

We are Spryfield.



Our Community Network

Support from families, friends and communities is linked with better health. Such social support networks could be very important in helping people solve problems and deal with adversity, as well as maintaining a sense of mastery and control over life circumstances. Civic vitality refers to the strength of social networks within a community, region, province or country. It is reflected in the institutions, organizations and informal giving practices that people create to share resources and build attachments with others.

Health Canada



I like Spryfield. I grew up here, and I wouldn't live anywhere else.

More resources to help families get on their feet (e.g. more affordable day care).

I like that I know most people, but I see new people every day.

People are so friendly here. Even if you don't know them, they say hi to you on the street.

Some people don't even know programs exist. Advertise more.

Spryfield Residents

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Our Culture and Image

The values and norms of a society influence the health and well-being of individuals and populations. Dominant cultural values contribute to marginalization, stigmatization, and loss or devaluation of culture and language. Recognition of diversity, good community relationships, and a culture of inclusiveness contribute to individual and collective well-being. The healthiest populations are those which are prosperous and have an equitable distribution of wealth.

Health Canada



Graffiti, and negative comments or feelings expressed by residents.

I don't like the fact that most of the city thinks we are a welfare community with a lot of crime.

Stereotypes about Spryfield – violence, drugs, welfare, single parents.

More cultural opportunities to keep residents here. What about a Cultural Centre for the Arts.

There are really good people in Spryfield and we need to show this!

More trees. Christmas wreaths on Herring Cove Road and flowers in summer.

Most people are nice and this is my home and I am known very well.

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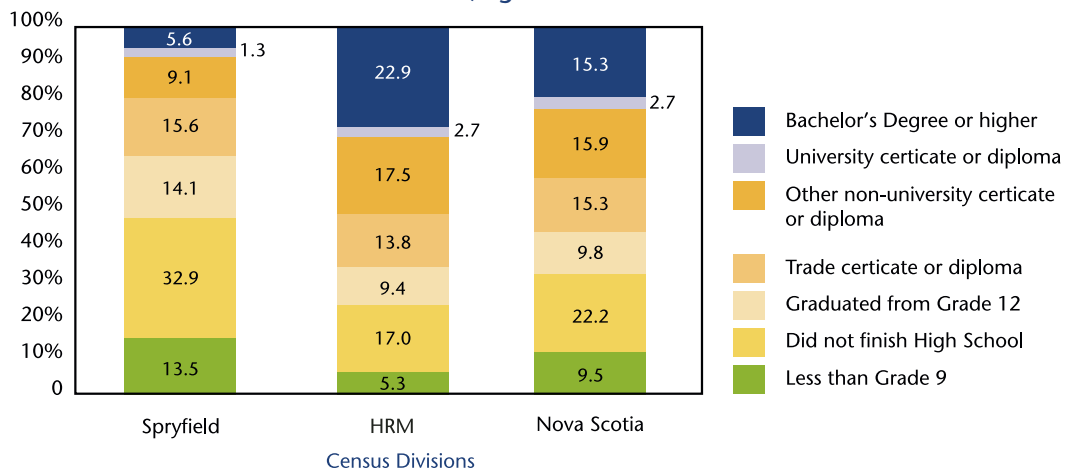


Our Education and Literacy

Education is closely tied to socioeconomic status. Effective education for children and life-long learning for adults are key contributors to health and prosperity for individuals and the community. Education contributes to health and prosperity by equipping people with knowledge and skills for problem solving, and helps provide a sense of control and mastery over life circumstances. It increases opportunities for job and income security, and job satisfaction.

Health Canada

Educational Attainment in 2001, ages 20 and over.



“When we tested the older students, they could read the text fluently, but they had no idea what they'd just read.

My kids aren't getting as good an education as I got. I'm worried about what's going to happen to them.

The schools should be open at night for adult students. And we need daycare for them, too.”

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Our Recreation and Leisure

Personal health practices and coping skills are things people can do to prevent diseases and promote self-care, cope with challenges, and develop self-reliance, solve problems and make choices that enhance health. The “choices” people make are greatly influenced by the socioeconomic settings in which they live, learn, work, and play. It can be very difficult for low-income people to make healthy choices, and people at a higher socioeconomic level usually have more choices.

Health Canada



We need more activities for the kids. A youth drop-in centre, so we have someplace to hang out. The lack of things to do for all ages, and no access to do them if you don't have money.

Daily bingo for seniors. A drop-in centre for seniors. Seniors' daycare.

Let's get this "skate-board" park up and running before they become adults!

Sing, dance, figure skate, roller skate, read. Hockey, volleyball, basketball, baseball.

Fix up the hockey rink. Competition size swimming pool. Big recreation centre.

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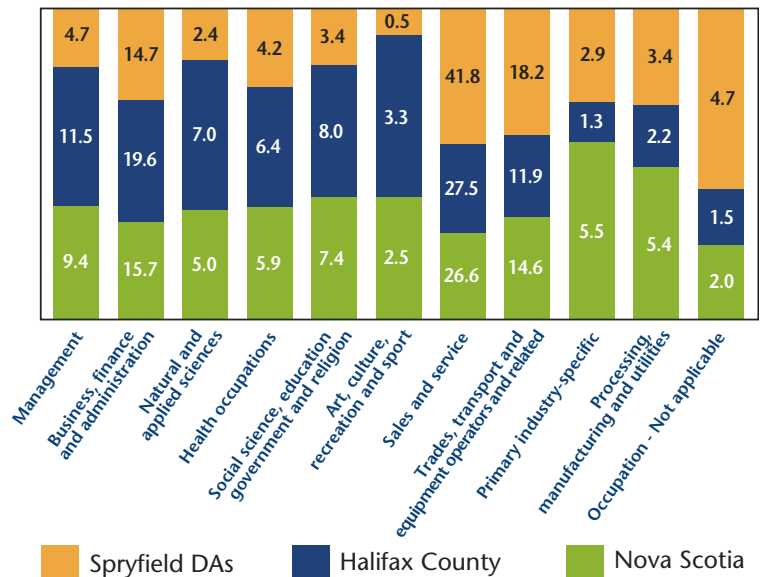
Our Income and Employment

Health status improves at each step up the income and social hierarchy.

