



# Community Health Promotion Fund

*Funding provided by the Province of British Columbia*

## STATUS REPORT April 2008



Prepared by the Union of BC Municipalities

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# Background

The Community Health Promotion Fund (CHPF) was announced in April 2005. It was created through a one-time \$5 million grant from the provincial Ministry of Health to support health promotion projects and activities in communities through a focus on healthy living and chronic disease prevention. The CHPF is managed by Local Government Program Services (LGPS) through the Union of BC Municipalities (UBCM).

To meet the CHPF objectives, UBCM endorsed the BC Healthy Living Alliance targets for 2010:

- 9 out of 10 British Columbians will not smoke.
- 7 out of 10 British Columbians will eat at least 5 vegetables & fruit per day.
- 7 out of 10 British Columbians will be physically active.
- 7 out of 10 British Columbians will be at a healthy weight.

## Program Development & Management

In 2005, a call for applications for Round 1 was announced and 29 local governments received funding to undertake pilot projects in 2006. The “Community Health Promotion Fund Status Report” produced in March 2007 provides a summary of these grants.

Following this, in the fall of 2006, Round 2 was launched and 50 communities were selected for funding. These projects took place over 2007 and were initially reported on in “Community Health Promotion Fund Pilot Project Update” produced by LGPS in August 2007. Forty-one final reports for completed Round 2 projects were submitted in December 2007. Extensions were granted for the balance of the projects in order to provide extra time for communities to meet the objectives of their projects and of the CHPF program.

**Table 1: Summary of CHPF Grants**

	<b># of Grants</b>	<b>Status</b>
Round 1 (2005/06)	29	29 completed
Round 2 (2006/07)	50	41 completed
Round 3 (2007/08)	42	42 underway

In early 2008, 42 local governments received funding for Round 3 of CHPF. Projects from the third round are currently underway, with progress reports anticipated in July and final reports due in December 2008. A summary of the grants to date is presented in Table 1. See Appendices 1 – 3 for a complete list of grants to date.

## Program Goals

The CHPF supports the goals of ActNow BC, including BC leading the way in North America in healthy living and physical fitness and building community capacity to create healthier, more sustainable and economically viable communities.

The goals of the CHPF program are to:

- Assist communities to build skills and abilities to address local health promotion priorities.
- Strengthen the collaboration of local governments, health authorities and non-governmental health related organizations in protecting and promoting the health of citizens.
- Support innovation, best practice development, information sharing and networking with regard to health promotion.



## Eligibility & Funding

The Community Health Promotion fund is available to all local governments in the province. Applicants are required to demonstrate that they are working in partnership with at least one community partner, such as a health authority, board of education, health or community organization, First Nation or Aboriginal organization. LGPS also reviews all applications to ensure there is a balance of projects in rural and urban areas.

Grants of up to \$35,000 have been available in each round. Eligible activities including planning and programming that addresses community and/or individual health promotion. Moderate capital requests are also considered when they are balanced with planning or programming activities. No matching funds are required.

There are eight funding priorities under the CHPF and eligible projects must address one, or a combination, of these priorities:

**Community Health Promotion**

- Health and Community Planning<sup>1</sup>
- Health and Economic Factors
- Health and the Environment
- Health and Social Factors

**Individual Health Promotion**

- Healthy Eating
- Healthy Pregnancies<sup>2</sup>
- Physical Activity
- Smoking Cessation

## Purpose of this Report

This report provides an update on the progress of the Community Health Promotion Fund since its inception in 2005. More specifically, it is intended to showcase and highlight the projects that took place as part of Round 2 and to illuminate the community impacts – such as partnerships and collaboration – that have resulted from CHPF projects.

This report also provides a preview of many of the pilot projects funded under Round 3 as well as a look to the future of the Community Health Promotion Fund.

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<sup>1</sup> *In Round 3, Age-friendly planning was included under Health and Community Planning.*

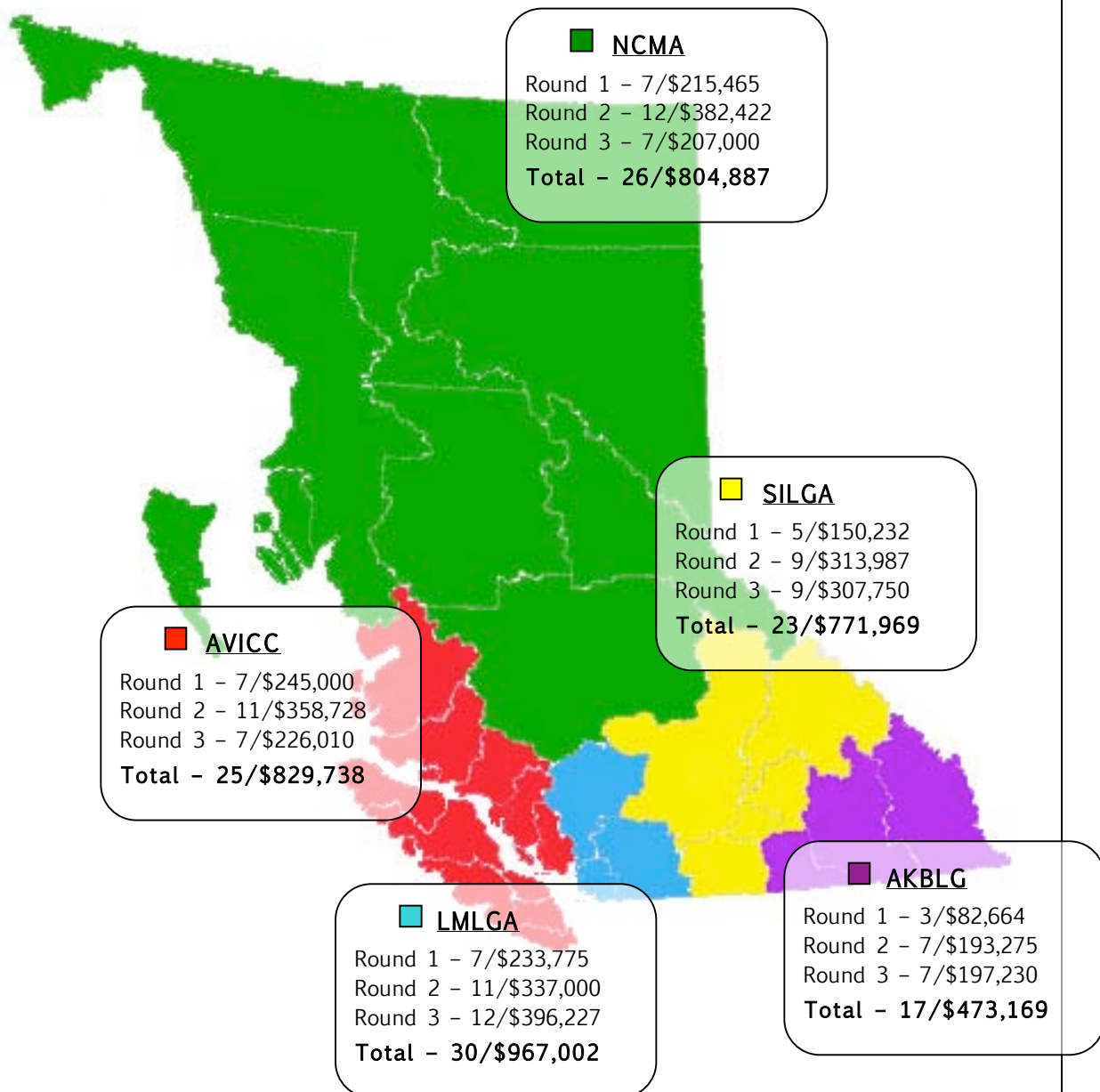
<sup>2</sup> *In Round 2, Healthy Pregnancies was not included as a funding priority.*

