

Belonging to a healthy society

There's a growing spirit among Ontarians – a spirit that calls for an inclusive society – a society that recognizes that equality, respect and community support are vital to healthy people and healthy communities.

What is an inclusive society?

An inclusive society promotes human and social development by creating both the feeling of belonging and the reality of belonging.

How does it affect health?

Inclusion – or belonging to an inclusive society – ensures that everyone has the tools to be healthy and to get ahead; tools such as employment, education and a steady income, which can affect physical, mental and spiritual well-being.

*We invite you to think about the reasons why inclusion is important to you and your community – and how **you** can help it grow.*

Can we count you in?

Learn more about inclusion and how belonging to an inclusive society can improve our health and the future –

yours, ours, everybody's.

Find out how we can all belong to a healthy society.

Ontario Association of Community Health Centres
www.aohc.ca

Ontario Prevention Clearinghouse
<http://www.opc.on.ca>

Closing the Distance Project
<http://www.closingthedistance.ca>

The Laidlaw Foundation
<http://www.laidlawfdn.org>

Health Canada - Population Health
<http://www.hc-sc.gc.ca/hppb/phdd/>



Ontario
Prevention
Clearinghouse
www.opc.on.ca

Centre ontarien
d'information
en prévention



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Income impacts health

Poverty affects our health – especially our kids. Regular income can mean good nutrition and a healthy place to live. It can help fight disease and early death. And a regular income helps us feel part of a strong community.

Fairness

Community promotes health

People who feel lonely and isolated often find they have health problems like stress, pain or illness. Being part of a community promotes good health and gives us the support we need to cope with life.



Employment determines health

Our health is precious. And unemployment, or low-paying, stressful jobs, can actually bring on illness and injury. A good job can promote better health, self-esteem and social contacts. With a good job, we feel we belong.



Equity



Education improves health

Parents often need help, for their health and their kids. They need to belong to a community that cares about their future – a community that promotes life-long learning regardless of income, language or disability. Education can mean better health and a stronger community.



Equity enhances health

Equality and cultural respect enrich our lives in many ways – jobs, housing, even our health. When we are treated fairly, it's easier to find resources and get support. Belonging helps us cope with illness, racism and hopelessness.

Respect

Environment influences health.

Everyone has the right to clean air, clean water and clean earth. Without them, we face chronic disease and other health problems, such as birth defects. Belonging to a clean community adds to our health and to the community we live in.

