



STRENGTH OF PARTNERSHIPS

Building Healthy Children
through Active
Transportation in a Rural
Environment

“For every child to enjoy healthy physical, mental and emotional development and a strong connection to their community and natural environment.”





“The futility of isolated initiatives

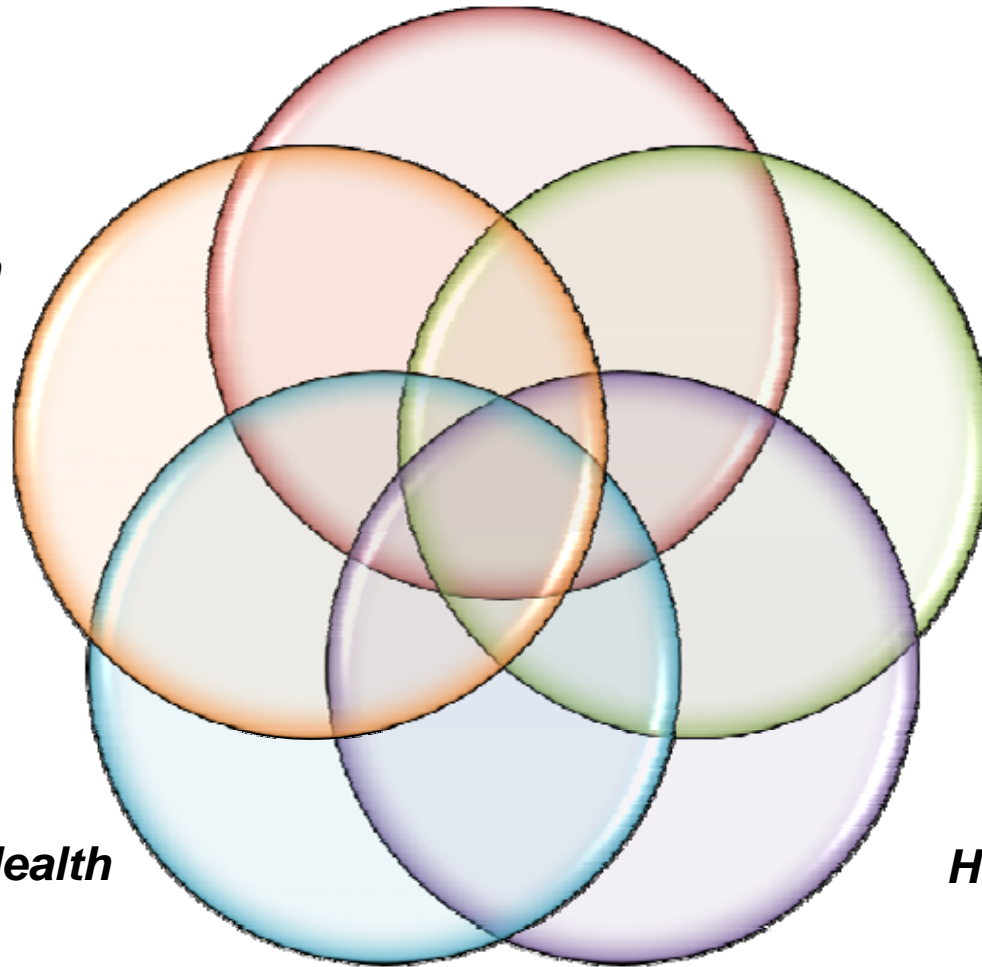
Society / Political System

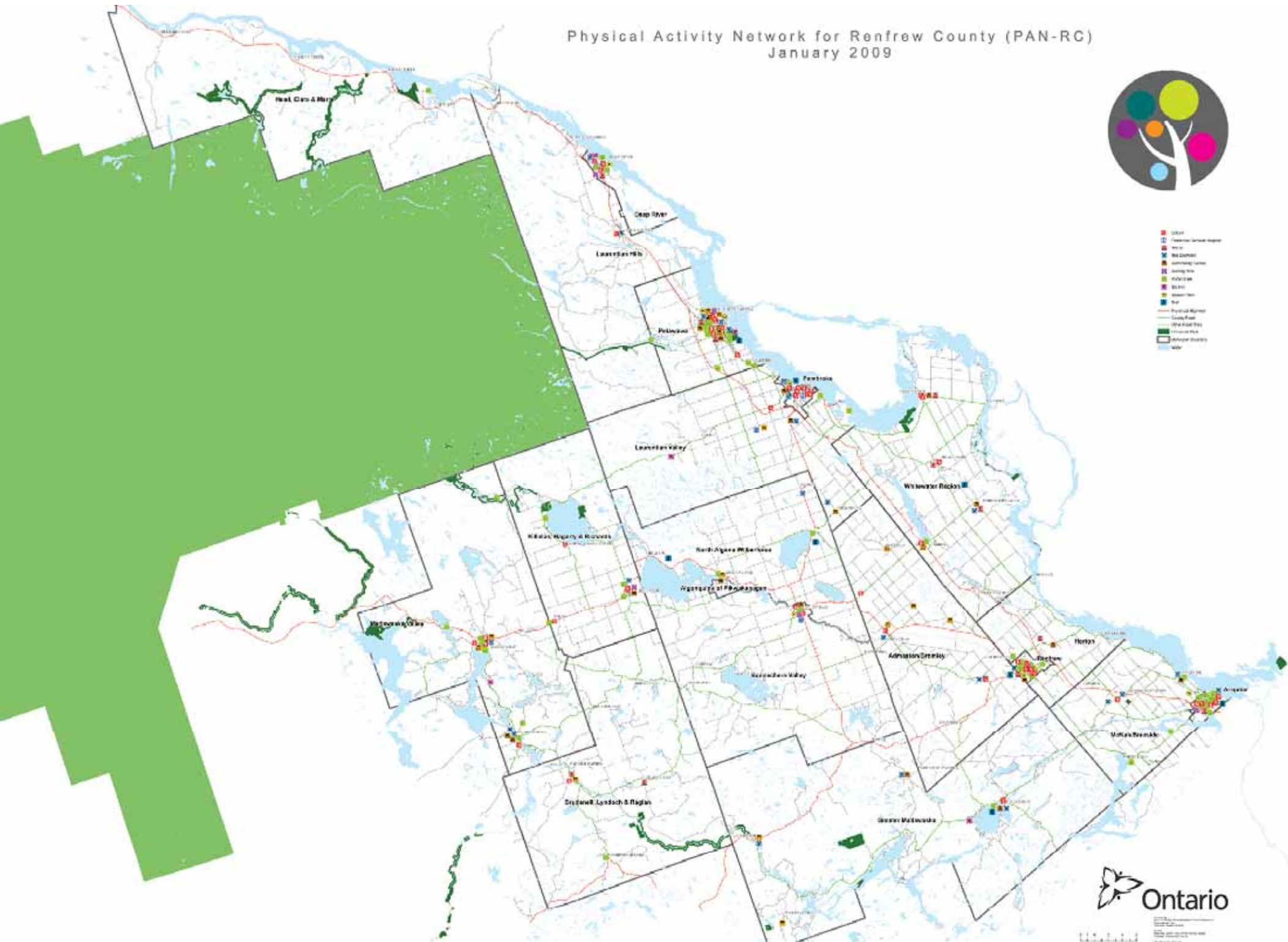
Health Care System

***Education (Early
Childhood / School
Aged)***

Community Health

Home





DETERMINANTS OF HEALTH	RENFREW COUNTY	ONTARIO
Low Income / Poverty – Families	26.2 – 4.4%*	12.6%
Aboriginal Identity	5.6%	2%
Post Secondary Ed'n Level	54%	-
Senior Population	16.8%	12.7%
Unemployment Rate	7.9%	9%
Physically Inactive	47%	52%
Eat Recommended Serving - Veg & Fruit	32.3%	44.1%
Smoker	26.8%	18.6%
Health Outcomes		
Overweight and Obese	61.1%	51.4%
High Blood Pressure	18%	10.6%
Ischemic Heart Disease	139	118
Cerebrovascular Disease	63	44