# Program Highlights

To date, 121 pilot projects have been funded under the Community Health Promotion Fund: 29 in Round 1, 50 in Round 2 and 42 in Round 3. This has included pilot projects in every region of the province and activities under each of the funding priorities.

## Distribution of CHPF Grants

As demonstrated in the map below, the number of projects and total funds disbursed per Area Association has been generally even across the province, although the Association of Kootenay Boundary Local Government's has accessed the least number of grants.



# Meeting Program Goals

As outlined above, the goals of the CHPF are to build skills, strengthen partnerships and support innovation. The purpose of these goals is to ensure that the CHPF contributes to the goals of ActNow BC, supports the targets set by the BC Healthy Living Alliance and assists communities to increase local capacity for individual and community health promotion.

The following section provides a summary of how these goals were met in 2007.

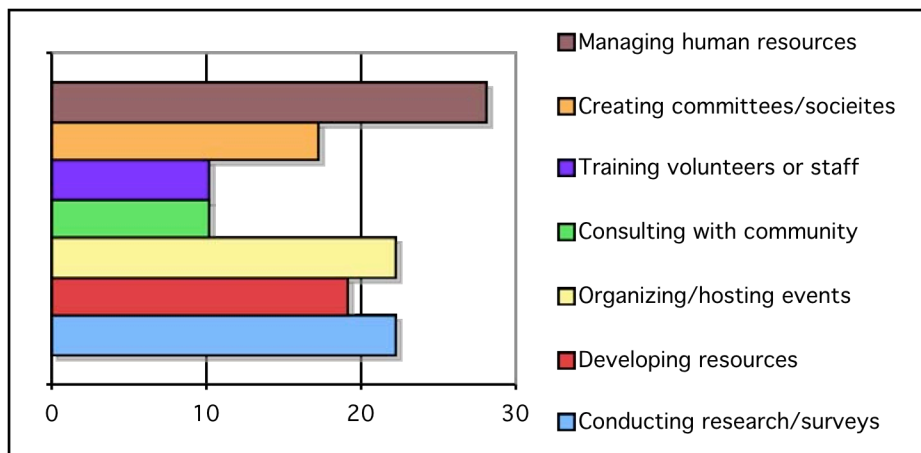
## Building Skills

The first goal of the CHPF is to assist communities to build skills and abilities that address local health promotion priorities. The purpose of this goal is to support the development of skills, abilities, knowledge and understanding that are sustainable beyond the life of a particular pilot project and serve to increase the capacity of communities to address individual and community health promotion in future projects.

From the final reports that have been received, it is clear that this has taken place at numerous levels, including within local governments and within the community at large. Numerous skills sets have been developed and grown including specific abilities such as GIS mapping, training volunteers, organizing and/or facilitating events, creating print and web resources, and honing community consultation and research skills.

Chart 1 provides an overview of the skills that were most often cited in the final reports as well as the number of communities reporting on each skill set.

Chart 1: Skills Developed in Round 2



## Strengthening Partnerships

All CHPF grant applicants are required to demonstrate that their pilot projects will be supported by community partnerships. This can range from joint committees and support from local businesses to truly collaborative undertakings involving the direct participation of numerous local governments, organizations and other partners.

In Round 2, 37% of final report respondents indicated that one of the significant impacts on their local government was the strengthening of community relationships and partnerships. By far the most common type of partnerships were with community organizations (including recreation centres, service clubs, local businesses and business organizations and non-profit groups). Schools, health authorities, local health organizations, local governments and social service agencies were also common partners in Round 2 pilot projects.

Table 2 provides more detail on the occurrence of specific partnerships in Round 2 projects.

<b>Table 2: Partnerships in Round 2</b>	
Community organizations	56%
Health authorities	51%
Social service agencies/police	46%
Schools/boards of education	41%
Health organizations	41%
First Nations/Aboriginal organizations	27%
Other local governments	27%
Premier's 2010 Challenge	20%
Universities/colleges	15%

The sheer volume of partnerships – 526 in the 41 projects that have produced final reports – is a testament to the degree to which CHPF funding provided communities an opportunity to work together and develop community-wide relationships. In fact, 46% of communities that completed the final report have indicated that the local government is willing to continue to be involved in the project after the pilot phase.

