City of Cambridge Arts + Culture Plan • City of Waterloo - Community Outreach- Culture Improvement Plan - grants- festivals - Culture Plan • CKW YMCA • Community Advocate (FwMLO) • Community Support Connections • CSHFB • Cultural Diversity Program @ YMCA • Diversity Partnership with YMCA + C of C • Equity + Inclusion Commitment WRDSB • Family and Children's Services - Communtiy Hub (grass roots org dev)- Family Centre/Resilience Project • Government <ul style="list-style-type: none"> -Heritage - Arts • Grand River Accessibility Advisory Committee • Grand River Hospital • House of Friendship • HVNA • HW • Immigration Partnership - language, training, .c etc. • Indigenous Bereavement Support Group Projects • Kinbridge Community Association • Kitchener Downtown Community Health Center - focus groups, meals, aboriginal centre - Teal • Kitchener Waterloo Multicultural Center • KW Symphony <ol style="list-style-type: none"> 1. Bridge to Music Program- lessons for youth without \$ to pay 2. Youth Orchestra Program: cross-region, | <ul style="list-style-type: none"> • Cambridge Neighbourhood Organizations • Cambridge Recreation <ul style="list-style-type: none"> -AFL "activities for less" -Financial assistance to programs and rec services • Carizon- Credit Counselling • CITS Community Ticket Program • City of Cambridge Financial Subsidy • City of Waterloo - Budget policy & process <ul style="list-style-type: none"> - controlling tax increases • City of Waterloo- Fee Assistance • Collective Impact Initiative of Innoweave Foundation • Community Advocate (FwMLO) • Community Care Concepts WWW • Community Centers- low income neighbourhoods • Community Justice Initiatives • Community Legal Services • Community Outreach • CSHFB • Employment and Income Support • Enhanced subsidy/rate reduction program for seniors • Extend-a-Family WR • Family and Children's Services - Financial Literacy (Youth in Care) - poverty connection to child maltreatment • Government <ul style="list-style-type: none"> - access programs - subsidies • Grand River Hospital • GVI Integration • Hallman Foundation Funding • HHUG (Homelessness + Housing Umbrella Group) • House of Friendship - housing, shelter, food • Immigration Partnership Council • Kinbridge Community Assoc. • Kitchener Downtown Community Health Center – Teal - assist with applications and access/med + ortho + transport • Kitchener Waterloo Community |

| Culture | Financial and Social Status |
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| <p>socializing youth, teaching collaboration</p> <p>3. Community Outreach program: concerts and activities outside hall</p> <p>4. Health + Wellness Program: reaching retirees, hospital patients, linking to research into aging</p> <p>5. Much wider contribution to societal health: concerts, schools, helping abstract inward investment and immigration of talent</p> <p>6. Community individuals and groups as performers on stage with KWS</p> <ul style="list-style-type: none"> • KWCK • MP – Catherine Fife • MT Space • Neruda Arts • Newcomer Youth Program @ YMCA • Ontario Early Year Centers • Public Health <ul style="list-style-type: none"> - Immigrant + refugee programming - Building cultural competency for indigenous peoples • Rainbow Community Council • Settlement Programs • SHORE • Silverheights Neighbourhood Association • The Working Centre • Township of North Dumfries • Township of Woolwich • Waterloo Public Library • Waterloo Region Crime Prevention Council (eg. Cultural norms, racism) • Waterloo Region Crime Prevention Council: Truth and Reconciliation • Waterloo Region District School Board <ul style="list-style-type: none"> -Faith/Religious Account -Recognition of Indigenous Populations • Waterloo Region Integrated Drugs Strategy • WR Welcomes Refugees • YMCA Immigrant + Employment Services- Settlement Services | <p>Foundation</p> <ul style="list-style-type: none"> • Kitchener Waterloo Multicultural Centre • Living Wage WR • Lutherwood Housing • MP- Catherine Fife • Outreach Program • Pathways to Education • Region of Waterloo - Public Health <ul style="list-style-type: none"> - Subsidized dental programs • Region of Waterloo - Community Services- Employment Services • Rural Realities Network • Social Planning Council of Cambridge and North Dumfries - Living Wage • Strong Start • United Way Cambridge and North Dumfries • United Way KW and Area • University of Waterloo - SEED • Waterloo Region Crime Prevention Council • Waterloo Region District School Board - Student Equity Index - differentiated supports • Waterloo Region Police Services - CRO Program • Woolwich Community Health Center • Working Centre • YMCA of CKW - Employment • YSI |

