

Healthy Communities Scan

Okanagan Falls (November 2013)

7/8/2013

The Healthy Communities Scan is a tool to help communities identify assets in your town or city that make *'the healthy choice - the easy choice'*. Health starts long before illness – where we live, learn, work and play. This is not an inventory of health (sickness) 'care' services but of assets that help keep us well. The scan is like taking a picture in time, to list the assets that are currently in place to make it easy to live a healthy lifestyle in your community.

The Scan can be considered a tool for engagement. You may need to make contact with a number of partners in order to find out what is going on to support health in your community. Once it is complete, you can review the results together to celebrate, promote the findings, and see what is missing. IH staff can help your community identify gaps, barriers and priorities in order to set action plans, once information is collected.

The Scan follows the Healthy Families BC – Communities 5 pillar framework that includes physical activity, healthy eating/food security, tobacco reduction, healthy built environments, and priority populations. The goal of this program is to reduce chronic disease and obesity. To ensure the scan is relevant to your community, feel free to use only those sections that seem important or relevant to your work. You may want to expand some sections or delete others. Please make it your own!

Some ideas to get going:

1. Have each member of your committee or group review the template.
2. Meet and decide if you need to add or delete sections from the template to reflect your interests and needs. It has to be useful for you.
3. Figure out a way to gather the information. Some groups do on-line surveys, others send it out to key stakeholders and other communities appoint one person to gather and input data from all partners.
4. Some logical partners may include town recreation staff, elected officials, planners, health authority staff, school district administrators, food councils, mental health associations, ethnic groups, non-profits organizations etc.

* See Glossary of Terms at end of scan

Healthy Communities Scan

Pillar #1: *Physical Activity*

Policy

(e.g. Trail network policies, active transportation or recreation policies, proximity to amenities policies)

- The Regional Growth Strategy supports coordination of regional parks and recreation services and trail networks to improve accessibility of recreational opportunities and supports regional health promotion programs.
- Regional Trails Master plan adopted by RDOS in 2012
- RDOS has signed a Letter of Understanding with the Okanagan Similkameen Healthy Living Coalition to take a cooperative approach to healthy living.
- Parks and Recreation mission statement: 'quality recreation programs and facilities with an emphasis on active living and recreational public spaces'
- Okanagan Falls is home to a higher proportion of residents aged 50 to 70 years of age, and has a significantly smaller proportion aged 20 to 30. Residents aged 50 to 70 outnumber residents aged 20 to 40 by approximately two to one.
- The Official Community Plan, 15.1, includes an objective to plan and implement a well-integrated and linked system of parks, trails and associated recreational facilities that serve a range of purposes, from active recreation, to passive enjoyment, to education and conservation.
- The Official Community Plan, 15.3, includes an objective to work collaboratively with the Province, other Regional District Electoral Area communities, and relevant parties/organizations to ensure strong linkages between the Okanagan Falls parks and trail network and other parks and trails throughout the region.
- The Official Community Plan, 15.4.1, includes an objective that recognizes and supports the efforts of the Okanagan Falls Recreation Commission in developing and maintaining parkland, and designing and delivering recreational programs.
- The Official Community Plan, 15.4.2, includes an objective to provide universal access to recreational amenities in Okanagan Falls, including parks, trails, facilities and programs.
- The Official Community Plan, 15.4.3, includes an objective to ensure that there are recreational opportunities that

