



The Corporation of Delta Parks, Recreation & Culture

HEALTHY LIVING STRATEGIES & PROGRAMS

Presentation to Delta Council

July 25, 2011



HEALTHY LIVING STRATEGIES & PROGRAMS

1. **Healthy Eating Actions**

Council Policies, Community Partnerships

2. **Physical Activity Actions**

Community, Workplace, Active Living

3. **Tobacco Reduction Actions**

Non-Smoking Policies & Bylaws

4. **Healthy Built Environment Actions**

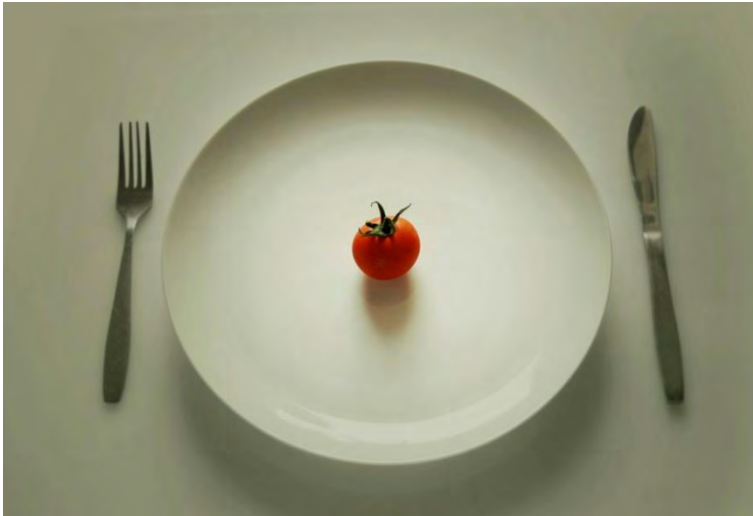
Children's Access, Partnerships, Community Plans

5. **Vulnerable Citizens & Neighbourhood Actions**

Healthy Living, Support Programs



HEALTHY EATING ACTIONS



Fraser Health Recommendation

“Implement healthy food policies that make the healthy choice the easy choice in schools, recreation centres, sports settings, post-secondary institutions, restaurants and supermarkets.”

Parks, Recreation & Culture Department Actions

- **Council Policy:** Healthy Choices in Recreation Facilities
- **Education:** Healthy Eating in Programs
- **Food Service:** Healthy Choices for Staff & Patrons



HEALTHY EATING ACTIONS

Fraser Health Recommendation

“Develop partnerships to promote active living and healthy eating messaging on an ongoing basis in municipalities.”



Parks, Recreation & Culture Department Actions

- **Partnerships:** User Group Mandates



PHYSICAL ACTIVITY ACTIONS



Fraser Health Recommendation

“Implement community active living challenges or walk, run or play events.”

Parks, Recreation & Culture Department Actions

- **Provincial Campaigns:** Move for Health Day
- **Multi-Sport Fitness:** Delta Triathlon
- **Public Promotions:** Readerboard “Get Active Fit Tips”
- **Lifestyle Promotion:** Active in Delta



PHYSICAL ACTIVITY ACTIONS

Fraser Health Recommendation

“Implement workplace initiatives that promote and support physical activity.”



Parks, Recreation & Culture Department Actions

- **Staff Benefits:** Discounted Fitness Passes
- **Scheduling:** Lunch Drop-In Programs & Classes
- **Wellness Program:** Wellness Week, Health Information
- **Socializing:** Festive Gatherings, Outings



TOBACCO REDUCTION ACTIONS



Fraser Health Recommendation

“Adopt non-smoking bylaws that exceed provincial regulations; prohibiting smoking within 7.5 meters of doors, windows and air intakes, on restaurant or pub patios, in public places where people gather, in parks, on beaches and on trails.”

Parks, Recreation & Culture Department Actions

- **Policy:** Smoke Free Recreation Facilities & Fields
- **Leadership:** Implementation Through Education & Peer Pressure
- **Health:** Extended Health for Smoking Cessation Drugs
- **EFAP:** Professional Support for Smoking Cessation



HEALTHY BUILT ENVIRONMENT ACTIONS

Fraser Health Recommendation

“Increase children’s access to parks, green spaces and recreation facilities.”



Parks, Recreation & Culture Department Actions

- **Environment:** Access to Parks, Trails & Recreation Facilities
- **Publications:** “Active in Delta”, Readerboards, Web
- **Accessibility:** Play Opportunities for Children w/ Disabilities
- **Equipment:** Access to Sport Modification Equipment



VULNERABLE CITIZENS & NEIGHBOURHOOD ACTIONS



Fraser Health Recommendation

“Implement healthy living programs (healthy eating, physical activity and tobacco-free living) targeting seniors.”

Parks, Recreation & Culture Department Actions

- **Programming:** Targeted, Adapted Programs for Seniors
- **Facilities:** Recreation Areas Specifically for Seniors
- **Accessibility:** Modifications to Fitness Programs
- **Community:** Snow Angels Program



VULNERABLE CITIZENS & NEIGHBOURHOOD ACTIONS



Fraser Health Recommendation

“Initiate healthy living challenges and healthy living programs (healthy eating, physical activity and living tobacco free).”

Parks, Recreation & Culture Department Actions

- **Programming:** Leisure Access Passes
- **Accessibility:** Free & Reduced Cost Programs
- **Community:** Program Funding



QUESTIONS?