Mutual Goal – Changing Our Reality

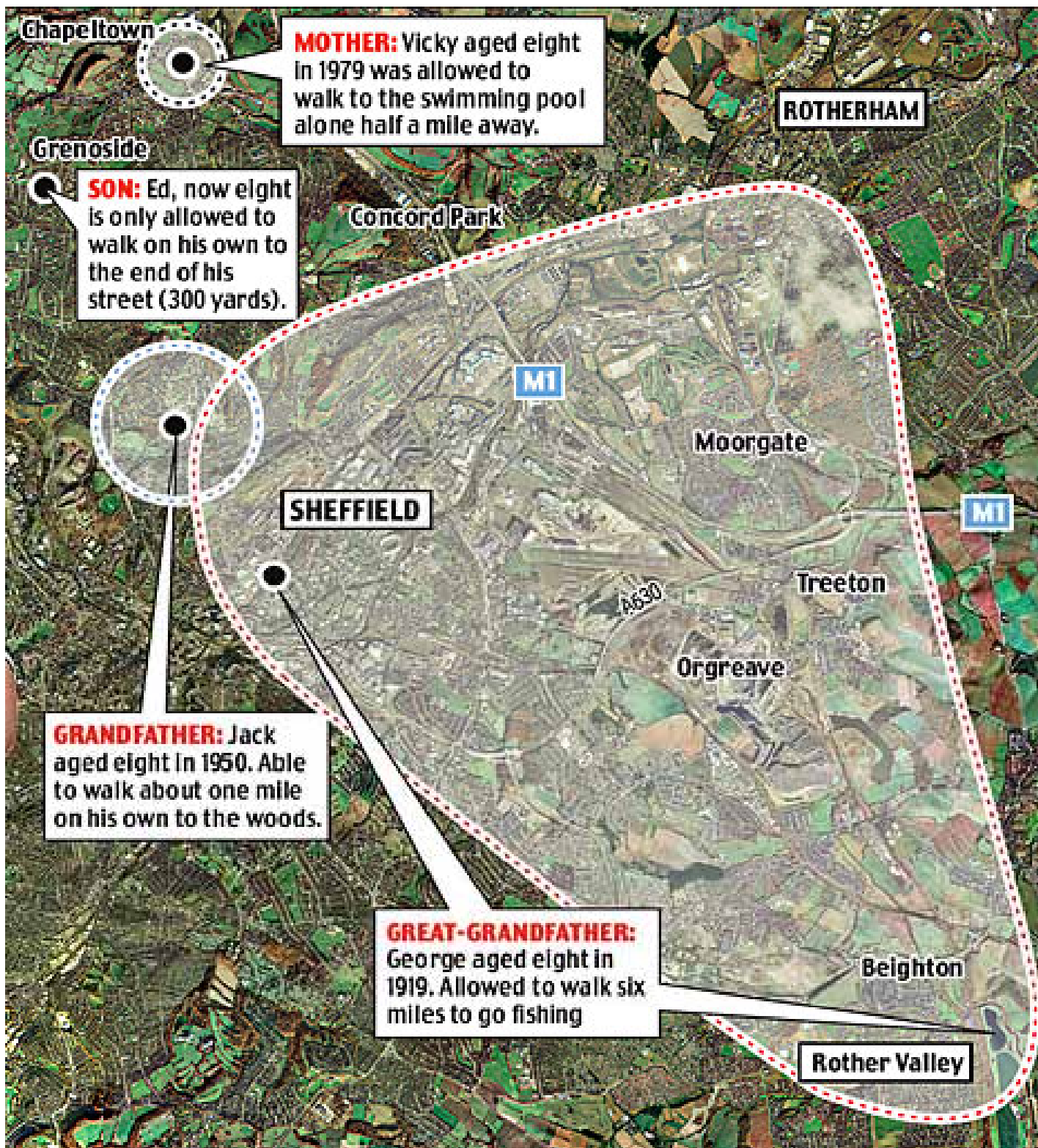
A photograph of a newspaper front page. The main headline is 'Rural areas heart disease 'hot spots''. Above it is a smaller headline about Apple's D3 technology. To the left, there are partial headlines about 'ME NE' and 'cent'. The newspaper is the Ottawa Citizen, dated January 2010.

