



Healthy Kids Community Challenge Update

August 15, 2014

We last updated you on the status of the Healthy Kids initiative in April, 2014. Since then we have been waiting for the announcement related to our funding application. This process was undoubtedly delayed due to the provincial election. However there are exciting things happening in our community which are related to the purpose of Healthy Kids including two community networks that were successful in obtaining over \$200,000 funding over two years that will help advance this work.

Municipal Access to Recreation Group

Received \$68,000 grant from the **Ontario Sport and Recreation Communities Fund**

The Council for Persons with Disabilities (CPD) s Active Together Project

Received \$150,000 from the Government of Ontario for a 2-year project with the goal of increasing sport & recreation opportunities and participation rates for persons with disabilities of all ages in Peterborough City and County.

As well, work continues as planned using existing resources such as the **Investing in Quality Child Care; focus on nutrition.**

Also the first **Active Transportation Report** will be released in late September. This is a collaboration between the City, PCCHU and Green Up The report will highlight active transportation, travel trends and infrastructure in our area and how this relates to health.

You can read a bit more about some of these activities below.

Governance Review

After some further thought about how best to guide this work, what is being proposed now is a **HKCC Steering Committee, a HKCC Network and Project Work Groups.**

The HKCC Steering Committee would be a working group of Sustainable Peterborough. This would be a smaller committee whose primary purpose is to facilitate and coordinate the project work and provide direction to the Project Manager if hired.

The HKCC Network would be made up of individuals and agencies that have an interest in being part of the planning and/or implementation of the project. This group would be invited to participate in larger Network planning meetings and become members of themed Project Work Groups. The Steering Committee would work to ensure that all "Sectors of Influence" are adequately represented in the Network.

Project Work Groups would be developed based on implementation of the project. Until details of the funded project are released, it is not feasible to identify what these will be, but they could be: based on broader work, such as a Needs Assessment Work Group; based on themes identified by the Ministry – e.g. healthy lunches; or other areas of focus based on site (e.g.

schools), behaviour (e.g. increased play/less technology), or approach (e.g. daycare policies). The themes for Project Work Groups will be developed through broader engagement of the Network.

If you have any comments related to this model or any other aspects of the Healthy Kids Community Challenge please contact us. Depending on the level of input that we receive, this revised model and Terms of Reference will be presented to Sustainable Peterborough at the next meeting of September 12, 2014 for review and potential approval.

You can look forward to further updates later in the fall. Otherwise read on below for a bit more detail on some of the current local activity.

For information about this update feel free to contact either:



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Current Local Activity

Municipal Access to Recreation Group

Received \$68,000 grant from the **Ontario Sport and Recreation Communities Fund** which, along with a \$11,626 local cash contribution and \$36,408 of in-kind contributions, will provide resources to conduct a needs analysis in each municipality with recreation service providers. Capacity building activities/training such as: Fundamental Movement Skills training, HIGHFive® training, NCCP Coaching certification, and volunteer development training will be delivered in municipalities as part of the grant. Other areas of focus of the project include:

- **Playgrounds**
Consideration is being given to collaboration in the area of playground inspection.
- **Policy**
All 8 Township Councils have adopted the same Access to Recreation Policy. There may be minor differences among each municipality. The City is integrating the same policy framework into recreation policies.
- **Community Service Map**
A Recreation Map is being creation with the MATRG acting as the advisory group. Each municipality is providing assistance including primary data for local recreation facilities that are not part of Fourinfo.com.

The Council for Persons with Disabilities (CPD)

The CPD is excited to launch its Active Together (AT) project with the goal of increasing sport & recreation opportunities, and participation rates, for persons with disabilities of all ages in Peterborough City and County. Active Together is a \$150,000.00 2-year project funded by the Government of Ontario, and multiple community partners.

There will be 3 main areas of focus used to achieve this goal:

1. Building capacity of recreation service providers and individuals through facilitating, mentoring & training, in accordance with Canadian Sport for Life (CS4L) values.
2. Developing community partnerships and resources to be shared through an Active Together Community Resource Hub and website.
3. Promoting accessible sport and recreation opportunities using the PanAm/Para PanAm games as a focal point of celebration.

Investing in Quality – Child Care Nutrition Survey

The Investing in Quality staff, as community partners, are committed to supporting the goals of the Healthy Kids Community Challenge and to working with community partners to further develop community health and well-being. Child care programs make daily decisions around food choices, menu planning, budgeting, sourcing and purchasing, preparing and role modeling attitudes towards food.

Children have a natural curiosity towards food and responsive educators use their comments and questions as opportunities to explore and model healthy attitudes toward food, including growing food, cultural components, and supporting the life skills involved in handling and preparing food. They are also aware of how their attitude towards food is perceived by the children and families involved in their service.

In an effort to support nutrition practices in early learning and care environments a survey has been developed. The feedback will help to influence decisions regarding program nutrition policies and menu development and how best to support programs and families in improving their nutrition practices.