



A Healthy Communities Resource Manual for Municipalities

Physical Activity & Healthy Eating

Companion to the Healthy Communities Asset Inventory Tool for Municipalities

Prepared by: Healthy Communities Partnership: Lanark, Leeds & Grenville

Working together to make the healthy choice, the easy choice.



MODULE 1: PHYSICAL ACTIVITY

Section 1: Programming and Facilities

Background/Evidence

Recreation and Parks: Use and benefits of Local Government Recreation and Park services: An Ontario perspective (research summary)

http://www.prontario.org/index.php/ci_id/3674.htm

Parks and Recreation Ontario, Positioning statement

http://www.prontario.org/index.php/ci_id/3725.htm

Economic Benefits of Increasing Access to Recreation for Low-Income Families)

http://prontario.org/index.php/ci_id/3728.htm

Investing in Healthy and Active Ontarians through Recreation and Parks Infrastructure

http://www.prontario.org/index.php/ci_id/3542.htm

Sports Injury Prevention Taskforce (State Government Victoria, Australia) March 2013

www.dpccd.vic.gov.au

Recommended Practice/Policy Support

Parachute Canada: Preventing Injuries. Saving Lives

www.parachutecanada.org (Policy tab)

Parks and Recreation Ontario: High Five

www.highfive.org

The National Coaching Certification Program

<http://www.coach.ca/coach-training-in-canada-s15408>

A Guide for Developing Tobacco-free Sport and Recreation Policies and By-laws

http://www.playlivebetobaccofree.ca/cco/media/cta_pdf/Toolkit-Play,-Live,-Be-Tobacco-Free.pdf

Guidelines for Pediatric Concussion

<http://onf.org/documents/guidelines-for-pediatric-concussion>

Parachute: Playground Safety

<http://www.parachutecanada.org/policy/item/playground-safety>

Pathways to Recreation: Learning About Ontario's Accessibility Standard for the Design of Public Spaces:

http://www.prontario.org/index.php/ci_id/9179.htm

Section 2: Built Environment

Part A: Land Use Planning

Background/Evidence

Ontario Ministry of Municipal Affairs and Housing (Under the Planning Act):

Provincial Policy Statement 2014: <http://www.mah.gov.on.ca/AssetFactory.aspx?did=10463>

Key Changes by Policy Area: <http://www.mah.gov.on.ca/AssetFactory.aspx?did=10470>

Ontario Professional Planning Institute (2014): Healthy Communities and Planning for Active Transportation - A Call to Action - <http://ontarioplanners.ca/PDF/Healthy-Communities/2014/Moving-Forward-on-Active-Transportation-in-Ontario>

Nodal Development: Creating Compact, Complete, Mixed-use Communities
www.shapingourfuture.ca/downloads/Mixed_Use_Centres_Brochure.pdf

Complete Streets for Canada
<http://completestreetsforcanada.ca/>

Green Action Centre (Complete Streets) [Also contains sample policies]
<http://greenactioncentre.ca/content/complete-streets/>

Smart Growth Canada Network
www.smartgrowth.ca

Smart Growth America: National Complete Streets Coalition
<http://www.smartgrowthamerica.org/complete-streets/changing-policy/policy-elements>

Simcoe Muskoka: The Impact of the Built Environment on the Health of the Population: A Review of the Literature
www.simcoemuskokahealth.org/HealthUnit/Library/Research/BHCintro.aspx

Public Health Grey Bruce
http://www.publichealthgreybruce.on.ca/Healthy_Communities/Attachments/Impact%20of%20Built%20Environment%20on%20Health%20SMDHU.pdf

Parks and Recreation Ontario: Recreation and Parks: Use and Benefits of Local Government Recreation and Parks Services: An Ontario Perspective (a research summary)
http://www.prontario.org/index.php/ci_id/3674.htm

