



Healthy Communities Partnership Day Policy Direction Worksheet

Policy Direction: Physical Activity, Sport and Recreation

Draft Policy Direction:

Create coordinated physical activity linked with healthy eating policies in LLG so all community members have access to physical activities.

Target: All residents of Lanark, Leeds and Grenville

Participants: children/youth, families, seniors, recreation/sport providers, community groups, school boards, coaches, coaches associations, sports leagues (organized) – inclusive - dance, martial arts, trail committees

Settings: municipalities, recreation facilities, schools, communities,

Activities:

Align with Canada's Guide to Healthy Living.

Work with organized sport to build healthy eating into sport program

Work with municipalities on policies for trail development – create tool kits

Create local groups to coordinate their policies re access, activities etc. so multiple opportunities exist for all

<p>After reviewing the draft policy direction, what would this group add?</p> <p>Policy: Access to both physical activities and healthy eating. To facilitate in the creation of policies.</p> <p>Target: To support in the creation of policies to support opportunities for & access to physical activity link with healthy eating in LL&G.</p> <p>Participants:</p> <p>Setting: Everywhere we work live play and learn and move.</p> <p>Activities: Healthy options in workplace. Posters organizations settings to combine activity food.. -Inventory of what is happening – who has current policies - Best Practices Training ("like groups" in addition to (workplace, municipalities) diverse 1st Year Focus on Municipal Policies</p>

Action to Advance the Policy Direction

What actions could you do in your organization/workplace or sphere of influence?	What actions could you take in your network?	What actions could be taken to advance the policy direction in the community?
<ul style="list-style-type: none"> - Workplace training - Municipal policies - Flexible breaks to support noon exercise - Posters to link food / activity - Youth Centres designated nights - access to - inclusion - user fees – revisit - Rideau Lakes recreation policy - Smiths Falls pedestrian friendly - Bike friendly community (Brockville) 	<ul style="list-style-type: none"> - Best Practice sharing - forums to discuss barriers - Share evidence 	<ul style="list-style-type: none"> - Look at other communities - Niagara

Supports to Advance the Policy Direction

How can we support each other in advancing this policy direction?	What supports would we need from the Health Communities Partnership? (Examples: assessment, training, resources, evaluation)
<ul style="list-style-type: none"> - Share best practices - Share policies - share links - Combine media opportunities 	<ul style="list-style-type: none"> - Inventory of policies - Focus group around barriers - November Forum - Links to Seniors - "Quick Wins" Inventory - Use website for information sharing - evidence from other communities research - Social media - Strategies to approach municipal politicians

Additional Comments

Policy

To facilitate the creation of policies to support opportunities and access to physical activity linked with healthy eating in LL&G

Settings: Everywhere we work, live play learn and move

Actions/activities Organization

- Health Unit IQI
- Youth Centres – Designated activities
- Look at paid vs. Volunteer driven
- Emphasis on how we live our lives – not just sport
- How can policies act as a spring board