



Vancouver Active Communities Network (VACnet) Steering Committee Minutes For November 2, 2010

Present: Jeff Malmgren; Maria Burglehaus; Darren Peterson David Weightman; Robert Sparks; Kris Hildebrand; Ron Wilson; Jim McKenzie

Regrets: Bob Lenarduzzi; Mary Clark; AJ Patel; Dick Woldring; Janna Taylor; Gulshan Lalani; Kate Lekas; Jo Fung; Gwen Ellert

1) Welcome and Review of Minutes

VACnet Chair Jeff Malmgren welcomed the members to the fall meeting. The minutes from the April 21 meeting were reviewed.

2) Recent Events

Jeff touched on some of the recent events that have shaped the VACnet and Active For life initiative including:

- Focusing on sustainable green initiatives is a top City priority and this means focusing on sustainable lifestyles which requires healthy active living.
- The VACnet is implementing the [Active For Life](#) goals of the Vancouver Sports Strategy
- Emphasis is on highlighting Vancouver as a walkable Community with excellent greenways and outstanding Destination Walks
- Active Adventure Days and the SportFit program has been de-emphasized due to recent budget cuts
- The Stay Active Eat Healthy initiative is assisting Vancouver Community Centres to offer healthy food choices and become Healthy Choices Facilities.

3) Activities of VACnet Organizations

[Vancouver Sport Network](#) (VSN)

Darren Peterson updated the VACnet on the ongoing implementation of the [Vancouver Sports Strategy](#). The new Vancouver Sport Network web site is up and running. The six VSN goals and corresponding objectives are outlined on web pages connected to the main VSN web site. Darren thanked the VACnet for embracing the VSN Active For Life goals and encouraged all members of the Steering Committee to attend the forthcoming

VSN Summit on Saturday, November 27 from 9:00 to noon at the new Creekside Community Centre in the Olympic Village.

[MoreSports](#) – Kris Hildebrand

Kris provided an overview and update on the MoreSports structure and goals. The *MoreSports Vision* is to ensure “every child in the city, regardless of social or economic background or special needs, will regularly participate in a sport and develop a life-long love of being active. The *MoreSports Mission* is to create sustainable community sport programs in Vancouver neighbourhoods, so that all children and youth have an opportunity to develop fundamental life skills and a love of sport.

Currently, MoreSports is developing teenage youth leaders through their YELL program. These teenage youth leaders are in turn working with elementary students to provide leadership and mentoring to develop prospective youth leaders in grades six and seven. The MoreSports experience has shown that leadership development is best started as early as possible. Providing skill training to grade six and seven classes is a key component of this strategy.

There has been an overall downturn in grant funding following the Olympics. MoreSports is actively seeking and lobbying for more funding of community-based programs in schools.

[UBC School of Human Kinetics](#) - Robert Sparks

Director Robert Sparks provided some updates on activity with the UBC Department of Human Kinetics.

- There is a study underway to assess the ongoing impact of the recent 2010 Olympic Games.
- Wendy Frisby is working on a “100 Year Sustainability Plan” with North Vancouver

[Vancouver Coastal Health](#) - Maria Burglehaus

Maria Burglehaus is the dietician on the city-wide chronic disease prevention team at Vancouver Coastal Health. Maria described the Park Board's current [Stay Active Eat Healthy](#) initiative. This initiative aims to create Healthy Food and Beverage choices at community centres. Evaluations of such programs demonstrate that the food industry is changing their practices in response to citizen demand for healthy food choices.

Staff and Associations at all 23 Vancouver Community Centres are creating “Healthy Choices” facilities. Centres have placed nutrition education signage, changed choices in vending machines and offered healthy choices in their food concession menus. The second annual survey was completed in December and results show a significant improvement in “healthy choices” policies and practices at Community Centres.

Through Maria’s efforts the Vancouver Food Policy Council passed a motion to Increase the Nutritional Quality of Food and Beverages sold in City-owned, Municipal and

Recreation Facilities in Vancouver. This Food council motion is now being considered for adoption by City Council.

British Columbia Medical Association (BCMA) - Ron Wilson

The BCMA is continuing to work on strategies to get physicians and patients to become more active. This year the BCMA is inviting citizens to come out on Move For Health Day and "Walk With Your Doc".

The goal is to have a large turnout on Move For Healthy Day on May 10, 2011. Ron will work with the Park Board and other VACnet members to provide doctors to help lead walks this coming year. He raised the idea early so all VACnet members can engage their organizations to take-up the challenge and incorporate BCMA doctors as a feature in their forthcoming walks on May 10.

Be Active You Can Do It!

Vancouver Coastal Health - David Weightman

The Healthiest Winner program has been a big success. This 12 week program has attracted a wide audience of overweight sedentary people who are ready to take-up the healthy living challenge. The program is lead by Bruce McLellan and is offered at Riley Park Community Centre. People on low incomes and income assistance are particularly encouraged to participate in the program.

Vancouver Coastal Health (VCH) is participating on a committee to improve leisure access for low income people. The intent is to simplify leisure access for low income residents. Workers with VCH will work closely with Park Board Recreation Supervisors to facilitate leisure access for those most in need.

Sustainable Transportation City of Vancouver

Jo Fung was not able to attend the meeting and provided a written update on the current and future transportation activities of the City.

- 1 City staff (so far, just me) has started to attend the **VSB Bicycle Advisory Committee**, with an intention to increase student walk/bike/transit trips.
- 2 The COV Transportation Department is going through a re-organization and there will be a new branch called "**Active Transportation**" with a focus on Pedestrian, Cyclist, health issues, school related issues and social marketing. The branch head position will be posted soon.
- 3 The **COV Greenest City Action Plan Green Transportation - DRAFT, FOR DISCUSSION ONLY**. If the group has any comments, please feel free to contact me or Paul Krueger
 - 1. GOAL - Make walking, cycling, and public transit preferred transportation options.

