

Your Health Matters

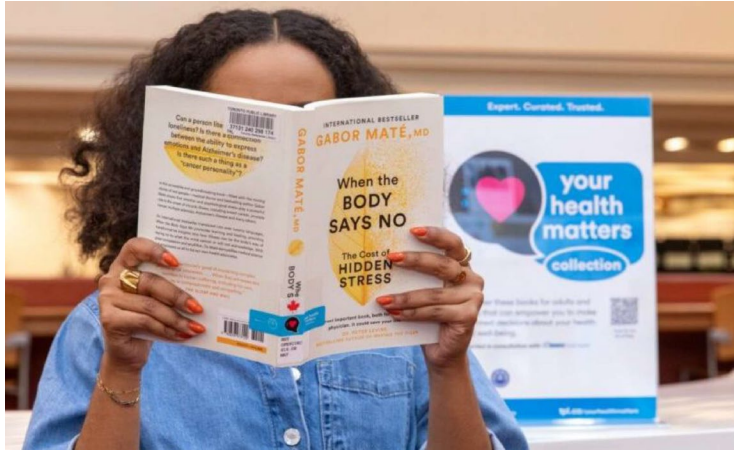
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Senior Services Specialist, Health Programs & Partnerships

March 23, 2026



Access to Health Information and Health Literacy





- Health information can be complex and difficult to navigate
- Access to reliable health information is not equitable across communities
- Libraries are trusted, accessible institutions

Your Health Matters


Expert. Curated. Trusted.

- Curated collection
- Expert-led programs
- Strategic partnerships



 **your health matters**

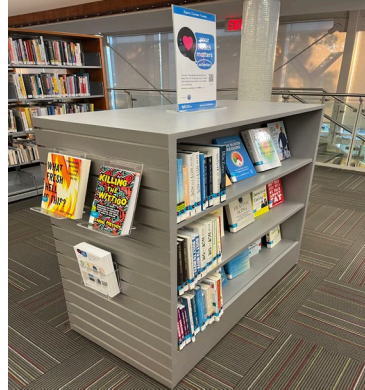
Expert. Curated. Trusted.
Collections, programs and services that empower you to make informed decisions about your health and well-being.

Seeded by 

tpl: toronto public library [tpl.ca/yourhealthmatters](https://www.tpl.ca/yourhealthmatters)

Your Health Matters is generously supported by the TPL Foundation in partnership with the Martin Family

Your Health Matters: Collection



- 75 new expert-reviewed titles
- 4,654 copies distributed system-wide
- 19 branches with full collections and custom display units



Your Health Matters: Collection Impact

- 56% increase in circulation after launch
- Average number of holds tripled for titles in the collection



Your Health Matters: Programs

Topics include:

- Heart health
 - Finding a primary care provider
 - Healthy eating
 - Social Connection and Loneliness
-
- Over 90 programs offered in 2025

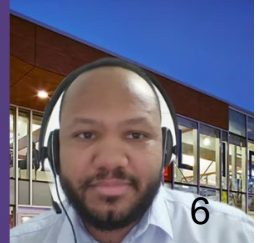


WEST TORONTO
ONTARIO HEALTH TEAM



HEART HEALTH:
Practical Advice

Anjali Anselm, MD FRCPC
Cardiologist – Unity Health, St. Joseph's Health Centre
February 24, 2026



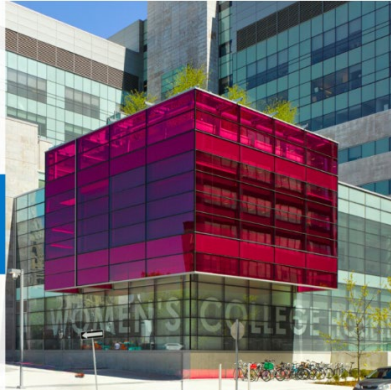
Your Health Matters Programs: Bridging Minds

Bridging Minds:

Health & Science Conversations

Join monthly webinars with leading healthcare professionals and scientists on trending health and science topics.

Live, Online, Interactive, Free



- Partnership with Women's College Hospital
- Over 4,000 registrations
- 1,900 live attendees
- Over 2,000 replays



Bridging Minds: Health & Science Conversations

Osteoarthritis: Myth Busting and Truth Telling

Dec. 17, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free



Bridging Minds: Health & Science Conversations

Debunking Common Menopause Myths

March 19, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free



Bridging Minds: Health & Science Conversations

The Heart-Breaking Fight Against Breast Cancer

Sep. 17, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free



Bridging Minds: Health & Science Conversations

The Science of Loneliness and Social Connection

Apr. 16, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free

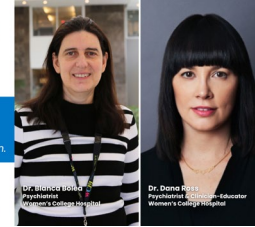


Bridging Minds: Health & Science Conversations

From Google to Good Health: How to Find Credible Medical Information Online

May 21, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free



Bridging Minds: Health & Science Conversations

Understanding Chronic Pain, Current Treatments, Challenges and the Road Ahead

Feb. 19, 2025, 6:00 p.m. - 7:00 p.m.

Live, Online, Interactive, Free



Expanding Health Programs and Partnerships



- Continue to build TPL's collection and programming
- Community interest remains strong
- Exciting partnerships to bring equitable access to primary care supports to vulnerable populations



Thank you!

Questions?