| Gender | Health Services |
|--|--|
| <ul style="list-style-type: none"> • AIDS Committee of Cambridge, Kitchener, Waterloo and Area - GMSH, Youth, ACB, Womens services • Cambridge and North Dumfries Community Foundation • Cambridge Neighbourhood Organizations • CFFM Health Links • City of Waterloo- Community Outreach • CMW-KW • Community centres - girls clubs • Community well being assessment- Woolwich, Wellesley, + Wilmot (5 agencies) • Extend-a-Family WR • Family Violence Project • Fife's Sidekick • Grand River Hospital concurrent d/o group for women, Breast CA screening + Tx • GVI integration • Hallman Foundation Funding • HE for 2HE @ UW • House of Friendship • IVP- WCS- FVP- FCS • Kinbridge Community Assoc. • Kitchener Downtown Community Health Center - Teal - all health including ortho, meds, dental, mental etc.- LGBTQ Space (Looking at safe injection, gender free washrooms) Inclusionary Services Access • Kitchener Waterloo Community Foundation • Kitchener Waterloo Multicultural Centre • KW Counselling- OK to be Me • Lutherwood/KW Counselling New Mentality • Muslim Women's Coalition • OK to Be Me/OK2 • Rainbow Community Coalition • Region of Waterloo - Public Health -targeted programs for boys + girls re. healthy development -LGTBQ Initiatives • Rural Realities Network- poverty reduction focus • Sexual Assault Support Centre | <ul style="list-style-type: none"> • AFC (Woolwich) Neighbourhood Strategy • Breastfeeding Clinics/Buddies • Cambridge Neighbourhood Organizations • Carizon • CFFM Health Links • CHC's and Outreach Programs • Community Advocate (FwMLO) • Community Care Concepts WWW • Community Health Centres • Community Support Connection • Connectivity Tables • CTC/Day Programs/Clinics • Delton Glebe Counseling • Extend-a-Family WR • Family and Children's Services - Health Services- YIC - SCAN- child abuse • Fife's Sidekick • Food Assistance Network • GRAAC • Grand River Hospital - Mental Health + Addictions • GVI Reintegration • Hallman Foundation Funding • Health Links Mobile Crisis 24/7 • Hospice Waterloo Region • Hospitals • House of Friendship - Addiction Services • Housing Collaborations with health services (LHIN/CCAC) for senior supports to stay "housed" (Region) • HW- Medical Clinic • ICDCHC • Immigration Partnership • Individual and Couple Counselling • Integrated Drugs Strategy • Kinbridge Comm. Assoc. • Kitchener Downtown Community Health Center - Teal - all health including ortho, meds, dental, mental etc. • KW Habilitation • KW Symphony- Health + Wellness Program: Reaching retirees, hospital patients, Linking to research into aging • KWCF |

| Gender | Health Services |
|---|---|
| <ul style="list-style-type: none"> • SHORE Center • Silverheights Neigh. Assoc. • Spectrum • Story Sheroes • Tri Pride • Waterloo Region Crime Prevention Council (violence prevention) • Waterloo Region District School Board - LGTBQ/Transgender initiatives -Equity + inclusion - Gay/Straight Alliance • Waterloo Region Police Services + Counselling - Domestic Violence – DART- Violence against women Forum • Woolwich Township • YMCA CKW | <ul style="list-style-type: none"> • Langs Community Health Centre • Local Health integration Network • LSHF • Lutherwood - Children's Mental Health • Mental Health Strategy • MP – Catherine Fife • Physicians • Region of Waterloo - Public Health services – Clinics - Immunization, TB etc. • Senior Services • Senior Support Connections • SHORE Center • SJA Therapy Dog Home Caregiver Support • Sunnyside Senior Services • The Working Centre- Job Café • United Ways • Waterloo Public Library • Waterloo Region Crime Prevention Council – Integrated drugs Strategy • Waterloo Region District School Board- Healthy Schools Initiative (food + nutrition, health) • Waterloo Region Police Services - mental health response/intervention - Mental Health Crisis Nurse Program • Waterloo Wellington LHIN - Health system planning, funding and integration • Woolwich Community Health Centre • Working Center- Psych Outreach Programs • YMCA |

