

DRAFT



RENFREW COUNTY

Building Healthy Community





play
opportunity
healthy community
active
health equity
local food
social determinants of health
healthy home
community garden
safe
active transportation
learn
healthy space
inclusive
clean environment
equal



Renfrew County Community Picture Report Healthy Communities Partnership Stream

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PHOTO: ZOE NOLAN, PHOTO CREDIT: MADELINE NOLAN



RENFREW COUNTY

Healthy Communities Partnership

The Ministry of Health Promotion and Sport is supporting the development of a comprehensive Renfrew County Community Picture through the Healthy Communities Partnership Stream Fund. The Community Picture is setting the stage for the ongoing development of a Renfrew County Healthy Communities Partnership, a multi sector collaborative working towards the common goal of healthier communities that support healthy spaces, health equity, a higher quality of life for every resident and a vibrant destination for visitors.

The process includes steps to collaboratively build a Community Picture for Renfrew County and develop policies that support healthy environments and equal opportunities for all residents and visitors to make healthy choices. Understanding the complex makeup of our communities helps to identify our assets, locate our gaps, address challenges and engage community wide involvement to define and build healthy communities. Effective **communication, co-ordination** and **action** directly contribute to a **collaborative** approach.

With a comprehensive community picture, the Renfrew County Healthy Communities Partnership is able to document Renfrew County priorities, establish recommendations for increased public awareness, develop policies and programs as well as co-ordinate planning and action.

The following icon is distributed randomly throughout the document as a reminder that this is an open document. With your input, ideas, insight, expertise and knowledge each section will continue to grow, building a more accurate **Community Picture**.



Community Picture Summary

Healthy Communities Partnership Renfrew County

Faced with some of the worst health statistics in Ontario, Renfrew County is in a strong position to make significant changes to our overall health and well being. Highlighting health as a cross sector community mandate bridges a traditional and clinical picture of health with a holistic community services model. Building on our assets, understanding and collaboratively addressing our challenges and co-ordinating our efforts sets the stage to positively affect population wide health and well being.

Healthy policy development at all levels of government, in the community, at schools and in work places provide us with a path to create healthy communities, prevent illness and improve the overall quality of life for every resident. Increased health awareness, inclusive and accessible programming and co-ordinated advocacy contribute to sustainable and systemic change and build the path to healthy policy.

With a comprehensive community picture, the Renfrew County Healthy Communities Partnership is able to document Renfrew County priorities, establish recommendations for increased public awareness, program and policy development and co-ordinate planning and action.

25% of illness is preventable,
and 25% is partially preventable
with early intervention.

**Dr. Wilbert Keon, Board Chair of the Champlain Local Health
Integration Network (LHIN)**

Linking *Community* with our Health Care System

Preventative and rehabilitative community health is an important part of our healthy community vision. Aligning community health initiatives with our health care systems through improved communication and the coordination of common priorities reduces pressures on our health care services, improves efficiency, and reduces costs. According to the Prevention Institute¹, this link can prevent illness, decrease injury and reduce health inequity.

What is a Healthy Community?

Our vision of a healthy community offers equal opportunity for education, employment, access to high quality health care, healthy food choices that are nearby, available and accessible, early learning opportunities for young children, clean air, safe neighbourhoods, equal access to recreation and mixed income housing. Roads are designed, built and maintained safely for vehicles, cyclists and pedestrians. There is co-ordinated transportation, signed trails and connected roads and trails for biking and walking to school, work or around the community. There are accessible and culturally relevant community programs and visible arts. Inclusive, beautiful outdoor spaces for all children and families to safely play, explore and enjoy are accessible, local and safe.

Health is...

“a state of complete physical, mental
and social well being and not merely
the absence of disease or infirmity.”

World Health Organization, 1948





Building Our Healthy Community

Community Recommendations

Open and ongoing dialogue with the community is building the Community Picture and prioritizing the recommendations. As an open document, it continues to shape our direction and represents input from all sectors of the community. Stakeholders, defined by their commitment to health equity, are creating our community vision of healthy community and contributing to the path to get there.