2. TARGETS - Target 1 (mode share): Make the majority of trips (over 50%) on foot, bicycle, and public transit. Target 2 (VKT): Reduce distance driven per resident 20% from 2007 levels

3. RECOMMENDED SHORT-TERM ACTIONS

- Update the city transportation plan, with direction from the GC Action Plan
- Complete a new city cycling master plan, with a mandate to make cycling a safe and mainstream transportation option that is safe, convenient, comfortable, and fun for people of all ages and abilities
- Pilot and launch programs and infrastructure to create improved pedestrian realm and vibrant public spaces (e.g. Open Streets temporary public space initiatives, livable laneways program to make laneways safe and attractive pedestrian environments, pavement-to-plazas trial program to transform underutilized road space or on-street parking into mini-plazas or sidewalk extensions)
- Pilot a bike centre that provides secure parking and other appropriate end-of-trip amenities
- Implement a bicycle-sharing program for the Downtown and other high cycling-potential areas
- Continue to work with partners and advocate for high-priority implementation of high capacity, fast, frequent, and reliable rapid transit for the Broadway Corridor between Commercial Drive and UBC
- Advance parking policies that encourage reduced vehicle ownership & driving, support sustainable transportation choices, & increase housing affordability (e.g. reduced minimum requirements, modest maximum allowances, unbundling of housing & parking costs)

4. LONG-TERM DIRECTION - Long-term directions will be further detailed as part of the city transportation plan update and cycling master plans, informed by the GC Action Plan, including key directions below:

- **WALKING & PUBLIC REALM:** Re-imagine Vancouver's streets and public spaces to support sustainable transportation choices and build a vibrant pedestrian culture where walking is safe, convenient, and enjoyable
- **CYCLING:** Make cycling a desirable and mainstream transportation option that is safe, convenient, comfortable, and fun for people of all ages and abilities
- **TRANSIT:** Support improvements to transit to increase capacity and ensure service that is fast, frequent, reliable, fully accessible, and comfortable
- **DEMAND MANAGEMENT:** Advance policies that encourage reduced automobile usage and ownership
- **LOW CARBON VEHICLES:** Accelerate the shift to low- and zero-emissions vehicles
- **URBAN GOODS MOVEMENT:** Work with partners to develop a sustainable urban goods movement strategy

Current City Transportation initiatives include:

- [Bike Vancouver](#) web site and the City's [cycling routes](#).
- [One Day One School](#) (ODOS)
- [Best Walking Routes](#) to Vancouver Elementary Schools.
- [Cycling Skills Training](#) program for students
- [Greenway walking grid](#) for pedestrians

4) Priorities Activities for Active Communities in 2010

Recent Active Communities priorities

- Step Out Walks
- Stay Active Eat Healthy program to promote Healthy Choices facilities
- Active Adventure Days featuring SportFit

Step Out Walks

The top 16 [Vancouver Destination Walks](#) are being highlighted on the Park Board web site. Each walk features a write-up on the highlights of the walk along with a photo gallery that shares the scenic beauty of the route.

The newest theme walk is the [Historical Steam Line](#) which goes from the steam engine at the Roundhouse C.C. to the steam clock in Gastown. Five major health organizations provided written testimonials in the walking brochure. They all emphasized the health benefits when you include regular walks as part of your daily activity. To improve amenities along the walking route the Yaletown BIA is in the process of designing and building several heritage benches. Recently, the Yaletown BIA acquired a [caboose](#) to be featured along the Steam Line Walk.

Other walks include: the [2010 Winter Games Walks](#), [I Spy Trees](#) and [Architectural](#) tours. The [Walking to Wellness Passport](#) is available and participants are challenged to complete 100 km in 12 weeks.

The international [Walk21](#) conference will be held in Vancouver in fall 2011.

Active Adventure Days Featuring SportFit

In the spring of 2010, Active Communities continued Active Adventure Days and provided SportFit programs to another ten schools. This program introduced the Canadian SportFit program to Vancouver students and teachers. [Red Fox](#) leaders provided guidance and support to students as they completed the eight stations of the SportFit circuit.

Stay Active Eat Healthy

The goal is to encourage and support local community associations to provide healthy food choices at their facilities. All 23 Vancouver community centres were [surveyed](#) for the second year to identify the current extent of healthy food and beverage policies and practices. There was a marked [improvement](#) in "Healthy Choices" facilities. In 2008,

three community centres achieved more than 40% on the Healthy Food and Beverage survey. In 2009, three centres achieved 60% and nine centres achieved 40% on the survey. The 2010 Healthy Food and Beverage survey will be conducted in November.

5) Other Active For Life Initiatives

[Active News Stories](#)

Email potential news stories to activecommunities@vancouver.ca

[Active Events Calendar](#)

This calendar posts all public, action-oriented special events in Vancouver. To post upcoming events email debra.graham@vancouver.ca

[Active Champions](#)

Local active champions are encouraged to share their stories and what motivates them to stay active. Forward Active Champion write-ups to activecommunities@vancouver.ca.

[Red Fox - Active Outreach](#)

Red Fox has been supporting Active Adventure Days and providing extensive activity programming for the Aboriginal and inner-city community. The new Hometown Tourist program engages Downtown Eastside Residents in an exploration of healthy living sites and opportunities throughout the City. Participants in the Hometown Tourist excursions are HIV positive and affiliated with the Positive Outlook Program (POP).

The next meeting of the VACnet will be scheduled in the spring.