

This guide is for local governments of rural and urban communities across British Columbia who want to create active, healthy and thriving places for all people.

What you'll find in this Action Guide:

- Information on co-benefits of physical activity
- Actions and examples from BC communities
- Funding opportunities
- Further reading and resources
- A summary checklist

Kimberley, BC
Photo Credit: Province of British Columbia



Healthy People



Healthy Society



Healthy Environments

Local Government Action Guides for Healthy Communities

Active Communities in BC

How does physical activity affect British Columbians?

Benefits Beyond Physical Health

Physical activity supports healthy child development, social connectedness, positive educational outcomes, and physical and mental well-being. Active modes of transportation reduce traffic congestion and pollution, improve community safety, enhance business activity and property values, and provide more equitable access to jobs, services and other opportunities.^{1,2,3} Green spaces encourage biodiversity and reduce pollution.⁴ Physical activity increases workplace productivity while also decreasing demands on healthcare and social services.^{5,6}

Environments are a Key Determinant of an Active Life

While age and genetics have some impact, it is primarily the physical and socio-economic environments in which we live, learn, work and play that determine if, and how often, we are physically active.⁷ Built and natural environments can provide spaces to connect in nature and to be active through transportation, cultural practices, work, school, play, or household duties. Social environments can provide us with support, encouragement and confidence to engage in physical activities. Economic environments can provide us with the security to make active choices

and live in healthy neighbourhoods where it is safe and comfortable to play or choose active travel. For more information on health outcomes and the co-benefits of healthy built environments check out the [Healthy Built Environment Linkages Toolkit](#).⁸

Inequitable Access Creates Inequitable Outcomes

Healthy environments are not available to all, and many British Columbians struggle to get enough physical activity each day.⁹ Parks and other natural spaces may be inaccessible due to distance, mobility challenges, or underdeveloped transportation networks. Recreational opportunities, including sports, might be exclusionary due to time or financial constraints, or a lack of cultural relevance. Affordable housing may be located in areas with limited access to services, requiring residents to use personal vehicles for travel instead of walking or cycling. Neighbourhoods may lack the infrastructure that makes it safe and comfortable to play outside or walk to the grocery store.

So what can local governments do to help? How can they work across sectors to make active choices easier choices for all people?

“

British Columbia enjoys an increasingly rich diversity of cultures. Achieving a balance in physical activity participation requires an approach that celebrates, welcomes and includes people of all ages and abilities and from all cultures.¹⁰

”



Art Walk in Kelowna, BC
Photo Credit: Province of British Columbia

Actions Local Governments Can Take

Supporting Physical Activity in Our Communities

Local governments can create opportunities for physical activity in the settings of everyday life. They work in partnership with other sectors, design and develop many of our built environments, operate recreational facilities, and protect and provide access to parks and other natural spaces. They understand the social, cultural, economic, and environmental diversity of their community, and essential considerations when planning inclusive and effective active living strategies. The following sections provide partnership, planning, and program actions that local governments can take to help build active communities.



Partnerships

Working across sectors and with a variety of partners is essential to maximize positive impacts for communities. Local governments, community organizations, health authorities, educational institutions, private business and provincial agencies all have a role to play in supporting physical activity and offer valuable perspectives and resources. Specifically, local governments can:

Partner with other local governments, including Indigenous communities, to develop joint strategies toward shared goals for active communities.



Example With support from Interior [Health Authority, the City of Enderby, BC and the Splatshin Band of the Shuswap Nation](#)¹¹ partnered in the development of an Active Transportation Plan to develop an active transportation network between both communities.

Partner with other sectors and community organizations to support physical literacy¹² at all ages.



Example [PLAYKamloops](#)¹³ is a network of local governments, provincial government and community agencies in Kamloops, BC working to create opportunities for community members of all ages to engage in physical literacy initiatives and be active through life. The network is using a framework developed from Canadian Sport for Life.

Partner with private businesses and local business associations, encouraging them to provide facilities (e.g., bicycle storage, showers and benches) that support people to be active.



Example The [Atrium Building](#)¹⁴ in Victoria, BC features secure bicycle storage, shower and change rooms, free bike share for building occupants, and a large public space with benches and greenery.

Legend



Action has economic co-benefits



Rural or small community example



Urban community example

Did You Know?

Indigenous Peoples have lived on the land now known as British Columbia for more than 10,000 years. Indigenous Peoples refers to communities, peoples and nations that have historical continuity with pre-colonial societies on their territories and consider themselves distinct from other current communities in those territories. In the Canadian context, this includes First Nations, Métis and Inuit.

