

# Healthy ACTIVE COMMUNITIES

REPORT



*A report on the activities and accomplishments of community groups, organizations and committees that contribute to a healthy, active Haliburton County.*

## Healthy Community ↔ Healthy People

We all want to be healthy. When we're healthy, we can work, play and learn, and build positive relationships with family and friends. But being healthy means more than just not being sick. It means having the skills, opportunities and resources to fully enjoy life.

When people are healthy, a community is healthy because its members can participate and contribute in many different ways. A community also influences the health of its residents. How?

A healthy, active community provides safe places and spaces for people of all ages and abilities to be physically active in their daily lives. It ensures access to healthy food for all, and has lots of recreation opportunities for everyone, regardless of income.

In Haliburton County we're very lucky to have many groups whose work helps create a healthy, active community. This report is an effort to recognize and celebrate the work that they do, for the benefit and health of all.



Produced by the Communities in Action Committee in partnership with HKPR District Health Unit, Aging Well Haliburton County, Haliburton FoodNet and the Haliburton Highlands Cycling Coalition.

Communities in Action is a project of the Haliburton County Community Cooperative



## What do these groups do in the community?

The groups surveyed do all of this and much more!



Here are a few examples of what some groups are doing to create a healthy and active Haliburton County.

### Aging Well Haliburton County

The Aging Well Committee is a group of seniors, planning for seniors. In 2009, they surveyed seniors across the County to find out their opinions on things like: outdoor spaces and public buildings, transportation, housing and civic participation. This was the first survey to look at the community through the eyes of seniors, and 437 people participated. Focus groups were also held in all four municipalities to gather more information. A report was written that highlights the key issues that were raised. The committee is now in the process of creating sub-committees to tackle these issues and work towards creating healthy, active and age-friendly communities.

### Haliburton, Kawartha, Pine Ridge District Health Unit

Partnerships are key to the work of the health unit, and staff contribute to the efforts of many volunteer-based groups and programs. The Active Communities Charter was developed as a guide for planning and decision making, and has been adopted by two municipalities. The health unit is also actively involved in a number of initiatives that promote healthy eating and provide food to those in need, such as the Good Food Box and Food for Kids. These efforts have brought about policy changes and increased community awareness about healthy active communities.

## Project Scope

Many groups within Haliburton County are working to address the physical and social factors for creating a healthy, active community. For example, medical professionals provide health services to the public. There are a number of businesses that offer programs such as yoga, dance and fitness classes, and others that sell healthy food. In addition, local schools offer varsity and house league sports for children and youth; and there are team sports such as hockey, baseball, soccer and curling that provide opportunities for people of all ages to get involved. It's important to acknowledge the incredible contribution that each of these sectors make to creating a healthy and active Haliburton County.

This project focusses on those other community groups, mainly not-for-profit and voluntary groups, whose work also makes a huge contribution to the health of our communities. Their work contributes to our ability as individuals to make healthy choices in our daily lives.

The purpose of this report is not to offer a comprehensive account of all of the groups doing work in physical activity and healthy eating throughout the County, but rather to provide a cross-section of what, who and how these community groups are doing this work.

The report presents the findings from the Healthy Active Communities Survey. In March 2010, thirty seven groups within the County were invited to participate in the project. From that group, thirty two surveys were completed and returned. The report provides a summary of the responses to some of the key survey questions.

## Haliburton Highlands Cycling Coalition

The Haliburton Highlands Cycling Coalition is working to create a healthy, active community through advocacy, activities, promotion and education. The Cycling Coalition developed the Master Plan for Cycling in Haliburton County because they recognized the increasing interest in cycling for recreation and transportation. The plan highlights the need for paved shoulders in order to improve the safety for all road users, and is cited as a planning resource in the County's Official Plan. The Cycling Coalition also organizes cycling workshops and activities each spring for cyclists of all ages and abilities. In 2009, the Cycling Coalition, County of Haliburton and other community partners implemented a Share the Road campaign to educate cyclists and drivers about safely sharing space on our roads.

## Haliburton County FoodNet

FoodNet brings 13 different organization/programs in the County together that provide food to those in need. Members of FoodNet meet four times a year to share information and work together towards a common goal. The group also goes beyond food issues to address the Social Determinants of Health. For example, Haliburton County FoodNet became a member of Ontario Oral Health Alliance to advocate for affordable dental care cost. Through collaboration, FoodNet is helping to ensure that all residents have access to healthy food.