Many grant recipients reported that the forging of new partnerships and collaborative relationships provided ancillary benefits as well: by working together, sharing ideas, talents and resources, and by simply getting to know one another, community leaders are now positioned to build on their new relationships to support future healthy promotion projects. In addition, 24% of final reports indicated an increase in coordination between local governments or an increase in coordination between local government departments as a direct benefit of their CHPF project.



## Supporting Innovation & Sharing Information

In Round 2, communities demonstrated impressive levels of commitment to innovation and information sharing. It is clear that much creative energy went into developing the pilot projects – evidenced by activities such as dragon boat training, web-based activity tracking and the community-wide gardening initiatives - and by extent of community participation and engagement that was nurtured.

For example, 14 different projects were successful in leveraging funding from other granting agencies and 17 projects received sponsorship from local business and organizations. As well, more than 64% of the Round 2 projects led to ongoing projects, attracting further investment from local governments and project partners.

CHPF recipients also demonstrated a strong commitment to sharing information. This occurred at numerous levels: within the local government, within the community and with other local governments and communities. For example, 59% of funded communities that completed a final report indicated that the project provided invaluable information to their elected officials and staff and helped the local government to better understanding local issues affecting individual and community health.

Within communities, communications and marketing tools were particularly important for projects that enlisted community participation in studies, surveys, public forums, workshops and events. Almost 80% of the projects received coverage in local media, usually accompanied by photos. Extensive partnerships in program development and delivery also encouraged extensive reporting to key partners, contributing to the broad sharing of the insights, knowledge and results generated in each project.

<b>Question in Final Report Form</b>	<b>% Responding ‘Yes’</b>
Write a short article about your pilot project for UBCM News?	63%
Present your pilot project at a UBCM Convention Session or other event?	54%
Share this final report (e.g. on the UBCM website) with other local governments or organizations interested in health promotion?	88%

The final report form provides all local governments with an opportunity to share the tools and resources that were developed in their community. Table 3 provides an overview of these responses that were received in the 41 completed reports.

# Community Stories

The following section provides an overview of each of the CHPF funding priorities and includes community stories to highlight the activities that were undertaken. It is important to note that although the stories are grouped under each funding stream, the majority of pilot projects addressed numerous aspects of community and individual health promotion and were rarely focused on a single objective.

In addition, each section provides a brief summary of projects that were funded in Round 1 and an introduction to pilot projects that have been funded under each stream in 2008. For more information on the grants funded under each round, see the Appendices.

## Community Planning

Community planning is a cornerstone of community health promotion. Under CHPF, funding has provided the opportunity for local governments to increase their role in health promotion and planning and has encouraged collaborative approaches with other local governments and community and/or health organizations.

To date 45% of CHPF projects have included a focus on health and community planning, including 24 of the 50 projects in 2007. In Round 3, Age-friendly Communities was added as a component of the Community Planning funding stream.

The impact of this funding stream on local governments has been demonstrated in two specific ways. First, 32% of local governments (in communities that completed a final report) have indicated that the CHPF pilot project in their community provided resources, recommendations and other information that will inform future community planning initiatives. More specifically, 12% of communities have stated that they will be revising their Official Community Plan based on information generated by the pilot project.

Second, 27% have indicated that they will now be developing a plan, strategy, charter or agreement based on the results of the pilot project. Examples of both types of impacts include:

- **Thompson-Nicola Regional District** is considering the development of an Agriculture/Food Plan.
- The *Social Needs Analysis Report* will be referenced by the **City of Nelson** in the review of their *Official Community Plan*.
- **District of Sooke** will be conducting an Accessibility Study following the **Capital Regional District's** Active Transportation project.
- Recommendations in the *Recreation Plan* and information in the updated *Health Needs Assessment Study* will be assisting the **Village of Clinton**.

### ***Partnering for a Community Health Plan in White Rock***

The **City of White Rock** and the Fraser Health Authority worked together to form the Centre for Health Improvement to provide cardiac care to chronically ill patients in a non-clinical setting. This relationship was enhanced by the development of the *White Rock South Surrey Community Health Plan*, which was created to develop a 3-year plan for the community as a part of their ActNow BC Active Communities commitment.

The development of the plan laid the foundation for an on-going relationship with the health authority, resulted in the development of 11 recommendations for long-term planning and created a base for future programs to be offered in the Centre for Health Improvement.



### ***Developing an Official Community Health Plan in Smithers***

As part of Round 2, the Smithers Social Planning Council worked with the **Town of Smithers** to undertake a planning process to address a broad range of social, economic and environmental issues. By drawing together key leaders from 25 local agencies and groups and hosting two large public forums, Smithers completed a strategy document that identified five key areas for health improvement in the region: Aboriginal Health, Addictions and Mental Health; Housing; Literacy and Education; and Child and Family Development. Work is now underway to implement several components of the strategy, including incorporating the findings into Smithers' *Official Community Plan*.

### ***Other Community Planning Projects***

- | <b><u>Round 1</u></b>  | <b><u>Round 2</u></b>  | <b><u>Round 3</u></b>   |
|--|--|---|
| <ul style="list-style-type: none"><li>• <i>Youth Action Network (Powell River)</i></li><li>• <i>Community Health Plan (Sicamous)</i></li></ul> | <ul style="list-style-type: none"><li>• <i>North Thompson Food Action Plan (Thompson-Nicola)</i></li><li>• <i>Community Mapping Project (Nelson)</i></li></ul> | <ul style="list-style-type: none"><li>• <i>Active Campbell River Plan (Campbell River)</i></li><li>• <i>Community Review of the Social Development Plan (Mission)</i></li></ul> |

## Economic Factors

The economy is an important variable in health promotion. For some, the basic cost of registering for recreation programs, or the lack of money management skills, is a barrier. For others, the realities of living on a low-income, such as in adequate access to affordable housing and nutritious food, creates additional barriers to participation

To date, 20% of the CHPF have included a focus on health and the economy, including 8 projects in 2007. The pilot projects have addressed economic issues and have provided community members with the skills needed to improve their economic standing or have found creative ways to minimize economic barriers to healthy lifestyles.



