



Environmental Scan Report  
Okanagan Similkameen Healthy Living Coalition  
April 2013  
Prepared by: Aiden MacIntyre

The purpose of the Environmental Scan was to gather information on organizations in Greater Penticton. The organizations that were approached have a focus in one or more of the five pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment, and Priority Populations). The Coalition's goal was to determine what types of services and practices are offered for members and employees of their organization within the region. The process of determining the purpose was to take an inventory of what organizations exist within the region. In addition, the Coalition wanted to understand what programs, services and policies these organizations were offering to the community. The purpose of the Environmental Scan was to engage in data collection. Once the data is gathered, the Coalition will analyze the results, assess the gaps and set priorities. At this point, the Environmental Scan is an ongoing process and not enough data has been collected to make an accurate assessment of the Greater Penticton's community snapshot. Once enough data is collected, the goal will be to help support interested parties in their development of new and innovative programs focused on healthy living to help meet the needs of their priority populations. As the Coalition continues to develop, it will become fully regional and include the entire Okanagan Similkameen. The intention of the Coalition will be to have A Community Snapshot (including an Environmental Scan) completed within each sub-region of the Okanagan Similkameen.

### **Project Design**

The form of research was exploratory. This type of research helps to solve a problem that has not been clearly defined or explored. The type of research assisted the Coalition to find out more about what -healthy living focused organizations- are in our community, while gaining a better understanding of which of these organizations are interested in the work of the Coalition.

### **Population and Sampling Strategy**

The population, at this point, was inclusive to organizations within the Greater Penticton area. The survey was sent out to approximately 150 organizations of all sizes, and disciplines each of which have a focus on one or more of the five pillars. The organizations varied from activity clubs, community initiatives, wellness groups, etc. A sample size goal has not yet been determined. The survey was available online through Survey Monkey, which is a program that develops online surveys, as well as through a word document survey that was attached to the emails sent out to organizations. The survey was designed to be completed in 10-15 minutes and there were a total of 15 questions. The survey was broken down into 3 main sections:

1. Personal Information
2. Programs and Services
3. Policies and Advocacy Work

The Survey Monkey (Appendix B) program helped to analyze the data collected through the use of charts/figures. There were a total of 32 organizations that submitted complete surveys.

There were a total of 29 surveys submitted through a the survey program, 26 of which were usable. Respondents also had the option to complete the survey through a Word Document survey, which offered the same questions as the survey created through SurveyMonkey. There were 3 organizations that completed the Word Document survey. The coalition members have also offered information on their own organizations (School District 67, City of Penticton, Interior Health, Okanagan Similkameen Healthy Living Society, Regional District of Okanagan Similkameen, Penticton Indian Band (Not Yet Completed)).

### **Procedure**

The development of the type of data collection used (survey) was determined in January and February, 2013 through the work of 'The Environmental Scan Work Group'. The work group decided on how we would collect the data, offered input on the process, and determined outcomes. The data collection took place in March and April, 2013. The research was collected through the use of SurveyMonkey. The introduction to the survey provided a brief description, and purpose of the OSHLC (Appendix A). There was also an Information Sheet that was attached with the write-up for further information on the vision, mission of the Coalition, and the 5 pillars (Appendix C). The initial survey was sent out to organizations on March 1<sup>st</sup>, 2013. The second attempt to share the survey was sent out on March 14<sup>th</sup>. On this date, there was a further incentive of a "Healthy Living Gift Basket" for organizations to respond to the survey. The final attempt to gather more responses was on April 1<sup>st</sup>. The deadline to have the survey responses in was April 8, 2013. The process is ongoing, and data collection will continue through the work of the Coalition.

### **Limitations**

There were multiple challenges throughout the process of collecting the data which must be considered in this report. It is necessary to acknowledge that the survey has clear limitations. It took place over a short period of time, with limited responses. The purpose and goals of the Environmental Scan were not realized. There is not an accurate representation of organizations in the Greater Penticton area. The population at large was unable to be represented through this process. There were constraints due to the fact that the Coalition is a newly forming initiative, and many of the organizations that were approached were unaware of who the Coalition is. In the future, the questions would be constructed in a way that offers more clear understandings for respondents. It must also be known that 3 of the surveys were completed through the Word Document, and therefore are not included on the SurveyMonkey data collection charts. In the future, it will be necessary to approach more organizations, perhaps over the phone, or in person. The survey may be more successful once the Coalition has become more well-known within the region.

## Findings

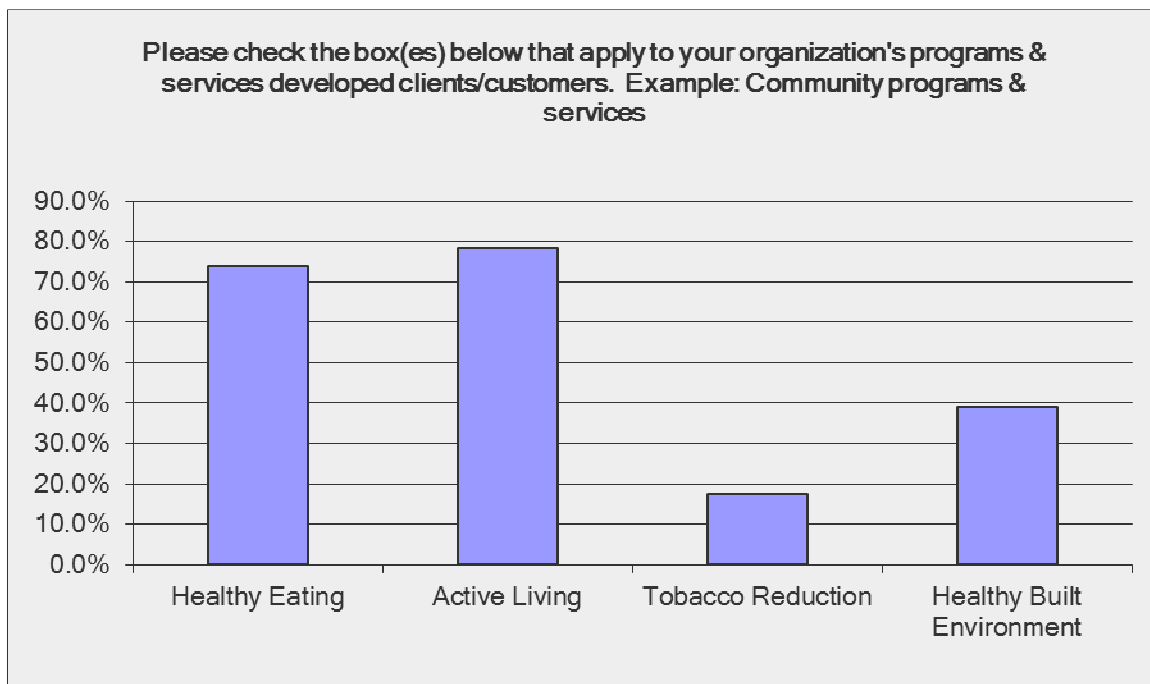
The survey was broken down into 3 main sections: 1. Personal Information 2. Programs & Services 3. Policies & Advocacy Work. The personal information will be provided on an additional sheet which is included with this report.