## Communities in Action Committee

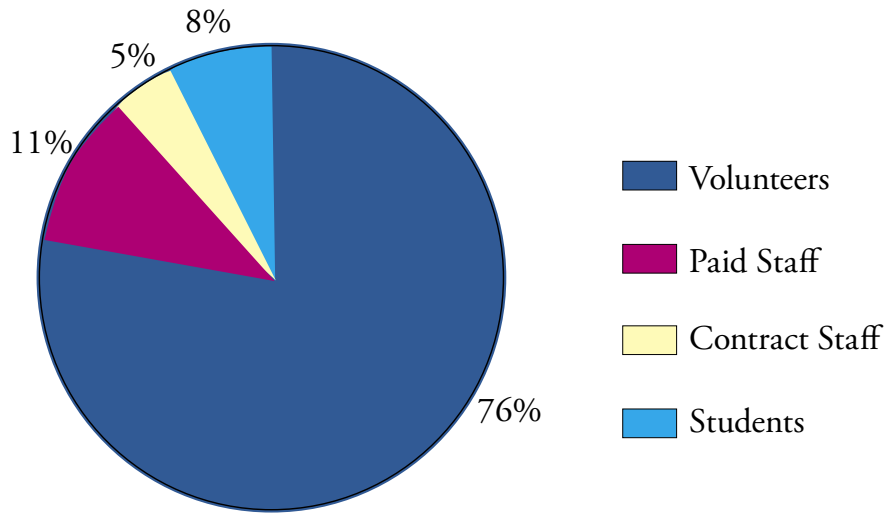
The Communities in Action (CIA) Committee plans and advocates for places and spaces where people can walk and bike for transportation. They have developed Active Transportation Plans for both Minden and Haliburton Village, which are being used by these municipalities as resources for community planning. The CIA has gained credibility with county and municipal governments as a partner, and active transportation and pedestrians have been included in official plan policies. The CIA is seen as an innovator in rural active transportation planning, and their expertise has been sought out by a wide range of communities, organizations and government agencies across Canada and North America.

## Who contributes?

Volunteers are key! The following pie chart shows that most of the work to create healthy, active communities is done by volunteers. Many groups also get support from professional staff that are able to contribute as part of their work. For example, a staff member of the health unit coordinates Haliburton County FoodNet as part of her work as a dietitian. This contribution of staff time and organizational resources enhances the work of community groups and is a huge asset to them. Contract staff, such as consultants are also hired as needed, and students, many from U-Links, help groups with special projects.



## Who does the work of these groups?



## Who benefits?

Many groups surveyed serve more than one population. Other target groups identified included: people and families with special needs, and municipal staff and decision makers. It is estimated that the physical activity or healthy eating programs that these groups offered in 2009 were accessed at least 49,229 times.

## Who do the activities/ programs/services target?

- Community-at-large – 23
- Children & Youth – 18
- Families – 18
- Adults – 16
- Seniors – 15



## How does it happen?

### Working Together

All groups surveyed reported that they partnered with other groups within the County. The number of partnerships ranged from 2 to 33, with the average number being 8. In addition, groups stated that they partnered or networked with at least one group outside of the County, with the average number being 3. The Haliburton, Kawartha, Pine Ridge District Health Unit was identified by 17 groups as a partner – a valuable resource in creating a healthy active community!

## How do these partnerships help to create a healthy, active community?

- Pooling resources
- Funding/fundraising
- Information sharing & networking
- Cross promotion



## Removing Barriers to Participation

The majority of groups surveyed said that there was no cost to participate in their activities, programs or services. Where groups identified costs, these were associated with membership and user fees, rental fees and insurance. Other groups indicated that there are sometimes costs for specific programs or services in order to off-set costs, but not always.