Rural areas heart disease 'hot spots'

January, 2010 - Front Page Headline – Ottawa Citizen

Renfrew County Assets and Challenges

SCOPE	ASSET	CHALLENGE
GEOGRAPHIC	Abundant Natural Spaces: Waterways and Trails Road Connectivity Agricultural History	Transportation Isolation Communication
ECONOMIC	Tourism Natural Resources Industry Small Business Innovation Creativity	Wide Income Gap Poverty High Levels of Unemployment Diversity in Employment Population Base (low tax base)
SOCIAL	Strong Sense of Belonging High Level of Happiness ⁷ Strong Sense of Community	Poverty Deep Pockets of Poverty Isolation Child Care Options Adequate Affordable Housing
CULTURAL	Strong Cultural Resources Rich Heritage Rich First Nations Culture	Lack of Cultural Diversity Lack of Investment in Culture Equity for French Language Access to Services
DEMOGRAPHIC	Seniors as Volunteers	High Seniors Population Youth Engagement Migration of Talent Limited Disability Services
EDUCATION	Algonquin College	Higher Education Levels Access to Early Childhood Learning
HEALTH	Collaborative	Health Statistics Access to Health Care Access to Recreation Built Environment Food Security



MOTHER: Vicky aged eight in 1979 was allowed to walk to the swimming pool alone half a mile away.

SON: Ed, now eight is only allowed to walk on his own to the end of his street (300 yards).

GRANDFATHER: Jack aged eight in 1950. Able to walk about one mile on his own to the woods.

GREAT-GRANDFATHER: George aged eight in 1919. Allowed to walk six miles to go fishing



- ✓ Safe
- ✓ Inclusive
- ✓ Engaging
- ✓ Aesthetic
- ✓ Accessible

5 Year Plan – Headline in 2015

Community Collaboration

**Ontario's Model Region –
Innovative & Co-ordinated
Approach to Building Healthy
Community for Everyone**



Human Communities - 2 Needs

- ✓ Need for *Self Determination*
- ✓ Need for *One Another*

- Margaret Wheatley



Building From Within

local strengths

accessible spaces

existing initiatives

combined expertise



Community Engagement

- ✓ Foster collaborative leadership – highest level of engagement
- ✓ Build on local community strengths - ABCD
- ✓ Engage voices of all ages and backgrounds
- ✓ Practice multi sector engagement



Effective Partnerships

co-ordinated assets

common grounds

open communication

shared ownership

collaborative leadership

collective impact



Co-ordinated & Collaborative Approach

- ✓ Support and link existing networks, org'ns, projects
- ✓ Multiplier effect – connect to existing mandates & workplans
- ✓ Contribute to community action projects
- ✓ Share an understanding of Social & Environmental Determinants of Health
- ✓ Communicate strategically & respectfully
- ✓ Co-ordinate goals & investments



Community Action

- ✓ Active Transportation (STP, 14 bikes, Silver Chain & Golden Shoe Challenge)
- ✓ Healthy Active Community Charter
- ✓ Community Gardens in Every School
- ✓ Community Use of Schools – Walking in the Halls
- ✓ FIT – First Nations Culture & Natural Spaces
- ✓ Active Play & Youth Engagement
- ✓ Political Engagement
- ✓ County wide support of the Healthy Community Partnership



search site...