Healthy Communities Scan

	<p>suit a variety of age groups and interests.</p> <ul style="list-style-type: none"> • The Official Community Plan Policy 19.2.2 supports the development of connectivity between existing sidewalks and trail systems to schools, parks and commercial areas including along the Skaha Lake waterfront and highway crossings • Plan policy 15.3.10 is to develop a comprehensive system of linear parks, trails and pedestrian linkages through the area. 	
<p>Bylaws/Procedures</p>	<p>(e.g. Indicators for proximity of green space/parks/amenities and/or trails to residential neighbourhoods, zoning to increase density, transportation routes, bylaw allowing street-hockey,)</p> <ul style="list-style-type: none"> • RDOS has adopted BYLAW NO. 2253, 2004, being a bylaw to establish a joint parks and recreation commission for the Okanagan Falls area; and, that sets out the responsibility for developing an inclusive recreation and social program for all age groups, especially seniors. • RDOS adopted a 10 year Implementation Plan to achieve the goals set out in the Trails Master Plan. • Joint Use agreement for shared gymnasium (Community Center and SB53) • ‘No fee’ lease agreement for the Zen and Fitness Center (SB53 for Recreation Commission) • SB 53 ‘supports an integrated approach from school, district and community that encompasses ... quality physical education programs’ • Rec. Dept Vision: <i>Everyone. Active. Everyday.</i> Making active living an easy choice • Operation of Zen and Fitness Center for adult classes; non-profit model of operation allows low fee’s 	
<p>Community Committees/Strategies/ Implementation Plans</p>	<p>(e.g. Active Transportation Plan, Parks Master Plan, Trails and Pedestrian Master Plan, Walkable City Initiative, Transit plan, Safe routes to School committee)</p> <ul style="list-style-type: none"> • Rails to Trails / Click hike and Bike rdos.bc.ca • Regional Trails Master plan adopted in 2012 • Parks and Recreation branding ‘Active Community’ • Public transit OK Falls to Penticton - coming 2014 • Heritage Master Plan under construction • Working with BC Ministry of Transportation to improve the Highway 97 traffic pattern through Okanagan Falls • A community beautification committee was established in 2009 	
<p>Natural & Built Environment Assets</p>	<p>(e.g. Pool, recreation center, parks, playgrounds, arena, racket courts, sports fields, baseball diamonds, walkability, bike lanes, bike routes, trails, skate board parks, effective public transportation to encourage active transportation, complete streets, end of trip facilities – showers, change rooms, clear walking signage – of where trails are located, neighbourhood amenities, bus shelters)</p> <ul style="list-style-type: none"> • Area D-2 Official Community Plan includes policies on improving the 	

Healthy Communities Scan


	<p>built environment for accessibility</p> <ul style="list-style-type: none"> • Keogan Park – baseball, cricket, skate park, open green space • Zen and fitness center for group yoga, tai chi, fitness classes • KVR path to Penticton (includes signage); hard surface for mobility issues • Paved beach path (accessible) • Kenyon Park (accessible washrooms, beach volleyball, dog beach) • Kenyon Park – water splash pad and playground • OK Falls Elementary – new playground • Tennis court (needs attention)
<p>Social Connectedness</p>	<p>(e.g. learn-to (run) groups, relaxation/stress reduction, stress buffering, creative play spaces for the early years/families, 'time banks' for recreational opportunities, nature clubs, neighbourhood revitalization cooperatives, recreational sport leagues, social dance clubs/events, neighbourhood sport events)</p> <ul style="list-style-type: none"> • Walking Club (Pharmasave) • Seniors Centre – exercise and dance • Legion – dances • Zen and Fitness Centre – small group classes • Strong Start and Tumble Bumble – free preschool gym time • Cricket Club • Pickle ball club • Weight Loss Action Club
<p>Other Community Programs</p>	<ul style="list-style-type: none"> • Tumble Bumble – free pre-school gym and trike time • Active Kids Program – semi-structured supervised active play for K-Gr 7 (2 x week Recreation Commission) • Boys and Girls Active Summer Camps
<p>OPPORTUNITIES and Comments</p>	<ul style="list-style-type: none"> • Issues with pedestrian safety; sidewalks, highway crossings ; lack of lighting and lack of sidewalks • Downtown revitalization needs to include accessibility?

