



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, revised March 2017

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



MODULE 1: PHYSICAL ACTIVITY

Section 1: Programming and Facilities

Background/Evidence

Economic Benefits of Rural Recreation and Leisure Services – a report commissioned by our local Rural Recreation Association, it explores: capital infrastructure, human resource capacity, programs and services, as well as outdoor leisure recreation.

<http://healthyllg.org/ruralrecreationassociation.html>

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

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>

[Enabling Minds](#) is a new resource developed by the Canadian Mental Health Association Ontario, in partnership with Parks and Recreation Ontario and YMCA Ontario, with support from the Accessibility Directorate of Ontario. It provides mental health accessibility training for anyone who works in the field of sports, fitness or recreation. The Enabling Minds Training Module is an interactive 45-minute self-study course that shows how to remove barriers to physical activity programs for people living with mental health disabilities, and how to create a supportive and inclusive environment that promotes positive mental health for everyone.

Guidelines for Pediatric Concussion

<http://onf.org/documents/guidelines-diagnosing-and-managing-pediatric-concussion>

Concussion Management

<http://www.health.gov.on.ca/en/public/programs/concussions/>

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://smartgrowthamerica.org/program/national-complete-streets-coalition/>

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

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

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

Community Planning and Design for Healthy Rural Communities

<http://ontarioplanners.ca/Special-Pages/Conference-2015/Program/Day-2/Telling-Stories-Community-Planning-and-Design-for>

Healthy Communities and Planning for the Public Realm

<http://ontarioplanners.ca/getmedia/14fe24a2-9f01-4f91-93a1-1e7aa079df9d/Healthy-Communities-and-Planning-for-the-Public-Realm.aspx>

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.healthycommunitieshpe.ca/sites/default/files/uploads/050713_CDIP_Healthy_Policies_for_Official_Plans.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

https://www.fcm.ca/Documents/tools/GMF/Transport_Canada/ActiveTranspoGuide_EN.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.saferoutestoschool.ca/oldsite/downloads/Guidelines_Executive_Summary_Generic-Apr_2010.pdf

A tool to help you find active transportation policies from across Canada. The Canadian Municipal Active Transportation Policy Map is a bilingual, customized, Google map pre-populated with active transportation policies from the Prevention Policies Directory

<http://www.cancerview.ca/preventionandscreening/preventionpoliciesdirectory/ppdactivetransportation/ppdmunicipalmap/>

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/backgrounder/rural-complete-streets>

County of Lanark: Transportation Master Plan
<http://www.lanarkcounty.ca/AssetFactory.aspx?did=3920>

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

Mississippi Mills Active Transportation Plan
<http://www.mississippimills.ca/en/live/resources/FinalATPlanDecember82015.pdf>

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

Smiths Falls: Pedestrian Transit
<https://www.smithsfalls.ca/smithsfalls.ca-activetrans.cfm>

Township of Beckwith: Official Plan (trails in development areas)
[www.healthylg.org/ resources/Beckwith_OPA_Adopted_Amendment.pdf](http://www.healthylg.org/resources/Beckwith_OPA_Adopted_Amendment.pdf)

Lennox and Addington Paved Shoulder By-Law
[www.healthylg.org/ resources/Lennox_Addington_Multi-Use_Bylaw.pdf](http://www.healthylg.org/resources/Lennox_Addington_Multi-Use_Bylaw.pdf)

Section 3: OUTDOOR AND NATURAL ENVIRONMENT

Background/Evidence

Children and Nature Network:
<https://www.childrenandnature.org/research-library/>

Child & Nature Alliance of Canada
<http://childnature.ca/>

Nature 4 Life! - Local Leeds Grenville and Lanark experts talk about the powerful role of nature in healthy child growth and development
<https://youtu.be/DLBxNJrBxYM>

Participaction:
2015 Position Statement on Active Outdoor Play
<https://www.participaction.com/en-ca/thought-leadership/research/2015-position-statement-on-active-outdoor-play>

[http://www.healthylg.org/ resources/Participaction_Fact_Sheet.pdf](http://www.healthylg.org/resources/Participaction_Fact_Sheet.pdf)

Nature and Why It's Essential for Kids' Brains
<http://www.ementalhealth.ca/index.php?m=article&ID=52861>

[http://www.healthylg.org/ resources/Summary_of_Studies_on_Outdoor_Benefits_Full.pdf](http://www.healthylg.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.healthycommunitieshp.ca/sites/default/files/uploads/050713_CDIP_Healthy_Policies_for_Official_Plans.pdf (pg 16)

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.healthylg.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>

North Grenville Integrated Community Trail Strategy
<https://www.northgrenville.ca/govern/governance/document-library/parks-recreation>

Mississippi Mills Parks and Recreation Master Plan
<http://www.mississippimills.ca/en/play/resources/RecMasterPlanFinalReport.pdf>