In a geographically vast region, stakeholders will continue to be innovative and creative in our approach to improving the health and quality of life in our communities. Understanding our rural and more urban challenges, we are addressing the environmental, economic and social factors that determine our health. With the whole community in mind, we will focus on improved quality of life, positively affect health inequity and address a high incidence of stroke, cardiovascular disease, diabetes, mental health issues, cancer and chronic disease.

The following policy recommendations have been developed to support community identified needs and gaps. They are **not** prioritized in any order of importance and will be mobilized by the Healthy Communities Partnership. Participation in the partnership is open to everyone committed to improving the health, well being and quality of life in our communities.

Priority Policy Recommendations

Policies that...

1. support healthy community environments.
2. support affordable and accessible recreation activities.
3. support community use of public spaces and schools.
4. support local agricultural food sources, food security and the development of community gardens.
5. address the economic and social conditions that support positive mental health and well being for all.
6. promote safe home and community environments.
7. create smoke free outdoor recreational spaces, events and workplaces.
8. address the underlying cause and treatment of substance misuse (alcohol, tobacco, drugs).

What We Heard:

1. Individual community needs are a variable
2. Keep the door open for input and ask
3. Provide inspiration and instill a sense of efficacy
4. Foster conversations and open communication
5. Support role modeling—peer, community and inter-generational
6. Provide champions with tools to address barriers
7. Link health to all sectors and current issues
8. Build on existing work and documents

Health is...

“created and lived by people within the settings of their everyday life; where they live, work, learn, play and love”

Ottawa Charter for Health Promotion, 1986

Renfrew County Priority Populations

- children
- seniors
- youth
- people living with multiple risk factors
- women
- first nations
- francophones

Risk Factors

- mental stress
- low income
- poor health and environment
- low education level
- food insecurity
- isolation and social exclusion
- low resource neighbourhoods
- addiction
- inactivity and unhealthy body weight



Renfrew County Assets and Challenges

SCOPE	ASSET	CHALLENGE
GEOGRAPHIC	Abundant Natural Spaces: Waterways and Trails Road Connectivity Agricultural History	Transportation Isolation Communication
ECONOMIC	Tourism Natural Resources Industry Small Business Innovation Creativity	Wide Income Gap Poverty High Levels of Unemployment Diversity in Employment Population Base (low tax base)
SOCIAL	Strong Sense of Belonging High Level of Happiness ⁷ Strong Sense of Community	Poverty Deep Pockets of Poverty Isolation Child Care Options Adequate Affordable Housing
CULTURAL	Strong Cultural Resources Rich Heritage Rich First Nations Culture	Lack of Cultural Diversity Lack of Investment in Culture Equity for French Language Access to Services
DEMOGRAPHIC	Seniors as Volunteers	High Seniors Population Youth Engagement Migration of Talent Limited Disability Services
EDUCATION	Algonquin College	Higher Education Levels Access to Early Childhood Learning
HEALTH	Collaborative	Health Statistics Access to Health Care Access to Recreation Built Environment Food Security

“Moving beyond the walls—in powerful partnerships that can build and heal and unify—leaders are called to manage the dream of a country of healthy children, strong families, good schools, decent housing and work that dignifies, all embraced by the cohesive community.”

Frances Hesselbein



How Does Our Community Affect Our Health?