Parks and Recreation Ontario: Charter for Recreation and Parks in Ontario
http://www.prontario.org/index.php/ci_id/3677.htm

Pathways to Recreation: Learning About Ontario's Accessibility Standard for the Design of Public Spaces:
http://www.prontario.org/index.php/ci_id/9179.htm

Recommended Practice/Policy Support

Provincial Policy Statement 2014: <http://www.mah.gov.on.ca/AssetFactory.aspx?did=10463>
Key Changes by Policy Area: <http://www.mah.gov.on.ca/AssetFactory.aspx?did=10470>

Planning by Design: a healthy communities handbook
www.ontarioplanners.ca

Complete Streets for Canada: Policy Resources
<http://completestreetsforcanada.ca/policy-resources>

Ontario Planners: Plain Transit For Planners
<http://ontarioplanners.ca/PDF/Healthy-Communities/2011/Plain-Transit-For-Planners-Paper.aspx>

Ministry of Transportation: Transit Supportive Guidelines
<http://www.mto.gov.on.ca/english/transit/supportive-guideline/transit-supportive-guidelines-2012-en.pdf>

City of Edmonton (Complete Streets Guidelines)
http://www.edmonton.ca/city_government/city_vision_and_strategic_plan/complete-streets.aspx

<http://www.simcoemuskokahealth.org/JFY/OurCommunity/healthyplaces/Healthydesign.aspx>

Healthy Policies for Official Plans
http://www.pecounty.on.ca/pdf/HealthyPoliciesforOfficialPlans_Final_web_1.pdf

The Community Guide: USA
<http://www.thecommunityguide.org/pa/environmental-policy/communitypolicies.html>

The Community Guide is a website that houses the official collection of all Community Preventive Services Task Force (Task Force) findings and the systematic reviews on which they are based. The Community Guide is a credible resource with many uses because it is based on a scientific systematic review process and answers questions critical to almost everyone interested in community health and well-being such as:

- What interventions have and have not worked?
- In which populations and settings has the intervention worked or not worked?
- What might the intervention cost? What should I expect for my investment?
- Does the intervention lead to any other benefits or harms?
- What interventions need more research before we know if they work or not?

Part B: Active Transportation

Background/Evidence

Transport Canada: Active Transportation In Canada
<http://www.tc.gc.ca/media/documents/programs/atge.pdf>

Ontario Professional Planning Institute (2014): Healthy Communities and Planning for Active Transportation - A Call to Action - <http://ontarioplanners.ca/PDF/Healthy-Communities/2014/Moving-Forward-on-Active-Transportation-in-Ontario>

Ontario Planners: Healthy Communities and Planning for Active Transportation

<http://ontarioplanners.ca/PDF/Healthy-Communities/2012/Planning-and-Implementing-Active-Transportation-in.aspx>

Ontario Planners: Healthy Communities and Planning For The Needs of Children & Youth

<http://ontarioplanners.ca/PDF/Healthy-Communities/2009/Plan-for-the-Needs-of-Children-and-Youth-OPPI-Call.aspx>

Ontario Planners: Planning By Design (a healthy communities handbook)

<http://ontarioplanners.ca/PDF/Healthy-Communities/2009/Healthy-Communities-Handbook.aspx>

Recommended Practice/Policy Support

Canada Walks is a program of Green Communities Canada which aims to showcase best practice in walk able communities

<http://www.canadawalks.ca/>

Guidelines for Child- and Youth-Friendly Land-Use and Transport Planning in Rural Areas

<http://www.kidsonthemove.ca/uploads/Rural%20Guidelines%20v3%20SR.pdf>

A tool to help you find active transportation policies from across Canada. The Canadian Municipal Active Transportation Policy Map

http://www.cancerview.ca/cv/portal/Home/PreventionAndScreening/PSPProfessionals/PSPPrevention/PreventionPoliciesDirectory/PPDPolicyMap?_afrLoop=3683328996206000&lang=en&_afrWindowMode=0&_adf.ctrl-state=vuo1dvl5b_4 is a bilingual, customized, Google map pre-populated with active transportation policies from the Prevention Policies Directory