### 1.0 Programs & Services Related to 5 Pillars

#### 1.1 Programs & Services develop for clients/customers

Below are the results from the survey responses. The chart below display's the variety of responses of programs & services developed for clients/customers. It appears that the majority of respondents have programs & services on Healthy Eating & Active Living. Programs & Services developed for Tobacco Reduction are lacking.

The second table displays the programs and services related to Healthy Eating, Active Living, Tobacco Reduction and Healthy Built Environment. If the organization has programs and services in 1 or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.

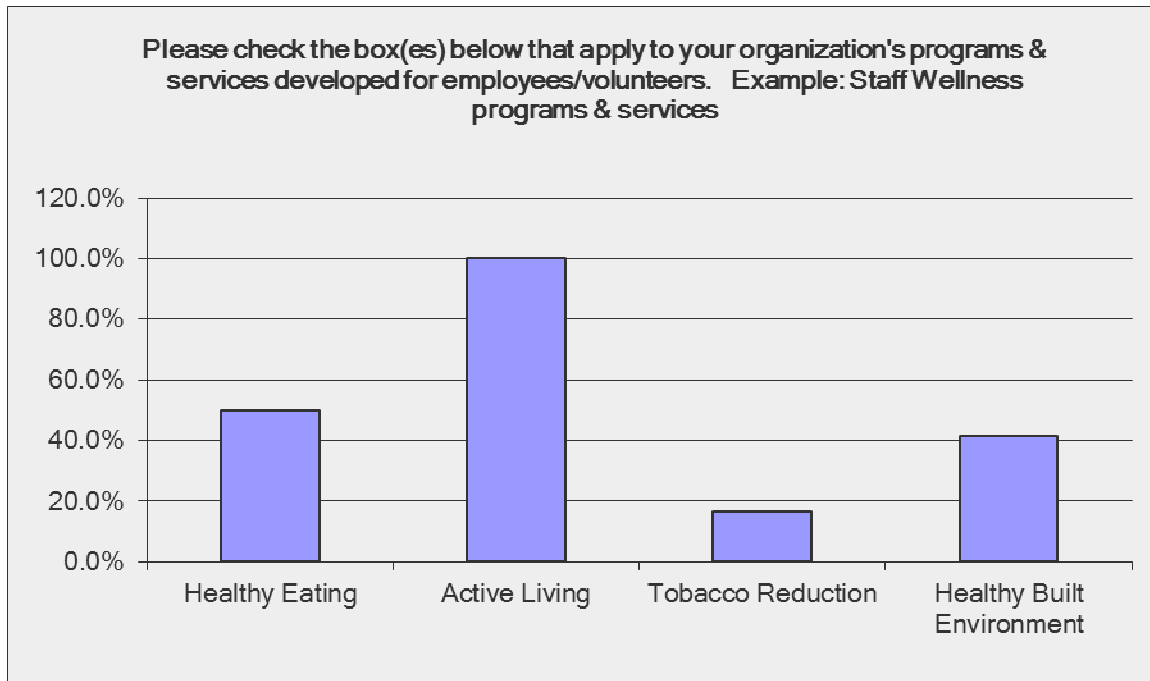


<b>Programs &amp; Services Related to 5 Pillars (Developed for clients/customers)</b>	<b>Healthy Eating</b>	<b>Active Living</b>	<b>Tobacco Reduction</b>	<b>Healthy Built Environment</b>
<b>Organization</b>				
BC Schizophrenia Society Penticton Branch	X	X	X	
C.H.I.P (Complete Health Improvement Program)	X	X	X	X
Child Care Resource & Referral		X		
<b>City of Penticton</b>	X	X	X	X
Communities for Kids	X	X		
Community Foundation of the South Okanagan				
Downtown Penticton Association	X	X		X
Food Addicts in Recovery Anonymous	X			
Footprints Centre-Penticton Indian Band	X	X		
Fruv Freedom Wear		X		
Get Bent Arts & Recreation	X	X	X	X
Healing Hands-2 Billion	X	X	X	X
<b>Interior Health</b>	X	X	X	X
Naramata Lifestyle Wellness Centre				
Okanagan Boys & Girls Club	X	X	X	X
Okanagan College	X	X		
<b>Okanagan Similkameen Healthy Living Society</b>	X	X	X	
OOKakane Friendship Centre	X			
Penticton & District Hospice Society				
Penticton Adventurers Club		X		
Penticton BMX	X	X		
Penticton Community Soupateria Society	X			
Penticton Family HUB	X			X
<b>Penticton Indian Band</b>	X	X	X	X
Playshare Preschool	X	X		
<b>Regional District of Okanagan Similkameen</b>				
<b>School District 67</b>	X	X	X	X
South Okanagan Immigrant & Community Services		X		X
South Okanagan Seniors Wellness Society		X		X
South Okanagan Similkameen Volunteer Centre		X		
South Okanagan Yoga Academy (SOYA)	X	X		X
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education	X			
Tian Yo Health & Fitness	X	X		

## Programs & Services develop for employees/volunteers

The chart below displays the programs & services related to the 5 pillars developed for employees/volunteers. It appears that the majority of respondents have programs & services that are in the category of Active Living.