Healthy Community		Not So Healthy Community
Safe neighbourhoods, schools and walking paths	VS	Unsafe, unused roads, schools and trails
Every member of the population receives a livable wage	VS	Poverty
Engaged, healthy young people who contribute positively to their community	VS	High population of vulnerable youth
Free or low cost, safe physical activity programs and built environment	VS	High cost gyms, no safe, accessible community or outdoor public spaces
Clean air and environment	VS	Exposure to pollutants, hazardous waste
Healthy natural spaces, parks, public spaces	VS	No green space for physical activity
High quality mixed income housing	VS	Limited affordable housing is run-down and unsafe
Nearby grocery stores well stocked with affordable local healthy food	VS	Convenience stores, liquor stores, fast food
Clean, green streets (8–80 rule*)	VS	No sidewalks, streets designed solely for vehicles
Visible arts in the community	VS	No public art or opportunities for creative contribution
Community centres, rich with social services and recreation	VS	No opportunity to engage socially in a community hub
Access to primary care and multi faceted health services	VS	Poor local health care services
Accessible, safe transportation	VS	Lack of co-ordinated transportation services or safe integrated walking and biking paths
Vibrant, inclusive schools open to the community before and after school	VS	Schools isolated from the community

Concept adapted for Renfrew County from a Robert Wood Johnson Foundation publication: *Beyond Health Care: New Directions to a Healthier America*

Map of Renfrew County





HEALTH STATUS

Specifically Related to the Six Priority Areas

Healthy Communities Partnership

PHYSICAL ACTIVITY, SPORT and RECREATION	56% are physically active—slightly higher than all of Ontario / 50% for Francophones 8% of our population walk or bike to work
INJURY PREVENTION	Injuries in past year causing limits to normal activity at 15%, slightly higher than all of Ontario One-third use bike helmets—slightly lower than all of Ontario Males, seniors, youth and aboriginals have a great risk of injury Chances of dying from an injury is greater in the rural areas Unintentional deaths for Renfrew County as follows: transport (31%); falls (17%); poisonings (9%); burns (4%); suffocation (4%); drowning (3%); other (32%) Unintentional deaths: male (61%); female (39%)
HEALTHY EATING	Proportion of people eating five or more servings of fruit and vegetables per day is 32% (Ontario at 44%) It is estimated that 2% to 5% of families in Renfrew County do not have enough money to buy sufficient amounts of food The cost of a “Nutritious Food Basket” in Renfrew County is approximately 8% higher than across Ontario
REDUCING TOBACCO USE and EXPOSURE	Daily smokers at 23% (Ontario at 14%) Second hand smoke exposure at home at 9% (Ontario at 5%) / 31% for Francophones Second hand smoke exposure in vehicles or public places at 14% (Ontario at 15%) It is estimated that 20% of youth live in homes where smokers are not asked to go outside to smoke
PREVENTING SUBSTANCE and ALCOHOL MISUSE	Heavy drinkers at 20% (Ontario at 16%) Overdose related emergency department visits: 527.5 per 100,00/year for females, ages 15–19; 217 per 100,000/year for males, ages 15–19 Statistics and information on substance misuse in Renfrew County is needed
MENTAL HEALTH	Two-thirds of population rate mental health as very good or excellent Two-thirds have a sense of community belonging For those 12 years and older, 37% had some form of activity limitation related to a physical or mental condition or health problem (Ontario at 27%) For those 18 years and older, 22% have identified ‘quite a lot of stress’ in their life (Ontario at 23%) / 28% of Francophones feel a lot of stress in their life; 37% feel a lot of stress at work 94% rate being satisfied or very satisfied with life Death by suicide at 12% (Ontario at 8%) Those with mood disorder at 13% (Ontario at 7%)

Sources

1. Champlain LHIN (2008). *Profile of the Champlain Communities of Care: Focus on Renfrew County*
2. Stats Canada (2009). *Canada Year Book—Children and Youth Catalogue No. 11-402=X*
3. Stats Canada (2007). *Statistics Canada Census*.
4. Renfrew County and District Health Unit (2010). *Community Profile and Health Profile*.
5. *Our Health in Renfrew County—A Variety of Risk Factor Survey Reports*. Retrieved Feb. 10, 2011 from www.rcdhu.com/community-health-status/index.htm
6. YMCA Canada (2005) *A YMCA Leader's Guide to Population Health and Health Determinants*.
7. *A Snapshot of Renfrew County Population Health*, Brian Schnarch, Senior Epidemiologist, Champlain LHIN (2011)