While some First Nations people live on-reserve, more than 70% of British Columbia's overall Indigenous population lives 'off-reserve' in urban and rural communities throughout BC. Each have distinct histories, world views, languages, traditions, and governance structures and processes. Through acknowledgement of First Nations rights and title and respect for Indigenous communities we can work together and partner in the development of active living strategies, policies and programs that meet the needs of our communities.

To learn more about First Nations in BC visit the [British Columbia Assembly of First Nations](#).¹⁵

To learn more about Métis-specific history, culture and traditions visit [Métis Nation British Columbia](#).¹⁶

To learn more about Inuit history, culture and traditions visit [Inuit Tapiriit Kanatami](#).¹⁷

To support safe and inclusive sport and recreation program planning for Indigenous people visit:


- [Aboriginal Communities - Active for Life](#)¹⁸
- [BC Recreation and Parks Aboriginal Cultural Relations Module](#)¹⁹
- [Indigenous Sport, Physical Activity and Recreation Council](#)²⁰

Actions Local Governments Can Take




Partnerships Continued

Partner with the housing sector, including government agencies, developers, and non-profit housing providers, to combine housing and transportation in measures of affordability and to ensure affordable housing is linked with active transportation infrastructure.

 **Example** In 2015 Metro Vancouver Regional District conducted a [Housing and Transportation Cost Burden Study \(H+T Study\)](#)²¹ to present a new measure of affordability for the region. The H+T Study quantifies transportation costs (such as the cost of driving versus public transit use) and combines them with housing costs to provide a more complete picture of affordability for working households.

Partner with local recreational groups or organizations, such as paddling, mountain biking or hiking clubs, to co-develop and promote recreational activities in the community.


 **Example** The [Columbia Valley Greenways Trail Alliance](#)²² is a trails advocacy group made up of seven trail and stewardship groups in the Columbia Valley of BC. Partner organizations advocate for the development, maintenance and responsible use of sustainable trails on public and private lands to promote year-round healthy living and community values.

Partner with health authority staff who work on healthy communities or healthy built environment portfolios.




Example In 2008 the District of Kitimat, BC and Northern Health Authority signed the [Active Living, Health and Wellness Protocol](#)²³ to formalize a long-standing, mutually beneficial relationship. A committee called [Kick It Up Kitimat](#)²⁴ was established to put this protocol into action and members continue to work with community partners on initiatives that support healthy and active living in Kitimat.

Partner with educational institutions to support active travel to and from schools, to promote physical activity during the school day, and to encourage use of the school gymnasium and grounds for open public play when classes are not in session.

 **Example** In 2015 the District of Squamish began work with local schools to initiate a [School Travel Planning](#)²⁵ process. This collaborative effort involved District staff, RCMP, Vancouver Coastal Health, community organizations and school committees, including students, principals, parents and teachers, and was led by HASTe BC. The process has resulted in School Travel Plans including best routes maps and action plans for six elementary schools.

Partner with the RCMP and non-profit bicycle advocacy groups to host public events and offer bike skill courses to support and encourage active travel.

 **Example** [HUB Cycling](#)²⁶ is a non-profit organization that works with local governments, businesses and community organizations to improve cycling conditions in Metro Vancouver through education, action and events.



Case Study:

Haisla Nation and District of Kitimat Recreation Pass Project

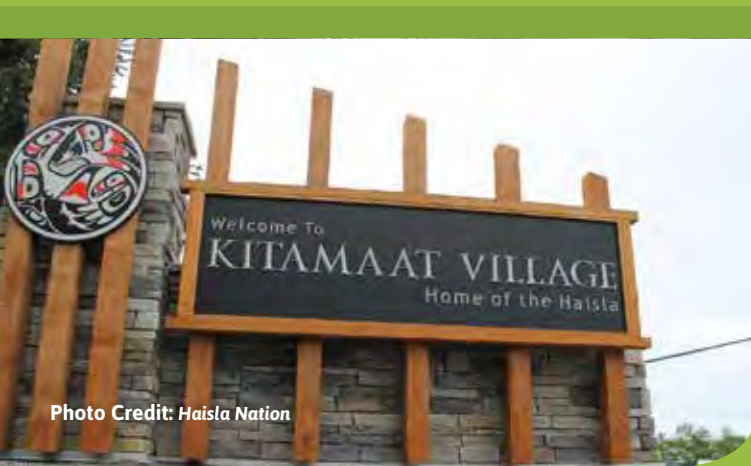


Photo Credit: Haisla Nation

In 2018 the Haisla Nation Council partnered with the District of Kitimat to improve access to recreational opportunities for Haisla youth. An agreement signed between the two communities resulted in free recreation passes being offered to Haisla youth aged six to 18 in the Kitimaat Village and Kitimat area. The pass allows youth to drop in at any District of Kitimat recreation facility, including an open gym, swimming pool and skating rink.

