

Healthy ACTIVE COMMUNITIES

REPORT



An update on the Healthy Communities Partnership

City of Kawartha Lakes is very fortunate to have many groups whose work helps create a healthy, active community - from health services, to private businesses and sports leagues; from community groups and service clubs, to agencies and the Municipality. It's important to acknowledge the many partnerships and contributions that each of these sectors makes to improve the quality of life for residents.

Healthy Communities Partnership

The Healthy Communities Partnership (HCP) evolved from the local Health for Life project and continues to work on similar initiatives. In 2011, the Partnership engaged the residents of City of Kawartha Lakes (CKL) in conversations to identify priorities and plan for healthier, more active communities in CKL.

The Healthy Communities Partnership project focused on six factors identified as priorities by the former Ministry of Health Promotion and Sport that contribute to a healthy lifestyle: physical activity, preventing injuries, healthy eating, mental health and well-being, decreasing tobacco use, and decreasing drug and alcohol misuse.

This report outlines several health promotion priorities that were identified by our community and provides an update on the progress being made in these areas.

Healthy Communities - Healthy People

Being healthy means more than just not being sick. It means having the skills, opportunities and resources to fully enjoy life. When people are healthy, a community is healthy because its members can participate and contribute in many different ways. A community also influences the health of its residents. How? A healthy, active community provides safe places for people of all ages and abilities to be physically active in their daily lives. It ensures access to healthy food for all, and has a variety of recreation opportunities for everyone.

PRIORITY - ACCESS TO RECREATION

Having access to recreation means being able to participate in structured or unstructured physical activity to improve health, develop a skill or build self-esteem. Having access to recreation can help us to be more physically active.

What is being done?

- A website was developed by the Family Wellness Committee - www.joininckl.ca. This site links sport providers, service providers and families with listings of local subsidies, an online equipment swap and available low to no cost activities.
- An Access Friendly Organization Toolkit was developed. The toolkit outlines the steps for sport providers to create a policy that will help all families participate in their programs.
- A workshop is being planned to provide networking opportunities for sport providers, so they can work together on common barriers to participation.

Who is doing this work?

- The Family Wellness Committee is a group of committed agencies and volunteers, currently working on improving access to recreation opportunities for families in City of Kawartha Lakes. Please see our website for more information - www.joininckl.ca.

PRIORITY - ACCESS TO HEALTHY FOOD

Access to healthy food is important for good health. Nutritious food should be available wherever food is offered or sold such as schools, restaurants, workplaces, recreation centres and food banks. Policies that support healthy eating and a local sustainable food system are vital for good health.



What is being done?

- The Kawartha Lakes Food Charter was developed as a guide to creating food related policies and programs in CKL, www.advantagekawarthalakes.ca/en/businessresources/reportspublications.asp.
- Food for All – A guide to where to get free or low-cost food in your community was created (<http://www.hkpr.on.ca/InfoSet/Lifestyles/FoodSecurity.aspx>).
- The Kawartha Lakes Food Source works to reduce hunger by maintaining a central warehouse to supply food to organizations that provide food to individuals in need.
- Kawartha Choice FarmFresh promotes members that sell local food including producers, farmers' markets, restaurants, retail, and food service. Information is available in a printed map and listing as well as at www.kawarthachoice.com.
- Educational food programs.

Who is doing this work?

- Local Farmers in the Kawartha Choice FarmFresh program
- City of Kawartha Lakes
- Haliburton, Kawartha, Pine Ridge District Health Unit
- Peterborough/ Victoria Stewardship Council
- Ontario Ministry of Agriculture Food and Rural Affairs
- Kawartha Lakes Food Source

PRIORITY - ACTIVE COMMUNITIES

In active communities, the built and social environments support and enable healthy, active living by providing opportunities for people to participate in daily physical activity.

WHAT CAN YOU DO?

- Join local committees that are working on making healthy choices, easy choices. For example, the Local Foods Coalition, Pathways to Health Committee or the Family Wellness Committee.
- Volunteer to help out with things like community gardens, school breakfast programs, sport and recreation programs, and car-pooling to help others access programs and services.
- Ask for change - make sure your local municipal councillors, Member of Provincial Parliament (MPP) and Member of Parliament (MP) know that it is important that they make decisions that encourage health - write letters, attend council meetings.
- Participate in municipal public consultations and provide input on how land is used in our community, and how you would like to see our community designed in the future.
- Try to make, and role model, healthy choices in your own life.

What is being done?

- Policy statements that support health and active transportation were submitted to the Municipality, and included in the new Official Plan to guide land use planning.
- Active Communities goals and an action plan have been created and included in the CKL Integrated Community Sustainability Plan.
- Providing educational workshops on active transportation and community design best practices for decision makers.
- Securing funds to promote Share the Road safety messages for motorists and cyclists.
- Partnering with the Kawartha Cycling Club on designating cycling routes and advocating for improved infrastructure for cyclists.
- Seeking funding to build new and upgrade existing trails; developing and hosting a website with trail information www.trailsforhealth.ca.

Who is doing this work?

- The Pathways to Health Committee is a committed group of agency representatives and volunteers who work towards making CKL a vibrant, healthy community that supports residents to incorporate active living into all aspects of their lives.
- Kawartha Cycling Club
- Kawartha Trans Canada Trail Association
- Kawartha Lakes Green Trails Alliance
- City of Kawartha Lakes staff
- Haliburton, Kawartha, Pine Ridge District Health Unit

For more information please contact

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