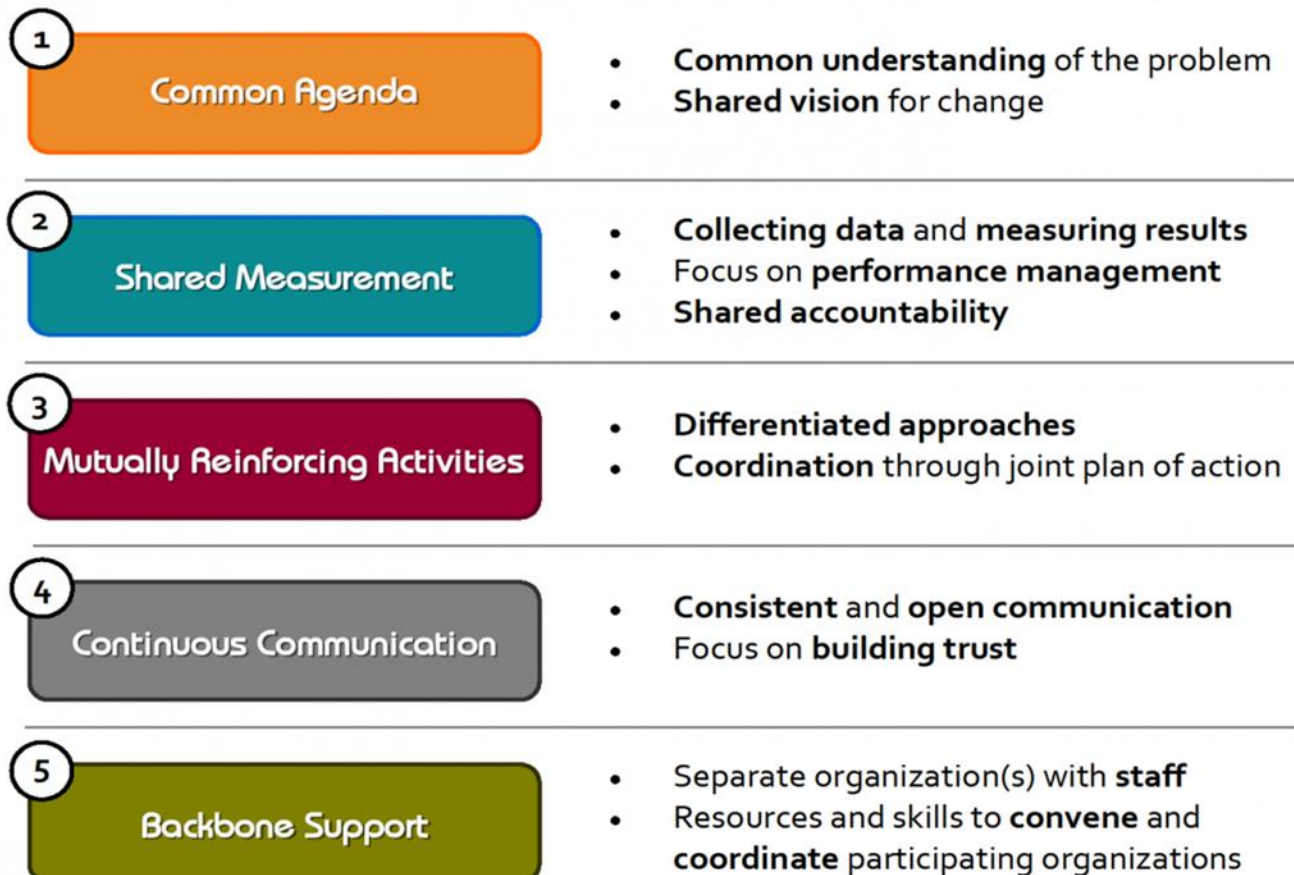
5. Collective impact approach to community wellness/ wellbeing - Sylvia Cheuy- Director, Deepening Community-Tamarack Institute

Sylvia is the Director of the Tamarack Institute's Deepening Community Practice area, focusing on the role that citizens play in creating dynamic and well-connected neighbourhoods and communities. Sylvia provided an overview of the Collective Impact Approach ([view a video of Sylvia's overview](#)), which is a structured approach to work on complex issues and achieve significant and lasting social change by multiple sectors coming together on a common agenda, shared measurement and alignment of effort. The approach is premised on the belief that no single policy, government department, organization or program can tackle or solve the increasingly complex social problems we face as a society. John Kania & Mark Kramer identified five key conditions for a successful Collective Impact approach (Figure1) which have been incorporated into the draft approach and process in the subsequent sections.