### *Linking Food & Economic Security in Sechelt*

In the **District of Sechelt**, educational initiatives were combined with hands-on activities, to develop a food security awareness and capacity building program that has reached a wide variety of participants, including youth at risk, mothers and children in transition, youth, and those living on low-incomes, such as local food bank clients.

Activities have included the launch of a quarterly newsletter supporting local food production and distribution, a network of community kitchens, an expansion of the community gardens and the creation of a demonstration garden. Leveraged funding from Vancouver Coastal Health will expand the community kitchens component to all areas of Sunshine Coast.

## ***Becoming MoneyWi\$e in Creston***

In the **Town of Creston** it was identified that a significant percentage of residents were living below the poverty line. In response, the town created the *MoneyWi\$e* program with their Round 2 funding to help low-income community members and seniors to hone their personal money management skills while also benefiting from health education and social knowledge.

With participants in the program ranging in age from 11 to 82, *MoneyWi\$e* reached a wide range of citizens, with 96 people completing the series of 10 workshops. The successful program will be repeated next year through Creston's partnership with Kootenay Employment Services.



## ***Other Health & the Economy Projects***

### **Round 1**

- *Low-Literacy Family Kitchen Handbook (Nanaimo)*
- *Juniper Place Health Connections Project (Cranbrook)*

### **Round 2**

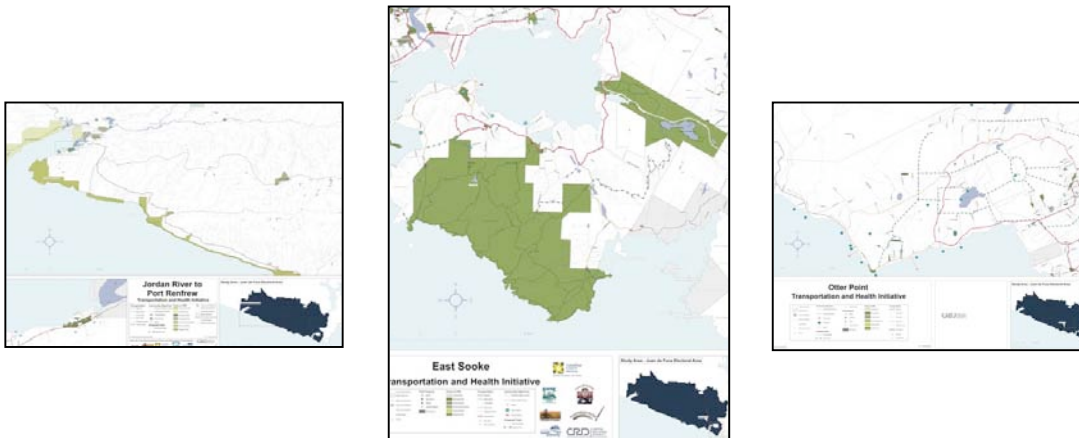
### **Round 3**

- *Improved Lifestyle Behaviours for Disadvantaged Women (Dist. of North Vancouver)*
- *Scale Up Good Food Box program (Nanaimo)*

## Environment

Air quality, water quality and access to nutritional, local food are all major components of individual and community health. Through CHPF funding, numerous communities have taken actions to improve local quality of life and, at the same time, have helped the local and global environment. To date, 26% of CHPF grants have included a focus on the environment, including 12 of the 50 projects in Round 2.

Perhaps this has been seen the most in the development and promotion of active transportation infrastructure, such as cycling paths, pedestrian routes, trails and greenways. However, many of the food security projects that have been funded are also meeting environment objectives by providing local organic produce, teaching waste reduction through composting, and reducing the distance the food travels prior to consumption.



### *Encouraging Active Transportation in the CRD*

In the **Capital Regional District (CRD)** the lack of safe pedestrian and cycling infrastructure in Sooke and the Juan de Fuca electoral area that was identified by a 2006 survey was addressed as part of their pilot project. The CRD adopted a two-pronged approach to action: a public awareness campaign and a public consultation process to identify and prioritize key improvements to active transportation infrastructure in the region.

Along with creating a full colour map of trail systems in Sooke and the Juan de Fuca electoral area, the CRD plan integrated planning for pedestrian and cycling routes with considerations of green space and public transportation improvements.

## ***Mapping Walking and Cycling Trails in Quesnel***

Building upon the *Quesnel Active Community Plan*, the **City of Quesnel** developed a 52-page guide for dozens of cycling and walking trails in the region. Working together with an extensive network of clubs, tourism groups, board of education and community associations, the Guide was created to provide information on a variety of urban, rural and wilderness trails. It includes a trail rating system and health tips, and will be a tool to help increase Quesnel's physical activity by 20% by 2010.



## ***Other Health & the Environment Projects***

### **Round 1**

- *Highway 62 Walking & Cycling Trail (Hazelton)*
- *Active Walking & Trail Mapping (Maple Ridge)*

### **Round 2**

- *Westshore Community Walking Guide (Colwood)*
- *Local Food Action Campaign (Hazelton)*

### **Round 3**

- *Idle Free Walking School Bus (Invermere)*
- *Greenways to Active Participation (Richmond)*

## Social Factors

Social factors, including demographic variables such as gender, culture and social issues (such as homelessness and substance abuse), are an important consideration in community health promotion. For example, basic concepts and definitions of health can vary widely in multi-cultural communities and community members that have experienced marginalization often face barriers to participation in regular physical activity and/or healthy eating.

Health and social factors has been an important focus area in all rounds of CHPF; resulting in more than 50% of pilot projects including a focus on this funding stream. This was also the case in Round 2 – with more than half of the projects addressing social factors.