Healthy Communities Scan

Pillar #2: *Healthy Eating/Food Security*

<p>Policy</p>	<p>(e.g. Food Charter, Healthy Municipal Vending Policies, Eat Smart, Meet Smart Workplace Guidelines, Breastfeeding Friendly Policy, Zoning to increase the number and quality of food retailers and restaurants in underserved areas, healthy food policy in schools, prohibition of fast-food restaurants near schools, Urban Agriculture policies)</p> <ul style="list-style-type: none"> • Strong Start Center; free healthy and nutritious snacks for ages 0-5 • SB53: school sales and distribution of food during school sponsored programs will be based on “Guidelines for Food and Beverages in School – 2010” • SB53: Local food source shall be a priority for school events • The Regional Growth Strategy supports protection of the agricultural land base and measures to strength farming, value – added production and agri-tourism. • Supports preservation of existing, and encourages the establishment of new social, arts, cultural and institutional facilities and programs in areas designated “AI (Administrative, Cultural, Institutional)” in Schedule B. • The RDOS Official Community Plan, Policy 14.2.6 encourages and supports outdoor activities, such as farmers markets and musical events, which facilitate the integration of tourists and new community members with long-time residents of Okanagan Falls. • The RDOS Official Community Plan, Policy 14.2.7 supports local festivals and events that foster cross-cultural understanding, acceptance and integration. • The RDOS Official Community Plan, Policy 14.2.12 provides that where arts, cultural, social or institutional developments occur next to land designated for Agricultural use, ensure that a buffer will be provided along the edge of the development, consistent with the Ministry of Agriculture’s Guide to Edge Planning to promote land use compatibility.
<p>Bylaws/Procedures</p>	<p>(e.g. Bylaws for developers to include Green Space and Edible Landscapes, urban hens, support for pollinators, guidelines for Food and Beverages Sold at Sporting Events)</p> <ul style="list-style-type: none"> • Bylaw 2603/2013 provides for Objectives and policies for Social Well-Being. • Community Center (Recreation Commission) procedure: No sugary drinks or junk food during sponsored events or special events.

Healthy Communities Scan

	<ul style="list-style-type: none"> Community Center Commercial kitchen – pro-rating for local food producers for preparation 	
Community Committees/ Strategies/Implementation Plans	<p>(e.g. Urban Agriculture Plan, Agricultural Land Reserve Plan, Food Action Strategy, Food Policy Council, Joint Use land agreements, gleanings programs)</p> <ul style="list-style-type: none"> RDOS is currently reviewing the impact of genetically modified organisms on the tree fruit industry RDOS has worked with the Agricultural Land Commission to encourage organically grown crops 	
Natural & Built Environment Assets	<p>(e.g. Farmer's market space, # of community garden plots, edible boulevards & civic landscaping, urban public produce sites, 'every lawn a garden' initiatives, daycare and school gardens etc.)</p> <ul style="list-style-type: none"> Community Centre commercial kitchen – available to local food producers 	
Social Connectedness	<p>(e.g. Breastfeeding support and advocacy groups, learn-to cook classes, neighbourhood healthy food gardens and events, garden clubs, cultural food cooperatives, food preservation events etc.)</p> <ul style="list-style-type: none"> The RDOS Official Community Plan, Policy 14.2.2 encourages continuing education opportunities that reflect local needs and interests, including those of its seniors. 	
Other Community Programs	<ul style="list-style-type: none"> School Farm Bag Program School free breakfast and hot lunch program Helping Hand Food Bank (Christmas Hamper) 	
OPPORTUNITIES And comments	<ul style="list-style-type: none"> Community Garden? Neighborhood Gardens ? Preserving classes ? 	

Healthy Communities Scan

Pillar #3: Tobacco Reduction

Policy	<p>(e.g. Council Resolution, Official Community Plans, Smoke Free Area Policies, Smoke Free public sector housing policies, local government buildings meet LEED smoke-free requirements, Smoke-free housing options)</p> <ul style="list-style-type: none"> • • • •
Bylaws/Procedures	<p>(e.g. Comprehensive Smoke Free Bylaws, including: on restaurant and pub patios, in outdoor public places, in parks and on trails, on local government properties, in health care and post-secondary institution sites, enforcement of bylaws)</p> <ul style="list-style-type: none"> • No-smoking by-law in all RDOS parks / school property/ public buildings •
Community Committees/Strategies/ Implementation Plans	<p>(e.g. Tobacco Reduction Strategy: Public education, promotion of fire hazards, action to address the environmental impact of tobacco litter in public spaces)</p> <ul style="list-style-type: none"> • DARE for Gr. 6 • • •
Natural & Built Environment Assets	<p>(e.g. Signage)</p> <ul style="list-style-type: none"> • No smoking signs in parks and school •
Social Connectedness	<p>(e.g. Smoke-free workplace groups, cessation support groups)</p> <ul style="list-style-type: none"> • • •
Other Community Programs	<ul style="list-style-type: none"> • Provincial Government Programs • •
OPPORTUNITIES	<ul style="list-style-type: none"> •