Physical Activity, Sport and Recreation

KEY POINTS

- » Although participation in physical activity and sport is slightly higher than the provincial average, there is still a need for those in all age groups to be more physically active.
- » Canadian Physical Activity Guidelines recommend the following:
 - Ages 5 to 17, 60 minutes of moderate to vigorous activity per day
 - Ages 18 and older, accumulate 150 minutes of moderate to vigorous activity per week (bouts of 10 minutes or more)
- » The majority of all people living in Renfrew County do not meet these new guidelines.
- » Busing to school rather than walking or biking is the norm due to the rural nature of Renfrew County.
- » The building of and use of sidewalks, walking trails, bike trails and sidewalks is both an asset and a challenge due to the rural nature and geographic size of Renfrew County.
- » Trails throughout Renfrew County provide residents and visitors with a strong asset.
- » There is a discrepancy between parents' perceptions of their children's physical activity levels and weight, and research findings (with parents perceiving that their children are healthier than what the research tells us).
- » Daily screen time for kids and teens far exceeds that recommended.
- » Based on Focus Group discussions, barriers to participation for children include:
 - Group activities seldom available in smaller communities
 - Cost of recreational programs is a barrier
 - Transportation is a barrier
 - When subsidies are available, they can be stigmatizing
 - Children who access a subsidy are often disappointed when the subsidy ends and they cannot continue
 - Parents sometimes feel judged and misunderstood by service agencies and schools when their children are not in activities
- » Based on the above barriers, the following was recommended:
 - Support parents to volunteer coach / facilitate activities
 - Establish consistent, non-stigmatizing process to apply for subsidies
 - Have a longer-term perspective on subsidy
 - Develop a longer-term strategy for subsidies in Renfrew County, e.g.: KidSport, Jumpstart and propose a solution for the sustainability and accessibility of programs





CURRENT ASSETS

Physical Activity Network— Renfrew County



The Physical Activity Network for Renfrew County

(PAN-RC) was formed in October, 2008. With the support of the Ministry of Health Promotion and Sport, PAN-RC has promoted the health benefits of physical activity and positively addressed access to our communities' built and natural environments. The Ontario Trillium Foundation is supporting the county-wide network with a grant to develop a strategic plan which will sustainably increase physical activity opportunities and levels in Renfrew County. The PAN-RC mission is to support and develop accessible opportunities to integrate physical activity into our daily lives, where we live, play, learn and work. The network was established as a multi-sector collaborative that will positively contribute to the factors and forces that shape the health of community members. PAN-RC is committed to creating and supporting environments that inspire every person's physical activity level, regardless of age, ability, background or income. There are currently more than 70 multi-sector partners in the PAN-RC. (See Appendix 7, *Logic Model*)

Municipal Recreation

In Renfrew County, full municipal recreation departments are limited to the large towns and one city (Arnprior, Renfrew, City of Pembroke, Petawawa and Deep River). Recreation in other municipalities is managed through shared roles or volunteer committees. Facilities vary across the county and may include community rinks, pools, fitness facilities, parks, walking trails, rivers, lakes, beaches and bike paths. Due to the immense geographic area of the county and high percentages of children, youth and adults living with lower incomes, transportation and financial barriers prevent much of our population from accessing basic recreational programs and facilities. (See Appendix 1, *Renfrew County Municipal Recreation Programs*)

Community Use of Schools

Schools represent an opportunity for rich community hubs in most communities across Renfrew County. Improved access to school spaces before and after school can increase physical activity opportunities for community groups. Understanding liability and promoting the risk benefits associated with improved community use of schools are important issues that can improve our community connections with our schools.

Parks and Trails in Renfrew County

Walking and biking trails in Renfrew County have been developed by private stakeholders, municipalities, the Ottawa Valley Tourist Association and organizational stakeholders. (*Attachment 2, Trails Resources for Renfrew County*)

The following resources and plans have been developed and can contribute to County wide trails and active transportation planning.