The second table displays the programs and services related to Healthy Eating, Active Living, Tobacco Reduction and Healthy Built Environment. If the organization has programs and services in one or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.



Programs & Services Related to 5 Pillars (Developed for Staff/Volunteers)	Healthy Eating	Active Living	Tobacco Reduction	Healthy Built Environment
Organization				

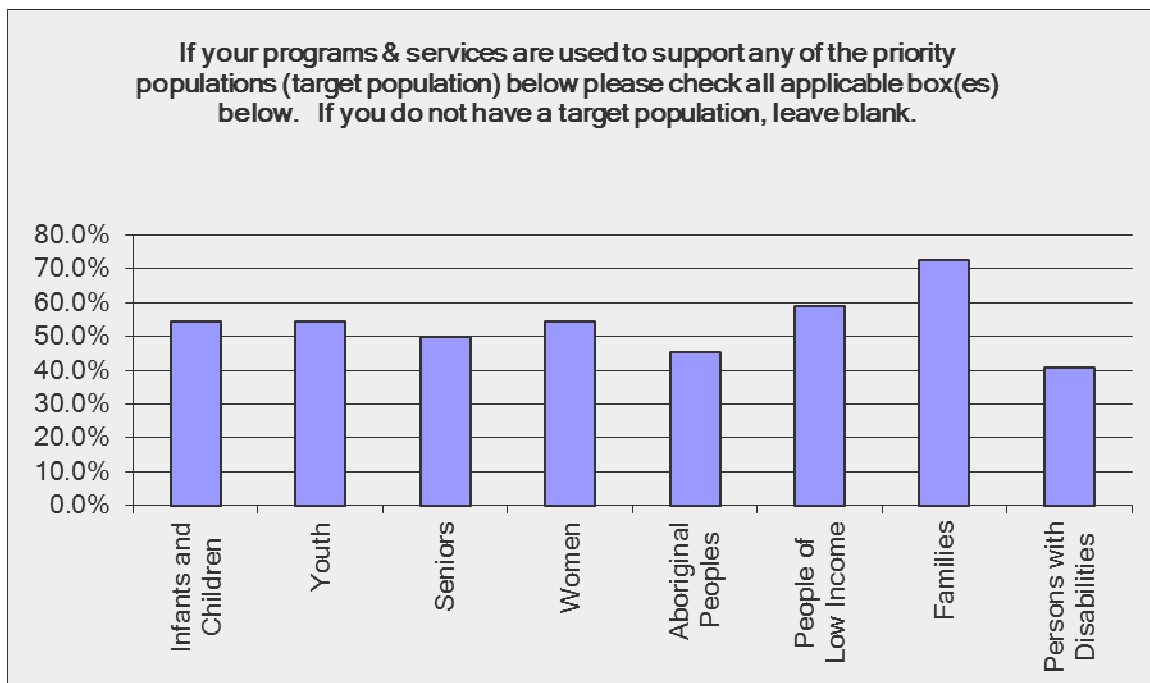
BC Schizophrenia Society Penticton Branch				
C.H.I.P (Complete Health Improvement Program)	X	X	X	X
Child Care Resource & Referral				
<b>City of Penticton</b>	X	X	X	X
Communities for Kids				
Community Foundation of the South Okanagan				
Downtown Penticton Association	X	X		
Food Addicts in Recovery Anonymous				
Footprints Centre-Penticton Indian Band	X	X		
Fruv Freedom Wear	X	X		
Get Bent Arts & Recreation	X	X	X	X
Healing Hands-2 Billion	X	X	X	X
<b>Interior Health</b>	X	X	X	X
Naramata Lifestyle Wellness Centre				
Okanagan Boys & Girls Club				
Okanagan College		X		
<b>Okanagan Similkameen Healthy Living Society</b>				
OOKakane Friendship Centre				
Penticton & District Hospice Society				
Penticton Adventurers Club				
Penticton BMX				
Penticton Community Soupateria Society				
Penticton Family HUB				
<b>Penticton Indian Band</b>	X	X	X	X
Playshare Preschool				
<b>Regional District of Okanagan Similkameen</b>				
<b>School District 67</b>	X	X	X	X
South Okanagan Immigrant & Community Services		X		X
South Okanagan Seniors Wellness Society		X		X
South Okanagan Similkameen Volunteer Centre		X		
South Okanagan Yoga Academy (SOYA)	X	X		X
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education	X	X		
Tian Yo Health & Fitness				



### 1.3 Priority Populations

The chart below displays the programs & services used to support any of their priority populations (target population). It appears that the respondents have programs & services that are generally evenly supported. The chart shows that Families are supported by the majority of respondents.

The second table displays the programs and services developed to support priority populations. If the organization has programs and services in one or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.