### *Increasing Activity Levels in Vancouver*

Many families in East Vancouver face barriers to undertaking physical activity, such as the perception of living in an unsafe neighbourhood or having a limited awareness of local recreational resources. Such barriers were identified as being of particular relevance to Aboriginal families living in this area. To address these issues, the **City of Vancouver's** Active Outreach program utilized CHPF funds to create the *Red Fox Waking* project: an activity and training program to increase access to healthy resources by Aboriginal children and their parents.

A creative partnership between Active Communities Vancouver, the Vancouver School Board and the Helping Spirit Lodge Society allowed the program to be marketed through elementary schools in East Vancouver. *Red Fox Waking* activities included a series of events promoting physical activity, training courses emphasizing health and nutrition, a leadership program for volunteers, and the development of mentoring relationships to increase activity levels among a variety of groups.





### ***Including Youth in Social Planning in Surrey***

One of the challenges in community health promotion is developing plans that reflect the broadest range of interests, ideas and concerns in each community. The **City of Surrey** addressed this challenge by creating the Surrey Leadership Youth Council to provide input to parks and recreation planning for Whalley, the *Surrey and White Rock community Literacy Plan*, the *Surrey Sustainability Charter* and the *City Centre Plan Update*.

As well as developing leadership capacity among youth, the project assisted Surrey in creating youth friendly neighbourhoods. The success of the program has prompted Parks and Recreation to confirm funding in *The Surrey Social Plan* budget to extend the project for another year.



### ***Other Health & Social Factors Projects***

#### **Round 1**

- *Homelessness Awareness Week (Metro Vancouver)*
- *Drug & Alcohol Use Prevention (Kent)*
- *Multicultural Health Fair (Vancouver)*

#### **Round 2**

- *Communicating Active Participation Across a Multicultural Community (Abbotsford)*
- *Drug & Alcohol Task Force (Golden)*
- *Youth-at-Risk Mural Project (Merritt)*

#### **Round 3**

- *Drop In Centre for Sex Trade Workers (Abbotsford)*
- *Drug Use Prevention, Strategies for the Fraser-Cascade area (Kent)*

# Healthy Eating

Healthy eating is a building block for individual and community health and has been a popular funding stream in all rounds of CHPF. Projects have ranged in scale from small garden plots to municipal nutrition strategies and regional food security initiatives. As well, most healthy eating projects have tended to address local economic and social factors.

It is interesting to note the extent to which projects with a focus on healthy eating have increased in each round of funding: 34% in Round 1, 46% in Round 2 and 69% in Round 3. Overall, this has meant that more than half of the 121 CHPF projects to date have included a focus on healthy eating.



## *Growing Food Security in Duncan*

The City of Duncan’s *Field to Table* program integrated a thriving local produce industry with marginalized families and individuals in the community. Participants in the program worked with staff at a local organic farm to grow food that was later used by 13 community kitchens in the region and distributed to a local food bank.

The project increased access for low-income individuals to low-cost healthy food and provided an activity that was physically, socially and emotionally rewarding. The project was developed through a partnership between Cowichan Community Kitchens, Cobble Hill Organics, the Vancouver Island Health Authority and Cowichan Independent Living.

### ***Delivering Good Food in Bulkley-Nechako***

Access to healthy food choices can be a challenge in any community, but for the **Bulkley-Nechako Regional District**, which is characterized by a series of isolated communities, the challenge was increased by geographic considerations. In response to this, a *Good Food Box Program* was developed and, on average 95 families received a box of healthy food each month. The program assisted families, low-income community members, seniors, people with diabetes and four of the six neighbouring First Nations to make good food choices and reach the goal of at least 5 vegetables and fruits per day.

Based on the success of the pilot project, the program will continue to be administered by local Advisory Committee, including the regional district, and a local sports organization will be taking on the program coordination as a fundraising activity.

### ***Other Healthy Eating Projects***

- | <b><u>Round 1</u></b>   | <b><u>Round 2</u></b>  | <b><u>Round 3</u></b>   |
|---|--|---|
| <ul style="list-style-type: none"><li>• <i>Edible Garden Project (City of North Vancouver)</i></li><li>• <i>Eat Local Campaign (Salmon Arm)</i></li></ul> | <ul style="list-style-type: none"><li>• <i>Healthy Food Greenhouse (Invermere)</i></li><li>• <i>Our School Garden: From Seed to Plate (Maple Ridge)</i></li><li>• <i>Good Food Box Program (Bulkley-Nechako)</i></li></ul> | <ul style="list-style-type: none"><li>• <i>Healthy Eating for Children, Families &amp; the Community (Cranbrook)</i></li><li>• <i>Nutrition &amp; Healthy Eating Project (Oak Bay)</i></li><li>• <i>Food for Thought Nutrition Strategy (Esquimalt)</i></li></ul> |

## Healthy Pregnancies

Healthy pregnancies are a critical step in ensuring the health of mothers and children. Perhaps due to other available funding sources and pre-natal/early childhood resources that are available in many communities, healthy pregnancies is the funding stream that has had the least number of grant applications. As well, healthy pregnancies was only available as a funding stream in Round 1 and Round 3; likely resulting in only 9% of all the CHPF grants to date including a focus on this topic.

### *Building Healthy Bodies & Healthy Relationships*

The promotion of community health requires focused solutions for challenges specific to a wide range of demographic groups. The **District of Mackenzie's Girl Talk** program was designed to respond to a range of personal and social issues that are particular to teenage girls, including eating disorders, tobacco use, sexual health and teen pregnancies.

By taking a holistic approach to personal wellness, *Girl Talk* attracted 20-25 early teenage girls on a weekly basis for programming that enhanced self-esteem, increased sexual health and nutrition knowledge, and provided tools for making healthy relationship choices.



