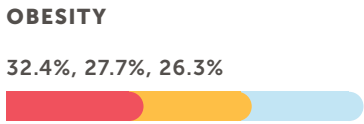
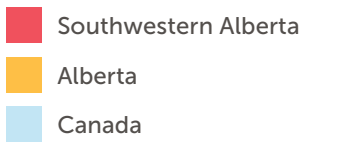


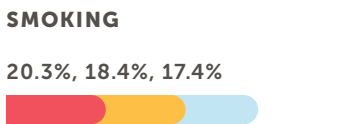
# HEALTHY COMMUNITIES



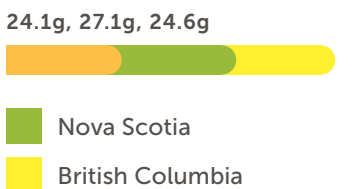
## Health Indicators in Southwestern Alberta



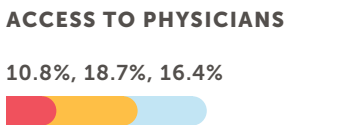
Obesity has increased by 10.8% in less than 10 years, from 21.6% in 2007-08 to 32.4% in 2015-16.



Rates have been decreasing steadily—down 4.9% since 2007-08.



A 2018 survey found that Alberta was third in cannabis consumption per capita at 24.1g, behind Nova Scotia (27.1g) and British Columbia (24.6g).



The percent of the population without a regular medical doctor has decreased 3.8% since 2007-08.

## Family and Community Support Services

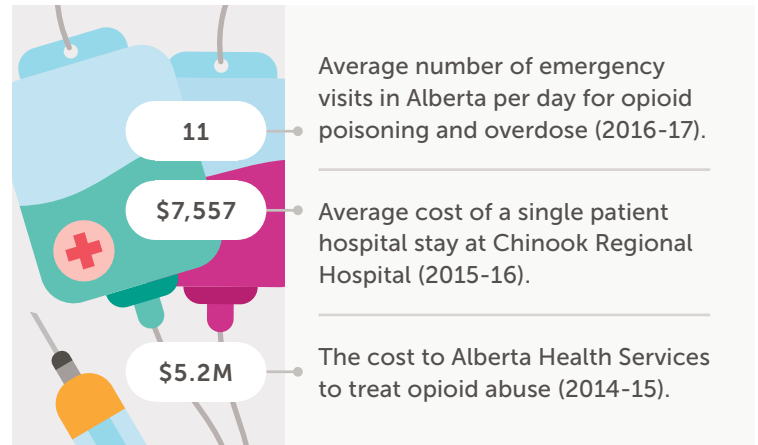
Family and Community Support Services (FCSS) is a funding partnership between the Government of Alberta and a municipality or a Métis settlement. FCSS provides support for community programs or initiatives that offer preventive services to children and youth, adults, seniors, families, and community. These services try to identify those who might be at risk, and provide them with assistance to overcome their challenges. In each municipality or Metis settlement, the provincial government provides 80% of FCSS funding. The local governing body supplies the other 20%.

FCSS funded programs are accessible to communities throughout Southwestern Alberta, including agencies in Barons-Eureka-Warner, Cardston, Pincher Creek, Crowsnest Pass, Fort Macleod, Granum, Lethbridge, Magrath, Pincher Creek, and Vulcan.

**HOW THE COMMUNITY FOUNDATION HELPS** In 2017, the Community Foundation awarded \$94,900 in grant funding to 12 organizations for projects focused specifically on enhancing quality of life within the Healthy Communities Impact Area.

## Supervised Consumption Sites

These sites must apply for an exemption from the Controlled Drugs and Substances Act in order to operate. These exemptions recognize that, in some circumstances, providing medical help is of a greater overall benefit to society than filing criminal charges.



Studies of other supervised consumption sites in North America have found that as much as \$5 is saved for every dollar spent, to reduce future health expenses and save lives. These sites also help to reduce transmission of viruses like Hepatitis C and HIV. The Vancouver site helps to prevent an average of 35 new cases of HIV each year, each of which would cost approximately \$250,000 to treat over the course of the infected person's life.

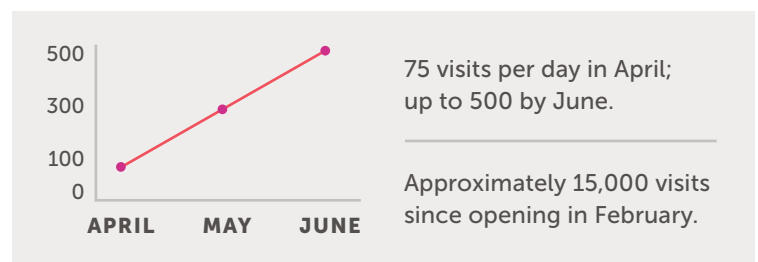
## As Tools of Harm Reduction

Harm reduction strategies seek to minimize ensuing health risks for individuals who are unwilling or unable to curb risky behaviour. These strategies complement previously existing drug prevention and use reduction services. Many supervised consumption sites also offer access to harm reduction services, including addictions counselling, nursing services, and needle exchange programs.

## Lethbridge's Supervised Consumption Site

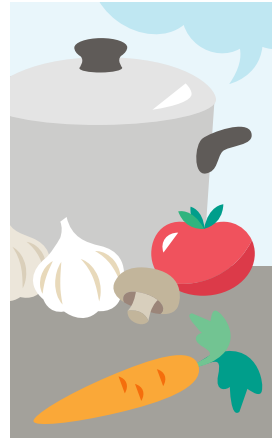
In 2017, Lethbridge had Alberta's third highest mortality rate due to opioid overdose, at 19 deaths per 100,000 people.

Opening at noon on February 28, 2018, Lethbridge's supervised consumption site had 240 visits in its first week. In the first three months of operation, it offered more than 1,300 referrals to services like addictions counselling, housing supports, harm reduction, and primary wound care.



## Food Production and Food Insecurity

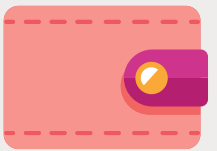
Food insecurity is the lack of access to sources of consistent, high quality, nutritious, affordable food. What we eat is informed by multiculturalism, and metered by what is available; however, the strongest determinant of food insecurity is income. Just over one in ten Albertans said they worried at some point during the year that food would run out before they were able to buy more, down from the year before.



Southwestern Albertans have access to more than 50 food banks, organizations, community kitchens, and other food programs in order to help reduce conditions that lead to food insecurity.

Arguably the most well-known are food banks, of which Food Banks Alberta counts 14 in Southwestern Alberta alone.

### RISING FOOD INSECURITY



Of the 11.6% who worried at some point, 3.3% indicated they worried about this "often."

This number is higher than both the previous year (2.7%) and the provincial rate (2.9%).



**Did You Know?** The University of Lethbridge Students' Union and Lethbridge College Students' Association each run their own food bank to support students on campus.

## Agriculture

### and Livestock in Alberta

- SW Alberta Cropland/Farms
- Farm Production (Bushels)
- Farm Production (kg)

There are over 1.6 million hectares of cropland and 4,398 farms in Southwestern Alberta. As a result, we produce massive quantities of crops and livestock. Alberta is a net food exporter—much of what we produce is sold to other jurisdictions.

- AB Livestock Exports
- Enough to Feed Albertans

This chart shows a measure of food crops produced in 2017, and livestock exported in 2016. The blue bars represent, for each crop, the percentage of the province's farm land that is located in Southwestern Alberta.