<b>Programs &amp; Services to Support Priority Populations</b>	<b>Infants &amp; Children</b>	<b>Youth</b>	<b>Seniors</b>	<b>Women</b>	<b>Aboriginal Peoples</b>	<b>People with Low Income</b>	<b>Families</b>	<b>People with disabilities</b>
<b>Organization</b>								
BC Schizophrenia Society Penticton Branch	X	X					X	X
C.H.I.P (Complete Health Improvement Program)								
Child Care Resource & Referral	X						X	
<b>City of Penticton</b>	X	X	X	X	X	X	X	X
Communities for Kids	X				X		X	
Community Foundation of the South Okanagan								
Downtown Penticton Association								
Food Addicts in Recovery Anonymous								
Footprints Centre-Penticton Indian Band					X	X		X
Fruv Freedom Wear	X	X	X	X	X	X	X	X
Get Bent Arts & Recreation		X	X	X		X	X	
Healing Hands-2 Billion	X	X	X	X	X	X	X	X
<b>Interior Health</b>	X	X	X	X	X	X	X	X
Naramata Lifestyle Wellness Centre								
Okanagan Boys & Girls Club	X	X		X	X	X	X	
Okanagan College			X	X	X	X	X	
<b>Okanagan Similkameen Healthy Living Society</b>		X					X	
OOakane Friendship Centre	X	X			X	X	X	
Penticton & District hospice society								
Penticton Adventurers Club			X					
Penticton BMX	X	X		X	X	X	X	
Penticton Community Soupateria Society						X		
Penticton Family HUB	X					X	X	X
<b>Penticton Indian Band</b>								
Playshare Preschool	X						X	
<b>Regional District of Okanagan Similkameen</b>								

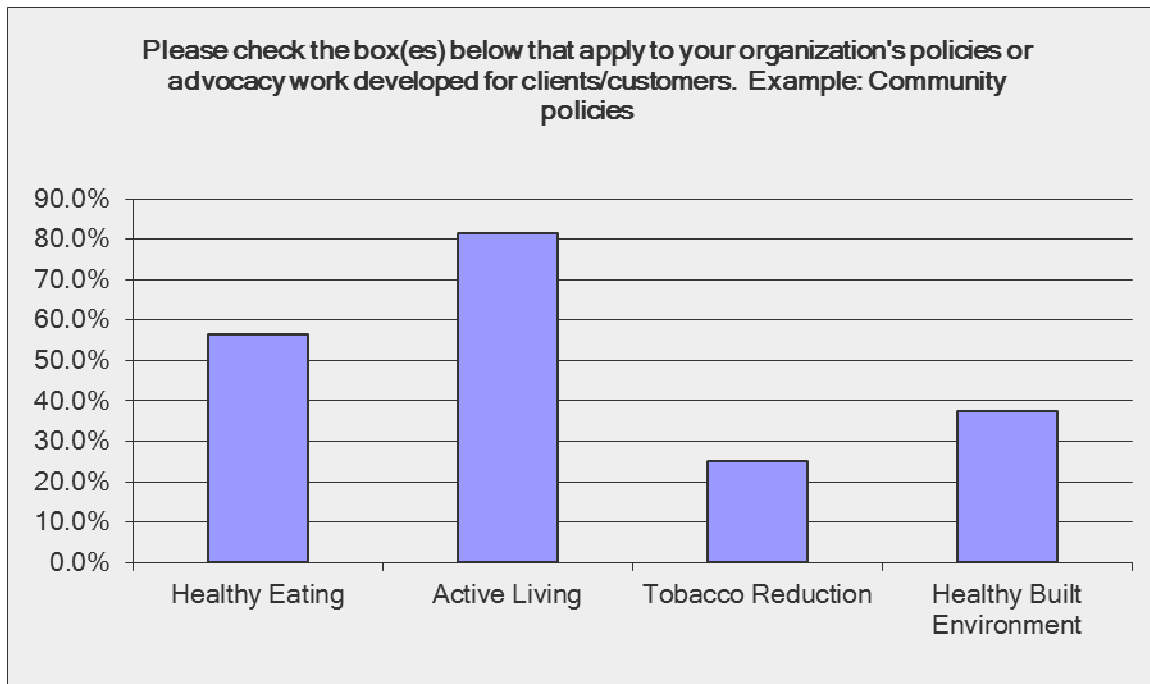
<b>School District 67</b>		X			X	X		X
South Okanagan Immigrant & Community Services	X	X	X	X		X	X	
South Okanagan Seniors Wellness Society			X					
South Okanagan Similkameen Volunteer Centre		X	X	X	X	X	X	X
South Okanagan Yoga Academy (SOYA)	X	X	X	X			X	X
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education			X			X		X
Tian Yo Health & Fitness		X	X	X		X		X

## 2.0 Policies & Advocacy Work related to 5 pillars

### 2.1 Policies & Advocacy work developed for clients/customers

Below are the results from the survey responses. The chart below display's the variety of responses of policies & advocacy work developed for clients/customers. It appears that the majority of respondents have policies & advocacy work specific to Active Living. Similar to programs & services, policies & advocacy work developed for Tobacco Reduction are lacking.

The second table displays the policies and advocacy work related to Healthy Eating, Active Living, Tobacco Reduction and Healthy Built Environment. If the organization has policies and advocacy work in 1 or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.

