

For healthy municipalities!

Municipalities have a wide range of powers and tools to encourage physical activity, promote healthy eating, strengthen resilience to climate change, address challenges related to alcohol and other drug use, support mental health, and assist families starting in the perinatal period.

To achieve this, the Association pour la santé publique du Québec (AS PQ) offers a set of **recommendations and inspiring resources**.



SUMMARY

For physically active municipalities in everyday life

1. Improve the affordability of sports, physical, and recreational activities
2. Ensure fair access to local spaces for sports, physical, and recreation all activities
3. Create a safe and appealing network that supports active mobility



For municipalities that cultivate mental health

4. Design living spaces that foster social connections
5. Encourage citizen participation in local life
6. Support and energize local community life
7. Prevent violence and promote social harmony



For municipalities taking action for **health and climate**

8. Commit to healthy air
9. Recognize the right to cool environments to protect vulnerable populations from extreme heat
10. Join the Montréal Pledge for the protection of biodiversity



For municipalities where **healthy eating is easier**

11. Strengthen food security by improving economic and physical access to healthy foods
12. Provide healthy and sustainable food in municipal settings
13. Create healthy food environments for youth



For municipalities committed to prevention related to **alcohol and other drugs**

14. Adapt public spaces and events to substance use realities
15. Create a municipal advisory committee on social cohabitation and substance use
16. Adopt a municipal or regional alcohol policy
17. Train municipal and community staff on harm reduction related to psychoactive substances



For municipalities that support **parents and babies**

18. Provide welcoming living environments for young children and their families
19. Create breastfeeding-friendly environments
20. Enable all parents to care for their baby
21. Include cooling zones and access to drinking water in public spaces
22. Strengthen and support the perinatal community network

