



Vancouver Active Communities Network (VACnet) Active for Life Committee Minutes - April 14, 2011

Present: Jeff Malmgren, Chair VACnet; Maria Burtlehaus, VCH; Darren Peterson, Park Board Sports Network; David Weightman, VCH; Ron Wilson, BCMA; Gulshan Lalani and Shellina Lakhdir, World Partnership Walk; Marnie McGregor, City Engineering; Alan Herbert, Former City Councillor; Sandy James, City Planning; Jim McKenzie, Park Board Active Communities

Regrets: Bob Lenarduzzi; Mary Clark; Dick Woldring; Janna Taylor; Kate Lekas; Gwen Ellert; Robert Sparks;

1) Welcome and Review of Minutes

VACnet Chair Jeff Malmgren welcomed the members to the fall meeting. The minutes from the November 2, 2010 meeting were reviewed.

2) Recent Events

Chair Jeff Malmgren proceeded directly to the activities of the various VACnet organizations. Most of the recent and planned "Active for Life" activities were covered during the roundtable discussions by the attending VACnet members.

3) Activities of VACnet Organizations

[British Columbia Medical Association](#) (BCMA) – Dr. Ron Wilson

"Walk with Your Doc" on Move for Health Day. The BCMA is promoting Move For Health Day on May 10th. As the Chair of the BCMA Athletics and Recreation Committee Ron is coordinating efforts to have doctors lead local walking groups on their celebration walks during Move For Health Day. At present, there are 35 walks planned throughout the province.

Several Vancouver Community Centres have taken up the BCMA offer and are looking forward to having local doctors lead their walks and say a few words. A large May 10th walk is planned for Children's and Women's Hospitals.

Walking is one of the best medicines and the BCMA wants everyone to get the message. The BC government is very supportive of this initiative and will be providing pedometers to participants.

The nationally recommended fitness guidelines have been modified recently. The new goals are for children to get 60 minutes of physical exercise daily and for adults to get 150 minutes of exercise weekly. Even 10 minute bursts of exercise are beneficial.

Step It Up and Be More Active.

Vancouver Coastal Health – David Weightman

The [Healthiest Winner](#) program is continuing to expand. David updated the VACnet on the success of this fitness program for sedentary adults and those facing challenges with chronic disease. The program fee is the cost of purchasing a Park Board Flexipass. More than 100 participants have taken the program.

Plans are underway for a Facebook page and You Tube video. In addition to exercise, components of the program include, stress management, goal setting, and education in fitness and nutrition.

With the primary support of Park Board's Bruce McLellan and VCH's David Weightman, this Hillcrest program has generated a great deal of interest and support. The Courier newspaper has written several articles on this collaborative program. The resources of the Park Board and VCH have combined to provide a comprehensive fitness/nutrition program that benefits those most in need of developing good active lifestyle habits.

David is interested in expanding the Healthiest Winner program and VCH is looking to continue partnering with the Park Board at other Vancouver Community Centres. Jim suggested that Strathcona Community Centre in partnership with Red Fox would be a good fit and well worth exploring.

The CBC has provided good coverage on healthy living through the launch of its recent [Live Right Now](#) program.

On another note, VCH is working on a committee to improve acceptance of the Leisure Access Card. The goal is to have the Park Board Leisure Access card universally accepted by all the Community Associations that jointly operate local community centres.

True Sport – Jeff Malmgren

True Sport is a national movement of communities and groups across Canada, working to ensure a positive, meaningful and enriching experience for all who participate in sport.

This organization promotes the values and value of sport. This is about sport coming from the right ethical place. Vancouver has formally committed to endorse and support the principals of True Sport and encourages all organizations to adopt these principles.

World Partnership Walk – May 29th

This is the 27th year of the annual World Partnership Walk. It started and still continues each year in Stanley Park. There are now ten cities participating annually. They collectively raise \$6 million in support of sustainable community development projects in the third world.

Typically, Vancouver has more than 8,000 people participating and they raise more than \$2 million in the annual World Partnership Walk. This year the walk will be on May 29 and will start at Lumberman's Arch.

Stay Active Eat Healthy – Maria Burglehaus

Maria updated the committee on the Activities of the [Vancouver Food Policy Council](#). The Vancouver Food Policy Council (VFPC) supports the development of a just and sustainable food system for the city of Vancouver that fosters:

- sustainable and equitable food production, distribution and consumption
- nutrition
- community development
- environmental health

Recently, the VFPC has been engaged in the process to select street food vendors who can provide healthy choices foods.

