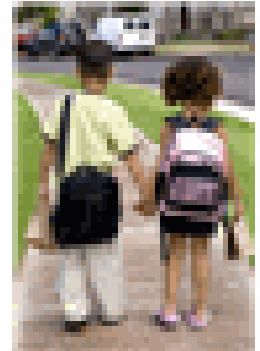


Promoting Active Living in Rural Communities



Lorna McCleary, Health
for Life Coordinator
Haliburton, Kawartha,
Pine Ridge District Health
Unit



Overview

- City of Kawartha Lakes experience
- Haliburton County Experience
- Lessons Learned
- Policy Frame Work Relevance

City of Kawartha Lakes Experience

- Current Status
- How they got there

ACTIVE COMMUNITIES CHARTER





In active communities, the built and social environments support and enable healthy, active living by providing opportunities for people to engage in daily physical activity.

Active communities are created when community stakeholders, decision-makers, interest groups and residents place value on and work towards the health, safety and quality of life of all individuals, environmental sustainability, and equal access to all for opportunities to be physically active.

Active communities are vibrant and economically successful because they encourage healthy activity, social interaction and citizen engagement.

To create active communities, we respect the following principles:

- Policies that promote active living in workplaces, schools and in community decision making
- Planning decisions place importance on self-propelled travel and include smart growth principles
- Community design includes mixed uses, and aims to decrease urban sprawl and increase public green space
- Infrastructure provides opportunities for physical activity and active transportation
- **Partnership and Collaboration** with stakeholders, including:
 - Government
 - Municipal staff
 - Health sector
 - Real Estate Developers
 - School/Education
 - Economic Development and Business
 - Law Enforcement
 - Residents
 - Recreational, Health, Walking/Cycling and Accessibility Interest groups
- **Education and Awareness**, so that the benefits of building an active community are communicated to a variety of sectors

Our work towards building active communities is based on the following values:

Quality of Life – We value quality of life for all residents and believe it is a key element of social and economic growth.

Health – We value physical activity for the health of our community.

Accessibility – We believe in removing physical and social barriers to physical activity so that opportunities are available to all.

Inclusion – We believe that all community members should be able to fully participate in physical activity within their families, organizations and community.

Community Safety – We value safe routes and infrastructure that supports community participation in physical activity.

Community Cohesion and Vitality – We believe that an active community encourages and facilitates social interaction and local economic vitality.

Environmental Sustainability – We value the health of the environment and recognize the link between a healthy environment and a healthy community.

Active communities encourage and facilitate active living and support community health, vitality and safety. They will increase walking and cycling, decrease car dependence and traffic congestion, lead to cleaner air and support tourism. Such environments improve the quality of life for all community members and contribute to vibrant, livable communities.



Health for Life
Taking Action for Healthy Living



Health Unit
Kawartha, Kawartha, Peter Valley District

Created by: Peterborough Area of Health Unit/Health Unit/Local Council Health Unit, January 2007



Peter D'Amico
Chair, Board of Health
2020-2024 Health Unit



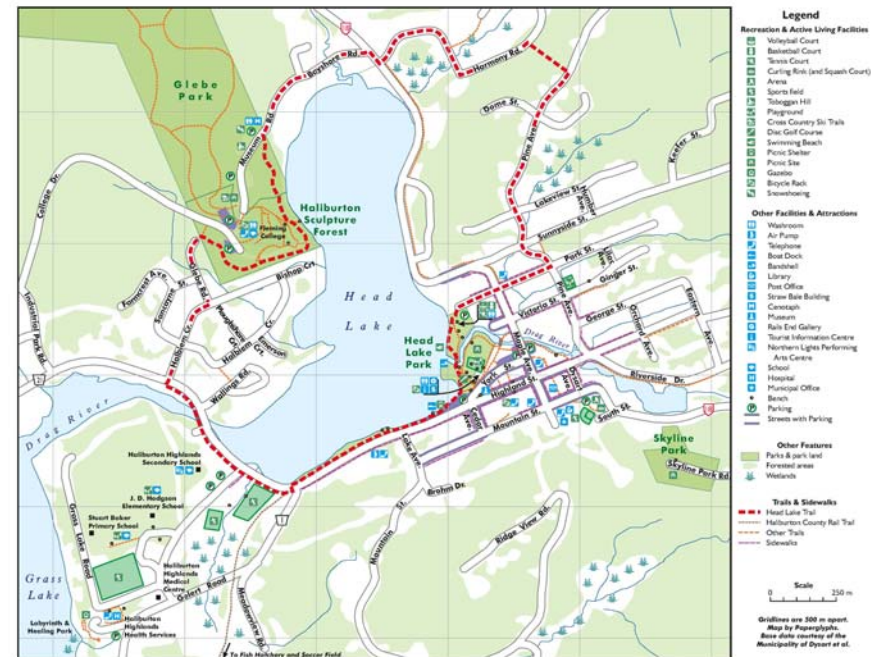
Lynn Macmillan
Mayor of Kawartha
2020-2024 Health Unit

