

Healthy Communities Scan

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*

Enforced
In Progress
Complete

	(e.g. Trail network policies, active transportation or recreation policies, proximity to amenities policies)	Enforced	In Progress	Complete
Policy	<ul style="list-style-type: none"> Trail Network Strategy (Town & Area C); Daily Physical Activity curriculum through SD #53 Occupational Health & Safety in workplaces Healthy Living Policy SD53 Access to recreation policy SD53 			
Bylaws/Procedures	<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"> Development Cost Charge Bylaw – cost per acre for land acquisition divided by number of residents - intent to not erode park space per resident formula and secure funds additional land/park space or improvement of facilities i.e. pedestrian bridge Parks Dedication RDOS Bylaw Sidewalks and walkways in proportion to neighbourhoods Town Planning Snow removal 			
Community Committees/Strategies/ Implementation Plans	<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"> Parks and Recreation Master Plan (1991) Official Community Plan (2003 rewrite being updated on chapter by chapter) trail development Revitalization Area Tax Exemption bylaw – allows for a period of 5-10 years for tax exemptions to encourage development of more density in the downtown core Any Child Can Join subsidy fund Jumpstart subsidy program, Spirit of the Game 			
Natural & Built Environment Assets	<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"> Outdoor pool, arena, tennis courts, ball diamonds, playgrounds at parks and schools, skateboard park, curling Centre, showers/change rooms at pool and arena, outdoor basketball area Hike and Bike Trail Mt Baldy, McKinney Cross Country Trails Tuc-El-Nuit Lake , Rotary Park, Lions Park, Kinsmen Spray Park, Kiwanis School gymnasiums (5) Natural hiking and biking trails 			

Healthy Communities Scan

	<ul style="list-style-type: none"> • Cadet Hanger • Fishing lakes in close proximity • Golf Courses • Oliver Senior Centre • Dance Studio • Pilates Plus studio • Cactus Tree fitness room • 0-6 friendly playgrounds at the school
Social Connectedness	<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"> • Cycling/Walking/Hiking/Naturalist Clubs, Recreational health and fitness programs through P&R • OIB fitness classes – Teresa Gabriel • School sports teams • Supervised Exercised Program (program for risk reduction or for people who have cardiac disease) • Sporting events, triathlon • Cadets • Garden Club • Cross Country Ski Club • SOMHA, SOFS • Curling Centre/Club • Youth Soccer • Adult Slo-Pitch • Adult sports groups • Church youth groups • Oliver Youth Centre • Portuguese Marching Band & Dancers •
Other Community Programs	

Pillar #2: *Healthy Eating/Food Security*

Enforced
In Progress
Complete

Policy	(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-
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Healthy Communities Scan

	<p>food restaurants near schools, Urban Agriculture policies)</p> <ul style="list-style-type: none"> • SD #53 Local Food Policy to ensure local food options are available to students • BC Healthy Schools (BC Min of Ed) Food Guidelines • RDOS policy to deny the Arctic Apple and the import/export and domestic production of GE (GMO) tree fruits (protects existence of organic industry) •
<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"> • Developers do have to provide amenity space per unit for residents (i.e. flower or vegetable gardens) • Do allow urban hens on single family home lots of a certain size • •
<p>Community Committees/ Strategies/Implementation Plans</p>	<p>(e.g. Urban Agriculture Plan, Agricultural Land Reserve Plan, Food Action Strategy, Food Policy Council, Joint Use land agreements, gleaning programs)</p> <ul style="list-style-type: none"> • Okanagan Gleaners (non-profit) • Joint-operations of parks and facilities • Farmer's Market Association • Community Garden society • Community Food Bank
<p>Natural & Built Environment Assets</p>	<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"> • Lion's Park Farmer's Market space • Community Garden by quails' nest (10 plots) • TEN School building a garden for 2013/14 school year • Several u-pick family operated farms • Public access to fruit packing houses • Sen' Pok' Chin school/OIB community sponsored garden in existence for many years and chicken/eggs reared for school meals program • Farm Bag Program • Be an Angel Hamper Program (OB&GC), Kiwanis Shared Spirit • Hot food program at the Hospital • SOSS Muffin Program funding by Kiwanis
<p>Social Connectedness</p>	<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"> • Desert Sun canning through CAP-C program • Children's Arts Program linked with Community Garden • Young Farmer's camp at Coverts • Farm to School program, Farm to Table program • Garden Club – OCAC • Ready to eat meals program (Meals on Wheel, Dinners at Home,