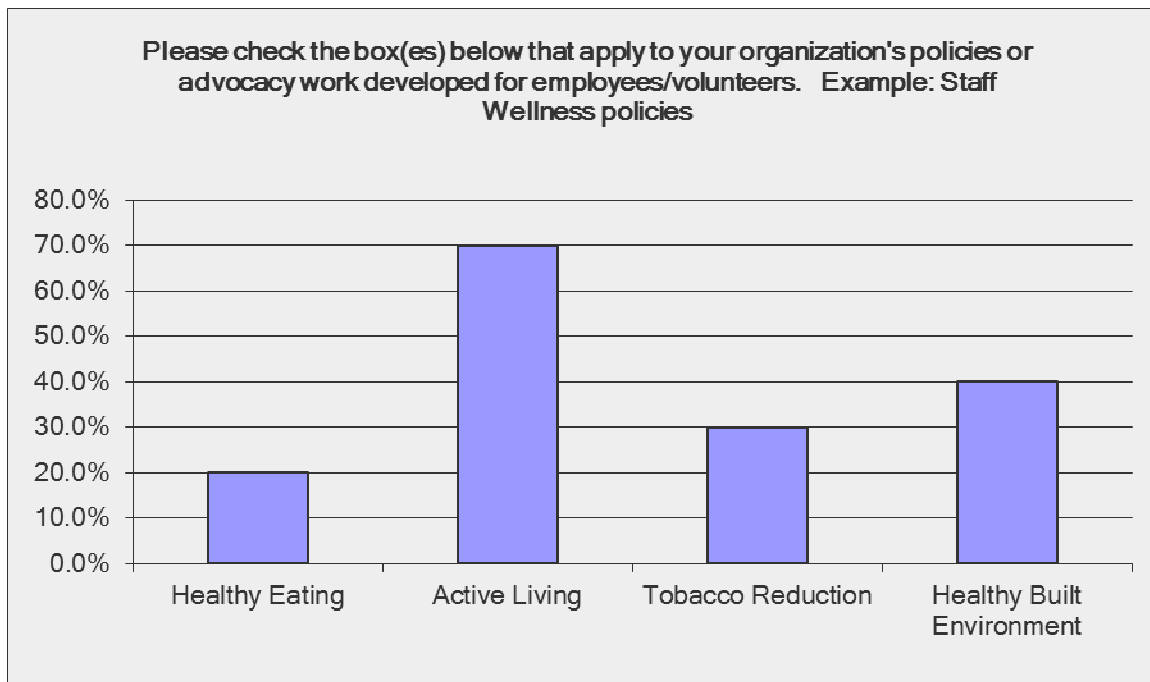


<b>Policies &amp; Advocacy Work Related to 5 Pillars (Developed for Clients/Customers)</b>	<b>Healthy Eating</b>	<b>Active Living</b>	<b>Tobacco Reduction</b>	<b>Healthy Built Environment</b>
<b>Organization</b>				
BC Schizophrenia Society Penticton Branch	X	X	X	
C.H.I.P (Complete Health Improvement Program)	X	X	X	X
Child Care Resource & Referral		X		
<b>City of Penticton</b>	X	X	X	X
Communities for Kids	X	X		
Community Foundation of the South Okanagan				
Downtown Penticton Association	X	X		X
Food Addicts in Recovery Anonymous	X			
Footprints Centre-Penticton Indian Band				
Fruv Freedom Wear		X		
Get Bent Arts & Recreation	X	X	X	X
Healing Hands-2 Billion	X	X	X	X
<b>Interior Health</b>	X	X	X	X
Naramata Lifestyle Wellness Centre				
Okanagan Boys & Girls Club	X	X	X	
Okanagan College				
<b>Okanagan Similkameen Healthy Living Society</b>	X	X		
OOkakane Friendship Centre				
Penticton & District Hospice Society				
Penticton Adventurers Club		X		
Penticton BMX		X		
Penticton Community Soupateria Society	X			
Penticton Family HUB				
<b>Penticton Indian Band</b>	X	X	X	X
Playshare Preschool	X	X		
<b>Regional District of Okanagan Similkameen</b>				
<b>School District 67</b>	X	X	X	X
South Okanagan Immigrant & Community Services	X	X	X	X
South Okanagan Seniors Wellness Society				X
South Okanagan Similkameen Volunteer Centre		X		
South Okanagan Yoga Academy (SOYA)				
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education	X			
Tian Yo Health & Fitness				

## 2.2 Policies & Advocacy work developed for employees/volunteers

Below are the results from the survey responses. The chart below displays the variety of responses of policies & advocacy work developed for employees/volunteers. The majority of respondents have policies & advocacy work for employees/volunteers specific to Active Living. The chart also displays the lack of Healthy Eating policies & advocacy work.

The second table displays the policies and advocacy work related to Healthy Eating, Active Living, Tobacco Reduction and Healthy Built Environment for employees/volunteers. If the organization has policies and advocacy work in 1 or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.

