



Healthy Communities:

The Town of Carleton Place

2016



Prepared by:

Healthy Communities Partnership: Lanark, Leeds & Grenville

Healthy Communities Vision Lanark, Leeds and Grenville

*Healthy people in Lanark, Leeds & Grenville live,
learn, work and play in healthy communities*



All community members have the opportunity to make the choices that enable them to live a healthy life, regardless of income, education, or ability. Healthy community environments promote well being and quality of life and contribute to integrated community sustainability (cultural vitality, economic health, environmental responsibility and social equity).

Physical Activity

All community members have the necessary knowledge, interest, resources and opportunities to be physically active, including being active outdoors in nature.

Healthy Eating

All community members have food knowledge and skills, and access to local, safe, healthy, affordable and culturally appropriate food.

Mental Well Being and Resiliency

All community members are engaged and connected and have access to resources, and are able to cope with life's challenges within a safe, supportive community.

Substance/Alcohol Misuse Prevention

All community members have a responsible attitude towards alcohol and other drugs, and the community supports skills and knowledge for healthy decision making and risk reduction.

Tobacco Use/Exposure Prevention

All community members have knowledge about tobacco use, skills for risk reduction and have less exposure to tobacco smoke in public and recreation settings.

Injury Prevention

All community members have the knowledge and skills to prevent injuries, and a healthy environment in which to live, learn, work and play.

INTRODUCTION

Healthy communities are vibrant and connected. They support healthy choices and enhance learning, growth and development. Economic benefits include less school and workplace absenteeism, more innovation, and less use of health care system. People are drawn to health communities.

The Healthy Communities Partnership (HCP) was formed in Lanark, Leeds and Grenville in 2010 to bring communities (e.g., geographic, population) together to mobilize organizations and leaders to develop policies and environments that promote healthy living. The Partnership developed the Municipal Healthy Community Initiative to celebrate what municipalities are currently doing to support a healthy community, and to provide a platform for municipalities to learn from each other.

The objectives of the Municipal Healthy Community Initiative are to:

- Introduce municipal councils and staff to the Healthy Communities Vision, and encourage them to endorse the Vision;
- Highlight what municipalities are currently doing to support a healthy community through the completion of the Healthy Community Asset Inventory Tool (HCAIT);
- Support and provide resources for the work municipalities undertake as they continue their journey towards a Healthy Community by building on current assets and initiatives;
- Track progress towards and celebrate the success of municipal activities to create Healthy Communities across Lanark, Leeds, and Grenville.

The HCP held focus groups across Lanark, Leeds and Grenville region to create the Healthy Communities Vision (page 1) that guides the work of the HCP and the Municipal Healthy Community Initiative. The questions posed to participants were: what does a healthy community looked like to you, and how do we make the healthy choice the easy choice? Initial drafts of the Vision were shaped by many of these same organizations resulting in a “made in Lanark, Leeds and Grenville” statement of what a healthy community means to residents. Collectively there is much we can do to make the vision a reality, and many municipalities, organizations and individuals have already endorsed the Lanark, Leeds, and Grenville Healthy Community Vision.

Staff from three local municipalities – Rideau Lakes, Beckwith and Smiths Falls – developed a Municipal Questionnaire to collect information on what municipalities are currently doing to support a health community.

This report celebrates the work the Town of Carleton Place is doing to create a healthy community and make the “healthy choice, the easy choice” for the residents of their town. Carleton Place staff completed the Municipal Questionnaire.

CARLETON PLACE SUPPORTS A HEALTHY COMMUNITY

PHYSICAL ACTIVITY

Vision: All community members have the necessary knowledge, interest, resources and opportunities to be physically active, including being active outdoors in nature.

Section 1: A PROGRAMMING AND FACILITIES

Facilities and Programs

The municipality has the following facilities in the community provided either by the municipality itself, in partnership, or privately. Some are in high demand (***), others in medium (**), and some in low demand (*). Many have specific programs for the residents.