- » Development of a Trails Strategy
www.ottawavalleyliving.com/recreationandthingstodo.htm
- » Town of Renfrew Master Plan for Parks, Recreation and Culture
www.renfrewontario.ca/PDFs/RenfrewMasterPlanMay172010.pdf
- » Petawawa Parks and Recreation Master Plan—in development
www.petawawa.ca/index.php?option=com_content&task=view&id=627&Itemid=340
- » Friends of Bonnechere Park: Footprints in Time—in development
- » Beachburg Trails
<http://beachburgtrails.blogspot.com/>



INITIATIVES TO LEARN FROM AND BUILD ON

Calendar of Physical Activity

The Calendar of Physical Activity across Champlain is the product of a unique collaboration between local organizations through the Physical Activity Network-Renfrew County, KidActive and the Champlain Community Care Access Centre .

The calendar was conceived in the fall of 2010 at the Renfrew County Physical Activity Network Conference in response to a community-identified need expressed by over 72 community leaders who were committed to improving mental and physical health and well being of the County of Renfrew residents.

It was identified that the determinants of health extended far beyond access to medical care. Prevention and rehabilitation through increased daily physical activity was identified. Access to information regarding physical activity resources was also identified as one of the gaps in Renfrew County and the Champlain region. Discussion and development of this friendly online Physical Activity Calendar resource evolved from there with the focus on access for all in the Champlain region.

LOCAL SUCCESS STORIES

Petawawa—an Active Community Model

Community champions and a local commitment to building an active, healthy community is growing in the town of Petawawa. Local, inclusive walking, biking and running events, private sector commitments, active transportation, share the road initiatives, trail and road links, planning and municipal prioritizing are all contributing to a growing and supportive community model.

Fit, Fun and Fully Alive

The Fit, Fun and Fully Alive program is a creation of the Whitewater Bromley Community Health Centre. It is a seniors fitness program offered in communities from Lapasse to Wilno with 13 trained volunteers, five support staff and three staff. They are linked to the Imagine Feeling Great programs in Wilno and Killaloe. www.wbchc.on.ca/ProgramsServices/ffa.htm

Get W.I.T.H. It!

Using our local schools and community facility hallways for safe, warm and social places to walk during the winter months is a Renfrew County grown initiative. StepsCount, based in Deep River, launched the Get W.I.T.H. It! concept to increase physical activity and walking opportunities. The program increases awareness about the importance of walking for your health and uses existing assets in our community—school hallways.



Heart Wise Exercise

Heart Wise Exercise was launched in both Ottawa and Renfrew County as a University of Ottawa Heart Institute initiative with the support of the Ministry of Health Promotion. The University of Ottawa Heart Institute in partnership with the County of Renfrew Paramedic Service and the National Capital Region YMCA-YWCA is currently funded by the Ontario Trillium Foundation to grow across the Champlain region. The Heart Wise Exercise objective is to establish safe, affordable and accessible physical activity programs for people with a history of cardiovascular disease, stroke or type-2 diabetes or for people at high risk of developing these health issues. There are currently more than 25 Heart Wise Exercise sites in Renfrew County. Heart Wise Exercise is building on the strength of the Get W.I.T.H. It! concept and supporting the growth of indoor walking programs across the County. The goal to have school based indoor walking programs in every community represents an ideal solution to some of Renfrew County's challenges.



1-2-3-Go

1-2-3 Go is a series of six 1–1/2 hour sessions created by the CRC (Killaloe) for children, ages three to six, and their parents or caregivers. The sessions focus on physical activity in the preschool years. It encourages the healthy development of the whole child: physical, emotional and social. Positive role models, active participation, encouragement and support in a safe, enjoyable and challenging environment are the key components of 1-2-3 Go!

Jump Start

The Canadian Tire Jump Start program is available in Renfrew County. This program is a community-based charity that helps children, ages four to 18, participate in organized sport and recreation so that they can develop important skills, self-esteem and confidence.