### Cost to Participate

Response	#
No	15
Yes	8
Sometimes	6
Not Applicable	3

When asked if their group provided subsidies or other supports to help people to participate, the majority answered yes (67%). These supports include:

- Direct subsidies
- Reduced rates
- Sponsorship
- Waived fees
- Volunteer time in lieu
- Providing equipment

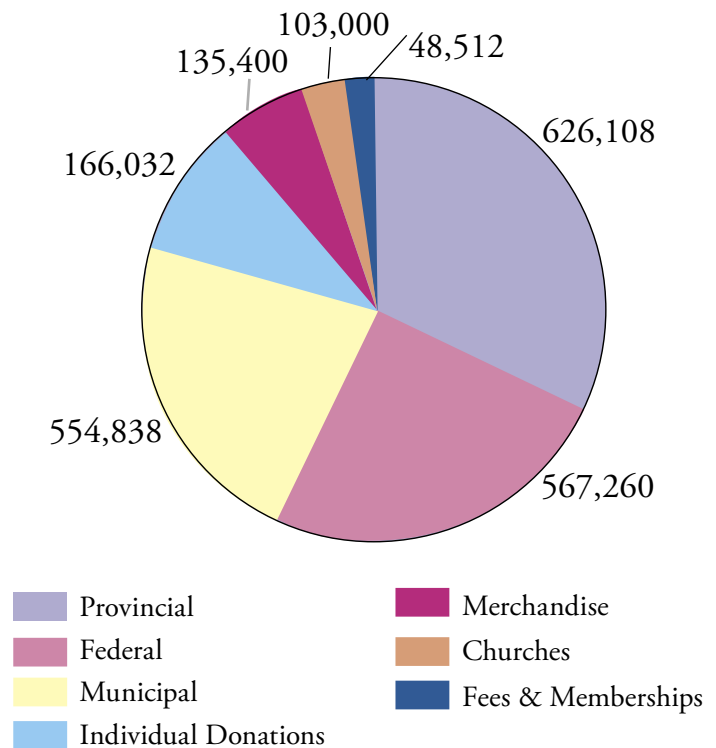
Other than cost, transportation was identified by groups surveyed as the most common barrier to people participating in their activities, programs or services (48%).

## Bringing Money into the County

The groups surveyed applied for grants from all levels of government. This is a competitive process that brings additional money into the County that wouldn't be here otherwise. Funds were also raised locally through churches, service clubs, individual donations and user fees. In 2009, these groups spent a combined sum of more than 2.2 million on programs, projects, service and activities related to physical activity and/or healthy eating.

\*The Riverwalk project accounts for 1.5 million; \$500,000 from the Township of Minden Hills, and another 1 million from one-time provincial and federal government grants.

### Amount of Funding and Where it Came From



In addition to the money that they give to community groups, municipalities also contribute to healthy, active communities through their recreation and parks budgets. In 2009, the four local municipal governments combined spent more than \$2.4 million on recreation and parks programs and facilities. Some of this funding came from provincial and federal governments for facility upgrades and special projects.

## Who Participated in the Survey?

- Youth Unlimited - The Bridge
- Minden Riverwalk Committee
- Head Lake Trail Committee
- Haliburton Highlands Nordic Trails Assoc.
- Haliburton Highlands X-Country Ski Club
- Ski Friends of Frost
- Haliburton SkiforAll
- Communities in Action Committee
- U-Links
- Haliburton County Community Co-op
- Ontario Healthy Communities Coalition
- HKPR District Health Unit
- Dorset Recreation Centre
- Minden Hills Community Service Dept.
- Cardiff Community Association
- Gooderham Community Action Group
- Haliburton Highlands Cycling Coalition
- Real Easy Ryders
- Aging Well Haliburton County
- Friends of the Rail Trail
- SIRCH
- Point in Time
- Community Care
- Haliburton Highlands Local Foods Coalition
- Food for Kids
- Haliburton County FoodNet
- Good Food Box
- Haliburton Farmers Market
- 4Cs Haliburton
- Minden Food Bank
- Cardiff Community Food Bank
- Wilberforce Word of Life Food Bank

## What Can I Do?



We all share in the benefits of a healthy, active community. Having access to healthy food, and safe places and spaces for people of all ages and abilities to be physically active allows us to fully enjoy life.

You can:

- Make healthy choices in your own life,
- Get involved with one of the community groups that is doing this work, and
- Support the efforts of your local municipality to invest in a healthy, active community.

For more information please contact  
Sue or Rosie at the Haliburton, Kawartha, Pine Ridge District Health Unit at (705) 457-1391.



**The Healthy Active Communities Report**  
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