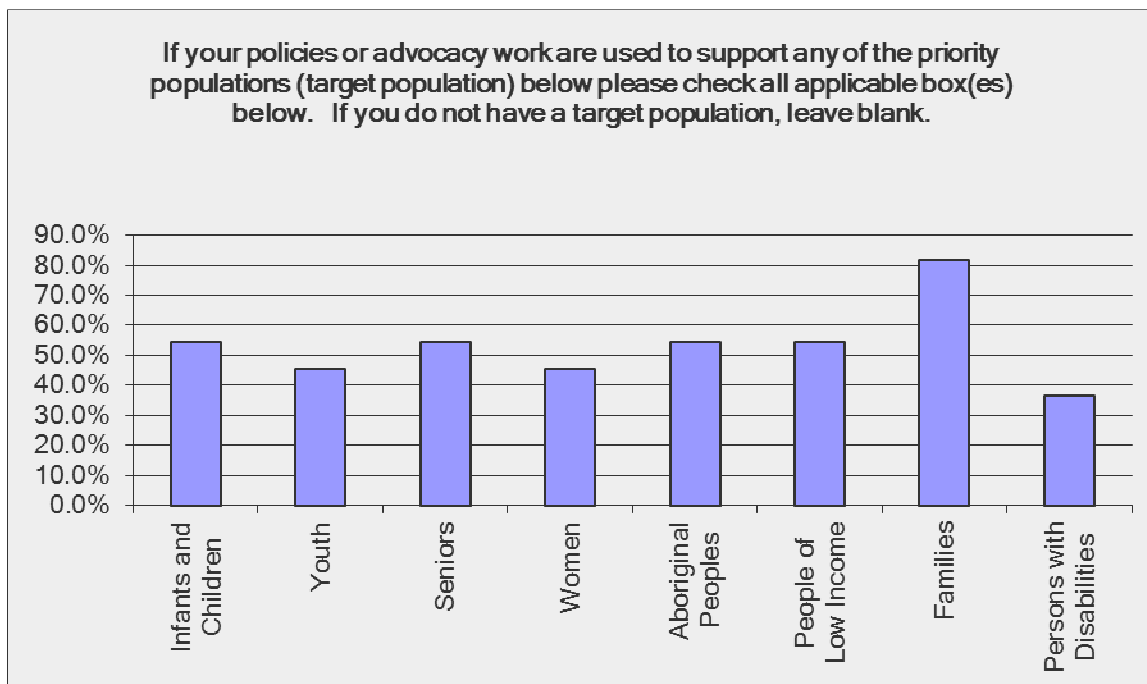


<b>Policies &amp; Advocacy Work Related to 5 Pillars (Developed for Employees/Volunteers)</b>	<b>Healthy Eating</b>	<b>Active Living</b>	<b>Tobacco Reduction</b>	<b>Healthy Built Environment</b>
<b>Organization</b>				
BC Schizophrenia Society Penticton Branch				
C.H.I.P (Complete Health Improvement Program)				
Child Care Resource & Referral		X		
<b>City of Penticton</b>				
Communities for Kids				
Community Foundation of the South Okanagan				
Downtown Penticton Association				
Food Addicts in Recovery Anonymous				
Footprints Centre-Penticton Indian Band				
Fruv Freedom Wear		X		
Get Bent Arts & Recreation	X	X	X	X
Healing Hands-2 Billion	X	X	X	X
<b>Interior Health</b>				
Naramata Lifestyle Wellness Centre				
Okanagan Boys & Girls Club			X	
Okanagan College				
<b>Okanagan Similkameen Healthy Living Society</b>				
OOKakane Friendship Centre				
Penticton & District Hospice Society				X
Penticton Adventurers Club				
Penticton BMX		X		
Penticton Community Soupateria Society				
Penticton Family HUB				
<b>Penticton Indian Band</b>				
Playshare Preschool				
<b>Regional District of the Okanagan Similkameen</b>				
<b>School District 67</b>				
South Okanagan Immigrant & Community Services				X
South Okanagan Seniors Wellness Society				
South Okanagan Similkameen Volunteer Centre		X		
South Okanagan Yoga Academy (SOYA)				
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education				
Tian Yo Health & Fitness				

### 2.3 Priority Populations

The chart below displays the policies & advocacy work used to support any of the organizations priority populations (target population). It appears that the respondents have policies & advocacy work that are generally evenly supported. Similar to programs & services, the chart shows that Families are supported by the majority of respondents.

The second table displays the programs and services developed to support priority populations. If the organization has programs and services in one or more of the categories they have checked the box with an 'X'. If the box is left blank, the respondent did not respond.





<b>Policies &amp; Advocacy Work to Support Priority Populations</b>	<b>Infants &amp; Children</b>	<b>Youth</b>	<b>Seniors</b>	<b>Women</b>	<b>Aboriginal Peoples</b>	<b>People with Low Income</b>	<b>Families</b>	<b>People with disabilities</b>
BC Schizophrenia Society Penticton Branch	X	X				X	X	X
C.H.I.P (Complete Health Improvement Program)								
Child Care Resource & Referral								
<b>City of Penticton</b>	X	X	X	X	X	X	X	X
Communities for Kids	X				X		X	
Community Foundation of the South Okanagan								
Downtown Penticton Association								
Food Addicts in Recovery Anonymous								
Footprints Centre- Penticton Indian Band								
Fruv Freedom Wear	X	X	X	X	X	X	X	X
Get Bent Arts & Recreation		X	X	X			X	
Healing Hands-2 Billion	X	X	X	X	X	X	X	X
<b>Interior Health</b>	X	X	X	X	X	X	X	X
Naramata Lifestyle Wellness Centre								
Okanagan Boys & Girls Club	X	X		X	X	X	X	
Okanagan College								
<b>Okanagan Similkameen Healthy Living Society</b>								
OOkakane Friendship Centre								
Penticton & District Hospice Society								
Penticton Adventurers Club								
Penticton BMX								
Penticton Community Soupateria Society						X		
Penticton Family HUB	X					X	X	X

<b>Penticton Indian Band</b>								
Playshare Preschool	X						X	
<b>Regional District of Okanagan Similkameen</b>								
<b>School District 67</b>		X			X	X		X
South Okanagan Immigrant & Community Services	X	X	X		X	X	X	
South Okanagan Seniors Wellness Society			X					
South Okanagan Similkameen Volunteer Centre		X	X	X	X	X	X	X
South Okanagan Yoga Academy (SOYA)								
The Salvation Army Penticton Community Food Bank, Community Kitchen, Community Garden, and Nutrition Education								
Tian Yo Health & Fitness								

**Conclusion**

The work of the Coalition is in progress, which includes the work of the Environmental Scan. As with many start-up's, unexpected issues can arise. The Environmental Scan work group may have to meet to determine next steps in order to come up with an accurate display of organizations with the Greater Penticton area.

## **Appendix A: Write-Up Sent to Organizations**

The Okanagan Similkameen Healthy Living Coalition is a new community organization that is preparing to develop a 5 year pilot project to make the Okanagan Similkameen the healthiest region in B.C!

The Coalition is under development. Our first step to help reach our goals is to do an environmental scan to gather information on organizations in the Greater Penticton area. We would like to determine what types of programs, services and practices are currently available within our region. We will begin this process by taking an inventory of what are currently being offered as resources in our community. We will analyze, assess the gaps and set priorities to the data we gather. As the Coalition develops, we do intend to become fully regional and include the entire Okanagan Similkameen.

In order for our goals to be realized, we invite you to be a part of this exciting opportunity. We have reached out to your organization because it has a vital role in the support and development of this initiative. With your help, the OSHLC will advocate to ensure good health is available for all. Together, we can create innovative programs and services to meet the needs of your organizations priority populations. We will be gradually bringing together regional governance and community partners to design and implement innovative programs focused on healthy living in our region and we hope that you may be one of them.

We would appreciate gaining information on your organizations programs and services that are related to 1 or more of the 5 key areas of interest (pillars) below:

- **Healthy Eating**
- **Active Living**
- **Priority Populations (Children, Youth, High Risk Populations)**
- **Tobacco Reduction**
- **Healthy Built Environment**

\*Explanations and examples of pillars are in the attached document.

