

Engaging Marginalized Communities for better Health Outcomes

Results of Peterborough's consultation conducted as part of the Social Planning Network of Ontario

Supported by Ministry of Health Promotion



October, 2010

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Engaging Marginalized Communities for Better Health Outcomes

Introduction

The Social Planning Network of Ontario (SPNO) undertook a project in four regions of the province to identify priority target populations related to selected risk factors, so that some additional community specific target populations could be identified. This initiative was made possible due to funding through the Ontario Trillium Foundation.

The four communities that participated were Sudbury (north), Peterborough (east), Halton Region (central), Waterloo Region (west). The lead for the project was the social planning councils of these areas. They worked with community partners such the local public health units. . Locally, the Peterborough Social Planning Council (PSPC) worked with:

- a. Kawartha Participation Projects (KPP)
- b. CMHA
- c. Community Living Peterborough
- d. New Canadian Centre
- e. Youth
- f. Our Space
- g. City of Peterborough community services department

In addition to consultations with representatives of the above community partners, “lessons learned” were drawn from other initiatives with which the Peterborough Social Planning Council was currently involved. These included:

- The Poverty Reduction Network
- Strategic planning for public transportation
- Our report “Quality of Life: Indicators Vital to the Community of Peterborough City and County
- The consultation undertaken for the Partnership Council on Immigrant Integration which resulted in the report “The Faces of Our Future”
- Proceedings of the Discussion of the Mayoral and Councilor Candidate Meeting (October, 2010)

Over 600 people provided their input for this report.

Healthy Communities Framework

The following framework provides an overview of the vision and goals of the Healthy Communities Framework. The consultation undertaken by the PSPC identified barriers facing people who may be marginalized in this community for a variety of reasons. The intent was to give people who may not normally participate in community planning exercises, the opportunity to provide input as to the barriers they face in order to have an adequate quality of life. We wanted to hear from those in Peterborough who may feel left out of current efforts to plan our community. Finally, we asked which of the 6 priorities and outcomes of the Healthy Communities Framework, they felt were the most important.

Ontario Ministry of Health Promotion Healthy Communities Framework 2010/11

Vision Healthy Communities working together and Ontarians leading healthy and active lives.

Goals

- Create a culture of health and well-being
- Build healthy communities through coordinated action
- Create policies and programs that make it easier for Ontarians to be healthy
- Enhance the capacity of community leaders to work together on healthy living

Healthy Communities Fund Components

Grants Project Stream

Provides funding to local and provincial organizations for projects in priority risk factor areas.

Partnership Stream

Promote coordinated planning and action among community partners to create policies that make it easier for Ontarians to be healthy.

Resource Centre

Build capacity of partnerships and communities by providing training and support to build healthy communities.

Guiding Principles

- Empower communities using a shared decision-making model
- Focus on those at-risk for poor health to reduce disparities
- Strengthen partnerships within and between communities and between local and provincial partners
- Build on research, evidence and experience
- Mobilize a variety of community partners and sectors for change
- Accountable to communities and the ministry through measurable outcomes
- Work toward sustainable programs and strategies

Priorities and Outcomes

<p>Physical Activity, Sport and Recreation</p> <ul style="list-style-type: none"> • Access to recreation and physical activity • Support active transportation & improve the built environment 	<p>Injury Prevention</p> <ul style="list-style-type: none"> • Promote safe environments that prevent injury 	<p>Healthy Eating</p> <ul style="list-style-type: none"> • Access to healthier food • Educate and develop food skills 	<p>Tobacco Use/ Exposure</p> <ul style="list-style-type: none"> • Access to tobacco-free environments and smoking cessation services • Educate the public about the risks of tobacco use 	<p>Substance & Alcohol Misuse</p> <ul style="list-style-type: none"> • Increase resiliency in youth • Engage youth in alcohol misuse prevention strategies 	<p>Mental Health</p> <ul style="list-style-type: none"> • Increase resiliency in youth
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Summary of Issues from the Consultation Conducted by the Peterborough Social Planning Council:

The following chart provides a synopsis of the “lessons learned” through our consultation. The intent is to share this information with the Peterborough County City Health Unit so that it can be used as part of the community consultation for the healthy communities’ framework:

Focus group	Barriers you are facing	What’s needed to stay healthy	Community changes needed	Priority risk factor(s)
Newcomers and New Canadians	<ul style="list-style-type: none"> • Language • Access to jobs • Access to services 	<ul style="list-style-type: none"> • Being able to be financially stable • A safe environment 	<ul style="list-style-type: none"> • More understanding of cultural diversity 	<ul style="list-style-type: none"> • Mental health • Physical activity
Ontario works interview	<ul style="list-style-type: none"> • Lack of good employment opportunities 	<ul style="list-style-type: none"> • Financial stability 	<ul style="list-style-type: none"> • Better job opportunities 	<ul style="list-style-type: none"> • substance abuse, • supporting local food production • addressing obesity.
Transportation	<ul style="list-style-type: none"> • poor public transportation system • need better infrastructure to support alternative transportation to cars 	<ul style="list-style-type: none"> • enhanced public transportation systems that include the county • cleared sidewalks • more biking and walking paths 	<ul style="list-style-type: none"> • government commitment to changing public policy and building a physical environment supporting alternatives to car transportation 	<ul style="list-style-type: none"> • physical activity • injury prevention
Prince of Wales Neighborhood	<ul style="list-style-type: none"> • traffic in the neighbourhood • limited social and recreational opportunities for children and families 	<ul style="list-style-type: none"> • safer sidewalks • more community-engaging programs for social and recreational interaction 	<ul style="list-style-type: none"> • increasing programs for children and families to allow networking and connectedness • more sidewalks and bike paths 	<ul style="list-style-type: none"> • physical activity • injury prevention • mental health
Partnerships Council on Immigrant	<ul style="list-style-type: none"> • language barriers reducing ability to participate 	<ul style="list-style-type: none"> • inclusion in community • access to good 	<ul style="list-style-type: none"> • more jobs opportunities • commitment to 	<ul style="list-style-type: none"> • mental health

Focus group	Barriers you are facing	What's needed to stay healthy	Community changes needed	Priority risk factor(s)
Integration	<ul style="list-style-type: none"> • employment opportunities • access to health and social services • improved public transportation 	<p>jobs to provide financial stability thus helping to maintain a good quality of life</p>	<p>increasing public transportation</p> <ul style="list-style-type: none"> • enhanced navigation of the health and social service system 	
Kawartha Participation Projects	<ul style="list-style-type: none"> • housing • supportive services to meet physical and mental health needs • financial stability 	<ul style="list-style-type: none"> • supportive housing and social engagement 	<ul style="list-style-type: none"> • provincial government commitment to build more supportive housing • break down the silos between provincial ministries in order to build/fund supportive housing 	<ul style="list-style-type: none"> • mental health
Recipients of Ontario Works	<ul style="list-style-type: none"> • financial management with limited resources • access to healthy food • public transportation 	<ul style="list-style-type: none"> • feeling supported • activities to engage youth • healthy food • less stress 	<ul style="list-style-type: none"> • changing community priorities • additional funding 	<ul style="list-style-type: none"> • Mental health • Access to healthy food • Physical activities • Substance abuse
Community Living Peterborough representatives	<ul style="list-style-type: none"> • Employment opportunities <p>Public transportation – access to community involvement is limited if we can't get out to participate</p> <ul style="list-style-type: none"> • Recreation and social activities cost money and if you can't afford them you are excluded from community involvement 	<ul style="list-style-type: none"> • Being able to be active in the community • Access to fresh food • Housing that is accessible to services and activities 	<ul style="list-style-type: none"> • More funding • Getting decision makers to see the need for changing priorities 	<ul style="list-style-type: none"> • Access to healthy food • Physical activities • Public transportation and support for pedestrians