Healthy Communities Scan

Pillar #4: *Healthy Built Environment*

Policy	<p>(e.g. Official Community Plans, Regional Growth Strategy, active transportation policies, agricultural land protection policies, community safety policies, snow and ice control policies, accessibility policies – see some other examples on pillars 1 & 5)</p> <ul style="list-style-type: none">• The Regional Growth Strategy promotes compact urban form and directs the majority of the region’s growth into Primary Growth Areas, including Okanagan Falls and supports the creation of walkable, livable mixed-use neighbourhoods and communities.• The Regional Growth Strategy supports the development of vibrant communities, local festivities and improved accessibility to public places as well as promoting healthy and diverse communities.• The RDOS Official Community Plan, Policy 14.2.1 promotes social, arts, cultural, and institutional uses in the Okanagan Falls to ensure communal access and to promote the revitalization and diversification of the town centre.• The RDOS Official Community Plan, Policy 14.2.4 ensures that Regional District programs and facilities will continue to be affordable for all segments of the population, especially seniors.• The RDOS Official Community Plan, Policy 14.2.11 promotes working collaboratively with the Okanagan Falls Recreation Commission and local residents to consider options for, and the feasibility of a future youth centre.• The Growth Management Policies of the Community Plan are to direct most development into the Okanagan Falls Townsite and encourage increased densities and multiple family housing and require connection to the community sewer system• Development is discouraged within the high and very high environmentally sensitive areas in policy 7.6.3.• In policy 9.2.1 of the Community Plan, a broad range of agricultural uses and activities are supported and in Section 9.0, there is strong support for the Agricultural Land Reserve and the recognition of the value of agriculture to the economy, food production and character of the area.
Bylaws/Procedures	<p>(e.g. mixed land use zoning bylaws, zoning bylaws related to urban agriculture, parking, etc.)</p> <ul style="list-style-type: none">• Bylaw 2603/2013, being the Official Plan for Okanagan Falls, provides for Objectives and policies for the creation of a healthy built environment.• Bylaw 2604/2013, being the Zoning Bylaw for Okanagan Falls, provides for specific land use designations in Okanagan Falls.• The Okanagan Falls OCP includes a policy to preserve and

Healthy Communities Scan

	<p>utilize capable and suitable agricultural lands to foster self-sufficiency, promote food security of food production and improve economic diversity of the Region.</p> <ul style="list-style-type: none"> • The Okanagan Falls OCP provides strong support for commercial downtown revitalization and for the development a strong mixed-use core
<p>Community Committees/Strategies /Implementation Plans</p>	<p>(e.g. Housing Strategy, downtown revitalization plans, waste management strategy, parks trails and green spaces plans, active transportation plans, etc.)</p> <ul style="list-style-type: none"> • The RDOS adopted a Trails Master Plan that covers Okanagan Falls in 2012. • Joint Use of School gymnasium with Recreation Commission • •
<p>Natural & Built Environment Assets</p>	<p>(e.g. Pool, Recreation Center, Parks, trails, meeting halls, civic and cultural amenities, neighbourhood meeting places, safe sidewalks, club houses, sidewalks, front porches, neighbourhood amenities, bike paths, end-of-trip facilities for cyclists, etc.)</p> <ul style="list-style-type: none"> • Keogan Park – baseball, cricket, skate park, open green space • Zen and fitness center for group yoga, tai chi, fitness classes • KVR path to Penticton (has good signage and accessibility) • Community Centre (Joint Use agreement) • Paved beach path (accessible) • Seniors Centre • Beach Volleyball
<p>Social Connectedness</p>	<p>(e.g. Neighbourhood Associations, Social Planning Council, Municipal/citizen Advisory Committees, Age specific support groups and club houses, neighbourhood gathering/meeting places, regular and accessible citizen engagement opportunities, etc.)</p> <ul style="list-style-type: none"> • Seniors Center • Legion • Zen and Fitness Center • Dog beach
<p>Other Community Programs</p>	
<p>OPPORTUNITIES</p>	<ul style="list-style-type: none"> • Sidewalks and other infrastructure for safer walking / biking corridors in town • Better pedestrian signage • Accessibility

Healthy Communities Scan

Pillar #5: *Priority Populations*

Choose the population group(s) that is a priority for health action in your community.