Figure 1:

The 5 Conditions of Collective Impact



6. What keeps you up at night?

Small group discussion

From the perspective of Social Determinants of Health the participants were asked to discuss what keeps them up at night? The following information was generated at each of the tables.



What keeps you up at night? (alphabetical order)

Access to services and resources

- Access to good education - too many kids who don't go to school every day
- Access to mental health services - across the ages
- Access to support and services in the Rural communities
- Access to support systems
- Closing mainstream churches - Losing informal supports, spaces, funders, etc.
- Demands to assist people dealing with mental health challenges - resources seem inadequate and not coordinated. Can lead to death and has in many ways, e.g. suicide
- Ethical piece of being at capacity - not able to help or not mandated for it, How do you walk away - the risk factor
- Lack of Addiction Support resources
- Longer term programming
- Money for health care
- Oral health
- People who most need resources are often least able to access them
- Pharmacare
- Supports for families who struggle
- Waiting lists of people who need health care

Active community

- Don't have sidewalks - no ability to walk around neighbourhood
- Obesity and physical inactivity/activities rates

Addictions

- Addiction and mental health; cross-generational
- Addictions and drug abuse - growing extent; question services/responses
- Escalating mental Issues – youth - addictions

Affordable and supportive housing

- Complex housing needs: affordable housing; adequate income; adequate support - this is the area of most complexity
- Homelessness
- Housing: safe, accessible, affordable for all (including utilities), to purchase or rent
- How do we create enough housing at affordable levels to meet the needs in our community (with fairly inadequate resources)?

What keeps you up at night? (alphabetical order)

- Non-action - poverty, homelessness - in a big way

Belonging

- Culture: political climate of fear; perception of fear; fear of others, discrimination
- Declining sense of neighbourliness
- Diversity/inclusion - help new immigrants/refugees be a Healthy contributing member of communities
- Embracing and Celebrating Diversity
- Fear that our community will become clustered - income levels, cultures, etc.
- Isolation
- Opportunity to interact and socialize, active, included
- Privilege - inclusion
- Privilege/empathy
- Racism/hate crimes/fear of others
- Social inclusion and isolation/lack of feeling connected (social support network), inclusion, belonging/loneliness - navigating systems, asset based community development
- Social inequality
- Stigma that blocks people from accessing resources, mental health resources, improper, inadequate funding, lack of coordination
- Stigma/discrimination in our community
- The Lack of willingness to step up and lead or volunteer

Children

- Child programming, education - will my Children have the same experiences I had?
- Children - hungry
- Children's education
- Early child development - first 1,000 days - attachment
- Effect of positive parenting on all outcomes (including effect of trauma; attachment issues)
- Equity of learning for children and youth (to be successful).
- Families not feeling connected and unaware of available services (isolation)
- Healthy child development
- Rate of chronic disease and prevalence in children
- What does the future hold for my two grandchildren? What needs to happen so they are Healthy, safe and achieve their potential?

Collaboration

- Collaboration: we talk it but don't act it
- Inability to come together to leverage resources. Risk is huge as well all feel resources are shrinking and pull back on our work. Are resources really down? (overall)
- Loss of trust in institutions
- Siloed organizations
- Support - challenges in cross-sectoral collaboration place individuals/families at risk
- The missed opportunity to deal with issues that could be addressed with a whole of community approach, e.g. graduation rates, school boards are trying to address on their own, not their

What keeps you up at night? (alphabetical order)

sole responsibility. Lots of reasons Children drop out and Impact of that has huge negative consequences downstream on cost of health care, mental health, crime, etc.