### **Please Follow the Steps Below**

1. We have developed a survey for your organization to fill out. It includes 15 easy to follow questions. Please fill out the survey to your best ability. The survey has been designed for ease of completion and should not take more than 10-15 minutes to complete.
2. Below is the link to Survey Monkey:

<https://www.surveymonkey.com/s/6MCVBBF>

**We have asked the following questions in the survey:**

**Survey questions include:**

- i. Organizational Information
- ii. Vision and Mission

Okanagan Similkameen Healthy Living Coalition-Environmental Scan Report

iii. Programs & Services related to the 5 pillars

· Community programs & services

· Employee programs & services

iv. Policies, Practices and Advocacy work related to the 5 pillars

· Community policies and advocacy work

· Employee programs & services

2. Survey is also attached in a Word Document if you prefer.

If you do use the Word version, please remember to SAVE AS with a new title (Ex. Resource Inventory-SD67)

3. We have attached an background information sheet with includes:

- The new Coalition, vision and mission statements
- Examples of programs, policies and services in the 5 pillar areas
- Healthy Families BC – Communities Information

Please contact me for further information, clarification or questions.

## Appendix B: Survey

### Making the Okanagan Similkameen the healthiest region in BC!"

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The purpose of the Okanagan Similkameen Healthy Living Coalition's current research is to develop a centralized resource inventory database of programs & services that exist in our region. As we are a new initiative, the first phase of our development is to ask for your support in order for us to complete a needs analysis. In order to us to learn more about your organization, we have included a list of questions to gain further understanding of what initiatives are currently available in our community. The survey has a total of 15 questions, and we do not anticipate that it will take more than 15 minutes of your valuable time to complete.

You are welcome to have more than one response from the same organization. (For Example: Half of the survey complete by one individual, and the other half completed by another individual: Multiple surveys completed by the same organization is acceptable)

Thank you,

Aiden MacIntyre  
OSHLC Administrative Assistant  
a\_mac15@hotmail.com  
(250) 462-1515

#### Details of Organization

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#### 1. What is the name of your organization?

What is the name of your organization?

#### 2. Please insert the following information:

Please insert the following information: First Name

Last Name

Phone Number

Email

Address of Organization

Job Title

Website/Link

Number of employees in your organization, if known

Number of clients/participants/members in your organization, if known

**3. Does your organization have a vision statement? If yes, please insert vision statement in the box below. If no, please continue to Question 4**

Does your organization have a vision statement? If yes, please insert vision statement in the box below. If no, please continue to Question 4

**4. Does your organization have a mission statement? If yes, please insert mission statement in the box below. If no, please continue to Question 5**

Does your organization have a mission statement? If yes, please insert mission statement in the box below. If no, please continue to Question 5

**5. Please provide a brief overview of the purpose of your organization.**

### Programs & Services

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This section of the survey focuses on Programs & Services that you currently offer to your employees and customers. Please fill out this section of the survey to the best of your ability.

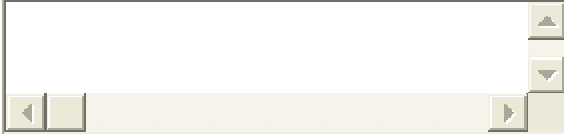
**6. Please check the box(es) below that apply to your organization's programs & services developed clients/customers.**

**Example: Community programs & services**

- Please check the box(es) below that apply to your organization's programs & services developed clients/customers. Example: Community programs & services Healthy Eating
- Active Living
- Tobacco Reduction
- Healthy Built Environment

**7. If you have any related programs & services developed for clients/customers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the programs & services in the box below.**

**Examples: Support Subsidy programs, cooking programs focused on healthy eating**



If you have any related programs & services developed for clients/customers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the programs & services in the box below. Examples: Support Subsidy programs, cooking programs focused on healthy eating

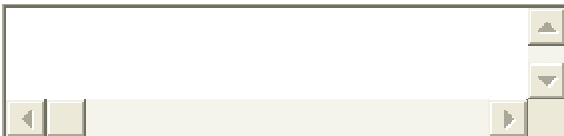
**8. Please check the box(es) below that apply to your organization's programs & services developed for employees/volunteers.**

**Example: Staff Wellness programs & services**

- Please check the box(es) below that apply to your organization's programs & services developed for employees/volunteers. Example: Staff Wellness programs & services Healthy Eating
- Active Living
- Tobacco Reduction
- Healthy Built Environment

**9. If you have any related programs & services developed for employees/volunteers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the programs & services in the box below.**

**Example: Staff healthy eating program**



If you have any related programs & services developed for employees/volunteers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the programs & services in the box below. Example: Staff healthy eating program

**10. If your programs & services are used to support any of the priority populations (target population) below please check all applicable box(es) below.**

**If you do not have a target population, leave blank.**

- If your programs & services are used to support any of the priority populations (target population) below please check all applicable box(es) below. If you do not have a target population, leave blank. Infants and Children
- Youth
- Seniors
- Women



- Aboriginal Peoples
- People of Low Income
- Families
- Persons with Disabilities

**Policies or Advocacy Work**

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This section of the survey focuses on Policies and Advocacy Work that you currently offer to your employees and customers. Please fill out this section of the survey to the best of your ability.