Jump Start provides a significant contribution to Renfrew County children, ensuring that all kids have the opportunity to participate. In collaboration with CPAN and KidActive,

Jump Start has also supported innovative, inclusive outdoor active play initiatives in two Pembroke schools.

KidSport™

KidSport™ is an important resource for families living in Renfrew County. As a national organization, KidSport was established to help overcome the financial barriers so that all kids have the opportunity to participate in organized sport and experience the benefits of active living. KidSport plays an important role supporting increased access to sport for children in Renfrew County. This is accomplished by providing financial support for registration fees and/or equipment grants that go directly to families. It is through KidSport™ that children who are the least likely to have the opportunity to play now have hope. The KidSport funding model in Renfrew County is currently being addressed to better serve families across the entire County.



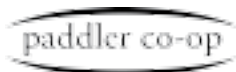
Boy Scouts and Girl Guides

Scouting programs are an important resource for children across Renfrew County, but not available in every community.

Boys and Girls Club Pembroke

The Boys and Girls Club in Pembroke provides essential after school recreational programs to children and youth.

Paddler Co-op



Paddler Co-op is a local not-for-profit recreational paddling organization which has grown into a successful social enterprise model on the banks of the Madawaska River. Recognizing the value of recreational paddling and accessible, high quality instruction, Paddler Co-op is a unique model that delivers programs to participants from across Ontario and locally. Children and youth programs connect local young people with valuable nearby recreational paddling opportunities through an inclusive model. www.paddlerco-op.com

Recreation Activator Program in Pikwàkanagàn

The Community Aboriginal Recreation Activator (CARA) Program supports First Nations communities with 'Activators', a position to develop, mobilize and facilitate local sport and physical activity programs. This initiative has been locally successful as a result of the dedication and commitment the Algonquins of Pikwàkanagàn Activator and youth leaders have shown. Among the successes are medal winning martial arts athletes and the promotion of community grown healthy recreation for children and youth.

LOCAL SUCCESS STORIES

Palmer Rapids Community Playground



A community play space was an identified need about two years ago in Palmer Rapids. With the school ground play equipment being removed, the community rallied together to plan, fundraise and create a beautiful outdoor play space for everyone to enjoy.

Recognizing the value that outdoor active play offered their children, parents, local businesses and community members raised \$67,986 through local donations, the Ontario Trillium Foundation, Ontario Power Generation and Ontario Hydro. With in-kind contributions and material donations, more than \$100,000 went into the community playground.

This local success story highlights the value of community commitment to the health and well being of their kids and families, local collaboration and the value of community use of schools or joint use. Agreement examples: www.renfrew.edu.on.ca/cuos/agreements.





The Community Care Access Centre (CCAC) developed the Champlain Healthline to provide Champlain wide access to information, programs and services. Physical Activity has been highlighted as a valuable health tool for prevention and rehabilitation. In partnership with the Physical Activity Network, the Champlain Healthline is launching the first Physical Activity Calendar in Renfrew County. www.champlainhealthline.ca

LOCAL SUCCESS STORIES

Town of Arnprior

Arnprior Parks and Recreation has developed a valuable youth engagement and recreation model, integrating recreation and physical activity into schools and engaging local community organizations and businesses. Arnprior Gets Active provides free community access passes to grade five and nine students.

Shaw Woods Outdoor Education Centre

The development of a not-for-profit outdoor education centre in collaboration with community partners and private land owners highlights the strengths of our communities. The Shaw Woods Outdoor Education Centre highlights natural assets and the value of a sustainable forestry industry to soon provide experiential environmental education and outdoor learning opportunities to local school groups, community organizations and the public. www.shawwoods.ca

EXISTING POLICIES

- » Across Ontario, Daily Physical Activity (DPA) is a policy that supports at least 20 minutes of DPA in elementary schools in addition to Physical Education.
- » The Federal Tax Credit for children taking part in recreation and sport programs helps families pay for their children's physical activity programs. Evidence indicates this has benefitted higher income families and is not beneficial to families living with lower income levels.
- » A Ministry of Education initiative is in place that supports access to school spaces outside of school hours for local non-profit community groups. www.edu.gov.on.ca/eng/general/elemsec/community/program.html