Focus group	Barriers you are facing	What's needed to stay healthy	Community changes needed	Priority risk factor(s)
Canadian Mental Health Association representatives	<ul style="list-style-type: none"> • No access to a physician to monitor and renew prescriptions • Lack of employment opportunities that pay a fair wage • Liaison officer is needed with the college to help people get employment after they achieve their education • Insufficient money from ODSP to last the month • Limited affordable recreation and social activities for people living on low-income 	<ul style="list-style-type: none"> • Better transportation/transit system • supportive housing and affordable housing • job opportunities and employment that is financially an improvement over ODSP • Walk-in clinics in the downtown • Transitional housing to help people get on with their lives and move successfully into the community • Information of the services that are available to help people living in poverty Integration of people with mental health issues into the community • Better financial supports for people living with special dietary issues such as 	<ul style="list-style-type: none"> • Decision makers must understand the needs of the community re services required and the way they should be delivered 	<ul style="list-style-type: none"> • Mental health • Physical activities • Nutritious food

Focus group	Barriers you are facing	What's needed to stay healthy	Community changes needed	Priority risk factor(s)
		diabetes		
Staff of Ontario Works	<ul style="list-style-type: none"> Poor housing Stigmatization of being on assistance Lack of resources to live beyond an existence level 	<ul style="list-style-type: none"> Better housing that is affordable and safe Enhanced services to meet crisis needs of the most vulnerable Additional financial resources to eat properly and participate in the community 	<ul style="list-style-type: none"> Street workers that can support clients on a 1 to 1 basis A change in policies re additional resources to ensure that people can eat healthy and participate in healthy activities A reinvestment in community supports for the very vulnerable and people needing life skills training/support 	<ul style="list-style-type: none"> Mental health
Consultation on Transportation: Planning for Great Streets	<ul style="list-style-type: none"> Lack of transportation alternatives to cars 	<ul style="list-style-type: none"> An community infrastructure that promotes and supports active life styles ie. Walking, biking, public transportation 	<ul style="list-style-type: none"> Sidewalks cleared in winter Bike lanes and bike paths that are dedicated to cyclists Enhanced public transportation that is timely and accessible 	<ul style="list-style-type: none"> Physical activity Sport and recreation Injury prevention Mental health
"Faces of our Future: Planning for a Diverse Community"	<ul style="list-style-type: none"> Language Access to employment Public transportation 	<ul style="list-style-type: none"> Adequate income Proper housing Supportive network of people and services 	<ul style="list-style-type: none"> Changes in the transportation system to provide more accessible transportation System changes to support immigration 	<ul style="list-style-type: none"> Mental health
Poverty Reduction Network	<ul style="list-style-type: none"> Lack of supportive housing Inadequate income Inability to eat properly because 	<ul style="list-style-type: none"> Better access to nutritious food Enough income so as not to worry about living 	<ul style="list-style-type: none"> Guaranteed income for an adequate quality of life 	<ul style="list-style-type: none"> Substance abuse (of tobacco, alcohol, drugs) Mental health

Focus group	Barriers you are facing	What's needed to stay healthy	Community changes needed	Priority risk factor(s)
	of limited income			
Quality of Life Report: Indicators Vital to our Community	<ul style="list-style-type: none"> • Economic well-being • Health and social infrastructure deficits 	<ul style="list-style-type: none"> • Continued improvement in the 13 sectors identified as imperative to the quality of life 	<ul style="list-style-type: none"> • Continued monitoring of changes in our community 	<ul style="list-style-type: none"> • All 6 risk factors

Detailed Results of the Consultations



Focus Group Results

Results of Focus Group with Newcomers: 8 participants

What barriers are you currently facing?

- More language classes are needed to teach English
- Assessment tests for English to identify the level of instruction required and whether people are ready for an advanced level
- Language is the greatest barrier for newcomers attempting to integrate into a new community
- Jobs and employment are needed for people to become self-sufficient
- A list of services available to help people become connected into a new community; this would include social and recreational opportunities for youth
- Newcomers would benefit from having mentors who could help guide them into being part of the community – people with the same experiences as a new immigrant

What are the good things that are happening in your life, your family's life?

- We are living in a community that makes us feel safe
- We feel comfortable going for a walk and talking to people; this is very different from the countries that we came from where there was violence all the time
- People here are kind and welcoming
- We can go for a walk and enjoy nature and the environment
- Social service agencies such as the Salvation Army have been helpful to us as we settle into a new community

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- If you feel safe you feel healthy
- When you have all your physical needs met, you can start to look at your social needs.
- Being financially stable helps you get the things for your family to survive and thrive
- Understanding the language of the country you have moved to is very important if you are to be an active member of society
- Where you live is important – a safe and friendly neighbourhood, a caring community
- Volunteering helps people feel connected to each other and to good causes
- Peace makes me feel good

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

See above

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- We need better education about new immigrants and their needs
- The demographics of Peterborough are changing and so the community will change
- There are still people in Peterborough who stigmatize newcomers

What would you need to get involved in making those changes?

- Better information on the existing services

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

- More jobs and employment opportunities

Which of the 6 risk factors are most important?

- Mental health – when people leave their home countries they can become very depressed and feel vulnerable. If you cannot get a job and support your family you can develop many social and emotional problems
- Access to recreation and sports – this helps get people involved in community activities and it can get young people focused on something positive



Interview with Recipient of Ontario Works:

What barriers are you currently facing?

- Lack of employment and jobs
- The economy

What are the good things that are happening in your life, your family's life?

- Peterborough is a wonderful place to raise children

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- When I do not have stress and can keep active and healthy

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- It's a clean community
- There are many things that you can take part in for fun and recreation that do not cost money
- You are close to nature

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- We need to create opportunities to keep your young people in this community
- More jobs and better quality jobs – no more box stores

What would it take to make those changes?

- A change in community leadership that will encourage quality job creation

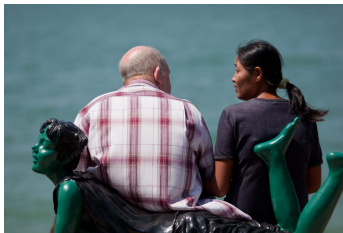
What would you need to get involved in making those changes?

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

- Of the six risk factors these are the priorities: substance abuse, supporting local food production and addressing obesity.

Which of the 6 risk factors are most important?

- substance abuse, supporting local food production and addressing obesity.



Results of Focus Group with Transportation : 15 participants

What barriers are you currently facing?

- Poor public transportation
- Need for alternative transportation to cars
- Concern that there is no public transportation in the county

What are the good things that are happening in your life, your family's life?

- n/a

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Being able to walk and bike for exercise and for transportation
- To do this we need safe bike routes and more walking/hiking paths
- Being able to live in a green community

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- Peterborough has the potential to be a very walkable city
- In a very few minutes you can be in the country
- We have a clean community

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- More bike paths and walking trails
- Commitment from the city to clear sidewalks in the winter
- Public transportation that supports people who must work shift work – buses do not run after midnight
- More people would like to live in the county but we need public transportation – we have an aging community that will require public transportation if they are to remain in their home communities

What would it take to make those changes?

- Commitment from all levels of government to develop alternatives to cars and build an infrastructure supporting more active living

What would you need to get involved in making those changes?

- n/a

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

- Enhanced paths for walking and biking

Which of the 6 risk factors are most important?

- Physical activity and injury prevention

Results of Focus Group with Prince of Wales Neighbourhood: 12 participants

What barriers are you currently facing?

Our neighbourhood needs the following:

- Activities that let neighbours get to know neighbours
- All cross-cross walk at Sherbrooke and Monaghan
- Neighbourhood watch program
- Organized activities for little kids
- Improved streetscapes to support walking and biking and reduce traffic issues

What are the good things that are happening in your life, your family's life?

- Neighbourhood is working with community agencies to enhance quality of life of families and children

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Coming together as a neighbourhood to support our children and our families

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- Activities that let neighbours get to know neighbours
- All cross-cross walk at Sherbrooke and Monaghan
- Neighbourhood watch program
- Organized activities for children and families
- Improved streetscapes to support walking and biking and reduce traffic issues
- More flower beds and landscaping
- More trails and bike paths
- Traffic calming devices

What would it take to make those changes?

- Municipal and community commitment to increase the above activities

What would you need to get involved in making those changes?

- Community involvement and partnerships with municipal government and community agencies
- Commitment from people living in this neighbourhood

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

See above

Which of the 6 risk factors are most important?

- Physical activity and injury prevention
- Mental health

Results of Focus Group with Strategic Planning Session of Partnerships Council on Immigrant Integration: 50 participants supporting immigrant integration in the health social services and voluntary sector

What barriers are you currently facing?