Healthy Community

Working Groups

Community Action

ABOUT

JOIN

PARTNERS

TIMELINE

EVENTS

RESOURCES

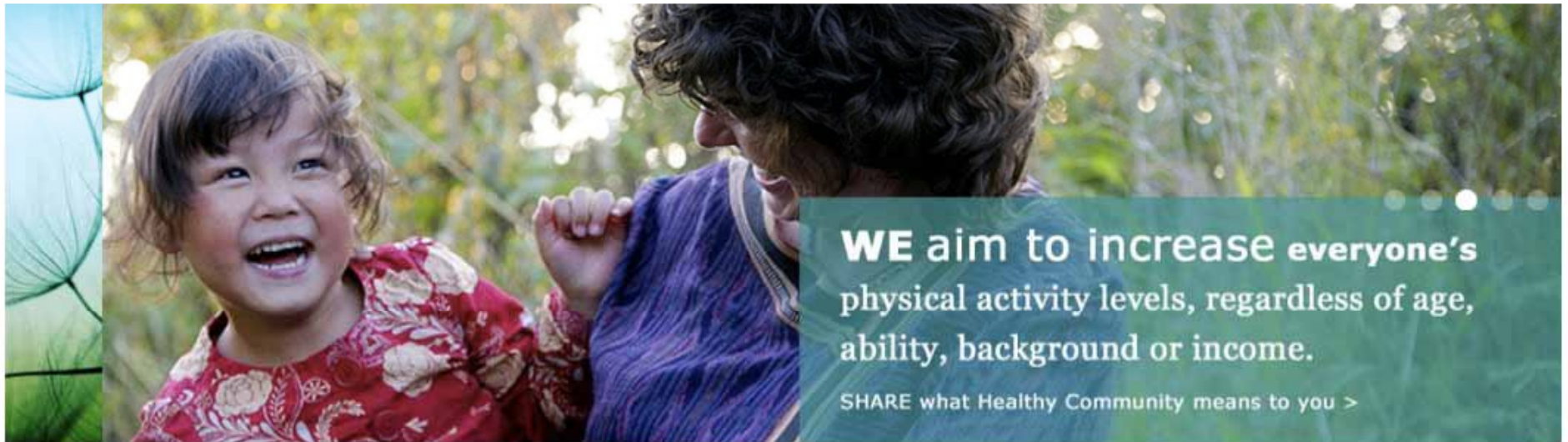
VIDEOS

NEWS

MEDIA

LINKS

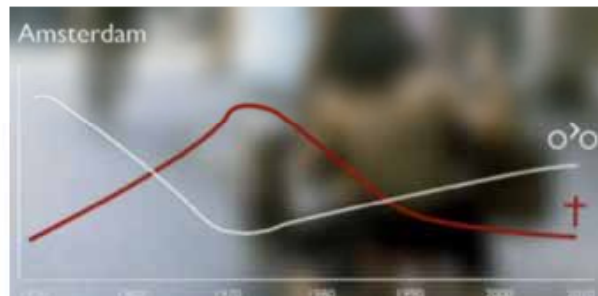
CONTACT



WE aim to increase **everyone's** physical activity levels, regardless of age, ability, background or income.

SHARE what Healthy Community means to you >

VIDEO



PAN-RC NEWS



Username *

Password *



Sustainable Healthy Community Model

- ✓ Healthy Policy Development
- ✓ Community Action & Leadership
- ✓ Social & Environmental Determinants of Health
- ✓ Community Engagement
- ✓ Knowledge Sharing & Co-ordinated Communication
- ✓ Investment in Community Health
- ✓ Positive Shift in Health Statistics and Quality of Life