POLICY PRIORITIES

1. Policies that support effective 'Community Use of Public Spaces and Facilities'
2. Policies that support active transportation and active community environments
3. Policies that support affordable and accessible recreation activities (and reduce barriers to participation)
4. Policies that support healthy communities in **Land Use Planning** (development and design) of new and existing community spaces

RECOMMENDED ACTIONS

- » The Ministry of Education supports access to school spaces outside school hours for local non-profit community groups through the 'Community Use of Schools'. Renfrew County school boards formally support the use of schools as community facilities. **Identified gaps for improved community access to schools in the county include: lack of communication, perceptions of liability and awareness.** See page 18, *Risk Benefits*
- » Designate two days per year (spring and fall), county wide, to have a sport equipment exchange. This exchange and distribution would help support seasonal recreation for all kids and is consistent with 'every child gets to play'.
- » Develop a Healthy Communities or Active Communities Charter
- » Develop an Active Transportation Strategy



Renfrew County Catholic District School Board Policy Statement

The Renfrew County Catholic District School Board (RCCDSB) is endorsing and encouraging community use of their buildings and playgrounds, where it does not interfere with school curricular and extra-curricular activities, with cleaning or repair schedules, or with other activities deemed by the Board to have priority.

In keeping with the teachings of the Roman Catholic Church and the Philosophy and Vision Statement of the Renfrew County Catholic District School Board, consideration will be given to all applications for use of school facilities from members of the public, other than individual political parties or groups.

<https://rccdsb.ebasefm.com/communityuse/static/pdf/rulesandregulations.pdf>

Renfrew County District School Board Policy Statement

The Renfrew County District School Board (RCDSB) encourages the use of schools as community facilities and recognizes that the primary use of school facilities, buildings and grounds, is for the delivery of education to students. RCDSB also affirms its commitment to making school board facilities available, upon issuance of an approved permit, with due regard to the preservations of educational programs, the responsible management of costs associated with making school properties available, and the protection of all properties under the conditions as outlined in the Community Use of Schools

www.renfrew.edu.on.ca/cuos/home%20page

Eastern Ontario French Language Public School Board <http://cepeo.on.ca/>

Conseil des écoles catholiques de langue française du Centre-Est

East-Central Ontario French Language Catholic School Board www.ceclf.edu.on.ca/en/School_Policies_120.html





Active Transportation and Built Environment

Supportive communities with a cross-sector commitment to active transportation, the built and natural environment for people of all ages, backgrounds and abilities **prevents injuries, promotes physical activity** and enhances environments for **improved mental health**. Active communities are economically stronger, healthier and support a higher quality of life for everyone.

Active Transportation is made up of all human-powered forms of travel, such as walking, cycling, in-line skating, skate boarding, skiing, canoeing.

Partnerships, networks, organizations, private community members, businesses and political leaders support the value active transportation planning brings to our communities. Active transportation has been identified as a priority area for action.

Share the Road

A recent community engagement session included Share the Road founder, Eleanor McMahon. Share the Road promotes safe roads and active communities. In partnerships with Gearheads, a local Petawawa business, she joined us in Petawawa to discuss bike friendly communities and supportive active transportation policies.



Other local and nearby success stories and champions include:

Mississippi Mills Bike Month

Every June.

<http://mmbicyclemonth.ca/>

Vélocity Bike Club

www.velocitybikeclub.com/Home_Page.html

Foymount Hill Bicycle Climb Club

An initiative of Bonnechere Caves.

www.bonnecherecaves.com

Built Environment describes all human-made physical surroundings. It is the spaces where we live, work and play, including structures, such as buildings, streets, parks, trails, paths, businesses, schools, road systems, transportation networks, land use and other infrastructure.

