



TOWN OF NIAGARA-ON-THE-LAKE  
COMMUNITY WELLNESS  
COMMITTEE

# Community Wellness Committee UPDATE to TOWN COUNCIL

September 16, 2019



# Terms of Reference



The Community Wellness Committee will provide guidance to Town Council and staff aimed at making the Town of Niagara-on-the-Lake a healthy community, enabling all residents of all ages to participate as full and meaningful community members.

This will include general advice and guidance in respect to services, public or private, related to social health and physical well-being of residents across the municipality.

# Membership

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Cindy Grant, *Chair*

Betty Disero, *Vice-Chair*

Al Brockway

Carol Clarke

Natalie Cooper

Paul Jurbala

Terry Mactaggart

Catherine Novick

Sean Simpson

*NOTL Community Wellness Committee*



Image Credit: To Do Canada

# Committee Actions to Date

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- ✓ Developed Framework for defining ‘Wellness’
- ✓ Reviewed international and Canadian research on best practices for wellness communities
- ✓ Prepared and posted survey for NOTL residents to assess current state of “wellness” within community
- ✓ Developed plans for Public Forum / Open House in September – open invitation to all residents

# Best Practice Research

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## Obtained Best Practice information, frameworks and research from the following sources:

- Social Determinants of Health (Public Health Agency of Canada)
- Canadian Index of Wellbeing (University of Waterloo)
- Niagara Region Public Health (demographics, medical status, education, other information)
- Niagara Community Observatory policy briefs
- Blue Zones Community Project [www.bluezones.com](http://www.bluezones.com)
- Niagara Connects research and information – Living in Niagara Report, 2017
- Participation in the Age Friendly Network Niagara (attended sessions, receiving information, including Niagara Aging Strategy and Action Plan 2015 document)
- Niagara College – Community and Health Studies Division
- ❖ Presentation prepared by Paul Jurbala summarizing best practices and NOTL demographics available upon request

# Definition of 'Wellness'









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*“The presence of the highest possible quality of life in its full breadth of expression focused on but not necessarily exclusive to: good living standards, robust health, a sustainable environment, vital communities, an educated populace, balanced time use, high levels of democratic participation, and access to and participation in leisure and culture.”*

Canadian Index of Wellbeing

# NOTL Wellness Framework

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-  Healthy Community
-  Living Standards
-  Environment
-  Democratic Engagement
-  Community Vitality (Transportation)
-  Culture & Leisure
-  Education
-  Time Use

# Join the Conversation Survey

- Survey was posted on Join the Conversation on July 16/19
- Survey questions based on the Canadian Index of Wellbeing survey, with some modification to reflect NOTL
- Questions should inform the current state on each of the eight domains
- As of September 10, 140 responses have been received
- Goal is to receive 300-350 survey responses by end September

Link to survey:

<https://www.jointheconversationnotl.org/community-wellness>



The screenshot shows a web page titled "JOIN THE Conversation" with a "Home" link in the top right. Below the header, there is a breadcrumb trail: "Home » Community Wellness". The main heading is "Community Wellness". To the right of the heading are social media icons for Facebook, Twitter, LinkedIn, and Email. The main text reads: "The Town's Community Wellness Committee provides guidance to Town Council and staff in making the Town of Niagara-on-the-Lake a healthy community, enabling all residents of all ages to participate as full and meaningful community members. Click [here](#) to read the Community Wellness Committee's Terms of Reference." Below this, it says: "To gather more information on the wellness and well-being of community members, we ask all residents to take a few minutes to complete the following survey. Most questions are multiple-choice and the survey should take 5 to 10 minutes to complete. Results are confidential and no responses will be attributed to any individual. The results of the survey will be a component of the recommendations made by the Committee to Town Council on improving wellness services." A blue button labeled "SURVEYS & FORMS" is at the bottom left of the content area. On the right side of the page, there is a logo for the "TOWN OF NIAGARA-ON-THE-LAKE COMMUNITY WELLNESS COMMITTEE" featuring a stylized graphic of four hands in blue, green, red, and yellow forming a circle.



# Open House / Public Forum

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## Purpose:

- Provide a forum for discussion on the current state of, and future requirements for, wellness for all ages within the NOTL community

## Agenda:

- Introduction to Committee Terms of Reference and Scope & Wellness Definition and Domains
- Facilitated Discussion on each domain in small groups of participants
  - *What is working well for you in the community?*
  - *What do you think is missing or should be provided?*

# Open House / Public Forum Information

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**Thursday September 26, 2019**

Niagara-on-the-Lake Community Centre

Session #1: 2-4pm

Session #2: 7-9pm

***WE HOPE TO SEE YOU THERE!***

# Next Steps

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- Prepare report on Wellness, with recommendations, based on survey responses and public forum discussion and best practice research
- Goal – to present report and recommendations at Council meeting in November
- Will require alignment with other council and committee initiatives and strategic priorities