### *Other Healthy Pregnancy Projects*

#### Round 1

- *Women's Wellness Workshops (Kitimat)*
- *It Starts with You: Regional Health Promotion Campaign (Kamloops)*

#### Round 2

- *Active Community Guide (Kimberley)*

#### Round 3

- *Kick It Up Kitimat (Kitimat)*
- *Good Food Mobilization Project (Kaslo)*
- *Nutrition Strategy (Esquimalt)*

## Physical Activity

Physical activity encompasses a broad range of individual, team and community activities. Under the CHPF this breadth has been captured in the continuum of physical activity projects that range from dragon boat paddling and ice skating to clown parades, heritage walks and bike clubs. In fact, to date, a focus on physical activity has been the most common priority in all 121 CHPF grants. This has included: 45% of pilot projects in Round 1, 54% in Round 2 and 55% in Round 3.

Many communities took great care in measuring the increase physical activity of their community members. Although only one applicant was able to quantify that their project actually increased participation rates at the local recreation centre, numerous projects encouraged the use of pedometers, logs and journals and web-based tracking tools.



### *Kicking it Up in Kitimat*

*Kick It Up Kitimat* began with an *Active Communities Plan* that identified local demographics, concerns, cultural barriers, plans for event development and time lines to focus on the main objective – to bring health and an active lifestyle to the citizens of Kitimat.

Following the planning stage, a number of initiatives were started, including the development of a Good Food Box program; creation of age- and culture- appropriate workshops, events and resources; growth of community partnerships; and the hiring of a programmer to over see the project. To ensure the benefits of *Kick It Up Kitimat* continue in the future, the **District of Kitimat** and Northern Health are developing a protocol agreement for future partnership activities.

## ***Kick Starting Children's Activity in Kelowna***

The **City of Kelowna** undertook an ambitious program to track physical activity among all Grade 7 students in School District 23. Walking pedometers were distributed to 1,405 students and a log-in code was provided to allow the students to access an on-line pedometer challenge program.

The online program was a motivational tool to give the children the ability to convert any type of physical activity into steps and to track total number of steps they had taken. The key goal of the program was to raise awareness of the benefits of moving the equivalent of 10,000 steps a day.



## ***Increasing Physical Activity 20% by 2010***

Many local governments are using ActNow BC as a springboard for community health planning and 17% of communities that completed the final report have indicated that their project helped them to meet the goals of ActNow BC and the Active Communities initiative.

For example the **City of Prince George's** Active Communities committee research and public consultation and development to complete an *Active Communities Strategic Plan*. Council has given unanimous support for all the recommendations in the final report, including consideration of implementation during the 2008 budget review process.

## ***Other Physical Activity Projects***

### **Round 1**

- *Active Comox Valley (Comox-Strathcona)*
- *Active Walking Campaign (Maple Ridge)*
- *Positive Lifestyles (Summerland)*

### **Round 2**

- *Get Active! program (Penticton)*
- *Dragon Boats for Fitness & Team Building (Queen Charlotte)*

### **Round 3**

- *'Beyond the Walls' Physical Activity project (Maple Ridge)*

## Smoking Cessation

It is now a well-established fact that smoking is detrimental to individual and community health. Across the province, local governments are responding to the issue with various municipal and regional bylaws and policies to limit the areas in which smoking can occur and thereby reduce the potential for second-hand smoke inhalation by employees, children and other community members.

Under CHPF, workshops and other activities aimed at reducing tobacco use have been incorporated into many of the chronic disease prevention projects as well as many of the projects focused on the health of children and youth. Overall, 17% of the 121 CHPF grants to date have included a focus on smoking cessation, including 7 projects in Round 2.

### *Creating Smoke Free Zones in Delta*

Recreational centres are more than just places for recreational activity – they are also places to model healthy choices and community wellness. The **District of Delta** established new non-smoking zones outside of all their major recreational facilities.

This new initiative was accomplished in a relatively smooth transition thanks to the extensive consultation undertaken with sports associations and community groups. Funds were used in a number of small improvements that included the installation of 200 signs, the implementation of designated area markings on walkways and sidewalks and an educational campaign.

### *Other Smoking Cessation Projects*

<u>Round 1</u>	<u>Round 2</u>	<u>Round 3</u>
<ul style="list-style-type: none"><li>• <i>Breathe Free &amp; Easy for Better Health (Fort St. John)</i></li><li>• <i>Lower Columbia First Nations Community Wellness Program (Castlegar)</i></li><li>• <i>It Starts with You: Regional Health Promotion Campaign (Kamloops)</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Kitimat Community Wellness (Kitimat)</i></li><li>• <i>Active Community Guide (Kimberley)</i></li><li>• <i>Drug &amp; Alcohol Task Force (Golden)</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Chronic Disease Intervention Strategy (Kamloops)</i></li><li>• <i>Active North Shore (West Vancouver)</i></li><li>• <i>Workshops for Chronic Disease Prevention (Wells)</i></li></ul>

# Moving Forward

The intent of the Community Health Promotion Fund is to help local governments and communities to build skills and develop relationships and partnerships and to support innovation and the sharing of information and promising practices.

The projects that have been funded through Rounds 1 – 3 have taken considerable steps in achieving these goals and we are please to report that:

- To date, 121 pilot projects have been funded in 83 communities.
- 14% of projects have taken place in AKBLG, 21% in AVICC, 25% in LMLGA, 21% in NCMA and 19% in SILGA.
- Every funding priority has been addressed in multiple projects.
- Extensive community partnerships, local government collaborations and regional relationships have been developed and grown.

To date, approximately \$4 million of the original \$5 million contribution from the Ministry of Health has been expended. Table 4 provides a breakdown of how these funds have been utilized.

**Table 4: CHPF Fund Expended to Date**

Round 1 grants	\$874,163.00
Round 2 grants	\$1,585,412.00 <sup>3</sup>
Round 3 grants	\$1,338,587.00 <sup>4</sup>
Program administration	\$157,895.00
<b>Total</b>	<b>\$3,956,057.00</b>

Based on this, it is the intent of UBCM to offer a fourth round of funding in 2009. This round may be required to be limited in the number of grants that can be offered but will continue to meet the goals of the Community Health Promotion Fund and the province's commitment to the objectives of ActNow BC.