- Opportunities for new Canadians to get involved in social networks of support
- More cultural awareness of the needs of New Canadians
- Employment opportunities for new comers
- HR policies and union contracts can deter people being able to volunteer to get experience in Canadian systems
- Access to health care services re doctors
- Fragmented health and social service system
- Translation services to help the new Canadian integrate into the community

What are the good things that are happening in your life, your family's life?

- n/a

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Being accepted in the community and being able to participate in the community
- Having meaningful and productive employment

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- Feeling safe and connected in the community
- There is a commitment to help new Canadians become part of the community
- Community celebrations that are free – for example the Little Lake Music Festival
- New Canadian Centre is very helpful to getting new Canadians connected to the community and its services

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- More employment opportunities
- Better transportation to support people who do not drive
- Improved system navigation of health and social services

What would it take to make those changes?

- System changes to policies that support better service delivery
- Development of service hubs for health, social services and employment

What would you need to get involved in making those changes?

- n/a

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

- More jobs
- Enhanced translation and language services

Which of the 6 risk factors are most important?

- Mental health

Kawartha Participation Projects



The above picture is a collage of what representatives of KPP feel to be important for a healthy community.

Focus Group with Staff of Kawartha Participation Projects: 3 participants

What is/are the population(s) that you are working with?

- People with physical challenges
- People living in poverty
- Most recently starting to provide housing to New Canadians

What is the work that you are involved with those populations? How would you describe your work?

- Housing with support services
- Assistance with developing social networking opportunities and inclusion in community

Have those groups, people developed priorities for change? or do they have a sense of what they need for a healthy community?

- People can be much more self sufficient and have a higher quality of life if they have affordable and accessible housing.
- Supportive housing provides the physical space as well as the social needs of a person with physical challenges. It also helps people become part of a community and decrease social isolation

How have those groups experienced success so far with change?

- See above

Do you anticipate that there might be a way that we might work with you to support those communities/groups to have their voices heard? if yes, how?

- Through involvement in community consultations like this

What is the greatest issue that this group would like to see addressed in order to improve the quality of life in this community?

- Increased number of supportive housing units which then helps people become more financially stable. When this happens they have more money for healthy food choices, may reduce the use of tobacco and alcohol, and feel better about themselves mentally.

Which of the 6 risk factors are most important?

- Mental health

Results of Focus Group with Canadian Mental Health Association representatives : 19

What barriers are you currently facing?

- No access to a physician to monitor and renew prescriptions
- Lack of employment opportunities that pay a fair wage
- Liaison officer is needed with the college to help people get employment after they achieve their education
- Insufficient money from ODSP to last the month
- Limited affordable recreation and social activities for people living on low-income

What are the good things that are happening in your life, your family's life?

- Living in a supportive community
- Ability to take part in free community events such as the lunch programs

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Being able to participate in community as an equal and not being labeled as having mental health problems
- Being able to stay active and physically fit
- Having enough money to buy food that is appropriate for someone with diabetes

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- Opportunities to socialize at community lunches and dinners
- Peterborough is large enough to provide services that we need but it is still small enough that you can meet people you know downtown.
- It is becoming culturally more diverse.
- Peterborough is a caring community
- Opportunities to volunteer

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- We need better transportation/transit system with buses that can accommodate wheelchairs, walkers and strollers
- Develop supportive housing and affordable housing
- Increase job opportunities and employment that is financially an improvement over ODSP – this requires employment opportunities beyond 'mc-jobs'
- We need more advocacy and legal aid services
- Walk-in clinics in the downtown
- Transitional housing to help people get on with their lives and move successfully into the community
- Agencies providing subsidized memberships such as the YMCA or Wellness Centre need to make people aware of these services.
- Better promotion of the services that are available to help people living in poverty re lists of the meal programs, free activities
- Integration of people with mental health issues into the community
- Better financial supports for people living with special dietary issues such as diabetes

What would it take to make those changes?

- Decision makers and people working in government should live downtown for a week so that they can know what is needed to build a strong and healthy downtown.

Which of the 6 risk factors are most important?

- Mental health
- Physical activities
- Nutritious food

Results of Focus Group with recipients of Ontario Works: 3 participants

What barriers are you currently facing?

- Being able to buy healthy food
- It is difficult to introduce healthy food to children when we can't afford to buy things unless they are on sale
- Public transportation – in order to get to appointments and to keep schedules, it is often easier to walk
- Limited activities for youth and children – that are affordable
- Money management
- Recuperating financially from having your house burn down – clothes, furniture, everything must be replaced

What are the good things that are happening in your life, your family's life?

- Subsidized YMCA membership has provided my family with a healthy and active place to go and participate in activities – this also keeps my children away from children in the housing complex that could be bad influences
- Since getting assistance through Ontario Works, I am emotionally more stable and able to cope and manage

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Financial stability
- Being able to eat right
- Feeling as if there is support for you and your child
- Activities for children and youth

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- It is a quiet community
- People are friendly and respectful
- Good place to raise children
- Little Lake
- Festivals and celebrations that are free and accessible
- Subsidized programs such as the YMCA
- The zoo
- Feeling safe and able to go out of the house at night

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- More activities for children and youth
- Enhanced job opportunities for young people
- Outdoor pools
- Reduce the need for so many methadone clinics – address the substance abuse problem

What would it take to make those changes?

- Additional funding and different priority setting

What is the greatest issue you would like to see addressed in order to improve the quality of life in this community?

- See above

Which of the 6 risk factors are most important?

- Mental health
- Access to healthy food
- Physical activities
- Substance abuse

Results of Focus Group with Community Living Peterborough representatives: 5

What barriers are you currently facing?

- Employment opportunities
- Public transportation – access to community involvement is limited if we can't get out to participate
- Recreation and social activities cost money and this can exclude people on low income being able to participate
- Access to doctors is very limited
- There continues to be a tension between people using strollers on public transit and those needing mobility devices – there is not enough room
- The van for the physically disabled is difficult to access – we need more vans
- Transportation in/to the county is non-existent

What are the good things that are happening in your life, your family's life?

- The farmers market in the downtown provides access to fresh food
- Living close to Little Lake – green space and activities
- Living downtown allows us to access services, activities, shopping
- Lots of opportunities to volunteer
- The trail system and green space that we can use

What makes you feel healthy? What are the things/factors that make you feel healthy and good about your life?

- Being able to be active in the community
- Access to fresh food
- Housing that is accessible to services and activities
- Being active in People First

What do you like best about the community where you live or associate? What makes it a healthy community? What is important to having a high quality of life?

- We have Fleming, Trent and Trillium College which are rich resources to our community
- Green space
- People are supportive and respectful
- See above

What would you like to change about the community where you live or associate? What is missing so that your community can be a healthy community?

- The boards of education need to better promote inclusion of people with special needs in the school systems
- We need more job opportunities for young people after they have completed high school
- More support services are required if people with special needs are to live successfully in the community
- Our community needs more supportive housing
- Decrease the amount of crime and drug abuse
- More life guards at public beaches/swim facilities
- Our community is very sports minded but the emphasis is on being able-bodied. We need more alternative activities for people with physical needs.

- There is a great deal of resources going to sports but we only have 2 libraries
- We need to build a community that supports pedestrian and bike transportation and thus cut down on the use of cars. This would help decrease traffic congestion.
- Drivers must be educated to be respectful of driving in areas where people live – there is a need for police to crack down on speeders and aggressive driving.

What would it take to make those changes?

- More funding
- Getting decision makers to see the need for changing priorities

Which of the 6 risk factors are most important?

- Access to healthy food
- Physical activities
- Public transportation

Results of Focus Group with Staff of Ontario Works: 11 participants

What is/are the population(s) that you are working with?

- People with significant barriers
- People living in poverty
- People with self esteem problems
- Many clients have history of neglect and abuse

What is the work that you are involved with those populations? How would you describe your work?

- Anything to move our clients forward – helping with referrals, counseling supports
- Our greatest frustration is having a client with crisis/escalating needs but there is no service to refer them to ‘now’
- Our clients have many challenges and cannot access the health and social services they need to turn their lives around
- “we are the only support that many of our clients can rely upon”
- We are constantly dealing with crisis intervention
- Life skills coaching is needed by many
- Assistance with developing social networking opportunities and inclusion in community

Have those groups, people developed priorities for change? or do they have a sense of what they need for a healthy community?