Culture and recreation

- Entertainment options in community
- Places for active lifestyle

Education and Literacy

- Early literacy needs to be a burning issue
- Education and literacy, someone needs to facilitate the process, resource it
- EQAO Result performance of WR schools - below standard
- Literacy (digital, print)
- Literacy rates
- Youth and success in school: specifically to include recent immigrant and refugee youth; decreasing barriers to access; equity of learning

Employment

- People left behind - jobs not matched: under-employment
- Underemployment or unemployment:
 - for people with disabilities
 - for youth - I am concerned about opportunities for the young people in our community so hard to even find a service job - whole generation without opportunity to contribute, opportunities for the future
- Untapped opportunity
- Youth engagement and family - tap into assets

Engaging people

- Full community engagement
- That we are losing out on opportunities for real transformational change because we aren't/don't know how to listen to the people who don't show up to conversations like this

Environment

- Climate change - energy
- Environmental degradation
- Environmental, climate crisis, and non action of most people
- Our communities detachment from our Environment
- Promoting farmland for development
- Protecting water

Food security

- Healthy Food availability & prices; too expensive. Very hard to eat healthy food or know where food comes from
- Hungry kids: unable to learn effectively, poverty; lifestyle; support systems

What keeps you up at night? (alphabetical order)

Funders and funding

- Funders that contribute to belonging and competitiveness
- Funding
- Given the level of existing Support for NFPs in the Region, most of which are operating efficiently, is it realistic to expect more resources for even better work?
- How we can mobilize resources to address these issues
- Lack of funding to critical Support services
- Stop the pilot project madness - if it works, keep funding it, not killing it

Individual desire/need vs. common good

- Individual needs vs. needs of common good (collective) - lack of trust in institutions, i.e. fluoride debate
- Our society very individualistic

Mental health

- Mental health (support for healthy workforce, employees model for students/clients)
- Mental health and addiction
 - services that are accessible
 - support services
 - on the increase
- Mental health issues increase in youth (anxiety).
- Question extent of problems; inadequate responses

Miscellaneous

- Pending loss of Waterloo Region Record - a community newspaper
- Resilience

More work, higher needs, less resources

- More needs - increase volume and increase complexity
- More work, not enough hours in the day - No new resources
- The Issues are too big to solve without major policy change - not enough resources/focus on prevention.
- We're seeing people in crisis and when caregivers are burnt out and we wonder what preventative measures could have occurred - from children - seniors; when the wheels go off we are all in crisis

Poverty

- Economic inequality: new Canadians; young workers; unemployment; rich getting richer/Growing Disparity: stigma/shame/isolation
- Effects of poverty (for example ON/ODSP, living wage) on health
- Equity - there seems to be growing disparity between the haves and have-nots
- Figuring out how I can guarantee that my grandkids have a future with Food, Housing, Employment, and a sense of value
- Financial stability
- Gap between rich and poor - living wage/minimum wage

What keeps you up at night? (alphabetical order)

- Growing disparity of incomes
- Growing economic/social inequality in the Region, which is proven to deprive those at the bottom
- Ability to meet basic needs with dignity: housing; food security
- Poverty - 1 in 7 children (can have more impact with a focus on youth)
- How to deal with poverty elimination - need all levels of government to recognize and change this.
- Inequity/Income inequity:
 - larger societal barriers that create conditions Where people and communities are placed at risk
 - in the community: low incomes - ON/ODSP rates, precarious employment; access to safe affordable housing
 - poverty; homelessness
- Low wages - working poor, building skill set- social isolation
- Poverty:
 - and social Equity - not everyone in our community has access to the same choices and opportunities
 - reduction
 - disparity

Prevention

- Prevention and bridge-building are necessary
- We continue to leave too many people behind.
- Need to finally invest in the prevention side of the scale

Seniors

- Addictions/alcoholism
- Isolated seniors falling into crisis and require intensive clinical care as a result
- Senior health care
- Seniors living in Poverty

Services becoming more bureaucratic

- Eliminate the administrative bureaucracy that stifle innovation, collaboration
- Growth of administrative bureaucracy as an end, not a means (tail wags the dog is scary - dog needs to wag the tail)
- Lack of true, genuine understanding/empathy from some service providers - judgment, attitude
- Provider isms
- Region is becoming less community; focused and more bureaucratic; lost their focus/unapproachable
- That we reinvent all the time while people in our community continue to fall behind, and that we don't see the privilege of that - and should