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<sup>3</sup> Estimate based on commitments for the nine Round 2 projects that have received extension.

<sup>4</sup> Estimate based on Round 3 commitments only.



## Appendix 1 – Round 3 Pilot Projects

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant<sup>5</sup></b>
Abbotsford	Women's drop-in centre for sex trade workers	Approved	\$35,000.00
Burns Lake	Install Life Trail System	Approved	\$35,000.00
Campbell River	Active Campbell River Plan	Approved	\$35,000.00
Capital Regional District	Explore and implement strategies to engage youth in healthy recreational activities	Approved	\$16,010.00
Capital Regional District	Walking Guide	Approved	\$35,000.00
Clinton	Fitness programs, social dancing, climbing wall, lectures on obesity management and supervision and instruction at curling rink.	Approved	\$35,000.00
Courtenay	Prescription for Health	Approved	\$35,000.00
Cranbrook	Healthy Eating for Children, Families and the Community	Approved	\$35,000.00
Creston	Source to Sustenance food system project	Approved	\$35,000.00
Esquimalt	Food for Thought - Township of Esquimalt Nutrition Strategy	Approved	\$35,000.00
Fernie	Healthy Body and Healthy Mind	Approved	\$35,000.00
Fort St. John	Exercise Program for Inactive Girls	Approved	\$24,000.00
Fruitvale	Equip park with Green Gym	Approved	\$31,000.00
Golden	Create permanent home for food bank, start community garden, start community kitchen and food security research.	Approved	\$35,000.00
Hazelton	Field-to-school project, Good Food Box program and local food planning	Approved	\$20,000.00
Invermere	Idle Free Walking School Bus	Approved	\$7,600.00

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<sup>5</sup> Committed Funds

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
Kamloops	Develop and implement Chronic Disease Intervention Strategy	Approved	\$35,000.00
Kaslo	Kaslo Community Garden, lawn to garden program, farmer matching and outreach and partnering	Approved	\$29,000.00
Kelowna	KickStart Initiative	Approved	\$35,000.00
Kent	Development and delivery of prevention, intervention, education, empowerment and awareness strategies for the Fraser-Cascade area.	Approved	\$34,500.00
Kitimat	Kick It Up Kitimat	Approved	\$35,000.00
Langley (Township)	G.O.A.L. Project - Go Active Langley (after school program, speaker series, and Go Active launch event)	Approved	\$35,000.00
Logan Lake	Community Greenhouse Project (hire project manager, develop knowledge and advertising)	Approved	\$35,000.00
Maple Ridge	Beyond the Walls physical activity program	Approved	\$35,000.00
Mission	Community review of Social Development Plan, implementation of actions and community workshops	Approved	\$35,000.00
Nanaimo	Scale up Good Food Box program, promote local purchasing and market local produce	Approved	\$35,000.00
North Okanagan Regional District	Food Systems Planning within the Regional Growth Strategy	Approved	\$34,200.00
North Vancouver (District)	38 week pilot project to improve healthy lifestyle behaviours of socially and economically disadvantaged women	Approved	\$11,727.00
Oak Bay	Nutrition and healthy eating activities	Approved	\$35,000.00
Penticton	Get Active! Penticton Health Promotion Initiatives	Approved	\$35,000.00
Pitt Meadows	Listen to Us - A Community Visioning Process for Service Delivery	Approved	\$35,000.00
Port Coquitlam	Healthy Initiatives Together Impacting Tomorrow (Hit It!)	Approved	\$35,000.00

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
Prince Rupert	Develop a traditional fish smoke house (Hire Elder Coordinator, provide training in food preparation and print interpretive materials)	Approved	\$35,000.00
Richmond	Green-ways to Active Participation	Approved	\$35,000.00
Salmon Arm	Eat Local project	Approved	\$35,000.00
Slocan	Develop small gymnasium in village Wellness Centre, including fitness classes, weight clinic and scheduled talks on healthy eating and weight control	Approved	\$29,000.00
Smithers	Implementation of Official Community Health Plan	Approved	\$25,000.00
Summerland	Healthy Living Pilot Project (Summerland Community Kitchen, Youth Club Dinner Project and Parks Alive)	Approved	\$28,550.00
Vancouver	Youth Health Promotion Initiative, BASE Mentorship Program	Approved	\$35,000.00
Vancouver	Active Outreach: Red Fox Running (Active Adventures Passport at 50 elementary schools in East Van combined with leadership/volunteer training)	Approved	\$35,000.00
Wells	Community garden, series of workshops (healthy eating, smoking cessation, osteo-fitness and how to fall) and LifeTrail system	Approved	\$33,000.00
West Vancouver	North Shore Walks	Approved	\$35,000.00
	<b>42 funded applications</b>		<b>\$1,338,587.00</b>

## Appendix 2 - Round 2 Pilot Projects<sup>6</sup>

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant<sup>7</sup></b>
100 Mile House	Community orientation system that provides education/increases awareness of local resources and referral procedure	Completed	\$23,307.21
Abbotsford	Communicating Active Participation Across a Multicultural Community	Completed	\$35,000.00
Bulkley-Nechako Regional District	Good Food Box Program	Completed	\$32,471.90
Capital Regional District	CRD Transportation and Health	Completed	\$30,010.87
Chetwynd	Led Down a Garden Path to Health	Completed	\$35,000.00
Clinton	Promoting Healthy Living	Completed	\$35,000.00
Colwood	West Shore Community Walking Guide	Completed	\$35,000.00
Comox-Strathcona Regional District	Falls Prevention Program	Completed	\$28,254.37
Coquitlam	Active Coquitlam.	Completed	\$35,000.00
Creston	Money Wi\$e & More	Completed	\$35,000.00
Delta	Smoke Free zones	Completed	\$12,806.65
Duncan	Field to Table	On-going	\$34,428.00
Golden	Golden and Area Drug and Alcohol Task Force	Completed	\$35,000.00
Hazelton	Local food action campaign	Completed	\$35,000.00
Invermere	Healthy food greenhouse.	Extension	\$30,000.00

<sup>6</sup> As of April 15, 2008.