- To move forward, our clients need more resources and money to live adequately and get proper housing – housing that is safe. An increase in shelter allowance is needed.
- Many the clients cannot stabilize their lives, as they are juggling too many stresses
- People can be much more self sufficient and have a higher quality of life if they have affordable and accessible housing.

How have those groups experienced success so far with change?

- See above

Do you anticipate that there might be a way that we might work with you to support those communities/groups to have their voices heard? if yes, how?

- Continued dialogue

What is the greatest issue that this group would like to see addressed in order to improve the quality of life in this community?

- Improved housing – affordable and safe
- More shelter allowance
- Continuation of the special diet allowance
- Street workers to support our neediest clients
- A change in policies and procedures to allow case workers to provide more 1 on 1 service support i.e. taking a client to an appointment if needed
- An office of the ombudsman to provide individual advocacy
- The ability to provide more life-skills training to support people to get and keep a job
- Services need to be available after 4:30 p.m.

- More resources to live a healthy lifestyle
- The kids need additional resources to fit into the school environment – and OW needs to develop closer relationships with the schools to support children on assistance, thus ensuring that they can fully participate in school activities
- Enhanced services to address clients who are in crisis – more services that can be quickly responsive

How are clients marginalized?

- Clients feel stigmatized when on assistance
- Kids make fun of children who do not have the most up to date clothing, gear
- School system should serve breakfast everyday to all children – thus ensuring that there is no stigmatization
- There is a need for more rent-geared-to-income that is really affordable to someone on assistance and/or below the poverty level

Which of the 6 risk factors are most important?

- Overall it must be recognized that people who are marginalized cannot look beyond “getting through the day”
- They cannot eat properly if they have no money
- The one luxury that may also give them short term comfort may be a cigarette – therefore they will not be able to see tobacco as an abusive agent
- Mental health is probably the most important of the risk factors to this clientele
- There is a need for a safe park for people who want to live in a tent. In this park there should be street workers to support this population.
- Schools need to expand their food programs

**Synopsis of the “Quality of Life Report: Indicators Vital to our Community”
Survey Results Pertinent to the Healthy Community Consultation**

Synopsis of the “Quality of Life Report: Indicators Vital to our Community”

Survey Results Pertinent to the Healthy Community Consultation

As part of our methodology for our Quality of Life report (2010), the PSPC issued a qualitative survey to determine what respondents feel are the accomplishments, challenges and changes facing our community. The survey was distributed in paper and electronic form to residents in both Peterborough City and County. There were over 100 respondents. It was delivered to a spectrum of individuals, businesses, and agencies in the community. Many of those surveyed are the same individuals who participated in our focus groups in 2006.

The survey found that Peterborough's residents continue to be concerned around the same 13 sectors identified in the original Community Social Plan and 2007 Quality of Life Survey. (These sectors are: 1. arts, culture, recreation, 2. Access to health care, 3. Accessibility, 4. child care/child development and families, 5. Community involvement/belonging and leadership, 6. Economic/income security, labour force activity/education, 7. Environment, 8. Food security, 9. Housing, 10. Human rights and diversity, 11. Safety, 12. Seniors and aging, 13. Transportation.)

In support of the consultation for the Healthy Community process, a synopsis of the pertinent parts of the Quality of Life survey is provided as follows:

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
What is your favourite part of living in Peterborough?	“Community comes together in times of need. Great community.”	General population	Mental health
	“The friendliness; not having to travel on many laned, busy highways; travelling from one friends house to another doesn't usually take that long.”	General population	Injury prevention Physical activity
	“The parks and bike trails. Easy to get around - by bike or car...everything is only 10 mins because it's a small city. I like the University community.”	General population	Injury prevention Physical activity Mental health
	“walking paths, scenery.”		