Healthy Communities Scan

	<p>Better Meals) Better Meals is a company from the Vancouver area but they deliver in Oliver.</p> <ul style="list-style-type: none"> • Craving Change workshop (for people with chronic disease, focuses on helping people control problematic eating habits) • Access to Chronic disease dietitian • Community Kitchen (Bateman?) • OIB monthly Harvest Box Program • OIB daily breakfast and lunch for all children at Sen Pok Chin School population of approximately 80 students • Oliver Boys & Girls Club Youth Community Kitchen
Other Community Programs	<p>Many family/private fruit & veg stands and markets</p>

Pillar #3: Tobacco Reduction

Enforced
In Progress
Complete

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"> • Public Buildings smoke free policies and provincial regulations, no other Smoke Free Area policies from Town • District-wide Smoke-free School Policy • Ministry policy for parents smoking in presence of children (check into for details) • • 	
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"> • Smoke-free parks signage and procedures (not enforced) • • • 	
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"> • Tobacco Reduction Coordinator IH public education • DARE program in schools partnership with RCMP • Roots of Empathy program talks about use of tobacco 	

Healthy Communities Scan

	<ul style="list-style-type: none"> during pregnancy • Quit Now • Workplace support program • Government-sponsored smoking cessation program • 	
Natural & Built Environment Assets	<p>(e.g. Signage)</p> <ul style="list-style-type: none"> • • • 	
Social Connectedness	<p>(e.g. Smoke-free workplace groups, cessation support groups)</p> <ul style="list-style-type: none"> • Smoking cessation help from chronic disease nurse • • 	
Other Community Programs	<ul style="list-style-type: none"> • • • 	

Pillar #4: *Healthy Built Environment*

Enforced
In Progress
Complete

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"> • Official Community Plan (OCP) • Requirement for businesses to remove snow from their establishments by 10am; Town of Oliver does do bulk snow removal with tractor snowplow • RDOS Regional Growth Strategy (look on website under planning) • Secondary Suites (RDOS and Municipal) • Carriage Houses (Municipal) • Parks & Recreation Master Plan • WorkSafeBC procedures in place to report bullying in the workplace • Twinning/water meters • Safe drinking water • Right to Farm best practices 	
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Healthy Communities Scan

<p>Bylaws/Procedures</p>	<p>(e.g. mixed land use zoning bylaws, zoning bylaws related to urban agriculture, parking, etc.)</p> <ul style="list-style-type: none"> • Mixed land use zoning allowed downtown and station street - residential above the ground floor commercial • Parking is required # of spaces depending on the area of town and proposed use • ALR • RDOS outdoor burning bylaws • Town does not allow open burning at all
<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"> • Affordable Housing Needs Assessment done in 2009 (Town of Oliver collaborative with Osoyoos) • Liquid Waste Management Plan created and maintained by the Town of Oliver; Solid Waste Management Plan RDOS plan of which Town is a member • Measuring Up strategy for accessibility – Town & Parks and Recreation have implemented many of these recommendations • Enhancement of recycling programs in Town • Transportation/fuel vouchers Okanagan Boys & Girls Club • Better at Home – Desert Sun initiative
<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"> • Registered Heritage Sites (walking tours) Town of Oliver • Way signage on trails (RDOS) in progress • SOSS Gold Leed/Venables Theatre • Solar power for Comm Centre • Recycling centre (Bottle Depot) • Medi-Van • Museum, Library • Forbes wetlands • Statues on OIB properties (Health Centre, School, Nk'Mip Golf Course)
<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"> • Zoning change open meetings and public forums • Crimewatch group supported by Town • Senior's Centre Society • Women's Institute • Parks & Recreation Society • Service Club • Airport Advisory • Water Councilors and Regional Water Advisory (OBWB)