e.g. Seniors, Low Income, Aboriginal, Mental Health, Children & Youth

<p>Policy</p>	<p>(e.g. Social, Age, or Child Friendly policies, Housing policies, Access to Recreation policies, Beach protection policies, Green space proximity policies, Health & Safety policies, Inclusion, Diversity and Equity policies)</p> <ul style="list-style-type: none"> • Jump Start funding for low income children to access sports • Strong Start – no fee for pre-school • The RDOS Official Community Plan, Policy 14.2.7 supports local festivals and events that foster cross-cultural understanding, acceptance and integration. • The RDOS Official Community Plan, Policy 14.2.8 recognizes and celebrates the rich First Nations heritage that exists in the South Okanagan. • The RDOS Official Community Plan, Policy 14.2.9 promotes collaboration with neighbouring First Nation communities during community planning processes and initiatives. • The RDOS Official Community Plan, Policy 14.2.10m encourages representation from neighbouring First Nation communities on Committees and Commissions that deal with local planning matters. • Community Plan policy 14.11 supports the continued work with the Okanagan Falls Recreation Commission and local residents to consider options for and the feasibility of a future youth centre. • Plan Policy 17.7 supports the continued acquisition of parkland corridors along streams and lakes, with a focus on Skaha Lake.
<p>Bylaws/Procedures</p>	<p>(e.g. recreation, Mental Health Impact Assessment, lighting)</p> <ul style="list-style-type: none"> • Bylaw 2603/2013, being the Official Plan for Okanagan Falls, provides for Objectives and policies for partnering with our four local Indian Bands. • RDOS has entered into a Protocol Agreement with three of our four local Indian Bands setting out procedures for working together. • RDOS entered into a partnership agreement with the Osoyoos Indian Band to donate a statue of the “Salmon King” as an entrance to Kenyon Park in Okanagan Falls • •
<p>Community Committees/Strategies /Implementation Plans</p>	<p>(e.g. Public Art & Culture, Social Sustainability, Health, Diversity and Inclusion, Vibrant Communities, Seniors Wellness, Poverty Reduction, Housing, Employment initiatives)</p> <ul style="list-style-type: none"> • Parks and Recreation Commission

Healthy Communities Scan

	<ul style="list-style-type: none"> • Parent Advisory Committee • Support ONA Salmon Feast in kind •
Natural & Built Environment Assets	<p>(e.g. Green/meeting space , curb cuts, grit box de-icing, Aboriginal Art in key settings, Centres/Gathering Places: Recreation, Neighbourhood Learning, Seniors, Strong Start, Wellness, Neighbourhood & Urban Hubs, proximity to natural amenities, linear parks & beach front access (x km) , Community Schools, Friendship Centres, Public libraries, Appropriate signage, Distribution of amenities so proximity to all, healing gardens, churches,)</p> <ul style="list-style-type: none"> • Strong Start Center • Neighborhood of Learning School • Seniors Center • Salmon Chief Sculpture in recognition of tradition fishing grounds
Social Connectedness	<p>(e.g. Neighbourhood Associations, Social Planning Council, Clubs, support groups, Scouts, YMCA, Boys and Girls, Seniors groups, Community Choirs, Friendship Centres, Cultural groups, social capital projects e.g. Snow Angels, time banks, faith based, helping initiatives 'Helping Hands', support programs/clubs for vulnerable populations, CMHA wellness programs, Community Movie nights, festivals, concerts, faith based community groups</p> <ul style="list-style-type: none"> • Counseling program (grief) • AA / NA • Churches • Seniors Center
Other Community Programs	<ul style="list-style-type: none"> • Communities for Kids / Success by Six
OPPORTUNITIES	<ul style="list-style-type: none"> • Youth programs for active living? • OSNS?

Glossary of Terms

Policy is a proposed or adopted principle of action. For local governments, policy statements guide decisions about planning and land use management.

Bylaws / Procedures are laws or procedures.

Built Environment Assets includes all the human-made spaces in which people live, work, commute and recreate on a day-to-day basis.

Natural Environment Assets are in contrast to the built environment and includes resources, areas and features largely untouched by humans such as forests, bodies of water, etc.

Social Connectedness is the measure of how often people interact with one another, the quality of personal relationships, and civic and social involvement.