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“That you have the amenities of living in the city but you are two minutes away from the forests and lakes.”</p> <p>“access to nature trails.”</p> <p>“bike paths, restaurants, music, living in east city.”</p> <p>“Water and natural areas; being able to cycle and walk easily along paths; diversity of interest groups; sense of community.”</p> <p>“life is easy and affordable and there is never traffic.”</p> <p>“Being able to walk almost anywhere I need to go from my home; the active entertainment district downtown, with lots of cafes, restaurants, and little shops; the attention to preserving heritage details and buildings.”</p> <p>“Ability to walk to different parts of town.”</p> <p>“trails, arts, theatre, cultural events.”</p>		
<p>What are we doing well as a community?</p>	<p>“Great trail system; preserving the east side of Little Lake as a more natural area.”</p> <p>“Creating walking and biking trails.”</p> <p>“Keeping things simple and stress free.”</p> <p>“Health teams are great. Access to Dr's is very good now. There is a lot of support for the disadvantaged. I like library, canoe museum. Outdoor rinks. Public</p>	<p>General population</p>	<p>Injury Prevention</p> <p>Physical Activity</p> <p>Mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>Works dept rocks, they run the city, always come promptly when called, do a very good job of taking care of the city, what is seen (trees, gardens) and what is unseen.”</p> <p>“Providing a lot of parks for public use, maintaining them well.”</p> <p>“Care about our disadvantaged and homeless citizens; many excellent non-profits providing invaluable work that isn't necessarily found in every community; many avenues for involvement in our community.”</p> <p>“Walking trails- recycling Nicely kept properties -Ascetically nice Downtown area facelifted new shopping areas.”</p> <p>“We manage to retain large areas of natural green space within the city proper.”</p> <p>“expanding bike trails, turning downtown into an area with great and diverse restaurants. up to now - NOT building the parkway.”</p> <p>“Starting to take seriously the importance of our local ecological and cultural environment as a driving force towards creating a healthy, sustainable economy.”</p> <p>“This community has been exceptional at getting public input. It has also been exceptional at promoting a high standard of health for its' residents - recycling,</p>	<p>General population, seniors, youth</p> <p>General population</p> <p>General population</p>	<p>Mental health</p> <p>Injury Prevention</p> <p>Physical Activity</p> <p>Mental health</p> <p>Injury Prevention</p> <p>Physical Activity</p> <p>Mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>(including work on bike trails) and municipal support for the arts and culture - galleries, museums, etc are all part of making Peterborough a successful community.”</p> <p>“many community health and social services offered.”</p> <p>“Cycle and walking trails.”</p> <p>“Providing good services, good education, both academic and public. There is lots of publicity about the homeless, poverty, etc and there is good fundraising for causes - people rally for those in need.”</p> <p>“Environmental issues being addressed.”</p> <p>“Supporting its residents with social services.”</p> <p>“a great community for partnering and making things happen. It has always tried to protect its downtown and its heritage.”</p> <p>“- partnerships and optimistic community building attitude is refreshing - community consultation as demonstrated by little lake plan process”</p>	<p>General population</p>	<p>I</p> <p>Injury Prevention</p> <p>Physical Activity</p> <p>Mental health</p> <p>Healthy eating</p> <p>Substance Abuse</p> <p>Mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“nurturing young athletes.”</p> <p>“Since we are somewhat touristy, we have some good nature trails, fun summer venues like the concerts at Crary Park.”</p> <p>“Arts & culture, Programming for young families, and a GREAT restaurant scene!”</p> <p>“Diversifying and remaining high-tech. Becoming more accepting/diverse. Growing thoughtfully - not just about growing business... social and community development are important considerations in decisions as growth occurs.”</p> <p>“Networking to improve services and QUALITY of LIFE issues.”</p>	<p>youth</p> <p>Youth</p> <p>General population</p>	<p>Active living</p> <p>Physical Activity</p> <p>Physical Activity</p>
<p>What is the most important issue facing our region?</p>	<p>“Managing the growth of Peterborough and surrounding area.”</p> <p>“Infrastructure maintenance and upgrades.”</p> <p>“Making our city more "user-friendly" in lay-out and transportation-wise.”</p> <p>“Crappy roadwork.”</p> <p>“So many new people moving here</p>	<p>General population</p>	<p>Active living, injury prevention</p> <p>Active living</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>from larger centres due to retirement etc that traffic patterns and traffic flow need to be looked at closely and changed.”</p> <p>“Maintaining a small city atmosphere with a vibrant downtown. More isn't better. Promoting a lively arts community. Need some more sports facilities, more rinks are needed and it's a shame a 50m pool was never built. We need more trees planted.”</p> <p>“Lack of job opportunities, drug use, shortage of doctors, and in light of that shortage lack of walk in clinics.”</p> <p>“Affordable housing for seniors and lower income families.” Keeping people off the streets in the winter months.” Feeding the poor and hungry.”</p> <p>“homelessness”</p> <p>“Planning for the inevitable growth that will happen here. Specifically, how to maintain a vibrant downtown where people want to come while not allowing big box culture dictate every decision our council makes. That, and making this city attractive for new business owners/entrepreneurs to come and establish themselves here for the long term.”</p> <p>“Poverty and homelessness.”</p> <p>“poverty, lack of services for those in need, lack of access for those in rural</p>	<p>Low income</p> <p>Seniors</p> <p>Low income</p>	<p>Injury prevention</p> <p>Active living</p> <p>Injury prevention</p> <p>Substance abuse</p> <p>Mental health</p> <p>Healthy eating, mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>areas of the region.”</p> <p>“Finding the balance between our need to grow economically with preserving our natural environment.”</p> <p>“homelessness”</p> <p>“affordable housing”</p> <p>“Poverty/ homelessness/ health”</p> <p>“Development and planning. We are perilously close to having the municipal planning department become an arm of the development industry. Bad planning happens in the absence of a better plan. The city and county need to seek out and retain the best planners they can find.”</p> <p>“lack of affordable housing - none of the federal or provincial initiatives (with the exception of rent geared to income housing) is affordable to a single person of ontario works.”</p> <p>“Having the vision and following through on creating a dynamic, contemporary hub downtown, both in terms of culture and architecture and, as pressure for development increases, not following the path of mediocrity of many smaller cities</p>	<p>General Population</p> <p>Low income</p> <p>General population</p> <p>Low income</p> <p>General population</p>	<p>Active living</p> <p>Healthy eating, substance abuse, mental health</p> <p>Active living, injury prevention</p> <p>Active living, mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>within range of Toronto.”</p> <p>“Future healthy development of Peterborough and region. Vital to do this in a thoughtful and creative way. Ensure a sustainable long-term vision of region. Development the waterfront in an environmentally sensitive manner. Invest in job growth that is not limited to an older model of development. And most importantly ensure that we have the health services resources available to match the demand of an aging population and growing percentage of people moving to the region who are of retirement age.”</p> <p>“Planning for human habitation that is supportive of the natural setting which so many of us love - in the county and city. This also includes avoiding the pitfall of losing the small farms which are being lost to development and large enterprises. A vibrant city with a solid appealing core for living where the connection with people is not lost. Stop the sprawl.”</p> <p>“The need to control growth and use the Places to Grow mandate to best effect. Control needs to include a commitment to strong protection of natural and cultural resources, a high level of design control for new development and a see change in the political mind-set about what makes a city sustainable.”</p>	<p>Low income</p> <p>General population</p> <p>General population</p> <p>General population</p> <p>Seniors</p>	<p>All risk factors</p> <p>Active living</p> <p>All risk factors</p> <p>Substance abuse</p> <p>Mental health</p> <p>Healthy eating</p> <p>Active living, injury prevention</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“the aging population”</p> <p>“influx of drug/violence culture from big cities or drug lords”</p> <p>“unemployment, poverty”</p> <p>“Poverty, lack of jobs (especially for people 25-45; I'm probably going to have to leave the region to find decent work), and drug problems.”</p> <p>“Continued pressure for urban expansion will challenge the Council and community to find a balance between managed growth that retains the desirable features of this livable community with the demands of increased urban growth.”</p> <p>“poverty/unemployment”</p> <p>“Future traffic needs, parking.”</p> <p>“Expansion, possibility of rail, too many big box stores!”</p> <p>“Growing carefully”</p> <p>“Employment and health care”</p> <p>“Attracting youth to the area, even if they have to commute. Therefore transportation links such as the GO service and 407 ETR are critical.”</p> <p>“Affordable seniors condos to buy or rent. Better on-time transit. More handi-vans.”</p> <p>“Providing services for an aging</p>	<p>Low income</p> <p>General population</p> <p>Low income</p> <p>General population</p> <p>Youth, general population</p> <p>Low income seniors</p>	<p>Active living, injury prevention</p> <p>All risk factors</p> <p>Active living, injury prevention</p> <p>All risk factors</p> <p>Substance abuse</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>population”</p> <p>“Poverty”</p> <p>“aging population; need to attract more diversity and younger age groups”</p> <p>“Poverty”</p> <p>“The environment and open space. expansion isn't everything”</p> <p>“demographic issues, employment issues”</p> <p>“Unemployment.”</p> <p>“Drugs. Poverty.”</p> <p>“Economy -- poverty, job losses, etc.”</p> <p>“How to manage growth, especially via in regards to transportation, and ensuring that our cultural centers remain healthy.”</p> <p>“THE ROADS WERE NOT BUILT FOR THE VOLUME OF TRAFFIC WE ARE NOW FACING!!”</p> <p>“Poverty, specifically need for low income housing”</p> <p>“Everything.”</p> <p>“Unplanned growth the need to keep youth employed in our community promoting local growers and food producers”</p>	<p>General population</p> <p>Low income</p> <p>General population</p> <p>Low income</p> <p>youth</p> <p>Low income</p>	<p>Active living, injury prevention</p> <p>All risk factors</p> <p>All risk factors</p> <p>All risk factors</p> <p>Active living, injury prevention</p> <p>All risk factors</p> <p>All risk factors</p> <p>Mental health</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“- need meaningful work for all - many of us live with out basic needs being met - urban sprawl; cookie cutter subdivisions and box stores”</p> <p>“child poverty, poverty in general”</p> <p>“creating a sustainable community that includes all income levels equitably”</p> <p>“Traffic”</p> <p>“aging population, lack of family doctors, lack of employment.”</p> <p>“Low income for individuals on Assistance and ODSP. We need more affordable Housing.”</p>	<p>Seniors</p> <p>Low income</p> <p>youth</p> <p>General population</p> <p>seniors</p> <p>Youth, low income</p> <p>Low income</p>	<p>All risk factors</p> <p>Injury prevention</p>
<p>As a community how can we improve the quality of life in Peterborough?</p>	<p>“Provide more opportunity for young people to find education and training without breaking the bank or leaving them in heavy debt.”</p> <p>“Consider those who are handicapped/elderly in implementing/maintaining services.”</p> <p>“Walk in clinics for those with medical issues who don't need to spend 5 hours in the hospital waiting room for something they could see their family doctor for. If they had a family doctor.”</p>	<p>Youth</p> <p>Seniors</p> <p>General population</p>	<p>All risk factors</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“Seamless Health Care. Less waiting time for seriously needed tests etc. More Doctors. More Nursing Homes. Improve some of the roads and replace burnt out city lights that could pose a safety hazard.”</p> <p>“Let’s deal with homelessness issues.”</p> <p>“Addictions treatment facility, more G.P’s, affordable housing.”</p> <p>“Work toward a more aesthetic community that enhancing living for people and the natural world - open up Jackson Creek with appealing cafes and waterfronts; move wires (hydro, cable etc) underground; low emission lighting on our streets and outside establishments and businesses (lighting not radiating up into the sky); get more in step with environmental issues and reduce more than recycle. Why does Tim Horton' have to have a plastic lid that often ends up in ditches? Why do our stores accept so much packaging? What is the city and county doing to curb hydro use and the use of petro etc.?”</p> <p>“Give street people a place to go and support them better.”</p> <p>“More affordable housing and apartments geared to income, more long term care facilities, more in-home support services for elderly/people with disabilities.”</p>	<p>Seniors</p> <p>General population</p> <p>Low income</p>	<p>Substance abuse, mental health</p> <p>Active living</p> <p>All risk factors</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>“Build more medical and long-term care facilities for seniors, more affordable housing.”</p> <p>“Don't allow construction of closed, one-access-road subdivisions! Encourage any building project to occur with some thought to aesthetics, the environment, walking and bicycling access. Ensure stores are built close to the road, not far away.”</p> <p>“Continue to support the arts and culture community, engage in sound land use planning with ample opportunity for public input.”</p> <p>“Jobs - attract industry/tourism/business and get people working.”</p> <p>“Preserve our green space in the city - support transportation alternatives.”</p> <p>“Make the City more attractive to youth rather than seniors. Seniors are over-accomodated. Also back off on catering to sports groups in the area and focus on arts and culture. For example, WE need a bigger museum.”</p> <p>“Affordable seniors condos to buy or rent. More electric door openers across the city. Better enforcement of</p>	<p>General population</p> <p>General population</p> <p>Youth</p>	<p>Active living, injury prevention</p> <p>All risk factors</p> <p>Active living, injury prevention</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>dirty business!”</p> <p>“Jobs, lower cost of living, lower poverty rate.”</p> <p>“More employment opportunities.”</p> <p>“I think we should build a better ice pad with a swimming pool similar to other regions.”</p> <p>“Improve public transit, encourage the development of non-car communities, and continue to support culturally important businesses and institutions.”</p> <p>“More Community events at a small price type in order to include Old Age Security Pensioners who rely on their pension as their sole income.”</p> <p>“Make it more accessible to walking and biking.”</p> <p>“Provide improved access for the disabled.”</p> <p>“Improve the city's infrastructure- roads, sewers, etc, continue to support affordable housing initiatives, provide opportunities for training and employment for youth to retain them,</p>	<p>General population</p> <p>Low income</p> <p>General population</p> <p>General population</p> <p>Seniors</p> <p>General population</p> <p>General</p>	<p>Substance abuse</p> <p>All risk factors</p> <p>Active living, injury prevention</p> <p>All risk factors</p> <p>Active living</p>

