

TORONTO CANCER PREVENTION COALITION
RECOMMENDATIONS FOR AN ACTION PLAN FOR CANCER
PREVENTION IN THE CITY OF TORONTO

The Toronto Cancer Prevention Coalition recommends that the City of Toronto, working with its partners in the community and other levels of government, make the prevention of cancer a priority by taking action as recommended below on the major risk factors for cancer, and evaluating annual progress in the actions taken.

Ultraviolet Radiation

1. The City of Toronto, through Public Health, should develop and implement a comprehensive, multi-sectoral sun-safety program modelled on such proven programs as the SunSmart Community Program of Victoria Australia, to protect Toronto residents from UV radiation.
2. Toronto City Council should direct the relevant divisions within the City to set, enforce and monitor shade provision in public places and facilities under City jurisdiction, both built and natural, through urban design and planning and /or bylaws.
3. The City of Toronto should:
 - a) write and implement a policy to require and provide sun-protective attire and supplies (including hats, protective clothing and eyewear, and sunscreen) for all City employees who work outdoors; and
 - b) evaluate implementation of the policy in terms of the education of employees, the availability of supplies/protective attire, and compliance.

Dietary Risk Factors

The City of Toronto should help Toronto residents eat a diet that lowers their cancer risk by:

4. continuing current food and nutrition programs for ethnoracially diverse communities, and developing more multicultural nutrition programs that increase access and services across the City's population;
5. supporting investigation into community-based nutrition needs and evaluation of community-based nutrition programs to ensure best practice and effective use of resources;

6. providing a program to promote the consumption of vegetables and fruit, based on research indicating that eating substantial and varied amounts of vegetables and fruit may prevent 20% or more of cancer cases.

Physical Activity

7. In light of expert consensus indicating that people should be physically active on most days of the week to reduce their cancer risk, the City of Toronto should continue to provide, and ensure access to, physical activity programs and facilities for Toronto residents of all ages.
8. The City of Toronto should challenge the current culture of inactivity by continuing to support and expand City initiatives that encourage physical activity as an early and lifelong habit, including:
 - a) a City of Toronto *Vision for Physically Active Children and Families*;
 - b) programs in agencies serving children and in schools;
 - c) Toronto's *Be Active, Be Healthy* campaign;
 - d) a pilot project to increase children's physical activity in ethnoracially diverse and socio-economically disadvantaged areas of Toronto;
 - e) access to playground structures, safe and affordable indoor space and outdoor environments, low or no-cost programs, and provision of child care and transportation to promote participation.

Alcohol

9. Because the risk of cancer increases with the amount of alcohol consumed, the City of Toronto should support restricted access to alcohol by advocating for:
 - a) continued, rigorous government control of sales and services, advertising and promotion;
 - b) prices and taxes that encourage low-risk drinking; and
 - c) mandatory server training for all alcohol licensees, in order to minimize high risk alcohol consumption among patrons of these premises.
10. The City of Toronto, working with Public Health, should support dissemination of accurate and current information to the public about the link between drinking and cancer by:
 - a) explicitly recognizing alcohol as a risk factor and outlining related prevention activities;
 - b) endorsing, and educating Toronto residents about, the Low-Risk Drinking Guidelines—which set a daily upper limit of two standard drinks, with a weekly maximum of 14 for men and 9 for women;

- c) working with community partners and other levels of government to achieve these goals.
11. The City of Toronto should support targeted education to reduce alcohol-related cancer risk by:
- a) encouraging the Toronto School Boards to build into health education programs, strategies that delay the onset of drinking among youth and promote low-risk drinking practices;
 - b) working with government, community and professional organizations to explicitly recognize alcohol as a risk for cancer, and to develop and disseminate clinical practice guidelines that educate health professionals about this risk and encourage risk reduction practices among their patients/clients.

Occupational and Environmental Carcinogens

12. The City of Toronto should adopt and apply, to all City policies and activities, the precautionary principle, the weight of evidence approach, pollution prevention, just transition to protect jobs of workers affected by changes in industrial processes, and the community's right to know. The City should also advocate for their adoption and application by governments and community partners at the federal and provincial level.
13. The City of Toronto, through the City Solicitor and with input from the Medical Officer of Health, should develop and implement a Community Right-to-Know bylaw, as adopted by City Council in the Environmental Plan in 2000, and report on its development and implementation by the end of 2001. At the same time, the City should encourage other levels of government to develop right-to-know resources for the public.
14. The City of Toronto should develop a process to support the phase out of the use and/or release of eight chemicals in the City—benzene, diesel exhaust, polycyclic aromatic hydrocarbons, perchlorethylene, dioxin, methylene chloride, asbestos, and pesticides. The City should prepare a specific plan for this purpose by the end of 2001, with clear priorities, steps and timelines.
15. The City of Toronto should be a model employer and demonstrate leadership in cancer prevention by directing its Joint Health and Safety Committee(s) to prepare targets and timelines for identifying and eliminating the City's use and/or release of suspected carcinogens in the workplace.
16. The City of Toronto should:
- a) call upon the Ministry of Labour to develop regulations that require the mandatory examination of substitutes for workplace carcinogens; and

- b) advocate to the federal and provincial governments for the elimination of carcinogens from our environment.
17. The City of Toronto should encourage Cancer Care Ontario and other relevant agencies and levels of government
- a) to develop appropriate mechanisms for monitoring exposures to occupational and environmental carcinogens, and
 - b) to educate health professionals and the public about these exposures.

Tobacco

18. The City of Toronto should make tobacco control programs targeted to youth a priority, such as *Not to Kids* which reduces early tobacco use and later cancer risk. Establishing this multi-component, multi-disciplinary initiative as a standard program is key to a comprehensive approach to tobacco-related cancer prevention.
19. The City of Toronto should support alternatives to youth smoking by:
- a) developing and delivering community recreation programs that are engaging, culturally relevant and accessible to the ethnoracially diverse youth population of Toronto, and
 - b) supporting community organizations that provide tobacco prevention and cessation programs to young people.
20. The City of Toronto should advocate
- a) to the provincial government to make cancer prevention a priority by implementing such tobacco reduction policies as smoke-free indoor workplaces and increased taxes on cigarettes; and
 - b) to the federal government to pass Bill S-15, which provides a source of funding for comprehensive youth tobacco programming.