- Soccer field *** with a soccer program
- Baseball diamond *** with baseball/softball/t-ball program
- Indoor swimming pool *** with a swimming program
- Ice arena(indoor) *** with a hockey and ice skating/figure skating programs
- Outdoor skating rinks **
- Public beach ***
- Community centre ***
- Running track **
- Tennis courts ** with a tennis program
- Curling club ** with a curling program
- Skateboard park **
- Bike paths ***
- Walking trails *** with a walking program
- Splash pad/wading pool ***
- Canoe club *** with canoeing and kayaking programs
- Beach volleyball court *
- Volleyball courts **
- Basketball nets **
- Disk Golf Course
- Pickleball court **
- Art
- Dance***
- Fitness Classes***
- Cards



Safety is taken seriously and the municipality ensures there is sufficient lighting and appropriate signage, encourages volunteers to have first aid, and enhanced police coverage is provided for specific events.

Facilities, playing fields, and parks are smoke free.

The municipality suggests the following training for coaches and organizers to ensure all are able to participate in activities in a safe and meaningful way:

- Park and Recreation High Five (specific sports)
- National Coaching Certification Program (specific sports)
- First Aid

Reaching out to the Residents

Recognizing that children and adults have different interests the municipality provides specific programs for the following groups and ensures low income individuals and families are able to access programs.

- Young children (age birth to 6)
- Children age 7 to 12
- Youth age 13 to 18
- Adult and seniors
- Families
- Intergenerational
- Low Income individuals and families

A variety of methods are used to communicate information about recreation facilities and opportunities:

- Notices and brochures
- Website
- Social media
- Newspaper advertisement and community newspaper notices
- Notices at recreation facilities
- Notices included with program registration information
- Notices sent out by other agencies/partners
- Host a recreation event for seasonal recreation programs

Section 2: BUILT ENVIRONMENT

Part A: Land Use Planning

Land use planning around both new and existing developments provide opportunities to create built environments that promote being physically active in a safe place. With new development, Carleton Place has many policies and practices in place to further support physical activity as part of healthy living:

Current

- Safe places to walk and/or cycle (e.g. sidewalks, walking paths or bicycle paths)
- Schools that are accessible by walking or bicycle
- Sport and recreation facilities that are accessible by walking or bicycle
- Parkland or green space that is accessible by walking or bicycle
- Complete, mixed-use communities with good access to employment, shopping, education, recreational opportunities, and health care to help reduce car trips.
- Using a percentage of development charges to support recreation
- Requesting the recreation department to provide input on subdivision development plans
- Preferentially accepting greenspace/parkland from developers who are developing a subdivision instead of the option of 5% cash in lieu
- Require trails to be included as part of the infrastructure of development plans



Part B: Active Transportation:

Policies and settings that promote active transportation (walking, biking, wheeling, etc.) have both the environmental benefits of reducing emissions and promoting physical activity during the commute to work or school and for leisure.

Carleton Place has the following in place to promote active transportation

- A Transportation Charter/Master Transportation Plan that includes an active transportation component
- Linkages of trails, sidewalks and street crossing that connect to public institutions (i.e. schools, seniors centres, retirement homes), offices, commercial and multi-residential areas with signage (*municipal policy)
- Bike racks located on municipal property (*municipal policy)
- Lighting or traffic calming measures that enhance personal safety (*municipal policy)

Residents enjoy over 35 km of sidewalks, and 7 km of shared-use paths and over 10 km of walking trails or paths within the town. Through local community partnerships, access is provided to many more trails (e.g. Trans-Canada trail). Further development of parks and trails is expected in the coming years.

Section 3: OUTDOOR AND NATURAL ENVIRONMENT

Being outdoors in nature has been shown to have benefits for physical and mental health. The Town of Carleton Place supports being outdoors in nature by:

1. Maintaining a network of trails, either independently or in partnership, for:
 - * walking/hiking
 - * non-motorized used only
2. Providing parks and playgrounds with an established system to repair and/or upgrade the parks/playgrounds
 - * 23 parks
 - * 12 playgrounds
3. Promoting parks and trail systems to residents
4. Recreation and Culture Master Plan
5. Hosting outdoor festivals and events
6. Supporting tree planting on Earth Day
7. Pitch-In Day



Section 4: ACCESSIBILITY

It is important that opportunities for physical activity are available for all members of the community. Partnerships with other organizations help to leverage limited resources and connect individuals in the community with assistance in accessing physical activity.