Questions	Comments related to the 6 risk factors of Healthy Communities	Priority Population	Risk Factor
	<p>downtown for the elderly and youth.”</p> <p>“Continue to support OUR SPACE and the NOGJOWANONG Friendship Centre, especially helping each group to find satisfactory accommodation for the work they want to do.”</p> <p>“Absolutely more outdoor sports facilities for more people to play and stay healthy.”</p> <p>“Encourage new industry to come to Peterborough and surrounding areas.”</p> <p>“Encourage NON smoke in mirrors poverty reduction ACTION and social assistance rates to allowed for reasonable basic needs living costs.”</p> <p>“More affordable housing.”</p> <p>“Mental health education Job opportunities for students.”</p> <p>“Improve the downtown core and build areas for community interaction and recreation in the downtown area as well as family-oriented spaces (parkettes that are well maintained and with play structures) in all neighbourhoods. Family and dog-friendly. Pedestrian pathways from all directions leading to the downtown core. This is missing from the West End to downtown (I live off of</p>	<p>Youth and seniors</p> <p>Low income</p> <p>General population</p> <p>General population</p> <p>Low income</p> <p>Youth</p> <p>General</p>	<p>All risk factors</p> <p>All risk factors</p> <p>Active living</p> <p>All risk factors</p> <p>Substance abuse</p> <p>Mental health</p>

Planning for Great Streets

A report on how the City of Peterborough can transform its street network into cherished public space

Planning for Great Streets: A report on how the City of Peterborough can transform its street network into cherished public space

In its 2002 Comprehensive Transportation Plan, the City of Peterborough committed to reducing single-occupant motor vehicle trips due to concerns ranging from traffic congestion to public and environmental health.

That plan set modest targets to increase the use of “active” modes of transportation: public transit, cycling and walking. As the City updates its transportation plan in 2010, the Peterborough Social Planning Council presented this report “Planning for Great Streets” which identifies key measures the City can adopt to increase the use of active modes. Road users, community organizations, government and public health officials and the local MPP were consulted to assess the strengths and weaknesses of Peterborough’s transportation network and identify opportunities for its improvement. The report provides insight for the planning and development of programs supporting the **Healthy Community** process.

A literature review was conducted to establish best practices in transportation planning that accommodates a diversity of road uses.

Based on this research, this report offers 22 specific recommendations to increase the use of active modes of transportation in the city of Peterborough. It is emphasized that Peterborough’s street network is one of the city’s greatest community assets which must serve all community members while being managed in a way that enhances community vibrancy and health.

Executive Summary:

Let’s shift our way of thinking about streets. Let’s stop thinking about them as purely utilitarian. Let’s think about streets as great public places. Streets are not just for cars anymore. We propose that a street is a number of things: an invaluable community asset, a social gathering space, a transportation corridor for cyclists, pedestrians, transit users and motorists, a place to play, and a place to celebrate and be part of our community.

As this shift takes hold, Peterborough has the opportunity to be a street policy and transportation services leader in Ontario, in Canada, and even in North America.

Our city already has a lot of great street potential:

- We’re small: Peterborough is only 14 km by 9 km wide –we can easily leave our cars at home more often.
- We have 38 km of multipurpose trails that are expanding every year
- We have a large public transit system that is constantly making improvements and whose ridership is growing
- We have one of the highest walking and cycling rates in Ontario
- We have a vibrant downtown with heavy foot traffic
- We have an ambitious and innovative plan to fill the gaps in our sidewalk system

Building on these strengths so that our street network better serves pedestrians, cyclists and transit users will be key to Peterborough’s success as a vibrant and innovative small city in coming decades.

As the City of Peterborough updates its Comprehensive Transportation Plan, the Peterborough Social Planning Council presents the following report identifying measures to increase the use of active modes of transportation: public transit, cycling and walking. Road users, community organizations, government and public health officials and the local MPP were consulted to assess the strengths and weaknesses of Peterborough's transportation network and identify opportunities for its improvement. A literature review was conducted to establish best practices in transportation planning that accommodates a diversity of road uses.

Based on this research, the Peterborough Social Planning Council offers these 15 key recommendations:

- When we're not using our streets for the daily commute, let's keep healthy on them by establishing Sunday road closures on certain streets for walking and cycling
- Create street beautification and traffic calming pilot projects to make streets more desirable public spaces
- Create a strategy for improved winter sidewalk maintenance
- Create a public awareness campaign around safe cycling
- Keep bike lanes safe by eliminating parking in them
- Equip all City buses with bike racks
- Limit long term parking in the downtown and increase parking rates to give people an incentive to walk, cycle and take public transit
- As parking is restricted, invest in direct transit routes with high frequencies of service (10-15 minutes) –start with a Lansdowne Express
- Establish a Downtown Transit Pass Initiative with major downtown businesses to get commuters on the bus
- Create a cycling master plan with community input
- Give cyclists ticketed for riding on sidewalks and other infractions the option of having their fine waived or reduced by completing Smart Cycling: Traffic Skills 101 through Peterborough Green Up
- Convert one on-street parking space in the downtown to bicycle parking
- Existing plans to increase Peterborough's built density present an opportunity to increase our mode share targets. Only if we plan now can we substantially reduce the number of automobiles on our streets in the coming decades.
- Peterborough can build the best public transit system of any small city in Ontario by increasing our transit mode share target from 6% by 2021 to at least 15% by 2021 and 25% by 2031 and backing those goals with adequate funding.
- Peterborough can be Ontario's leading cycling city by conducting research to determine our current cycling mode share and setting ambitious targets for increasing that share.
- Peterborough can build on its reputation as a highly walkable city by conducting research to determine our current walking mode share and setting ambitious targets for increasing walking in the city.

**Proceedings of the October 5th, 2010 Discussion Mayoral and Councilor
Candidate Meeting
Evinrude Centre**

Proceedings of the October 5th, 2010 Discussion Mayoral and Councilor Candidate Meeting

Evinrude Centre

Over one hundred and twenty members of the public attended the ‘Mayoral & Councilor Candidate Meeting’ hosted by a consortium of community agencies (Peterborough Social Planning Council, Canadian Mental Health Association, Peterborough County City Health Unit, Council of Canadians, Ontario Health Coalition, Poverty Reduction Network).