To learn more about this project please contact [Haisla Nation](#).²⁷


Actions Local Governments Can Take



Planning

Elements of the planning process such as data collection, community engagement and policy development are necessary steps in the creation of active communities. Local governments can review data to identify the demographics of their communities and track progress toward active living goals; engage community members to learn about barriers to physical activity; prioritize active living in bylaws, strategies, and community plans; and design and encourage land uses that support physical activity. Specifically, local governments can:


Use an equity lens (see side bar) throughout planning processes to better understand and meet the physical activity needs of diverse population groups.

 **Example** The City of Surrey did extensive community engagement before developing their [Surrey Parks, Recreation and Culture 10-Year Strategic Plan](#).²⁸ They gathered feedback in a variety of settings to reach diverse community members and provided interpretation services at various events to get feedback from non-English speakers.

Use data, such as [Statistics Canada census data](#)²⁹, to identify the demographics of different communities and ensure all community members are well-represented during planning, at public engagement opportunities, on advisory committees or working groups, and during decision-making.

Are you familiar with the [First Nations principles of OCAP](#)³⁰? Standing for ownership, control, access and possession, OCAP[®] asserts that First Nations have control over data collection processes in their communities and that they own and control how this information can be used.

Assess community physical activity levels to establish baseline measures, better understand community needs, and track progress towards active living goals.

 **Example** In 2015 the Town of Smithers worked with the Northern Health Authority and the Bulkley Valley Social Planning Society to develop a set of [community vitality indicators](#)³¹ for Smithers. Their work produced the [2016 Smithers Community Vitality Report Card](#).³²

Equity and Inclusivity

Equity is the fair distribution of opportunities, power and resources to meet the needs of all people, regardless of age, ability, gender, or background.

Applying an equity lens means asking who will benefit from a policy, program, initiative or service, but also who may be excluded from the benefits and why. How might some population groups be unfairly burdened today or in the future? How can we be more inclusive and engage people in a meaningful way?

Tools and resources to help apply an equity lens to planning work include:

- [Advancing Equity and Inclusion: A Guide for Municipalities](#)³³
- [Fact Sheet: Supporting Health Equity Through the Built Environment](#)³⁴
- [Health Equity Guide: A Human Impact Partners Project](#)³⁵




Actions Local Governments Can Take




Planning Continued


Develop a guide for your community that shows where user-friendly trails and public spaces are located.

 **Example** The [Shuswap Trail Alliance](#)³⁶ has developed a detailed [inventory of trails](#)³⁷ in the Secwepemc Territory and Shuswap region of BC. The inventory provides trail descriptions, including distance and difficulty-rating, as well as interactive or printable maps to support a variety of users.


Conduct a [Health Impact Assessment](#)³⁸ of a proposed plan, policy or program to identify unintended health impacts, positive or negative, on diverse population groups.

 **Example** The Metro Vancouver Regional District developed a [Health Impact Assessment Guidebook and Toolkit](#)³⁹ to provide a structured approach for planners and policy-makers to evaluate the potential health-related outcomes of a project, plan, or policy before it has been built or implemented. Where appropriate, Vancouver Coastal Health Authority and Fraser Health Authority have been working with Metro Vancouver to support implementation and use of these resources across the region.


Communicate to community members that road safety is everyone's responsibility and that supporting access to more active modes of transportation benefits all people.

 **Example** As part of their transportation work the Capital Regional District developed a [Cruise with Courtesy](#)⁴⁰ campaign to communicate the importance of road safety to a variety of road users.

Conduct neighbourhood assessments with diverse members of the community to identify barriers to active travel and accessibility as well as infrastructure opportunities. Tools are available to support these assessments, including the [Built Environment and Active Transportation \(BEAT\)](#)⁴¹ neighbourhood assessment tool.

 **Example** In 2009 the City of New Westminster implemented a [Wheelability Assessment Project](#)⁴² to improve mobility and transportation options for people who use mobility aids. The project involved a two-day assessment with 30 mobility-aid users and their companions, as well as a survey completed by 121 mobility aid users.

Include a commitment to support active living for all people in community planning documents such as community wellness plans, park plans, Official Community Plans or sustainability plans.

