



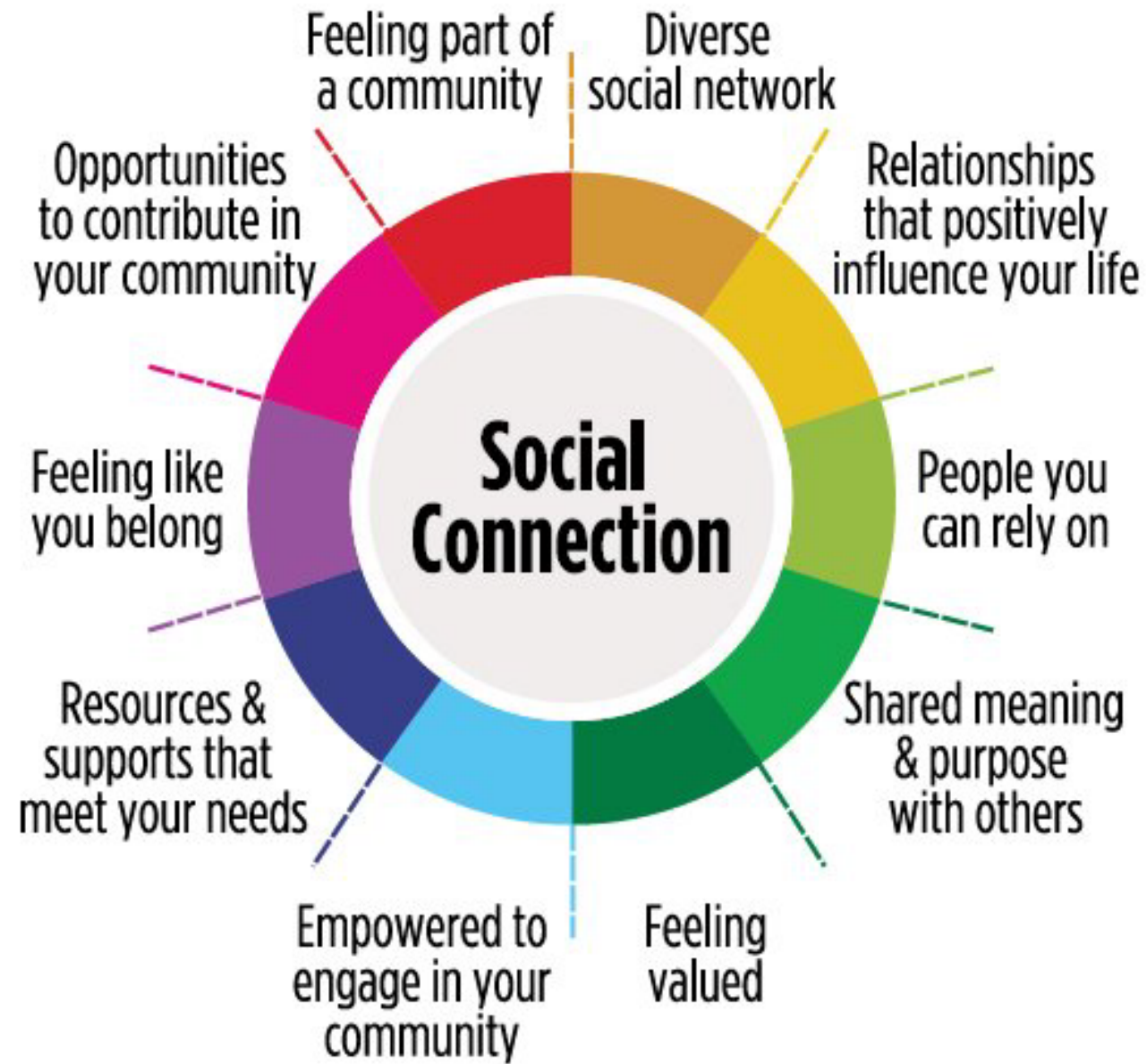
SOCIAL CONNECTION AND HEALTH

Lyndsay O'Donnell & Laura O'Rourke
Public Health Promoters

Health is....

a state of complete physical,
mental and **social** well-being

...not just the
absence of disease.



“Loneliness is like hunger and thirst...a natural signal our body sends when we’re lacking something....in this case social connection.”

US Surgeon General Dr. Vivek Murthy

Why Social Connection?



Social connection is vital to community health and success

Socially connected communities:

- Have been shown to have better population-level health
 - Prepare for, respond to, and recover more quickly from emergencies
 - Have increased civic engagement
-

Join at menti.com | use code **44991345**

 Mentimeter

What drives social isolation, loneliness and disconnection in your community?

