



Healthy Communities:

City of Brockville

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 the health care system. People are drawn to healthy 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 2) that guides the work of the HCP and the Municipal Healthy Community Initiative. The questions posed to participants were: what does a healthy community look 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, 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 City of Brockville is doing to create a healthy community and make the “healthy choice, the easy choice” for the residents of their city. Brockville staff completed the Municipal Questionnaire.

BROCKVILLE 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: PROGRAMMING AND FACILITIES

Facilities and Programs

The city has the following facilities in the community provided either by the city 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 program
- Indoor swimming pool ** with swimming program
- Ice arena *** with a hockey and ice skating program
- Outdoor skating rink ***
- Public beach ** with a swimming program
- Community centre ** with dance, art, cards and fitness programs
- Running track **
- Tennis courts *
- Curling club ** with a curling program
- Skateboard park **
- Bike paths **
- Walking trails *** with a walking program
- Lawn bowling pitch **
- Splash pad/wading pool ***
- Football and rugby fields ** with programs



Brockville has Ontario's first Paved Pump Track at Rotary Park.

Safety is taken seriously and the city ensures there is lighting, appropriate signage, and enhanced police coverage for major events.

All facilities, playing fields, and parks are smoke free.

Reaching out to the Residents

Recognizing that children and adults have different interests, programs for the following groups are offered through private or community organizations:

- Young children (age birth to 6)
- Children age 7 to 12
- Youth age 13 to 18
- Adult and seniors
- Families (children and parents together)
- Children and Youth with disabilities/special needs
- Adults with disabilities/special needs
- Intergenerational (mix of children, youth, adults, seniors)
- Ethnic/cultural groups
- Low Income individuals / families



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

- Website
- Social media
- Notices at recreation facilities
- Notices sent out by other agencies/partners

Section 2: BUILT ENVIRONMENT

Part A: Land Use Planning

Land use planning around both new and existing developments provides opportunities to create built environments that promote being physically active in a safe place.

A Complete Streets approach includes elements for designing and maintaining streets with safe access for all users. Brockville includes the following elements of a Complete Streets approach in its policy for designing and maintaining streets:

- Specify that 'all users' includes pedestrians, bicyclists, transit vehicles and users, and motorists, of all ages and abilities
- Aim to create a comprehensive, integrated, connected street network for all users, not only motorists
- Recognize the need for flexibility: that all streets are different and user needs will be balanced
- Apply to both new and retrofit projects, including design, planning, maintenance, and operations, for the entire right of way
- Direct the use of the latest and best design standards
- Direct that complete street solutions fit into the context of the community

With new development, Brockville has several policies and practices in place to further support physical activity as part of healthy living:

Current

- Safe places to walk (e.g. sidewalks or walking paths)
- Bicycle paths
- Shops that is accessible by walking or bicycle.
- 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.
- For the recreation department to have the opportunity to provide input on subdivision development plans.
- Preferentially accepting green space/parkland from developers instead of the option of 5% cash in lieu
- Criteria for the acceptability of green space/parkland (e.g.: in terms of location or terrain) received from developers
- Requiring 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.

To support active Brockville has

- An Active Transportation Plan
- A Cycling Plan

The following policies and/or features are in place to promote active transportation

- Linkages of trails, sidewalks and street crossings that connect to public institutions (i.e. schools, seniors centres, retirement homes), offices, commercial and multi-residential areas
- Bike lanes
- Bike racks located on municipal property
- Shared use paths or trails
- Lighting or traffic calming measures that enhance personal safety



Residents enjoy 9 km of shared use paths and bike lanes and 105 km of sidewalks within the city.

To further support active transportation, the City of Brockville has appointed a Cycling Advisory Committee as a committee of City Council.

Section 3: OUTDOOR AND NATURAL ENVIRONMENT

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

- Maintaining a network of trails for:
 - * walking/hiking
- Providing parks and playgrounds with an established system to repair and/or upgrade the parks/playgrounds
 - * 42 parks
 - * 2 fully accessible playgrounds

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 Brockville provides the following:

- Reduced or eliminated membership fees/rates or usage fees
- Municipally-run facilities in the community are fully accessible to children, youth and adults with disabilities or special needs.
- Offering free universal programs

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 Brockville:

- For employees workplace supports for healthy eating include:
 - * Refrigerator access
 - * Microwave access
 - * Suitable separate space for employees to eat a healthy lunch/snack
 - * Suitable break times for employees to eat a healthy lunch/snack
- For residents, the city provides access to municipal (non-bottled) water at no cost at municipal facilities and events. They have installed water bottle filler adapters on water fountains at municipal facilities.

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.

Brockville 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 Integrated Community Sustainability Plan
- The municipal zoning by-law is 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.)
- Providing financial or in kind support for community gardens
- Providing municipal support for training and technical assistance in processing and business management for local processing businesses
- Running or providing financial or in kind support for farmers markets

SUMMARY

The City of Brockville has done much to create a healthy environment for residents. It provides many places and programs to encourage physical activity, through the city 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 City of Brockville 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 city going forward.

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- Lois Dewey - Coordinator, Healthy Communities Partnership: Lanark, Leeds & Grenville

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- Jodi Drummond - Production Specialist, Leeds, Grenville and Lanark District Health Unit
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- Lois Dewey - Coordinator, Healthy Communities Partnership: Lanark, Leeds & Grenville