 **Example** See Lower Columbia case study on page 8.



Case Study: Thornhill Active Transportation Plan



Photo Credit:
Regional District of Kitimat-Stikine


In 2013 the Regional District of Kitimat-Stikine began developing an [Active Transportation Plan for Thornhill](#)⁴³, an unincorporated community of approximately 4,000 residents located within the Skeena Valley of BC.


Through the Active Transportation Plan process residents were asked to identify their walking and cycling habits and suggest improvements to active travel options. An advisory committee was formed and included representation from the Ministry of Transportation, Northern Health Authority, School District 82, BC Transit, Terrace Off Road Cycling Association, the RCMP, City of Terrace, and the Thornhill Advisory Planning Commission.


The Plan was adopted by the Regional District Board in 2014 and includes recommendations to better support active travel for residents of all ages and abilities.

Actions Local Governments Can Take

 Use community planning documents to commit to ensuring all residents, particularly children, have easy, safe access to a park, greenway, or other green space.

 **Example** Vancouver's [Greenest City 2020 Action Plan](#)⁴⁴ includes a target that all Vancouver residents live within a five-minute walk of a park, greenway or other green space by the year 2020. The City also has a [Green Streets Program](#)⁴⁵ where volunteers support gardening on traffic calming spaces such as boulevards and traffic circles.

 Use bylaws such as a **Subdivision and Development Servicing Bylaw** to create street design standards that include walking and cycling infrastructure for all ages and abilities, as well as street lighting, wayfinding signs, street furniture, and traffic calming.

 **Example** Dawson Creek's [Subdivision and Development Servicing Bylaw](#)⁴⁶ requires that walkways, such as sidewalks, be provided for access through subdivisions or developments to schools, playgrounds, shopping centres, transit and other community facilities.



Campbell River, BC
Photo Credit: Province of British Columbia

People-Moving Capacity, in persons per hour per direction.

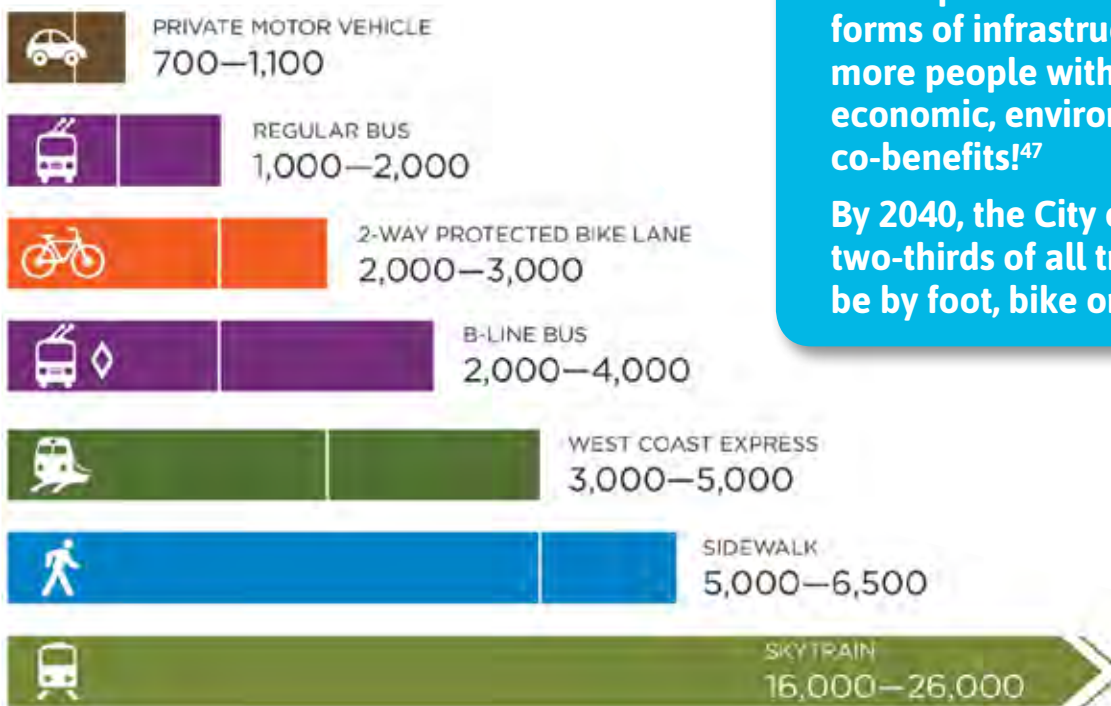


Image: City of Vancouver, 2018

Did you know?

