

Healthy Kids Community Challenge (HKCC) Peterborough Post Launch Update #2 September 14, 2016



Thank you for your interest and involvement in HKCC Peterborough. Please review **Update #1** for information about the structure and process of HKCC.

What has happened since the last update (September 21, 2015)?

1. A Community Needs Assessment (CNA) was completed for our community in March. Local information was collected, identifying community assets/resources, needs/gaps, and resulting opportunities to guide the planning and delivery of the HKCC. This document is intended to be a *living document*, which means it should be regularly updated and used for ongoing planning in our community. It is available on our Sustainable Peterborough working group webpage and will be updated in Fall 2016.
2. Theme 1: **Run. Jump. Play. Every Day.** ran from October 2015 to June 2016. A variety of multi-sectoral partners from across the region were involved during this time, with the goal to increase opportunities for local kids to be physically active. Some projects involved expanding or improving existing programming and some involved the initiation of new programs to address identified gaps.
 - Education and skill building
 - i. Parents of young children
 - ii. Childcare, educators and recreation leaders – physical literacy, inclusive programming and natural play spaces
 - iii. Kids e.g. Bike and swimming skills, travelling ski school
 - Increased opportunities and supportive environment
 - i. Kids and families
 - Peterborough Gets Active month – 1 month of free programs, wide variety across the region (over 100 free activities were offered and over 300 families participated)
 - Supporting free public skating, free swim passes, expanding after-school programs, active transportation to schools (including bike racks), stationary bikes in classrooms pilot and active equipment to early years centre and local Scouts
 - Adding a map of recreation facilities across the City and County to the existing online community services map
 - Evaluation/Quality Improvement
 - i. School-based programs including the PALs Intramural program, Pedal Power, and Swim to Survive
 - Community engagement
 - i. Raising awareness of HKCC
 - ii. Supporting Peterborough Pulse open-streets event
 - Policy
 - i. Facilitating schools and child care discussions regarding “shared used of school facilities” and determine if policy could increase consistencies in these partnerships



What is the current Theme?

Healthy drinking focus → **Water does Wonders.**

From July 1, 2016 to March 31, 2017



This Theme focuses on promoting water as the beverage of choice for kids and limiting sugar-sweetened beverages that include fruit juice, chocolate milk, sports drinks, soft drinks, etc. Sugar sweetened beverages are currently the single largest source of sugar in kids' diets and contribute to excessive and unnecessary calories (which can lead to weight gain), dental decay and often replace more nutritious choices such as vegetables, fruit and milk.

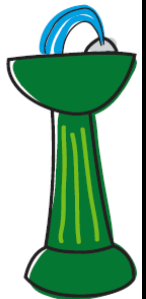
We hope to make water more accessible and to help children, teachers and caregivers understand that water is the best choice. We want to get kids excited about this Theme and we want to support parents with tips and strategies for how to cut-back your family's consumption of sugar sweetened beverages.

Upcoming projects

There are a diverse array of projects to be offered in this Theme, with partnerships with the YMCA, GreenUP, PRHC, YWCA/Nourish, Recreation departments in the City and County, Child Care networks and local School Boards.

Brief project descriptions are available here:

www.sustainablepeterborough.ca/projects/healthy-kids-community-challenge/water-does-wonders/



What are the next steps for HKCC Peterborough?

- Public event to highlight work to date and share Theme 2 projects **October 15th** at the Peterborough Farmers' Market
- HKCC Partnership Network meeting in November
- Planning for Theme 3, April-December 2017 – healthy eating focus

For information about this update feel free to contact:

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