1 response

transportation



LD

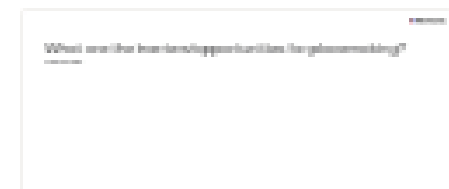
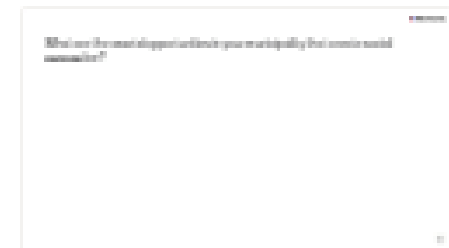


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AMCTO April 11



Choose a slide to present



Community Guidelines



- Promote awareness of the importance of social connection
- Foster healthy social and emotional development
- Make social connection a priority in policies and practices
- Design environments for connection and invest in social events, activities and programs
- Improve accessibility and inclusion for all people
- Measure and make progress towards improving social wellbeing



Social Connection

A PRIMER FOR MUNICIPALITIES

Municipal governments in Huron and Perth counties can enhance social connection in their communities through:

Policy considerations

Planning and community design

Programming and practices



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 Mentimeter

What are the assets/opportunities in your municipality that create social connection?

1 response

libraries



LD



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The role of neighbourhoods



Spectrum of neighbourly interactions

Building design

Buildings can be designed to encourage residents to bump into each other and linger in common spaces

Building design & programming

Social programming can help residents make the jump from acquaintances to meaningful relationships. The design of physical spaces facilitates successful programming.