Active transportation infrastructure is less expensive than more traditional forms of infrastructure. Plus, it moves more people with less space and has economic, environmental and social co-benefits!⁴⁷

By 2040, the City of Vancouver hopes two-thirds of all trips in the city will be by foot, bike or transit.⁴⁸

Actions Local Governments Can Take



Planning Continued



Use zoning bylaws and development guidelines to create environments that support physical activity, such as complete, compact and connected communities, aesthetically pleasing active travel routes, and end-of-trip facilities such as bicycle parking and showers.

Example The City of North Vancouver adopted changes to their zoning bylaw that incentivise active design⁴⁹ in new developments. They also developed [Active Design Guidelines](#)⁵⁰ that include suggestions for community gardens, outdoor recreation areas, staircases and indoor amenities that support physical activity.



Develop an active transportation strategy that identifies transportation mode-share⁵¹ targets and actions to support and encourage walking, wheeling⁵², and public transit use in all seasons, ensuring active transportation networks are linked to common destinations and green spaces.

Example In 2016 the City of Kelowna adopted [Kelowna On the Move: Pedestrian and Bicycle Master Plan](#)⁵³ to improve public safety and increase walking and cycling for all ages and abilities.



Design physical environments that make it safe, comfortable and enjoyable to walk, wheel, paddle, or take public transit in all seasons.



Example In 2018 the Town of Sidney developed new [streetscape and urban design standards](#)⁵⁴ for their downtown core. The standards focus on encouraging active transportation, creating “places for people” in the downtown, and improving the space between buildings. Quality outdoor spaces, including the space between buildings, create more enjoyable opportunities for walking, social connections and active play.

Use traffic bylaws to protect pedestrians and cyclists by ensuring regular sidewalk maintenance, limiting road speeds, supporting expansion of pedestrian and cycling infrastructure, and regulating how those spaces are used.



Example The [BC Community Road Safety Toolkit](#)⁵⁵ provides information about road safety designs and strategies that local governments and their partners can implement to improve road safety outcomes.

Design parks, trails and other green spaces for all ages, abilities, and cultural groups, considering pathways, wayfinding signage, lighting, benches, playgrounds and gender-neutral public washroom facilities.



Case Study: Lower Columbia Healthy Communities Plan




Photo Credit:
Ryan Flett Media


With support from BC Healthy Communities’ [PlanH Program](#)⁵⁶ and the Columbia Basin Trust, a [Healthy Communities Plan](#)⁵⁷ for the Lower Columbia region of BC was created in 2017 following months of community engagement.

The City of Trail and City of Rossland have both adopted the plan. These councils will be leaders by using the Lower Columbia Healthy Communities Plan as a decision making tool for their recreation departments and other city initiatives.


Actions Local Governments Can Take

 **Example** In collaboration with Nuu-chah-nulth First Nations, the District of Tofino has worked for 20 years to develop six kilometres of multi-use trail along the main highway. This [Multi-Use Path \(MUP\)](#)⁵⁸ was designed for a variety of users, including walkers, joggers, cyclists and skateboarders. The goal is to eventually connect this trail to the Pacific Rim National Park Reserve.

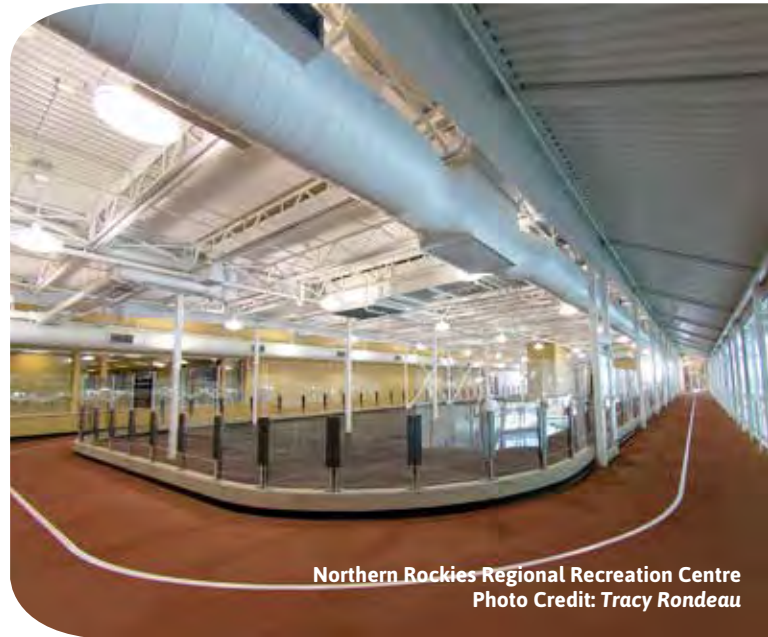
Use planning tools such as Development Cost Charges⁵⁹, density bonus zoning⁶⁰, or Community Amenity Contributions⁶¹ to encourage developers to provide active living infrastructure and to fund public infrastructure that supports physical activity.