Transportation

- Accessible
- Connected transportation system

What keeps you up at night? (alphabetical order)

- Affordable transportation

Wellbeing Waterloo Region Initiative

- Call of diversity in community leadership, i.e. in this room!
- Ensure action
- Grass roots, Neighbourhood based needs assessment. we need to find out what each individual Neighbourhood needs and then link them with resources and services
- How do we Impact policy?
- How do we shift to a Collective community mindset
- Impact measurement processes.
- Inability to see progress (negative news gets the attention; are we getting ahead?)
- Lack of understanding of the positive aspect of mental health and wellbeing
- More \$ for action
- Narrowing focus - all the things that require change - limited time
- Not another planning group.
- How to meaningful engage beyond social service sector agencies?
- Do not duplicate efforts - right people, right table, right time
- Preaching to the choir - need the engagement of: more; new; different people to add to the passion, skill, expertise that is already working on this/these issues
- Someone needs to facilitate this. Resource and support to a lead to make sure it happens: financial resources; visionary; research/data resources; strategic thinkers with actions for key players in community to execute (i.e. Region of Waterloo)
- That these questions are always asked of service provider management and not actual community members
- We need significant policy change
- We talk a lot about collective impact, but are we?
- What is the burning platform?
- What is there community energy for?
- Lack of upstream thinking

Syrian resettlement

- Capacity of community - formal and informal to respond to - inclusion, etc. - one year in
- Long term impacts of trauma
- Recent refugees and social supports: mentoring, nurturing - not much focus on children (especially high school age) - what happens in month 13 - pay more attention
- Refugee and immigrant inclusion and support beyond (12 months), more focus needed on youth and children
- Settlement of new Canadians/refugees

The following word cloud represents all of the responses that keep participants up at night.

Waterloo homelessness question
accessible increase disparity stigma
safe healthy collaboration
happen food action
refugee Region support
new immigrant privilege
able individual crisis inequality
time impact senior neighbourhood
rate care engagement
community resource
addiction mental future
focus youth service person
equity including help
good work equity
funding poverty lack need health
policy affordable issue access opportunity
collective fear inclusion opportunity child
prevention diversity etc isolation school housing
connected provider literacy income level growing
enough right day behind risk inadequate wage family
becoming common capacity development transportation
complexity administrative bureaucracy



7. The top areas of focus to improve community wellbeing

Given what you know and your experience, what are your top three areas of focus for the community wellness/wellbeing initiative? The following areas of focus were identified in the small group discussions and are in order of most identified to least.

Suggested Areas of Focus

Belonging

- Belonging across the age span, e.g. infancy belonging looks like attachment.
- Community connectedness, sense of belonging - all ages – in neighbourhoods, schools, workplaces, families, neighbours
- Building a sense of belonging - figuring out what belonging means to each person. Inclusive belonging
- Sense of community - sense of belonging; feeling safe; community support.
- Encouraging mindful and compassionate communities and policy making - Belonging and connection to Each other
- Absence of informal supports ie. families, neighbours as care-givers, isolation and loneliness
- Neighbourhood informal networks and place-making.
- Promoting mindful community including mindful policy makers and policies, i.e. Mindfulness - coping skills at the level of individuals and fostering connectedness among citizens.
- Social cohesion / belonging / volunteerism/ cultural inclusion; Action idea #2 - neighbourhood strategy.
- Social inclusion and sense of community - authentic interactions.
- Diversity and inclusion - individuals, groups, population groups and communities.
- Culture: fear of others, hate crime; discrimination; perception of fear; political climate of fear. Physical: accessibility - sidewalks; separation from nature; degraded landscape.
- Discrimination, fear of the other

Child Health and Wellbeing/Support to families

- Early childhood development
- Inequitable childhood development
- Support for Youth being successful in school - include recent immigrants.
- Youth and family engagement
- Passion: inadequate equitable child development; prevention; take it seriously. Food needs - access to food, healthy foods - how to eat healthy. Prenatal period
- Children that have a reduced life opportunity from before birth. Lets think and act long term and have the courage to stick with it
- Early childhood development equitably for all
- Monitoring and support for children in-utero - 2 yrs.; 30 yrs.? Real support not 15 business cards filled with inaccessible services - or services unable to serve those in need. We know what works - lets do it. Make it a longitudinal study, too
- Early interventions for youth (before the problem; preventing rather than intervening) - looking upstream (this is a huge topic to cover)
- Best Start for Children: positive; healthy; reducing any type of trauma; meaningful connections and experiences