<http://www.cancerview.ca/preventionpolicies>

Ontario Planners: Plain Transit for Planners (for those with public transit)

<http://ontarioplanners.ca/PDF/Healthy-Communities/2011/Plain-Transit-For-Planners-Paper.aspx>

Ministry of Transportation: Transit Supportive Guidelines

<http://www.mto.gov.on.ca/english/transit/supportive-guideline/transit-supportive-guidelines-2012-en.pdf>

Complete Streets for Canada: Policy Resources

<http://completestreetsforcanada.ca/policy-resources>

County of Lanark: Transportation Master Plan

<http://www.lanarkcounty.ca/AssetFactory.aspx?did=3920>

City of Brockville: Transportation Plan

<http://city.brockville.on.ca/index.cfm?ID=794>

City of Brockville: Comprehensive Transportation Plan

<http://city.brockville.on.ca/UploadedFiles/Transportation%20-%20Comprehensive%20Transportation%20Plan%20Dec%202011.pdf>

Lennox and Addington Paved Shoulder By-Law
paved_shoulder_Bylaw2962_03andPolicy.pdf

Lanark County Roads Paved Shoulder Program:
www.lanarkcounty.ca/AssetFactory.aspx?did=5289

Section 3: OUTDOOR AND NATURAL ENVIRONMENT

Background/Evidence

Children and Nature Network:
http://www.Lhealthyllg.org/resources/Summary_of_Studies_on_Outdoor_Benefits_Full.pdf

Parks and Recreation Ontario – Back to Nature
http://www.prontario.org/index.php?ci_id=5422

Healthy Policies for Official Plans
http://www.pecounty.on.ca/pdf/HealthyPoliciesforOfficialPlans_Final_web_1.pdf
(pg 15)

Participation:
http://www.healthyllg.org/resources/Participation_Fact_Sheet.pdf

David Suzuki:
<http://www.davidsuzuki.org/blogs/science-matters/2012/05/prescription-for-health-and-happiness-a-daily-dose-of-nature/>

Children’s Health and Nature:
http://www.healthyllg.org/resources/Childrens_Health_and_Nature_Fact_Sheet.pdf

Recommended Practise/Policy Support
Best Practices Guide to Natural Heritage Systems Planning
<http://www.ontarionature.org/discover/resources/PDFs/reports/nhs-guide-web.pdf>

Integrated Community Trail Strategy
<http://www.northgrenville.ca/trailstudy.cfm>

Section 4: ACCESSIBILITY

Background/Evidence

Parks and Recreation Ontario: Every One Plays (Access to Recreation for Low-Income Families In Ontario: Promising Practices Guide)
http://www.prontario.org/index.php/ci_id/3722.htm

Parks and Recreation Ontario: Positioning Statement
http://www.prontario.org/index.php/ci_id/3725.htm

Every Child Plays: Access to Recreation for Low-Income Families in Ontario (The Health, Social and Economic Benefits of Increasing Access to Recreation for Low-Income Families)

http://prontario.org/index.php/ci_id/3728.htm

Recommended Practise/Policy Support

Parks and Recreation Ontario: Affordable Access to Recreation For Ontarians Policy Framework (everyone plays)

http://www.prontario.org/index.php/ci_id/3681.htm

Parks and Recreation Ontario: Affordable Access To Recreational For Ontarians (Policy Development And Implementation Guide For Communities)

http://www.prontario.org/index.php/ci_id/3721.htm

City of Calgary (Fee Assistance for Recreation)