 **Example** The City of Burnaby [Community Benefit Bonus Policy](#)⁶² has been in place since 1997 and helps the City to achieve community amenities, such as parks and park improvements, civic facilities, child care centres, affordable housing and environmental enhancements, through density bonus zoning in Burnaby's four Town Centres.

Design recreational facilities for all-weather and all-season use, considering shade and snow-clearing, and indoor facilities for extreme weather days.

 **Example** The [Northern Rockies Regional Recreation Centre](#)⁶³ in Fort Nelson provides a range

of facilities to support physical activity in all seasons, including an indoor walking track and outdoor playground with a treed area for shade. The Northern Rockies Regional Municipality and recreation centre staff ensure safe access in winter months by regularly clearing snow from sidewalks and surrounding areas.



Northern Rockies Regional Recreation Centre
Photo Credit: Tracy Rondeau

Case Study: Duchess Park



[Duchess Park](#)⁶⁴ in the City of Prince George is a great example of an active public space for all ages and abilities. Located near a secondary school and close to downtown it features many accessible amenities including:

- A playground for all ages and abilities;
- A mini bike track;
- Fenced dog parks, for both small and large dogs;
- Tennis courts which convert to an ice rink in winter;
- A lit, multi-use trail system;
- Picnic tables and benches; and
- Accessible washrooms.

Prince George also has [100km of maintained trails](#)⁶⁵ across the city that accommodate a variety of users and offer varying difficulty, terrain and distance.



Photo Credit:
City of Prince George

Actions Local Governments Can Take



Programs

Local governments support or deliver a variety of programs that enable and encourage physical activity, including recreation programs, age-friendly initiatives, bike share programs, or the provision of public facilities for community program use. Specifically, local governments can:

Require that all employees participate in cultural safety training to support culturally appropriate planning and the provision of safe and appropriate physical activity programs.



Example The Provincial Health Services Authority offers online courses on Indigenous Cultural Safety (ICS) called [San'yas](#)⁶⁶. While some of the training programs are focused on specific sectors, such as health or justice, the Core ICS training provides valuable information and learnings for all sectors.

Implement a community bike share program to support cycling among people with any income level. Develop a guide for your community that shows where user-friendly trails and public spaces are located.



Example In 2017 the Songhees First Nation on south Vancouver Island launched the [Songhees Wheelness](#)⁶⁷ initiative to support active travel in their community. The initiative includes a free bike share program with a range of bicycle styles to accommodate different users, as well as bike skills courses and community events to encourage cycling.

Implement a program that ensures recreation facilities and programs are accessible for people of all ages, incomes and abilities.



Example The District of Mission offers several opportunities for community members on a limited income to participate in recreation, sport and culture. One opportunity is the [PLAY \(Providing Leisure All Year\) Pass Program](#)⁶⁸ which offers free and unlimited admission to swimming, skating, weight room, and fitness drop-in sessions.

Offer incentive programs for employees who choose active modes of travel, including public transit, to commute to and from work.



Example The [TravelSmart Program](#)⁶⁹ in Metro Vancouver is TransLink's Transportation Demand Management (TDM) Program. The TravelSmart team works with a variety of corporate, non-profit and government partners to raise awareness of and incentivize active travel options.

Spotlight: Métis Physical Activity Programming


In 2018 Métis Nation British Columbia conducted a survey of Métis people in BC to ask their preferences for physical activities at Métis recreation days. Survey respondents indicated they would like to see activities that are inclusive of all ages and skill levels and their top choices were:

1. Nature Walks and Hiking
2. Jigging and Dancing
3. Canoeing
4. Snowshoeing

Other activity preferences included traditional games, soccer, kayaking, swimming and yoga.⁷⁴

Actions Local Governments Can Take

Engage community members in trail-planning and trail-building to support physical activity, sense of community, and connection to the land.

 **Example** Since 2015 the [Simpchw First Nation](#)⁷⁰ in the interior of BC has been working with community members, neighbouring communities, and the [Aboriginal Youth Mountain Bike Program](#)⁷¹ to design and build a system of trails for mountain bike recreation and tourism. The Simpcw Nation has become a leader in developing trails and mountain bike recreation through the lens of reconciliation and decolonization. A video called [All Trails Are Indigenous](#)⁷² was created to share their story.

