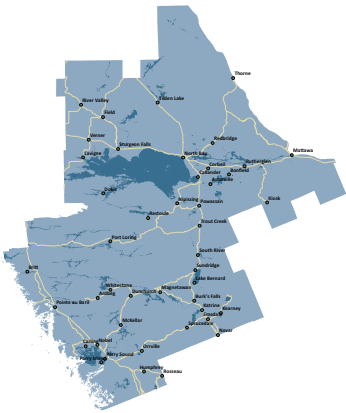


Healthy Communities Partnership

Make the connection!



North Bay Parry Sound District Snapshot

The North Bay Parry Sound District Health Unit (NBPSDHU) is one of seven health units located in Northern Ontario. The North Bay Parry Sound District (NBPSD) is located in the southern part of North East Ontario and covers over 17,000 km². The area includes most of Nipissing District and all of Parry Sound District. It contains 31 municipalities, 4 unorganized areas, and 9 First Nation Reserves (Statistics Canada, 2007).

The NBPSD has a large Aboriginal population (7.6%), almost four times larger than the Aboriginal population in Ontario (2.0%). The NBPSD also has a larger Francophone population (17.9%) which is over four times larger than Ontario.

Summary of Health Profile Data



Physical Activity, Sport and Recreation

- + NBPSD had slightly higher rates of leisure time physical activity than the province
- Overweight and obesity rates in the NBPSD are significantly higher than the province



Tobacco Use/Exposure

- + NBPSD has seen a significant decrease in the percent of the population exposed to second-hand smoke in vehicles and/or public places
- Smoking rates in NBPSD are significantly higher than Ontario



Injury Prevention

- North East has a significantly higher rate of injuries causing limitation of normal activities than the province



Substance and Alcohol Misuse

- + Rates of heavy drinking were similar for NBPSD and Ontario in 2009
- In the North, student binge drinking and cannabis use rates were significantly higher than the province



Healthy Eating

- + Fruit and vegetable consumption is similar for the NBPSD and Ontario
- It is less expensive to eat healthy in Southern Ontario than in NBPSD



Mental Health

- + Almost 80% of youth, aged 12 to 19 in NBPSD, rated perceived mental health as being very good or excellent



Our Stakeholders

Many community stakeholders helped create our Community Picture. We would like to thank each and every one of them for their time and support. These organizations include:

- Best Start – Parry Sound
- Best Start – Nipissing
- Canadian Cancer Society – North Bay & District
- Canadian Mental Health Association – Nipissing
- Canadore College
- Centre for Addiction and Mental Health – Nipissing
- Centre for Addictions and Mental Health – Parry Sound
- City of North Bay
- Community Living Parry Sound
- Connecting Community Partners in Injury Prevention
- Discovery Routes Trail Organization
- District of Nipissing Social Services Administration Board
- District of Parry Sound Social Services Administration Board
- District of Parry Sound Poverty Reduction Network
- Ministry of Health Promotion, Recreation and Culture
- Near North District School Board
- Nipissing University
- One Kids Place
- West Nipissing Community Health Centre
- West Parry Sound Health Centre
- le centre canadien de leadership en evaluation
- Georgian Bay Biosphere Reserve
- French Language Health Services
- Indian Friendship Centre – North Bay
- Community Living North Bay
- KidSport North Bay
- Town of Parry Sound
- Mattawa General Hospital
- North Bay Regional Health Centre
- North Bay Parry Sound District Health Unit

Community Consultations

Key Informant Interviews

Key informant interviews were conducted with representatives from non-profit and social services sector, municipal government and community health centers. The most significant health challenge participants reported was that the smoking rates in North Bay Parry Sound region were higher than the provincial smoking rates. Other local challenges mentioned were diabetes, obesity, and serious physical inactivity or lack of physical activity options. Another significant challenge reported was the affordability and accessibility of sports and other facilities and services; as most of the families have low incomes and cannot afford to pay for their registrations at the sports facilities.

Community Consultation Strategic Visioning Workshop

33 participants attended the afternoon workshop. The main strategic directions (as reached by “dotmocracy”) for the Healthy Communities priority areas provided by participants included:

- *Physical Activity, Sport and Recreation:* Create healthy policy for communities that include the provision or expansion of accessible, low-cost sport and recreation activities and programs
- *Injury Prevention:* Ensure local infrastructure and the built environment prioritizes safety for seniors and children to reduce accidents and injury
- *Healthy Eating:* Create programs that encourage the development and maintenance of food skills and nutrition awareness
- *Tobacco Use/Exposure:* Enforce pre-existing anti-smoking policies in the community
- *Substance and Alcohol Misuse:* Address the causes of drug and alcohol addiction
- *Mental Health:* Launch more school based programs to address issues such as bullying, body image and sense of belonging