<http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx>

Town of Ajax – Corporate Policies and Procedures (Affordable Access To Recreation & Cultural Services)

http://www.prontario.org/index.php/ci_id/3723.htm

Healthy Policies for Official Plans

http://www.pecounty.on.ca/pdf/HealthyPoliciesforOfficialPlans_Final_web_1.pdf

Module 2: HEALTHY EATING

Section 1: HEALTHY EATING AT MUNICIPAL FACILITIES OR EVENTS

Part A: Healthy Food Choices

Background/Evidence

Municipal Food Policy- Entrepreneurs

http://capi-icpa.ca/pdfs/2013/Municipal_Food_Policy_Entrepreneurs_Final_Report.pdf

City Food Policy and Programs- Lesson Harvested From An Emerging Field

http://www.google.ca/url?url=http://www.scpclearinghouse.org/upload/publication_and_tool/file/246.pdf&rct=j&frm=1&q=&esrc=s&sa=U&ei=0U_aU5-fBMegyASHr4LgDQ&ved=0CBkQFjAB&usq=AFQjCNHYQ9ZF6c4gBGeglsxlgflAm-hNng

Recommended Practise/Policy Support

Eating Well with Canada's Food Guide

<http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Handbook to Healthier Communities- Influencing Healthy Public Policies

http://www.healthylg.org/resources/OCDPA_HCHandbook.pdf

Healthy Eating Policy- Municipality of the District of Chester

http://www.google.ca/url?url=http://www.chester.ca/download-document/344-draft-healthy-eating-policy-march-26-2012.html&rct=j&frm=1&q=&esrc=s&sa=U&ei=M1_aU6rVGdGPYATdkILYCw&ved=0CCgQFjAAOAO&u sg=AFQjCNEsMqbiD_tDg8X1sf2Zt-aZbh5gyQ

Part B: Access to and promotion of tap water at municipal facilities or events

Background/Evidence

Blue Communities Project Guide

<http://www.canadians.org/sites/default/files/publications/bcpguide-draft-web.pdf>

Municipal Action on Bottled Water

<http://cms.burlington.ca/AssetFactory.aspx?did=11071>

Recommended Practise/Policy Support

City of Ottawa: Executive Summary (Plan For Promoting Municipal Drinking Water)

<https://app06.ottawa.ca/calendar/ottawa/citycouncil/occ/2010/04-28/pec/6%20-%20ACS2010-ICS-ESD-0001%20-%20Promoting%20Municipal%20Drinking%20Water.htm>

Region of Peel Report

<http://www.peelregion.ca/council/agendas/pdf/rc-20120112/report-pw-a1.pdf>

Part C: Access to facilities for breastfeeding at municipal facilities or events

Background/Evidence

Policy on Discrimination Because of Pregnancy or Breastfeeding- Ontario Human Rights Commission

<http://www.ohrc.on.ca/en/policy-discrimination-because-pregnancy-and-breastfeeding>

Evidence for Implementing the Baby Friendly Initiatives

<http://www.bfontario.ca/baby-friendly-initiative-outcome-indicators/>

Recommended Practise/Policy Support

Baby Friendly Initiative Tools

<http://www.bfontario.ca/baby-friendly-initiative-outcome-indicators/>

Section 2: MUNICIPAL PROGRAMS AND POLICIES AROUND FOOD

Part A: Programs and policies around healthy eating

Background/Evidence

Healthy Futures for BC Families- Policy Recommendations for Improving the Health of British Columbians

http://www.bchealthyliving.ca/sites/all/files/file/BCHLA_Healthy%20Futures-Final-Web.pdf

Placing the Food System on the Urban Agenda: the Role of Municipal institutions in Food System Planning

<http://foodsecurecanada.org/sites/default/files/foodsystemonurbanagenda.pdf>

foodcoreLGL (Food Charter for United Counties of Leeds, Grenville and Lanark County)

www.foodcoreLGL.ca

Planning for Food Friendly Municipalities in Waterloo Region

<http://chd.region.waterloo.on.ca/en/researchResourcesPublications/resources/FoodFriendlyMunicipalities.pdf>