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

Rideau Lakes Policy: Accessing the Recreational Experience
[www.healthylg.org/ resources/Rideau Lakes Policy May 2012.pdf](http://www.healthylg.org/resources/Rideau_Lakes_Policy_May_2012.pdf)

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.healthycommunitieshpe.ca/sites/default/files/uploads/050713_CDIP_Healthy_Policies_for_Official_Plans.pdf

Module 2: HEALTHY EATING

Section 1: HEALTHY EATING AT MUNICIPAL FACILITIES OR EVENTS

Part A: Healthy Food Choices

Background/Evidence

Health Canada: Food and Nutrition
<http://www.hc-sc.gc.ca/fn-an/index-eng.php>

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.portlandoregon.gov/bps/article/416389>

Recommended Practise/Policy Support

Fuelling Recreation in Your Community Toolkit
[http://healthykidslg.ca/ resources/HKCC Workshop Guide.pdf](http://healthykidslg.ca/resources/HKCC_Workshop_Guide.pdf)

Ever Active Schools - Healthy eating at school sporting events (video)
www.bing.com/videos/search?q=healthy+eating+a+school+and+recreation+events+video&view=detail&mid=3FD9A7544604D0435C763FD9A7544604D0435C76&FORM=VIRE

Building healthier food environments within recreation spaces.
<http://opha.on.ca/getmedia/6186e26d-6cbf-4dfe-8461-bbcf22e79c65/Healthy-eating-in-recreation-settings.pdf.aspx?ext=.pdf>

Strategies, resources and tools to support healthy beverages in recreation settings: What does the evidence say? Nutrition Resource Centre
<http://opha.on.ca/getmedia/ebff4317-b8bb-4134-ba0a-b10cf75b132a/NRC-Webinar-Healthy-Beverages-in-Rec-Centres-Slides.pdf.aspx?ext=.pdf>

Understanding Healthy Food Choices In Recreation Facilities in the Counties of Lanark, Leeds & Grenville. Lanark, Leeds & Grenville Healthy Communities Partnership 2016
http://www.healthyllg.org/resources/reports/Understanding_Healthy_Food_Choices.pdf

Handbook to Healthier Communities- Influencing Healthy Public Policies
http://www.healthyllg.org/resources/OCDPA_HCHandbook.pdf

BUILDING HEALTHIER FOOD ENVIRONMENTS within Recreation Spaces
<http://healthykidslg.ca/resources/healthy-eating-in-recreation-settings.pdf>

Healthy Beverages in Recreation Settings
<http://healthykidslg.ca/resources/Healthy-Beverages-in-Recreation-Settings.pdf>

Gananoque: energy drinks are prohibited for sale in municipal facilities
www.healthyllg.org/resources/Gananoque_bans_sale_of_energy_drinks_at_municipal_facilities.pdf

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.healthyllg.org/resources/OCDPA_HCHandbook.pdf

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

Background/Evidence

Taking Care of Your Drinking Water: A Guide for Members of Municipal Councils
<https://www.ontario.ca/page/taking-care-your-drinking-water-guide-members-municipal-councils>

Recommended Practise/Policy Support

City of Waterloo: Tap Water Promotion
<http://www.waterloo.ca/en/living/tapwater.asp>

Region of Peel: Love My Tap Water
<http://www.peelregion.ca/pw/water/tapwater/>

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

Ontario Bill 36: Local Food Act

<https://www.ontario.ca/laws/statute/13l07>

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

www.foodcoreLGL.ca

Chronic Disease Prevention Alliance of Canada: Food Systems and the Food Environment

<http://www.cdpac.ca/content.php?doc=249>

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

http://www.bchealthyliving.ca/wp-content/uploads/BCHLA_Healthy%20Futures-Final-Web.pdf

Food Secure Canada: Municipal Food Policy Entrepreneurs

<https://foodsecurecanada.org/resources-news/resources-research/municipal-food-policy-entrepreneurs>

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

<https://foodsecurecanada.org/resources-news/resources-research/placing-food-system-urban-agenda-role-municipal-institutions-food>

Planning for Food Friendly Municipalities in Waterloo Region

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

Recommended Practise/Policy Support

Food Matters Coalition Leeds, Grenville & Lanark
<http://www.healthunit.org/nutrition/foodmatters/>

Best practices in local food: A guide for municipalities
<https://www.amo.on.ca/AMO-PDFs/Reports/2013/2013BestPracticesinLocalFoodAGuideforMunicipalities.aspx>

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/portal/page?_pageid=5977,68887600&_dad=portal&_schema=PORTAL

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.healthycommunitieshpe.ca/sites/default/files/uploads/050713_CDIP_Healthy_Policies_for_Official_Plans.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://ncceh.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/
- 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.org