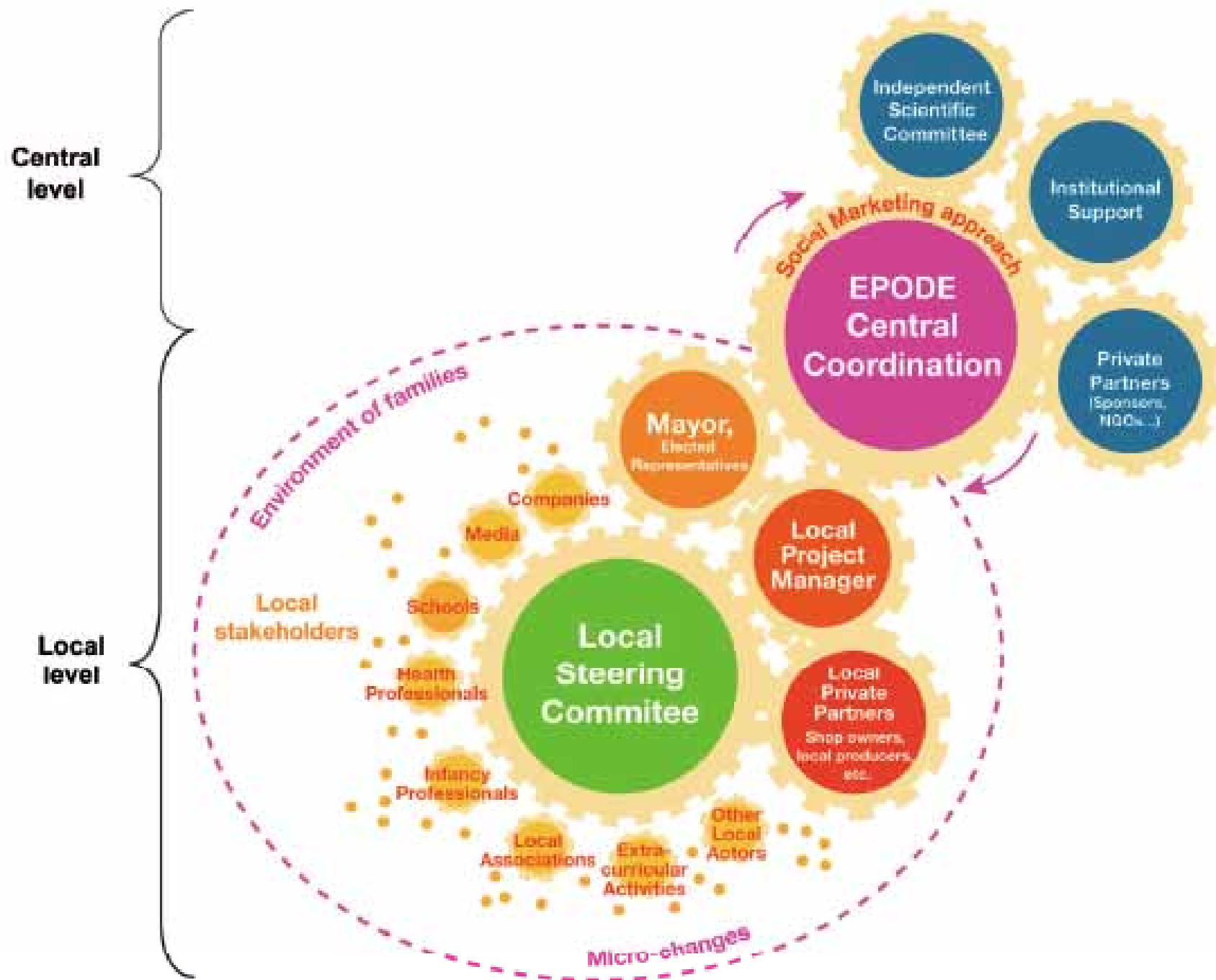



Figure 1 Ensemble Prévenons l'Obésité Des Enfants (EPODE) stakeholders at central and local levels. NGO, non-governmental organization.

A pair of hands, one light-skinned and one dark-skinned, are gently cupping a small globe of dark soil. A small green plant with yellow flowers is growing out of the top of the soil globe. The background is a warm, golden-brown color with a soft, out-of-focus texture.