Recommended Practise/Policy Support

Handbook to Healthier Communities- Influencing Healthy Public Policies

http://www.healthylg.org/resources/OCDPA_HCHandbook.pdf

Food Matters Manitoba

<http://foodmattersmanitoba.ca/sites/default/files/Manitoba%20Municipal%20Policy%20Guide.pdf>

Just Food: The Community Gardening Network of Ottawa

<http://www.justfood.ca/community-gardening-network/>

Montreal's Community Gardening Program

http://ville.montreal.qc.ca/pls/portal/docs/page/librairie_en/documents/montreal_community_gardening_program.pdf

Food Matters Coalition Leeds, Grenville & Lanark

<http://www.healthunit.org/nutrition/foodmatters/>

A Seat at the Table- A Resource Guide for Local Governments to Promote Food Secure Communities

<http://www.islandstrust.bc.ca/poi/pdf/itpoirptfoodsecurity.pdf>

Community Food Assessment Guide

<http://www.phsa.ca/NR/rdonlyres/10ADB2B7-DD0F-49FA-AC58-E40D642E412B/0/CommunityFoodAssessmentGuide.pdf>

Part B: Municipal plans and policies around local food systems

Background/Evidence

Local Food Act

http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_13l07_e.htm

Working for a Sustainable and Just Food System in Ottawa

<http://justfood.ca/>

City of Vancouver- Food and Sustainable Food System

<http://vancouver.ca/people-programs/food.aspx>

Recommended Practise/Policy Support

**Best practices in local food – A guide for municipalities -The Association of Municipalities of Ontario and the Ontario Municipal Knowledge Network:

<http://www.amo.on.ca/AMO-Content/Policy-Updates/2013/AMO-and-OMKN-Receive-Report-on-Best-Practices-in-L.aspx>

Handbook to Healthier Communities- Influencing Healthy Public Policies

http://www.healthyllg.org/resources/OCDPA_HCHandbook.pdf

Building Complete and Sustainable Communities: Healthy Policies for Official Plans

http://www.pecounty.on.ca/pdf/HealthyPoliciesforOfficialPlans_Final_web_1.pdf

Models and Best Practices for Building Sustainable Food System in Ontario and Beyond

http://www.uoguelph.ca/omafra_partnership/ktt/en/agrifoodrurallink/resources/MBPFullReportFINAL.pdf

Section 3: COMMUNITY PARTNERSHIPS THAT PROMOTE HEALTHY EATING

More Information and Resources

There is a wealth of information and resources available to planners interested in learning more about healthy community design and planning. For more information, or to access additional Planning Healthy Communities Fact Sheets, please visit:

- National Collaborating Centre for Environmental Health - Healthy Built Environment Inventory: A searchable catalogue of healthy communities case studies, guidelines, tools and key scientific papers http://nccch.ca/en/major_projects/built_environment
- Heart and Stroke Foundation: A resource site with links to research, healthy physical activity guidelines and healthy community design information. www.heartandstroke.ca/healthycommunities

- Urban Public Health Network - Healthy Canada by Design: A clearinghouse of healthy community design resources and links. www.uphn.ca/CLASP/
- Canadian Institute of Planners: Information and links to a variety of healthy community planning resources, including a new Healthy Communities Practice Guide. www.cip-icu.ca
- Public Health Agency of Canada: Maintains a built environment webpage with helpful information and evidence. www.phac-aspc.gc.ca/hp-ps/hl-mvs/be-eb-eng.php
- Canadian Institute of Health Information: A wide variety of resources and research studies on population health and environmental factors, including the built environment. www.cihi.ca
- Active & Safe Routes to School: Provides educational resources, tools and information to help schools design their own active transportation programs. www.saferoutestoschool.ca
- Active Healthy Kids Canada: Provides tools, resources and links to help get children and youth more physically active, including information on active and safe routes to schools. www.activehealthykids.ca/Home.aspx