To support accessibility Carleton Place provides the following:

- Municipally-run facilities in the community accessible to children, youth and adults with disabilities or special needs.
- Works with partners to provide facilities (F) or programs (P) for residents:
 - * With other municipalities F P
 - * Private sector P
 - * Non-profit organizations P
 - * With sports organizations or other providers of physical activity programming F P
 - * With organizations that facilitate access to meaningful recreation F P
 - * Family and Children's services P
 - * With community service agencies F P
 - * With schools/school boards F P
 - * Faith based organizations P

HEALTHY EATING

Vision: All community members have food knowledge and skills, and access to local, safe, healthy, affordable and culturally appropriate food.

Part A: Healthy food choices

Healthy eating can be supported for those using municipal facilities or attending municipal events – including municipal employees, elected officials and members of the public.

In Carleton Place:

- For residents, healthy food and beverage options are available at the following:
 - * Events that are open to the public
 - * Meetings for employees and elected officials
 - * Events for employees and elected officials
 - * Vending machines in some municipal facilities
- For employees workplace supports for healthy eating include:
 - * Refrigerator access
 - * Microwave access
 - * Suitable break times for employees to eat a healthy lunch/snack
- For residents, the Town of Carleton Place provides access to municipal (non-bottled) water at no cost at most municipal facilities and events

Part B: Municipal plans and policies around local food systems

Locally grown and produced foods can play a key role in healthy eating as well as support the local economy and protect the environment by reducing the distance that food is transported.

Carleton Place provides support with policy, projects, and support for the production, preparation, distribution and retailing of local food and management of food-related waste as follows:

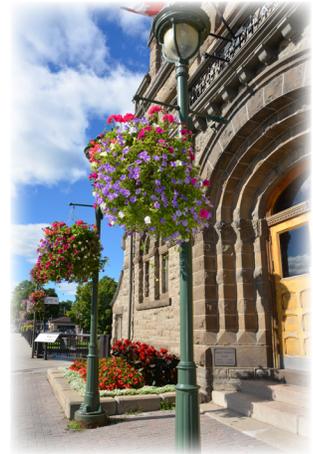
- Includes access to healthy food in the Official Plan (e.g. grocery stores located near residential areas)
- Municipal zoning by-law structured to be permissive in allowing compatible large and small scale agriculture uses and supporting accessory uses across a variety of zones (e.g. zoning that allows: back yard chickens, farm gate sales, small scale value added production of agricultural goods in a general 'rural' zone, secondary dwelling permitted for season farm workers etc.)
- Managing community gardens, providing financial or in kind support for community gardens
- Promoting green initiatives for water conservation (e.g., rain barrels or small scale irrigation systems)
- Running or providing financial or in kind support for gardening programs (e.g., gardening clubs or workshops)
- Providing information to the public on local food
- Working in partnership with other municipalities and organizations to promote and brand locally produced foods regionally
- Supporting and promoting composting initiatives (e.g., distributing or selling at cost backyard composters, providing financial or in kind support to local organizations' composting initiatives)

- Supporting programs in the community that provide resources for accessing healthy foods through either funding, facility or other in kind contributions
 - * Food bank
 - * Community/group/organization free, by donation or minimal cost dinners

SUMMARY

The Town of Carleton Place has done much to create a healthy environment for residents. It provides many places and programs to encourage physical activity, through the town itself, in partnership, or privately with a strong emphasis on accessibility for all residents. It recognizes the value of healthy eating and the importance of supporting the local food system.

By endorsing the Healthy Community Vision the town of Carleton Place has publicly affirmed its commitment to continue its work to make the “healthy choice the easy choice” for residents. The Healthy Community Partnership applauds this work and commits to support the town going forward.



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