High income determines living conditions such as safe housing and the ability to buy sufficient good food. Unemployment, underemployment, stressful or unsafe work are associated with poorer health. People who have more control over their work circumstances and fewer stress-related demands on the job are healthier, and often live longer than those in more stressful or riskier work and activities.

Health Canada

Total Labour Force by Occupation 2001



*The unfortunate number of young parents.
 Have some clothes stores, men's and women's, movie theatre, go dancing, some nice night clubs.
 Economic development to ensure more jobs. Jobs related to environment.
 The perpetuated state of social assistance from generation to generation.
 I would like to see a shoe repair. A decent mall and a nice tavern. Books, music.
 More eating establishments (not fast food chains), more entertainment.*

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Our Natural Environment

High levels of contaminants in air, water, food, and soil can cause various serious health problems, such as cancer, birth defects, respiratory illness, and gastrointestinal problems. The frequency of childhood asthma has increased sharply in the last two decades. The reduced ozone layer is also causing health problems, including sunburn, skin cancer, depression of the immune system, and cataracts.

On a large scale, whole ecosystem health is essential to long-term human well-being. This includes meeting human needs for wood, minerals, energy and land (for housing, food, recreation, transportation and goods), while still leaving intact sufficient resources for wildlife.

Health Canada

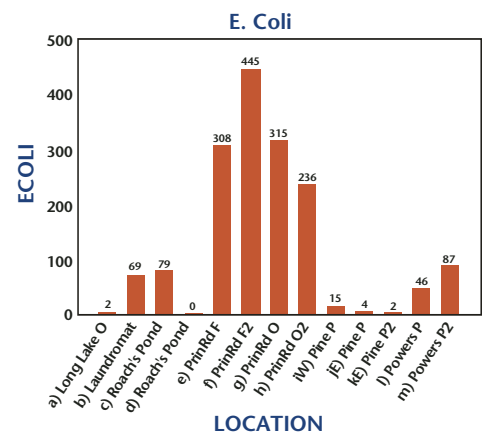
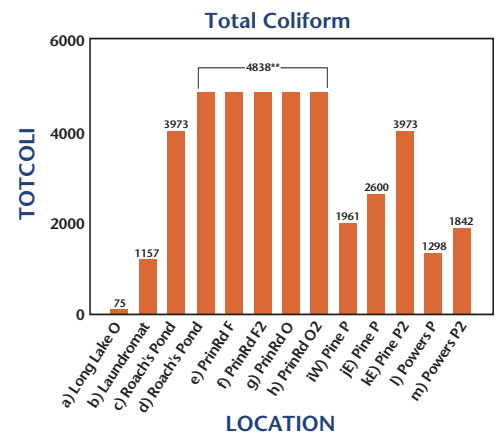
“Developers put houses too close to the water. They should put back the forest they took away.”

Job generation connected to nature – like supplies for camping, hiking, bike repair shop.

All our woods, McIntosh Run, Kidston Lake, the barrens and bogs, the animals.”

Spryfield Residents

Water Samples from McIntosh Run - November 23, 2005



**4838 was the maximum quantifiable count, actual counts were higher

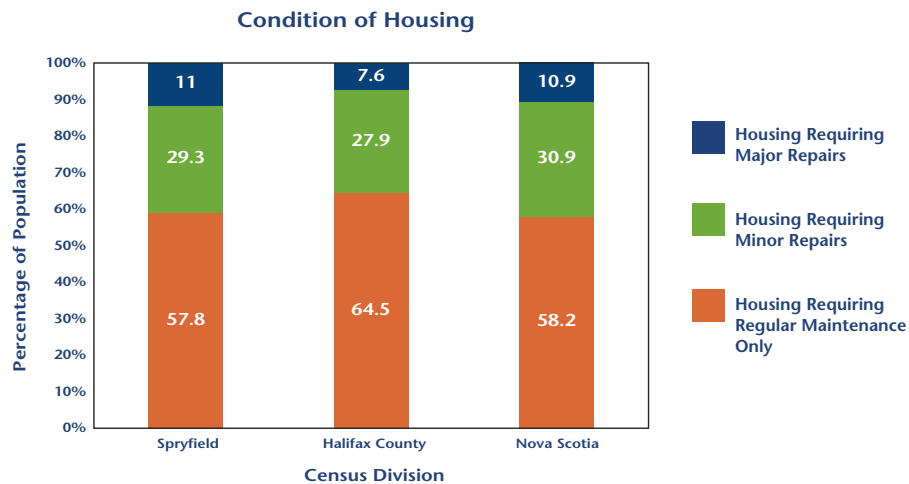
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Our Housing and Development

In the built environment, factors related to housing, indoor air quality, and the design of communities and transportation systems can significantly influence our physical and psychological well-being. Those without access to transportation may be socially isolated and have difficulty getting employment.

Health Canada



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The housing in Greystone needs some really good fixing up.

More safety features like guard rails, and lighting.

Traffic goes lickety-split on Herring Cove Road. It's not safe.

Rotary congestion and lack of sidewalks on both sides of the road.

We need more parks to take our kids to, and more places to walk.

The rents are too high for us old folks on pension.

We should get rid of the 500 block.

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Spryfield Residents