Support programs and organizations that provide community bike maintenance, repair and recycling, helping to remove economic barriers to cycling.

 **Example** [Haida Gwaii Bike Re-Psych](#)⁷³ is a group of community members dedicated to promoting cycling as an accessible, safe and healthy method of transportation and recreation on Haida Gwaii. They empower youth and community members, providing them with the skills, resources and materials to repair, maintain and build new bikes using mostly second-hand parts.



Community Trail Building
Photo Credit: Aboriginal Youth Mountain Bike Program

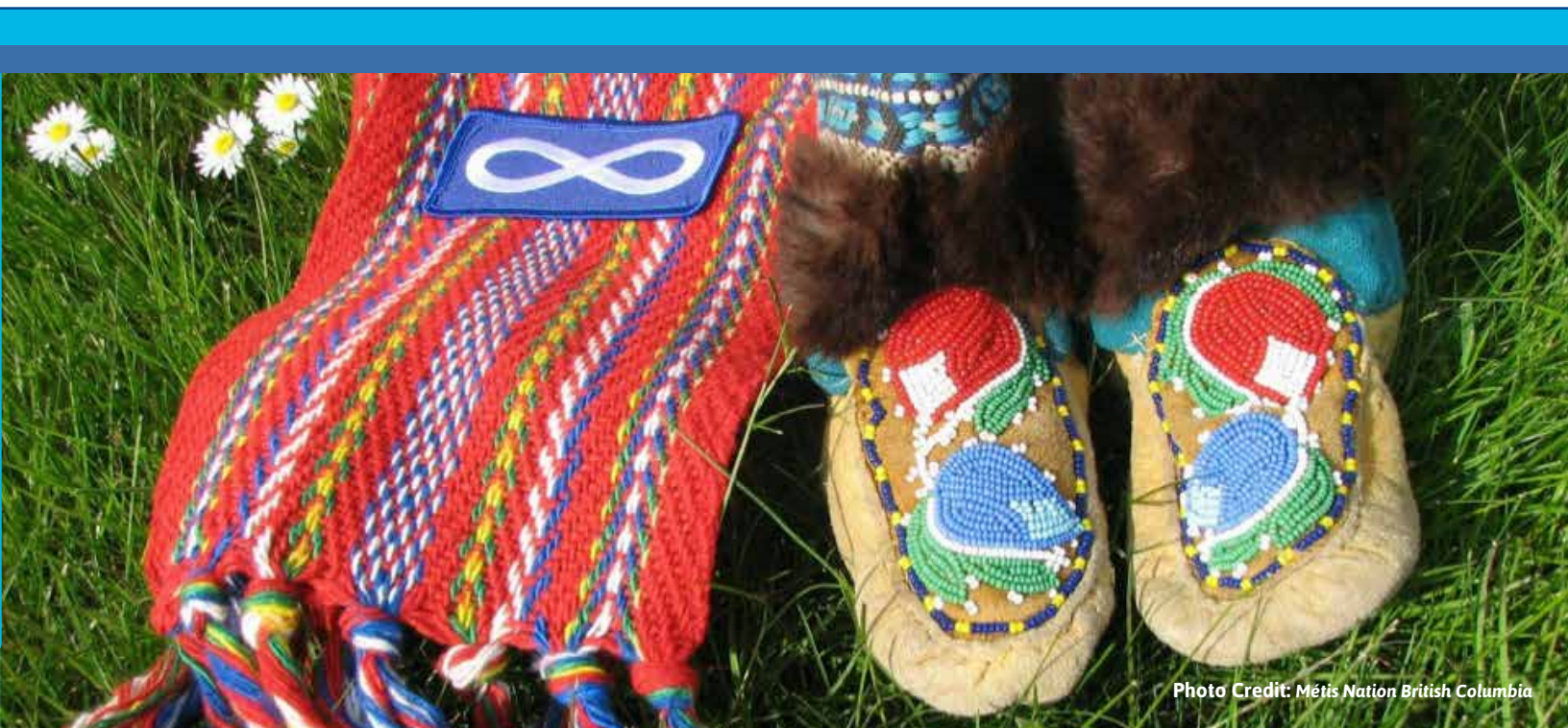


Photo Credit: Métis Nation British Columbia

Funding Opportunities

External funding opportunities to support active living strategies and infrastructure:

- [BikeBC Program](#)⁷⁵ (Province of BC)
- [BC Rural Dividend Program](#)⁷⁶ (Province of BC)
- [Gas Tax Program](#)⁷⁷ (Union of British Columbia Municipalities)
- [Local Government Program Services](#)⁷⁸ (Union of British Columbia Municipalities)
- [Federation of Canadian Municipalities](#)⁷⁹
- [Infrastructure Canada](#)⁸⁰
- [Natural Resources Canada](#)⁸¹
- [CivicInfo BC Grants Database](#)⁸²

Internal funding strategies to support active living strategies and infrastructure:

- Taxation
- Development Cost Charges
- Density Bonus Zoning
- Reserve Funds

For more funding opportunities being offered in BC, visit the [PlanH funding page](#)⁸³.