Six topic areas were identified by the planning committee:

- Health care
- Income security
- Public access to transportation,
- Housing security,
- Food security
- Employment

Participants self-selected the small group/topic they wished to discuss. They had an opportunity to dialogue with other citizens and a mayoral and/or councilor candidate about the issues as they related to the topic. Pre-prepared questions provided the focus for discussion. Thirty minutes were allotted for each discussion, whereby people were then provided the opportunity to move to a second topic area.

The results of all of the discussion groups are documented in the appendix of this report. The following table provides the key directions identified through the discussions as well as an overview of the rationale as to why these key directions must be addressed by our municipal leaders in the future.

Food Security

Key Directions needed to improve Quality of Life around this issue

- 1. Educate people about what is 'nourishing food' re healthy choices
- 2. Centralize social food network
- 3. Work with public of utilities so rental costs and associated fees are lower thus more money to buy food
- 4. Advocate for increased funding ODSP and OW
- 5. increase job creation
- 6. Council should form an advisory group to come up with ideas to deal with food security
- 7. Attract new food producers (retailers) to the city which would give farmers new places to sell their food



- 8. Municipality needs to work with provincial and federal governments to change quota laws and regulations to support local food production
- 9. Increase affordability of farms for new farmers to start up/continue
- 10. Increase community gardens and community green houses
- 11. Build on the very strong farm community and we need to support local food producers
- 12. Support the community garden movement.
- 13. Assist the low income sector to access local produce?

Housing

Key Directions needed to improve Quality of Life around this issue

1. Advocate that people require additional assistance to be able to afford adequate housing.
2. Encourage economic development – jobs and decent wage solves poverty. Encourage companies to bring in work to Peterborough.
3. Plan for more supportive housing units.
4. Work with other levels of government to develop supportive housing programs for the homeless
5. Develop a more systemic model on supporting homeless versus the current model relying on faith donations.
6. Encourage and develop co-op housing across the city
7. Support programs for kids on the street and increase support for youth shelter and youth initiatives
8. Work with the Affordable Housing Action Committee through its report “Housing is Fundamental” to promote/advocate for housing issues/change.
9. Encourage builders/developers to take on a greater role in building affordable housing as part of new residential building developments.



10. Convince developers that affordability is their responsibility. There are examples where the private sector has invested/donated to affordable housing.
11. Waive development charges for affordable housing and provide incentives to the developers to be part of the housing solution
12. Act as a broker for vacant properties holding them until developers are ready to develop them for affordable projects.
13. Increase building standards to reduce cost of operating homes (better insulation etc.) thus making it cheaper to live and thus more affordable.
14. Encourage conversion of older homes to affordable apartments.
15. Regulate rooming standards.
16. Encourage development of tenants association to discourage the landlords associations and high rents.
17. Change tax policies to reduce property costs for apartments
18. Encourage use of venture capital
19. Plan for a full-service shelter

Income

Key Directions needed to improve Quality of Life around this issue	
<p>1. Address the social determinants of health in order to affect change for people living in poverty person's life, while living in poverty.</p> <p>2. Review and increase the discretionary benefits.</p> <p>3. Develop an emergency fund to help people waiting for OW, ODSP, EI, senior benefits.</p> <p>4. Municipal government should advocate for:</p> <ul style="list-style-type: none"> • family responsibility act • Guaranteed income • Review of \$75 million budget on social programs • a community development response to poverty • better income supports • Increase social assistance rates – increase the money in the pocket and reduce/eliminate the clawback if people do find part-time jobs • streamline processes for better access to OW and ODSP • advocate for the disadvantaged 	<p>5. Municipal government has a significant role to play as follows:</p> <ul style="list-style-type: none"> • Educate and increase awareness about the issues • Increase social assistance • Continue to fund food programs • Continue to fund after-school programs • Sports subsidies • More community gardens • facilities to house fresh produce or freezer storage • Teach youth how to garden – have retired people be mentors • Enhance community/collective kitchens • Municipal support program to empower the citizens to 'self manage' • Continue clinics in the downtown • Recognize and support the work of Kawartha Food Share • Continue breakfast programs re Food for Kids

Transportation

Key Directions needed to improve Quality of Life around this issue	
<p>1. Expand public transit service to Parkway/Queensway to accommodate people to get to jobs</p> <p>2. Revise the bus system to increase the frequency of service</p> <p>3. Explore the use of a service hub system for public transit.</p> <p>4. Put bike racks on buses</p> <p>5. Develop more/safer cycling paths – explore the successes of Montreal which has 2 way separated bike lanes. Plan for a bike lane system that connects to the county.</p> <p>6. Promote alternatives to cars and have a vision and a plan for a safer pedestrian/cycling system.</p> <p>7. Explore the visions of other communities that allow seniors to ride for free and promote the reduction of cars.</p> <p>8. Educate the public about the need/importance of alternative transportation system</p>	<p>9. Increase the transportation budget</p> <p>10. Peterborough Social Planning Council should continue its research on transportation re study on ridership to get a sense of how to arrange the bus system, promoting need for alternative transportation, research the number of people who would/could take public transit</p> <p>11. Improve lighting for bus stops</p> <p>12. Work towards a county bus system</p> <p>13. Build a more walkable community which also addresses safety issues for population such as the blind</p> <p>14. Develop the approach “move people not cars”</p> <p>15. Explore an integration between school buses between school buses and county road service to integrate into municipal bus service</p> <p>16. Build on the existing trail system</p> <p>17. Build a vision of transportation that includes public transit, cycling and walking</p>

Health Care

<p>Key Directions needed to improve Quality of Life around this issue</p> <p>1. Reinstate the municipal appointment to the hospital board re liaison to Council</p> <p>2. Develop a list of community organizations that provide financial or service support to residents</p>	<p>10. Explore the role that volunteers can play through the church community re providing supports, monitoring people as they may require more assistance with chores in order to stay in their homes</p>
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3. Increase communication between agencies and users of social assistance support re do people understand the level of supports available to them? What are the limitations of the system?

4. Improve communications between the Hospital Board, city hall and community

5. Support/promote preventative medicine and health promotion re more education needed in the schools, support agencies to be more flexible in (providing prevention programs).

6. Develop acute mental health beds for youth are needed.

7. Encourage people who have survived mental health issues to share their stories and put a face to the issues.

8. Develop more long-term care facilities for seniors needing nursing care

9. Lobby for increased home care to allow people to stay safely in their homes



11. Build on programs such as the one offered by St. Peter's high school re helping seniors in their homes

12. Improve/increase the 'handi van' service

13. Develop safe housing for those with mental health issues

14. Increase street workers to support people in crisis

15. Increase supports for those in crisis

16. Explore the development of an overnight low barrier shelter, warming room for winter and expand the Our Space program



Employment

Key Directions needed to improve Quality of Life around this issue

1. Address the zoning changes that are needed to attract business

2. Encourage investment in Peterborough

3. In tandem with the Downtown Master plan consider how we can provide tax incentives and the type of downtown infrastructure needed to bring/keep businesses

4. Market Peterborough to get more business investment

5. Strive to attract 'good' jobs

6. build on the work of the GPAEDC and develop other partnerships to market Peterborough as a place of choice for new business

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Appendix:

Results of community focus group and surveys completed for the **Planning for Great Streets**
A report on how the City of Peterborough can transform its street network into cherished public space

METHODOLOGY

- Inspiration and direction came from reviewing the following initiatives:
 - o Peterborough Comprehensive Transportation Plan (2002)
 - o Heading Down the Road to the Future: Planning for the Future of Peterborough County & City (2009)
 - o Community Action Plan: County-City of Peterborough (2010)
 - o City of Peterborough Sidewalk Strategic Plan: Phase 1 –Sidewalks (2008)
- Community demographic and transportation statistical data gave a clearer sense of the unique dynamics of Peterborough’s transportation network
- A literature review was undertaken to compare best practices in transportation planning
- In partnership with the Heart and Stroke Foundation of Ontario, a focus group was held with community stakeholders. The intent was to create dialogue around the question of how to increase the use of public transit, walking and cycling for transportation in Peterborough
- An online survey was circulated widely with the goal of gaining insight into how infrastructure design informs individual transportation choices. 191 people completed the survey.
- Interviews were conducted with three community leaders: Jill Ritchie at the Peterborough County-City Health Unit, Ken Doherty at the City of Peterborough Community Services Department, and Jeff Leal, MPP for Peterborough
- A blog (www.streetcitizenship.blogspot.com) and Twitter account (<http://twitter.com/streetsjustice>) were set up to share ideas and invite more people to engage in the study process. 132 people visited the blog and the Twitter account garnered 94 followers.