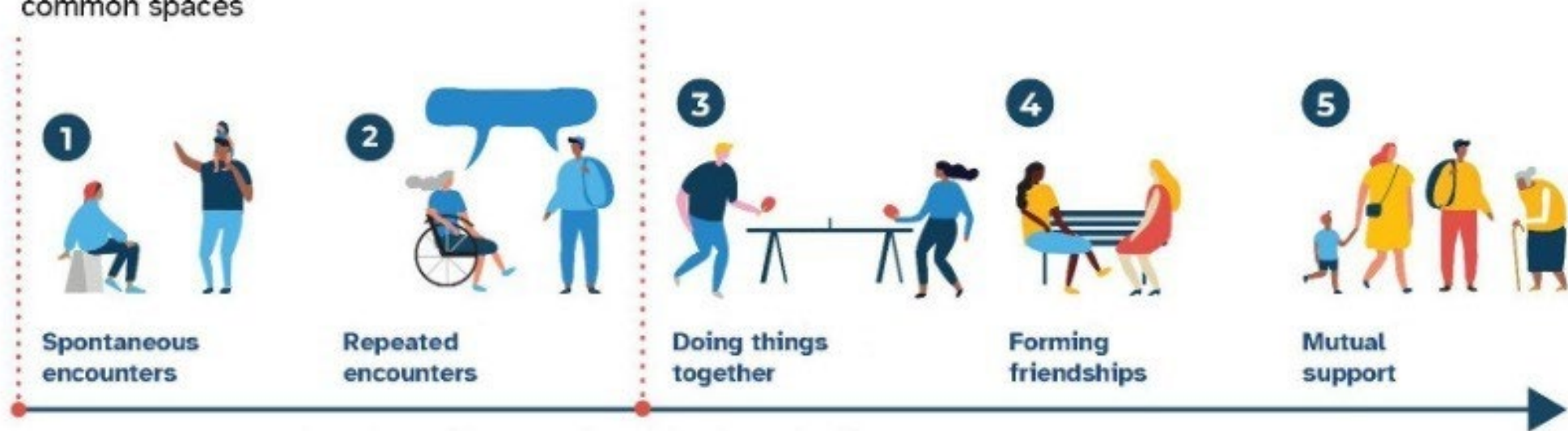


Image: Happy Cities



Placemaking

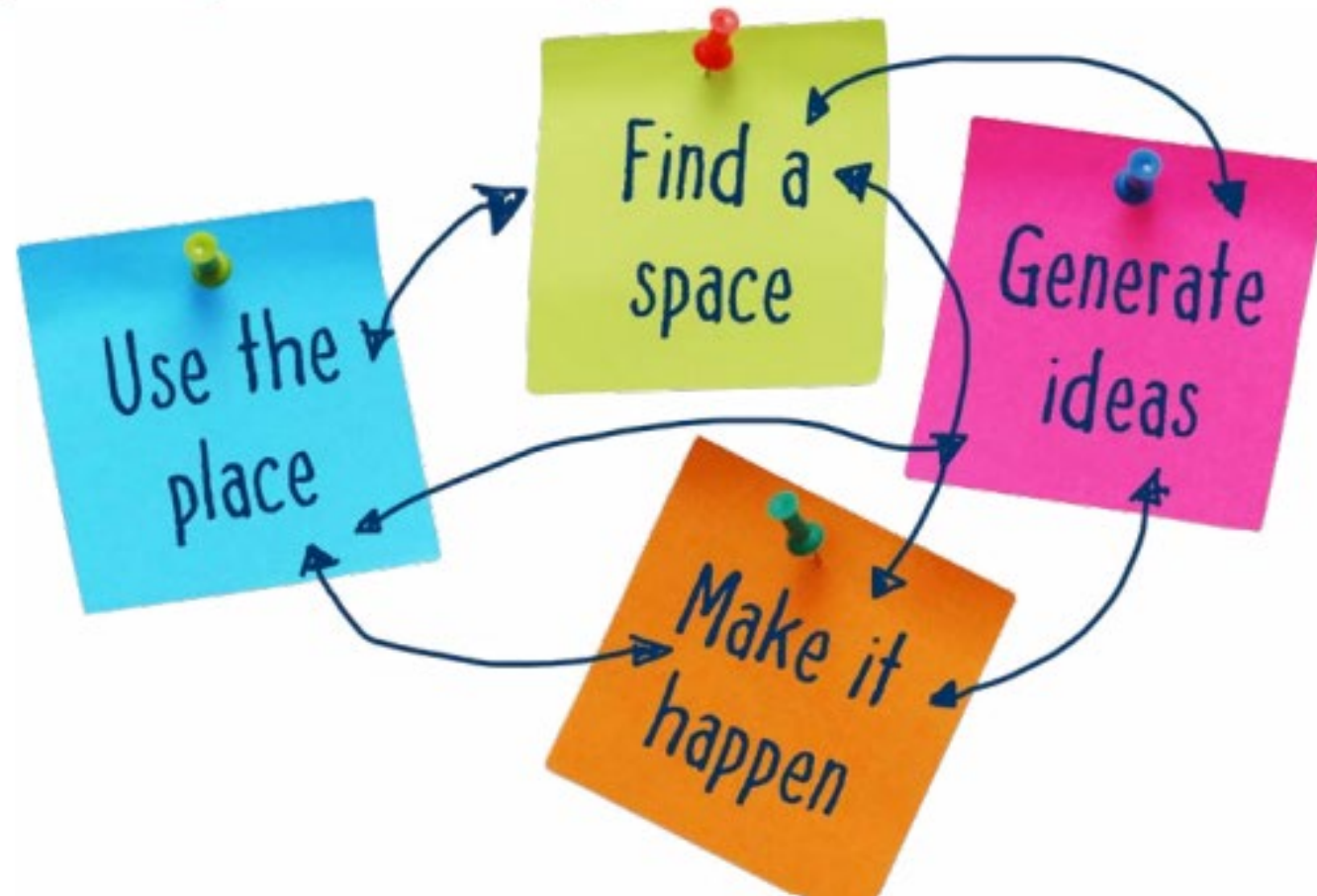
Placemaking has the power to:

- Spark social connections
- Improve physical and mental health
- Strengthen belonging and inclusion
- Boost a vibrant local economy
- Increase safety and comfort
- Grow resilience and climate action

Four steps to Neighbourhood Placemaking

There are many ways to turn a space into a great 'place.' The following steps to Neighbourhood Placemaking are provided as general guidance to do just that. They are broad and flexible in an effort to provide guidance for any type of idea. The steps do not necessarily have to be completed in order.

An example of the Neighbourhood Placemaking Process



Examples of Placemaking?



"Placemaking

strengthens the connection
between people and
the places they share."

- Project for Public Spaces

GenWell Weekends

- Strategically selected weekends during seasonal transitions when research suggests that people may benefit from opportunity to connect
 - May 2-4
 - September 19-21



I genwell



GenWell Weekend - May 2-4

We are asking all Canadians to #GoFirst in reaching out to others and getting together face-to-face, whether for their health and happiness or for those around them.

www.GenWellWeekend.org

Questions to ignite conversations

- Does social connection work fit at any existing partnership tables and where could it be highlighted as a priority?
- What great things are already happening that could be built upon to highlight the importance of social connection?
- How can your municipality support others in community to do this work like service clubs, libraries etc.?
- How can the municipality remove barriers?

Resources

- Social Connection: A Primer for Municipalities
 - Canadian Social Connection Guidelines
 - Canada's Placemaking Community
 - Kitchener's Neighbourhood Placemaking Guide
 - GenWell Weekends
 - Action Guide for Building Socially Connected Communities
 - Building Social Connections: Toolbox of design actions to nurture wellbeing in multi-unit housing
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THANK YOU

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