Suggested Areas of Focus

- Literacy - early childhood, adult Literacy, family literacy
- Trauma and attachment interventions (see adverse childhood experience study)

Service coordination

- Identify a way to coordinate health and social service providers to create care plans for clients.
- Amalgamation issues - can't access different services in community because of arbitrary boundaries
- Healthy Child development (including pregnancy) - wrap around approach to address the needs
- Making all relevant services more personal and less automated and impersonal.
- Access and education about existing resources
- How do we get high functioning programs (i.e. early health Child programs) and get them to people who are not accessing these currently
- Availability of resources and communication/better coordination of services for navigation.
- Using resources effectively
- Better use of similar resources; duplication of services
- Co-operation - How to

Income

- Poverty:
 - living wage (income inequality)
 - poverty/inequality - underpins Housing, transportation, Food insecurity, etc.
 - Income inequity - radical policies to put financial power in hands of those who currently do not have this power (i.e. tax wealthier at an even greater percentage)
- Meeting basic needs with dignity through living income
- Cost of Living: access to safe affordable housing; access to affordable healthy food, transportation and housing
- Guaranteed income
- Water (bills too high etc), energy
- Financial: low wages; under-employment; skill, education; cost of living

Mental health

- Mental health; increasing
- address body, mind, spirit - access to mental health
- Social isolation and mental health wellbeing and stigmatization
- Supports for families struggling with mental health issues.
- Promoting mental health resilience (preventive, life course from infancy to older age - across the age spectrum).
- Youth access to mental health

Access to services

- Oral and pharma care for all ages based on income
- Access to mental health and Addiction - issue seems to be Growing in our community
- Need satellite sites for Different services in each individual neighbourhood
- Simplifying the system and communication How to access services

Suggested Areas of Focus

- Addiction services
- Access to sporting/recreational events

Environment

- Climate crisis - action required immediately.
- Climate Change:
 - and Environment: transportation; carbon reductions; community engagement; waste reduction
 - transportation, adaptation - water/flooding, carbon reduction
 - is a real issue. As a single community, I don't think we can stop it but we can set an example as a community that values best practice
 - need to address now, not wait for more severe Issues - our Environment will Impact access to Food, Housing, jobs, physical Activity – EVERYTHING

Social status inequity

- Radical policies to give social power to those who do not currently have this power - focus on creating leadership opportunities in our Region for those who are not usually invited to lead (New Canadians, First Nations, etc.).
- access to information and education to reduce Stigma and discrimination
- Addressing broader social influences, e.g. inequality, cultural norms (reconciling collectivist aspirations with the realities of individualist society)

Education and literacy

- Education (access; success).
- Literacy - all of these have the benefit of Impact now as well as future Impact on health, crime, social, etc.
- Literacy across the community

The Built Environment and Placemaking

- Active communities - access to physical activity, access to healthy affordable food, places to engage with others and build social networks
- Build closer-knit communities (neighbourhood centre in each community that has recreational, social and neighbourhood opportunities)
- Need clean, projects - attractions - resources. There are always smarter ways of doing what we do.
- Neighbourhoods and schools as community hubs.
- Safe, green, places to meet, eat, to play together, support (internal) and place-making

Relationship building

- Relationship building with our Aboriginal community
- Supporting newcomers in our community - how can we do more and do better

Affordable housing

- Housing - any and all - supportive, affordable, variety and choice
- Housing: homelessness/safe - affordable - accessible; additional supports required

Food security and access to healthy food

Transportation

Employment

Physical Activity

Top areas of focus word cloud



10. Importance and Interest moving forward

Walk and Place

With all of the discussion and information from today, participants were asked to use a dot to rate their interest in the wellness/wellbeing initiative and how important they think the work is.



11. Next steps and closing

Mike Murray - Chief Administrative Officer Region of Waterloo

- Follow-up email to invite you to get involved.
- Capacity building series: enhance skills, shape direction
- Community forum #2 – February 16th – 1:00 – 4:30 - Hespeler Hall.
- Visit our website for ongoing updates and information at:
www.wellbeingwr.ca