



Imagine - a healthy community. It is not a community that is merely free from disease and sickness, but rather, it is a community that enables its residents to maintain a high quality of life. A healthy community is also a complete community, providing safe and nurturing physical and social environments, supporting healthy choices and healthy outcomes, and allowing residents of all ages and abilities to access services, programs, and infrastructure to meet their full potential.



Healthy and complete communities are supported by the principle that regardless of age, gender, ethnicity, income, abilities, and locations; every person is entitled to equal access to physical, social and personal resources.

Why is it important to have a healthy complete community? Ultimately, individual health is determined by social and physical factors that shape our living conditions. Our health and well-being begins in our communities, and is influenced by where we live, work, and play.

Safe neighbourhood design, adequate access to fresh food, clean air and water, affordable housing, recreation opportunities, and supportive services and programs, all contribute to healthy and complete communities.



At Dillon, we have been helping communities across Canada achieve the fundamental goal of being healthy and complete communities. Through policies, plans, guidelines, and strategies, Dillon has played a key role in leading communities towards a healthy future.

Our approach focuses on both processes and product. A major aspect of community health is the degree to which the community is empowered to determine its own future. We assist in achieving that through collaboration processes, skills development and building partnerships. But beyond process, we also bring to communities the built-form solution that are proven to support healthy lifestyles – active transportation, recreation opportunities and communal facilities.