The following is a synopsis of the results of a focus group and the survey that provides insight for the healthy community process.

Community Planning Session notes

Guiding question: How do we implement ideas for making Peterborough's transportation network more accessible by walking, cycling and public transit?

1. What are the key opportunities to increase the use of public transit, walking and cycling in the Peterborough community?

- Bike racks on buses
- Clearly distinct bike lanes
- Better use of the bike lanes we already have
- Obvious pedestrian walkways
- What about skateboards?
- More signage on trails
- Better connections of trails (crosswalks across busy road ways)
- Car Free Sundays
- Bike Share Program
- We need to start planning for 60+ (no cars) How will these people get around?
- Downtown walkways need a "facelift"
- Winter sidewalk maintenance (snow removal, sand removal in spring)
- Water fountains? Benches? -On trails
- Bike parking
- Cycling corridor map –build it –make it better
- Cycle friendly routes
- Increase visible walkways with visible and more "paint"
- Increase our density downtown
- Have bus terminals in other places beside downtown –neighbourhood hubs
- More affordable transit fares –free maybe?
- Pedestrian Sunday/Car Free Sunday –in the downtown –festival/recreational Sunday
- Keep greenspaces –make greenspaces more inviting –public use –accessible
- East/West core needs to be more pedestrian friendly (ie more east-west trails, bike lanes)
- Trails system needs to have connectivity –eliminate having to go on main arteries –stay on the trails
- Better snow removal on sidewalks in the winter
- Parking lots/spaces for bikes only
- Plough the trails in the winter

2. What are the key challenges in increasing the use of public transit, walking and cycling in the Peterborough community?

- General negative attitudes towards active transportation (not using the car –time) (that will never work)
- Too much reliance on THE CAR!!
- “Not enough money”
- Students have larger commutes that need cars
- People's “lifestyle” -attitudes need to change
- rebuilding the “Built”
- short term gains vs. long term gains
- Different demographics of people, some people want different things (business, family, students)
- Issues with construction
- There has to be a plan... small steps are need to grow the momentum
- We need people to respect the plan and some champions in the community to initiate small steps of the plan
- \$ \$ \$ \$ \$
- No vision with decision makers
- Historical plans made by city planners that had/have no vision or consideration for our environment
- Lack of education
- Fear from business owners that we need to accommodate cars (shoppers)
- Lack of transit in rural areas –county/city decision makers need to work together to make it work!!!
- Need to expand our trail network –connectivity is a challenge
- Snow removal –seasonality issues
- Weather issues –better communication + education –what can you do –what should you not do (re: physical activity in heat and smog)
- Personal security/safety
- More promotion/education about the benefits of alternative transportation
- More coordination of services needs to happen –school board busing/city busing –county/city

3. Who are the key partners in making these changes happen?

- University (students and administration, staff, researchers)
- Municipal government
- Council members need to make this a priority
- Urban planning
- Creative partnerships (think outside the box)
- Peterborough Social Planning Council
- Raging Grannies
- B!KE

- New Canadian Centre
- DBIA

4. What are the next steps for making Peterborough's transportation network more accessible?

- Downtown bike parking spaces (one! Just to start) (use an existing parking space and put a bike rack in its place)
- Bike lanes with different colours (get people involved, school, local groups, critical mass, transportation?, bike groups)
- Have a specific workshop
- Look over existing Peterborough plans and pull out existing built environment strategies/plans and make sure they are being implemented
- No more parking in BIKE LANES
- Sign and mark trail connections/crossings
- Paint crosswalks, make them more visible
- Connect the key players in transportation (connect the transit groups with public health)
- Benches and water fountains on trails
- Washroom facilities off trails or located in parks
- Lane separation through paint lines/signs
- Dedicated lanes for bikers and walkers (on trails)
- Bike education in schools
- Teach about cyclists at young driver schools
- Go to public consultations regarding transportation plan
- Contact transportation department for other studies already done
- Send findings to decision makers and media
- Format recommendations
- Host a "Car Free Sunday" event in the downtown –and in different neighbourhood
- Planning sessions with individual neighbourhoods doing visualization –concrete ideas
- Ownership by individuals
- Create a petition advocating more trails

Appendix 2 - Survey results

1. Did you make a trip to one of these destinations today?

Response	Percent	Response Count
Downtown	51.3%	96
Lansdowne area	14.4%	27
Chemong area	16.0%	30
East City	3.7%	7
Other (please specify)	14.4%	27

answered question: 187, skipped question: 4

2. What was the purpose of this trip?

Response	Percent	Response Count
Work or school	67.4%	126
Shopping or entertainment	16.6%	31
Social	7.0%	13
Personal	13.9%	26
Exercise	5.9%	11
Other (specify if you wish)	6.4%	12

answered question: 187, skipped question: 4

3. How did you make this trip?

Response	Percent	Response Count
Drove alone/motorcycled	46.0%	86
Drove a carpool/vanpool	7.0%	13
Rode in carpool/vanpool	5.3%	10
Took public transit	13.9%	26
Drove alone part way, took public transit/walked/cycled part way	1.6%	3
Bicycled	11.2%	21
Walked/jogged	13.4%	25
Other (please specify)	6.4%	12

answered question: 187, skipped question: 4

4. Do you think the way the City plans its transportation network has an impact on your health?

Response	Percent	Response Count
Yes, a significant impact	40.3%	75
Yes, somewhat of an impact	43.0%	80
No, it does not have an impact	16.7%	31

answered question: 186, skipped question: 5

5. What do you want to see changed about Peterborough's transportation network? (Choose up to three choices)

Response	Percent	Response Count
More bike paths	42.4%	81
More car lanes	5.8%	11
More reliable bus schedules	34.6%	66
Less bike paths	0.0%	0
Less car lanes	3.7%	7
Sidewalks better maintained in winter	55.5%	106
More bike lanes	42.9%	82
Less bus routes	0.0%	0
Trails better maintained	9.9%	19
Less bike lanes	1.6%	3
More bus routes	28.8%	55
Better trail system	15.2%	29
Rail link to Toronto	44.0%	84
More frequent bus service	38.7%	74
Other (please specify)	20.9%	40

answered question: 191, skipped question: 0

6. Do you have a disability which limits your mobility?

Response	Percent	Response Count
Yes	11.5%	22
No	88.5%	169

answered question: 191, skipped question: 0

7. What problems do you have arranging public transportation?

Response	Percent	Response Count
Bus schedule incompatible with my schedule	38.9%	61
Late/early buses	17.2%	27
Other (please specify)	43.9%	69

answered question: 157, skipped question: 34

8. If you do not take transit often, what are the main reasons do not take public transit more? (Pick up to three choices)

Response	Percent	Response Count
Home/destination not on bus route	21.1%	37
I enjoy the freedom of having my own car	31.4%	55
Bus service is too infrequent	29.7%	52
Trips by transit take too long	44.0%	77
I have to go to multiple destinations in a day	40.0%	70
I need my car for my job	30.3%	53
Other (please specify)	28.6%	50

answered question: 175, skipped question: 16

9. What would encourage you to bike/walk/jog more? (Pick up to three choices)

Response	Percent	Response Count
Change/shower facilities at work	24.4%	42
More bike lanes	48.8%	84
Bike parking at work	9.3%	16
Bike parking around city	19.8%	34
More trees along streets	16.9%	29
Cycling safety information/training	15.1%	26
Different work schedule	15.1%	26
Daycare at work	7.0%	12
Other (please specify)	30.2%	52

answered question: 172, skipped question: 19

10. What areas would you most consider biking to?

Response	Percent	ResponseCount
Downtown	76.5%	130
Chemong shopping area	20.0%	34
Lansdowne shopping area	21.2%	36
Ashburnham/East City	43.5%	74
Peterborough County	18.8%	32
Monaghan Road	11.8%	20
North End	18.8%	32
Other (please specify)	25.3%	43

answered question: 170, skipped question: 21