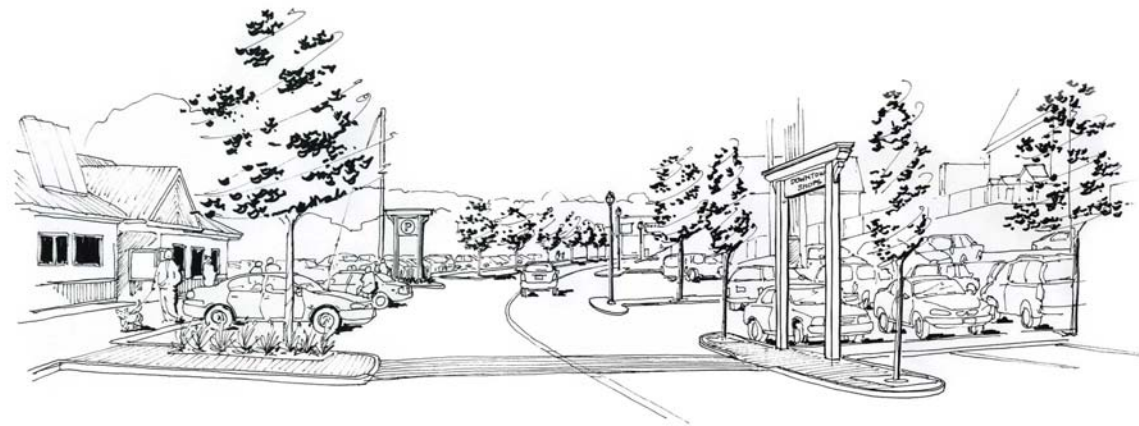


Willem
Chair
Health for Life/Health Unit/Health Unit

Haliburton County Experience

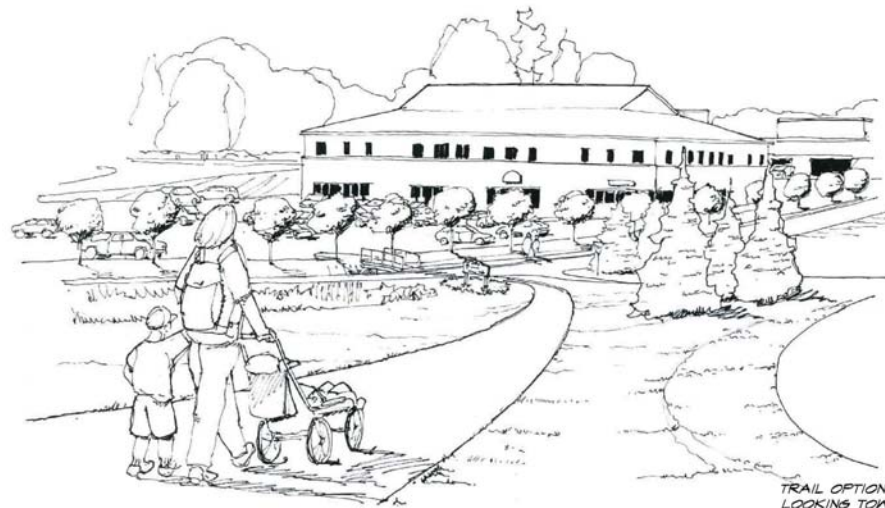
- Current Status
- How they got there





Helping to
create the
vision

FIG. 4 Area 2: York Street



TRAIL OPTION B
LOOKING TOWARD
MEDICAL CENTRE

Lessons Learned

- Visioning/setting strategic direction is vital
- Municipalities are all different
- Be positive and solution focused

Lessons Learned

- You need to know the renewal date for official plans
- Focus on creating partnerships
- Collaborate with Health Unit Physical Activity Team

Policy Framework Relevance

- Guiding principals - all
- Community
- Built Environment (CKL) Active Transportation (Hal)
- Goals
- Levels of Policy Change
- Provincial program linkages
- Strategy linkages
- Strategic Approach

Questions

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