Resources

British Columbia

[BC Climate Action Toolkit](#)⁸⁴

[Bike to Work BC](#)⁸⁵

[Healthy Built Environment Linkages Toolkit - Provincial Health Services Authority \(PHSA\)](#)⁸⁶

[Hub for Active School Travel \(HASTE\)](#)⁸⁷

[Not Just Bike Racks. Informing Design for End of Trip Cycling Amenities in Vancouver Real Estate](#)⁸⁸

[Transportation Demand Management \(TDM\): A Small and Mid-Size Communities Toolkit - Fraser Basin Council](#)⁸⁹

Canada

[Active and Safe Routes to School - School Travel Planning Toolkit](#)⁹⁰

[Active Community Toolkit for Reviewing Development Plans](#)⁹¹

[Active Transportation End-of-Trip Facility Guide - Dalhousie University](#)⁹²

[Active Transportation in Canada: A Resource and Planning Guide](#)⁹³

[Connecting Canadians with Nature. An Investment in the Well-Being of our Citizens - Parks Canada Agency on behalf of the Canadian Parks Council](#)⁹⁴

[Complete Streets for Canada](#)⁹⁵

[Equity and Inclusion Lens Handbook - City of Ottawa and the City for All Women Initiative](#)⁹⁶

[Improving Travel Options in Small and Rural Communities - Transport Canada](#)⁹⁷

[Planning Healthy Communities Fact Sheet Series](#)⁹⁸

[Winter Design Guidelines: Transforming Edmonton into a Great Winter City](#)⁹⁹

International

[Active Healthy Communities - Resource Package. Australia](#)¹⁰⁰

[Active Living Research. Promoting Activity-Friendly Communities. University of California](#)¹⁰¹

[Increasing Participation in Physical Activity – A Local Government Action Guide - Australia.](#)¹⁰²

[National Association of City Transportation Officials \(NACTO\)](#)¹⁰³

[Promoting Physical Activity at the Local Government Level. Agencies for Nutrition Action](#)¹⁰⁴

[Small Town and Rural Design Guide](#)¹⁰⁵

[The Community Guide - US Centers for Disease Control and Prevention](#)¹⁰⁶

Checklist

The following checklist can help assess how your community supports physical activity and provides insights into next steps. How many boxes can be checked off for your community?

Does your local government:

- Partner with other local governments, including First Nations, Métis Chartered Communities, municipalities and regional districts, to develop joint strategies to support active living?
- Partner with other sectors - such as health, education, housing, non-profit or private business - to develop joint strategies to support active living?
- Identify active living as a priority in community plans or strategies?
- Apply an equity lens and consider diverse community members when planning new policies, engagement opportunities or recreation programs?
- Consider how all policies, plans or initiatives, not just those specific to physical activity, could support or hinder active living?
- Conduct neighbourhood assessments and engage with community members prior to designing new infrastructure or adopting new land use or transportation policies?
- Consider all seasons and weather when planning for active transportation and recreation?
- Consider a variety of destinations - such as social and natural spaces, educational facilities, and food services - when planning active transportation infrastructure on different routes?
- Use design guidelines and bylaws to create environments that support active living?
- Support or provide programs that are inclusive and create opportunities to be physically active at any age?
- Leverage senior government grants to assist with active living infrastructure costs?

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- PlanH Story. City of Enderby and SPlatsin Tribe Active Transportation Plan. <https://planh.ca/success-stories/two-communities-enderby-splatsin-one-transportation-vision>
- Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life. <http://physicalliteracy.ca/>
- City of Kamloops PLAYKamloops. <https://www.playkamloops.com/>
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- BC Assembly of First Nations. <http://bcfn.ca/>
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Horseshoe Bay Village, BC
Photo Credit: Province of British Columbia

More Information

Want support or to learn more about improving health and well-being in your community?

Health authorities can support local governments by providing advice and expertise, resources for local government staff and elected officials to develop healthy public policy, community health profiles, and opportunities and partnerships to work together on joint healthy living actions. You may already have relationships with your health authority. If not, up-to-date contact information for your local health authority lead is available at www.planh.ca.

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