Healthy Communities Scan

	<ul style="list-style-type: none"> • Library board • RDOS
Other Community Programs	

Pillar #5: Priority Populations

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

Migrant Workers, Seniors, Low Income, Aboriginal, Mental Health, Children/Youth

Enforced
In Progress
Complete

Policy	(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)		
	<ul style="list-style-type: none"> • Access to Recreation Policy (OPRS & SD53) • OH&S • • 		
Bylaws/Procedures	(e.g. recreation, Mental Health Impact Assessment, lighting)		
	<ul style="list-style-type: none"> • • • • 		
Community Committees/Strategies /Implementation Plans	(e.g. Public Art & Culture, Social Sustainability, Health, Diversity and Inclusion, Vibrant Communities, Seniors Wellness, Poverty Reduction, Housing, Employment initiatives)		
	<ul style="list-style-type: none"> • OCAC (17 member groups) • Immigrant Services • Seniors Wellness • Kiwanis affordable housing committee • YM/YWCA Employment Centre • OTA • CYC Committee • Healthy eating class (chronic disease, includes prevention) • Integrated Primary and Community Care – Provincial initiative - includes an Integrated Care Coordinator that navigates clients/patients through the health care system. Focuses on frail elderly and client with comorbidities • IH Home care support services; Better at Home non-profit group providing services to make seniors more 		

Healthy Communities Scan

	<p>comfortable at home</p> <ul style="list-style-type: none"> • Chronic disease Management program (includes RN/RD) • DVHS hospice volunteer programs to support individuals requiring palliative and end of life care including the frail elderly with life limiting conditions • Integrated Family Development Program • MCFD Foster care, respite care, supports for families who are unhealthy • Desert Sun Mental Health counselling; parenting programs, women’s health counselling • Prenatally Healthy from the Start; prenatal classes; Nobody’s Perfect parenting program; Community Social Worker for Prenatal • Senior’s Mental Health program • Infant Development program • Learning Centre • CFK Directory • SD53 Mind Up, Roots of Empathy, DARE, Friends program that deals with social anxiety, peer tutoring, • ACE (Osoyoos) • Books for Babies • English Learning Services for Adults (SOICS) • Settlement Workers in Schools (SWIS through SOICS) • Migrant workers support Sandra Martinez • SO Community Literacy Program • Literacy Now • Mental Health counselling for youth • Coats for Kids • STEPS program through Shopper’s Drug Mart • Doctor/Dentist offices • Hospital • Physiotherapy and Massage Therapy clinics
<p>Natural & Built Environment Assets</p>	<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"> • Recreation facilities • Strong Start • Neighbourhood Learning Centre • Oliver HUB • Okanagan Regional Library • Churches • Senior’s Wellness Centre • Close to lakes, hiking trails, Mt Baldy, McKinney Cross Country • Beach front access at Rotary Park

Healthy Communities Scan

	<ul style="list-style-type: none"> • SOICS building • Food Bank • Thrift Store
<p>Social Connectedness</p>	<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"> • Oliver Senior Centre • Oliver Sunshine Festival, Festival of the Grape • Music in the Park • Kiwanis, Rotary, Elks, Legion, Lion's Club • Girl Guides, Scouts • Oliver Boys and Girls Club (Youth Centre at the Hangar) • Women's Institute • Alcoholics Anonymous • Welcome Wagon • Desert Valley Hospice Society • SOAP • South Okanagan Service Brain Injury Society • Youth Ambassadors • Rotary Youth Ambassador/Leadership/Exchange • Friendship • Church Groups • Toastmasters • Film Society • Quilters & Weavers • WOW • Bereavement Groups & Services • Restorative Justice • RCMP/Victim's Services • Choirs
<p>Other Community Programs</p>	

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.