YORK REGION HEALTH AND WELL-BEING REVIEW



Emerging Trends in York Region

- **York Region is growing and becoming more diverse:** Newcomers to Canada continue to enrich our communities with different cultures and languages
- **As York Region grows, the age of our population is changing:** There are more older adults and young families shaping service needs
- **Positive factors affecting health are embedded in our communities:** Most residents report overall good health and a strong sense of community belonging, similar to Ontario trends
- **Global economic uncertainty is affecting income security:** Financial struggles are leading to hard choices and challenges, including food insecurity and housing instability
- **Mental health and well-being concerns continues to rise:** This may lead to more crisis-driven service use, difficulty achieving long-term stability and a greater need for coordinated services

York Region

Help Turn Insights into Action!

Access the York Region Health and Well-Being Review and related resources to:

- Amplify key messages and drive collective action
- Raise awareness of local needs
- Support strategic planning and service alignment
- Develop collaborative and innovative solutions

Build solutions TOGETHER

Access the full York Region Health and Well-Being Review at

york.ca/HealthandWellbeingReview