<sup>7</sup> For completed projects this is the total grant that has been disbursed. For projects that are on-going or have an extension, this is the total amount committed.

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
Kaslo	Food Security Initiative coordination.	Completed	\$29,998.08
Kelowna	Grade 7 students and "Kick Start Kelowna"	Completed	\$35,000.00
Kimberley	Kimberley Healthy Communities Guide	Completed	\$25,244.52
Kitimat	Kitimat Community Wellness (Active Community Project)	Completed	\$35,000.00
Langley (City)	On the Go!	Completed	\$33,596.28
Langley (Township)	Lifestyle Club	Completed	\$14,919.00
Mackenzie	Girl Talk	Completed	\$20,970.76
Maple Ridge	Our School Garden - from seed to plate.	Extension	\$35,000.00
Merritt	Youth at Risk - mural project	Completed	\$35,000.00
Mount Waddington Regional District	Volunteer Transportation Network	Completed	\$35,000.00
Nelson	Community Mapping Project	Completed	\$11,272.22
Oak Bay	Eat Well - Get Moving	Completed	\$35,000.00
Parksville	Healthy Community Network	Completed	\$16,968.12
Pemberton	Drug and Alcohol Treatment	Completed	\$35,000.00
Penticton	Get Active! program	Completed	\$34,994.20
Port Alberni	"From Here to There: A Wellness Journey" program.	On-going	\$35,000.00
Prince George	"Active PG - An Active Living Plan"	Completed	\$35,000.00
Princeton	Community Kitchen project	Completed	\$34,556.06
Queen Charlotte	Dragon Boats for Fitness and Team Building	Completed	\$35,000.00
Quesnel	Walking and Cycling Trail Guide	Completed	\$35,000.00
Richmond	Building Community Capacity - Walking for Health.	Completed	\$33,549.57
Salmon Arm	Passport to Activity.	Completed	\$34,500.00

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
Sechelt	Sunshine Coast Food Security Initiative	Completed	\$35,000.00
Smithers	Official Community Health Plan	Completed	\$24,000.00
Sparwood	Healthy Living	On-going	\$17,000.00
Surrey	Promoting Healthy Youth in Surrey: Youth Participation in Social and Community Planning	Completed	\$35,000.00
Terrace	Food Share program.	Completed	\$34,932.49
Thompson-Nicola Regional District	North Thompson Food Action Plan	Completed	\$35,000.00
Trail	Go 4 Your Life!	Extension	\$35,000.00
Ucluelet	Swimming Pool and Health Feasibility Study.	Completed	\$20,000.00
Vancouver	Active Outreach - Red Fox Waking	Completed	\$34,999.00
Vernon	Affordable Housing Strategy.	Completed	\$34,487.00
Victoria	SOLID Peer Education for Health.	Completed	\$34,169.75
White Rock	Community Health Plan	Completed	\$27,000.00
Williams Lake	Take Ten Program	Completed	\$34,929.77
	<b>50 funded applications</b>		<b>\$1,548,365.82</b>

## Appendix 3 – Round 1 Pilot Projects

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
100 Mile House	South Cariboo Health Communities Network	Completed	\$32,562.00
Capital Regional District	Health Opportunities for Pre-Schoolers	Completed	\$34,915.00
Castlegar	Columbia All First Nations Health Promotion Project	Completed	\$19,664.00
Central Coast Regional District	Creation of a Model for Community Health	Completed	\$35,000.00
Comox-Strathcona Regional District	Active Comox Valley pilot.	Completed	\$30,577.85
Cranbrook	Juniper Place: Health Connections Project	Completed	\$34,789.42
Fort St. John	Breathe Free and Easy for Better Health	Completed	\$24,432.74
Gold River	Triple A Rating in Health and Wellness	Completed	\$30,028.00
Hazelton	Highway 62 - Walking/Cycling Trail (Eagle Down Trail)	Completed	\$35,000.00
Hope	Volunteer Transportation Network	Completed	\$34,179.00
Houston	Houston Prevention Works	Completed	\$25,857.93
Kamloops	It Starts With You: Regional Health Promotion Campaign	Completed	\$27,491.30
Kelowna	KickStart Kelowna: Community Passport to Activity	Completed	\$35,000.00
Kent	Drug and Alcohol Prevention pilot.	Completed	\$35,000.00
Kitimat	Women's Wellness Workshops	Completed	\$20,392.98
Maple Ridge	Active Walking Campaign and Trail Mapping	Completed	\$35,000.00
Masset	Chronic Disease Prevention and Management	Completed	\$20,000.00
Metro Vancouver	Homelessness Awareness Week	Completed	\$35,000.00
Nanaimo	Low Literacy Family Kitchen Skills Handbook	Completed	\$29,530.48
North Vancouver (City)	The Edible Garden Project	Completed	\$28,120.00

<b>Applicant</b>	<b>Application Description</b>	<b>Status</b>	<b>Grant</b>
Pemberton	Winds of Change - Substance Abuse Prevention	Completed	\$35,000.00
Powell River	Powell River Youth Action Network	Completed	\$34,995.92
Salmon Arm	Eat Local Campaign	Completed	\$35,000.00
Sicamous	Community Health Plan	Completed	\$10,634.54
Smithers	Bringing Us Altogether for Community Health	Completed	\$33,391.59
Sooke	Healthy Sooke Initiative	Completed	\$35,000.00
Sparwood	Providing Access in Sparwood	Completed	\$28,000.00
Summerland	Positive Lifestyles	Completed	\$34,500.00
Vancouver	Multicultural Health Fair: Promoting Health Living	Completed	\$25,100.00
	<b>29 funded applications.</b>		<b>\$874,162.75</b>