bike play

opportunity

healthy community

active

health equity

local food

social determinants of health

healthy home

community garden

safe

active transportation

learn

healthy space

inclusive

natural environment

healthy school

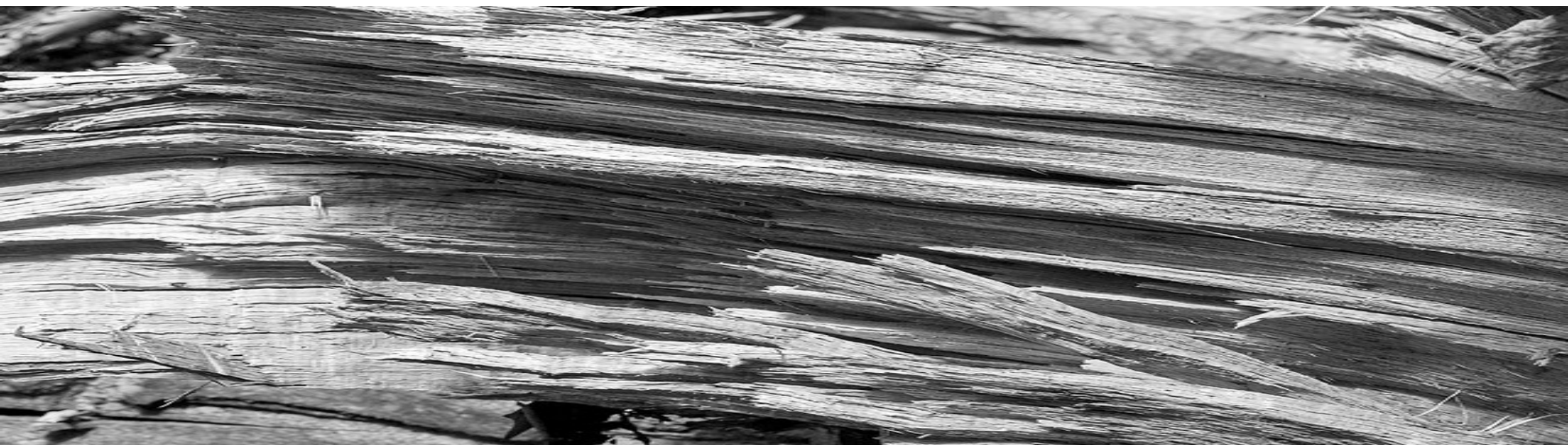
walk



“Vision *without* Action is a nightmare

Vision without action is merely a dream
Action without vision just passes the time
Vision with action can change the world.

- Joel A Barker





Community Success Stories

- ✓ Community strengths
- ✓ Community champions
- ✓ Enhance local successes
- ✓ Promote local environment



Active Transportation

- ✓ Engagement – 49 members of working group
- ✓ Collaborative development of the Active Transportation Strategy
- ✓ Integration of shared goal with multiple sectors
- ✓ Inclusion of Active Transportation in 2013-2018 County Strategy
- ✓ Inclusion of Active Transportation into Official Plan



PAN-RC NEWS

PAN-RC Receives Warden's Community Service Award

Congratulations to all members, contributors, collaborators and supporters of the Physical Activity Network in Renfrew County. Yesterday, the Network was the proud recipient of the 2012 Warden's Community Service Award.

Many thanks to CAO Jim Hutton, Warden Sweet, the County of Renfrew staff and Members who share our commitment to building stronger and healthier communities. It was an honour to be recognized for our collective efforts.

Thu, 2012-11-29 13:56 -- shawna babcock

At the November 28 meeting of County Council, Warden Bob Sweet presented Shawna Babcock, Chair of the Physical Activity Network - Renfrew County (PAN-RC) with the **2012 Warden's Community Service Award - Not-for-Profit.**

In the presentation, CAO Jim Hutton and Warden Sweet recognized PAN-RC as an innovative and dedicated group of multi-sector organizations and community champions working together to support increased opportunities for improved health, well-being and a higher quality of life for every resident and visitor of Renfrew County.

As a collaborative, PAN-RC shares resources, co-ordinates action, focuses on priority areas that enhance community spaces, and improve access to inclusive physical activity programs. Supportive built environments (such as roads, trails, paths, hallways, parks, public spaces), natural spaces and healthy policies provide opportunities for improved health equity, social cohesion, economic development and community engagement.

Relevant Sectors

[Business](#)
[Community Health](#)
[Early Childhood Education](#)
[Economic Development](#)
[Education](#)
[Environment](#)
[First Nations](#)
[Health](#)
[Municipal](#)
[Parks and Recreation](#)
[Social Services](#)
[Transportation](#)



'THE BOOK TREE' PROJECT



The Book Tree – Renfrew County

190 likes · 73 talking about this

✓ Liked

Message



Public Figure

Fallen trees are transformed into accessible book exchange sites for all ages!

About



Photos

190

Likes



Events



Notes

2



We must become the change we
wish to see in our community



- Gandhi (Adapted)



Physical
Activity
Network

Thank you!

Shawna Babcock

Executive Director, KidActive

Co-ordinator, Healthy Communities Partnership - RC

Chair, Physical Activity Network-RC

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<http://www.physicalactivitynetwork.ca>