**11. Please check the box(es) below that apply to your organization's policies or advocacy work developed for clients/customers.**

**Example: Community policies**

- Please check the box(es) below that apply to your organization's policies or advocacy work developed for clients/customers. Example: Community policies Healthy Eating
- Active Living
- Tobacco Reduction
- Healthy Built Environment

**12. If you have any related policies or advocacy work developed for clients/customers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the policies or advocacy work in the box below.**

**Example: Nutrition policy**

If you have any related policies or advocacy work developed for clients/customers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the policies or advocacy work in the box below. Example: Nutrition policy

**13. Please check the box(es) below that apply to your organization's policies or advocacy work developed for employees/volunteers.**

**Example: Staff Wellness policies**

- Please check the box(es) below that apply to your organization's policies or advocacy work developed for employees/volunteers. Example: Staff Wellness policies Healthy Eating
- Active Living
- Tobacco Reduction
- Healthy Built Environment

**14. If you have any related policies or advocacy work developed for employees/volunteers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the policies or advocacy work in the box below.**

**Example: Employee Wellness Health and Safety policy**

If you have any related policies or advocacy work developed for employees/volunteers that are connected to 1 or more of the pillars (Healthy Eating, Active Living, Tobacco Reduction, Healthy Built Environment) , please insert the TITLE of the policies or advocacy work in the box below. Example: Employee Wellness Health and Safety policy

**15. If your policies or advocacy work are used to support any of the priority populations (target population) below please check all applicable box(es) below.**

**If you do not have a target population, leave blank.**

- If your policies or advocacy work are used to support any of the priority populations (target population) below please check all applicable box(es) below. If you do not have a target population, leave blank. Infants and Children
- Youth
- Seniors
- Women
- Aboriginal Peoples
- People of Low Income
- Families
- Persons with Disabilities

**Thank you!!**

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Thank you for taking the time to assist us in developing and implementing a valuable resource for our community.

We appreciate your support!

## Appendix C: Information Sheet

### Information Sheet

People with chronic health conditions represent 37% of the B.C. population and consume 80% of total healthcare budgets. With an aging population, these numbers are projected to increase, yet they don't have to! Chronic disease and obesity can be prevented, or their onset delayed. Chronic disease prevalence rates are higher in the Penticton area than the provincial average. This leads to growth in health care spending as a proportion of our provincial budget which threatens the sustainability of our health care system.

Interior Health Authority, City of Penticton, Regional District of the Okanagan Similkameen, Penticton Indian Band, School District 67 and Okanagan Similkameen Healthy Living Society have formed a Healthy Living Coalition and are eager to get your input to identify what great programs and services are already underway that promote health and wellbeing. The Coalition seeks to collaborate to support residents of our community to achieve a healthy lifestyle with a focus on children, youth and high risk populations.

**Our Vision:** *"Making the Okanagan Similkameen the healthiest region in BC"*

**Our Mission:**

- Facilitating healthy living policies, plans, programs and services through collaboration.
- Inspiring a healthy living culture by engaging coalition members, residents and communities.
- Supporting children, youth and vulnerable populations by advocating for affordable and accessible programs and services.
- Fostering a built environment that supports healthy lifestyles.
- Contributing to sustainable health care by promoting the reduction of lifestyle-related chronic disease.
- Building momentum and securing funding by celebrating successes.

**Our First Steps:**

- To conduct an e-scan of policies, programs and services that exist in the greater Penticton area (Penticton, Westbench, Kaleden, and Naramata) that are focused on our 5 key health promotions.
- To analyze the e-scan, health and other community data and other community data to identify gaps and set priorities

## 5 Pillars

Below are the 5 pillars of the Healthy Families BC framework that the Coalition has chosen to address to achieve our regional goals. Please refer to explanations of each pillar that may help assist you with the completion of the survey.

	<b>Healthy Eating</b>
<b>Examples:</b>	<ul style="list-style-type: none"> <li>• Policies that support community gardens, urban agriculture and healthy vending/concession options in municipal &amp; public buildings</li> <li>• Creating a supportive environment for healthy food choices and healthy body weights</li> <li>• Develop and implement municipal food policies</li> <li>• Develop and support programs that increase access to healthy foods for target populations</li> <li>• Nutrition Education, Cooking programs that focus on healthy eating</li> </ul>

	<b>Active Living</b>
<b>Examples:</b>	<ul style="list-style-type: none"> <li>• Evidence that your organization values and encourages regular physical activity e.g. Support initiatives such as activity breaks</li> <li>• Community physical activity challenges, as well as municipal or neighbourhood-based walk, run, cycle and play events</li> <li>• Develop and support active living initiatives-for children and youth</li> <li>• Policies and programs that encourage active living</li> </ul>

	<b>Tobacco Reduction</b>
<b>Examples:</b>	<ul style="list-style-type: none"> <li>• Bylaws that strengthen tobacco free policies for public buildings, parks, beaches, patios and restaurants</li> <li>• Information/signage about the health risks associated with smoking</li> <li>• Develop support for smoke free outdoor public places through education, signage, and/or policies and bylaws</li> <li>• Programs: workshops for youth tobacco awareness, assistance to tobacco users to reduce and quit their use of tobacco through the promotion of services e.g. Quit Now</li> </ul>

	<b>Healthy Built Environments</b>
<b>Examples:</b>	<ul style="list-style-type: none"> <li>• Built Structures such as buildings, streets, parks, businesses, schools, road systems, transportation networks and other infrastructure that supports active living or access to healthy food</li> <li>• Plans for denser, inclusive, accessible, walkable, bicycle-friendly neighbourhoods</li> <li>• Increase connectivity throughout communities, including access to parks, green-spaces, trails and facilities and meeting places</li> <li>• Encourage active transportation plans</li> </ul>

	<b>Priority Populations</b>
<b>Examples:</b>	<ul style="list-style-type: none"> <li>• Improving physical environments (ex. safe routes to school travel planning &amp; age friendly components)</li> <li>• Implement inclusion policies that remove income and transportation barriers to youth participating in recreation programs</li> <li>• Policies, programs and services that serve Youth, Children, Families Aboriginal peoples, People of Low Income, Persons with Disabilities, Seniors, Women, Residents of Penticton</li> </ul>

The 5 pillars are adopted from Healthy Families BC, Healthy Community Initiative. This initiative had consulted with local governments to explore further opportunities on ways to make regional districts, cities, and towns healthier. We have adopted this terminology to describe the scope of the program.