Vancouver Coastal Health is supporting the forthcoming Healthy Food and Beverage Forum that advocates and supports healthy choices policies and foods at local Vancouver Community Centres. This Forum will be on May 31 at Langara Golf course Clubhouse.

Vancouver Theme Walks – Alan Herbert

Theme walks enhance the enjoyment and interest that people experience when they use the greenway commuter routes in Vancouver. The Steam Line Walk highlights the history along the Downtown Greenway route from Yaletown to Gastown. This historical theme walk will be featured at the forthcoming Vancouver Walk21 conference from Oct. 3 to 5.

Alan is a strong advocate for expanding theme walks along many of the City's greenway corridors. The Steam Line and Silk Road walks have been completed. A new theme walk titled "The Yellow Brick Road" would connect the West End to the main library.

The existing Silk Road and historical Steam Line routes would benefit from "way finding" signs to mark the routes.

Vancouver Walk21 Conference - Sandy James

The international Walk21 Conference is being hosted this year in Vancouver from May 3 to 5. This conference will cover the theme of walkable communities with a range of international speakers. Topics will include socio-economic perspectives on walking, health benefits and planning processes to achieve success. The mayor will host a reception at Creekside Community Centre to start the conference. Bob Rennie will host a

reception at his art gallery on another evening. The conference attendance will be capped at 600 so register early. The government rate is \$475.

Sustainable Transportation – Marnie McGregor

The new [City Transportation Plan](#) is under development. The City is becoming more walkable and is exceeding its earlier goals for people commuting by walking and cycling. The new plan will set the goals through to 2040. The goal is to continue to improve cycling and walking infrastructure to encourage and support ever increasing numbers of people to walk and cycle as part of their daily lives.

The short term transportation plan to 2012 is currently in the consultation phase and will go to City Council in the fall. There will be two public information kiosks that explain the transportation plan. These kiosks will be displayed at sites throughout Vancouver. Other forms of public engagement around the plan include on line forums, public meetings and use of the new Metroquest software.

In the new transportation master plan, both pedestrians and cyclists play a primary role in achieving the new transportation goals. The cycling committee will be broadened and transformed into the active transportation committee.

The City works closely with Translink to help achieve regional transportation goals.

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

Vancouver Sport Network (VSN)

Darren Peterson updated the VACnet on the current activities and priorities of the [Vancouver Sports Strategy](#). Darren walked the committee through the Sportnet web site and the six components/committees of the Sports Strategy:

- Physical Literacy
- Active For Life
- Enhanced Excellence
- Quality Facilities
- Sport Hosting

The Physical Literacy Committee is busy reviewing existing introductory programs that provide training in fundamental active play and sports movements. The goal is to develop a recommended physical literacy program what will be available at all Vancouver Community Centres. The committee likes the philosophical aspects of the “High 5” program along with the practical applications of the “Run, Jump, Throw” and “Kids Can Throw” programs. A pilot program will be run at Hillcrest Community Centre in the near future.

The Quality Facilities committee is providing input into the forthcoming Park Board 2012-14 Capital Plan. This committee is providing a voice for sports organizations to give input into these critical capital plans.

4) Priorities Activities for Active Communities in 2011

Recent Active Communities priorities:

- Step Out Walks: the Destination Walks
- Move For Health Day on May 10
- Stay Active Eat Healthy program: annual survey and forum
- Planning for the Vancouver Walk21 Conference

Step Out Walks

The top 17 [destination walks](#) are highlighted on the Park Board web site. Each walk features a write-up on the walk along with a photo gallery that shares the scenic beauty of the route.

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 [Vancouver Walk21 Conference](#) will be held on October 3 to 5, 2011.

Stay Active Eat Healthy

The annual Stay Active Eat Healthy forum will be on Tuesday, May 31 from 7:00 to 9:00 p.m. at Langara Golf Course Clubhouse. The goal is to encourage and support local community centres to provide healthy food choices. For the third year, all 24 Vancouver community centres were [surveyed](#) on their healthy food and beverage policies and practices. There was been a steady improvement in “Healthy Choices” facilities from 2008 to 2010. In the first year, only six community centres achieved more than 40% on the Healthy Food and Beverage survey. In 2010, eight centres achieved 60% and another six centres achieved 40% on the survey.

5) Other Activities for Life Programs

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 Recreation is promoting weekly Red Fox Feasting programs at Strathcona and RayCam community centres. This program provides active play opportunities for children, leadership opportunities for teens, mentoring opportunities for adults, cultural activities and a communal dinner to close each session.

The elder's fitness program provides regular weekly opportunities for older aboriginal adults to exercise at fitness centres under the guidance of trained staff.

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