The Natural Environment is identified as an abundant asset that Renfrew County communities can build on from both a health and economic perspective. It is nearby and accessible.⁵ Increasing evidence links a connection between our health and time spent outside. A growing number of Renfrew County grown organizations are building programs around these concepts and promoting the sustainable, economic benefits of our natural assets.

Footprints in Time

A Friends of Bonnechere Park initiative that links our rich cultural history with health and environmental benefits of trail development.

www.bonnecherepark.on.ca

Nature in Your Neighbourhood

This is a new collaborative initiative between the Ottawa River Institute and the Bonnechere River Watershed Project www.ottawariverinstitute.ca/about-us/projects/630-nature-in-your-neighbourhood-project-launch-may-20

Algonquin College

Outdoor Adventure Program & Outdoor Adventure Naturalist Program

www.algonquincollege.com/pembroke

KidActive

www.kidactive.ca

Ottawa Valley Tourist Association

www.ottawavalley.travel

Gearheads

www.gearheads.ca

Sunday Stretch

Built on the concept of ciclovía, Sunday Stretch is a celebration of Renfrew County parks, trails and roads. It is

community event that promotes active, healthy and free spaces for people of all ages and abilities to walk, bike, play and run. Ontario Power Generation and events such as Algonquins of Pikwàkanagàn's, Aki Pimose and McNab Braeside's Sunday Stretch promote active communities. Offer this in your municipality.



Risk Benefits

Fear of liability and perceptions of risk are often the first barrier put in front of community champions who would like to take kids outside, start a walking program in a school, volunteer to help, develop trails, support health initiatives and collaborate as partners.

Tim Gill, a U.K. expert on play, risk and childhood emphasizes the need to shift from a system of risk assessment to a system of risk-benefit assessment, where potential positive impacts are weighed against potential risks.

Developing a strong and consistent understanding of the issues around liability and risk versus the benefits of action are important steps to no longer using the threat of liability as an excuse to not do more for healthy communities.

REFERENCES

TIM GILL, author of *No Fear, Growing up in a Risk Averse Society*, www.rethinkingchildhood.com/no_fear.html

JEFF JACKSON, Professor, Outdoor Adventure Program, Algonquin College in the Ottawa Valley and author of *Managing Risk*, www.riskmanagementconsulting.ca/managing-risk.html

BUILDING ON SUCCESS School Travel Planning



In 2010 a successful Walking School Bus initiative took place in Killaloe. Liability, school involvement and safety were raised as barriers to the continuation of the program. In partnership with Green Communities of Canada, School Travel Planning provides Renfrew County with a process to address these issues. It brings together community stakeholders to identify barriers to active transportation for each school and develop a written action plan for addressing those barriers. It is a local approach that integrates local action and engages multi-sector stakeholders. Action plans include:

- engineering improvements at or near school sites, e.g. pedestrian crossings, repairs/upgrades to sidewalks, signage
- school infrastructure, e.g. bike shelters, bike racks, lockers
- education, e.g. traffic safety education for pedestrians and cyclists
- community mobilization, e.g. walking school buses, walking buddies, ride sharing
- encouragement, e.g. celebrations of physical activity and healthy community environments, golden shoe or silver chain awards, event days



Injury Prevention

KEY POINTS

- » Injuries causing limits to normal activity is slightly higher than across the province. Work needs to be done to decrease this level of injury.
- » Only one-third of bicycle users use bike helmets. An effort should be made to increase this use of helmets for all sporting activities for all ages.
- » Youth, seniors, males and aboriginals have a greater risk of injury.
- » The chances of dying from an injury is higher in rural areas.
- » Children living in families with low socio-economic status are more likely to suffer injuries. According to the Social Determinants of Health, a safe home is a determinant of health. The outdoor environment around a home and nearby play spaces (or lack of play spaces) is also a key determinant of a child's opportunity for outdoor play and learning. Play is a critical developmental tool for gross motor, fine motor and social skills.
- » Children living in families with low socio-economic status are more likely to suffer injuries.
- » Injury and death by falls are a concern, especially for those over 65. Some of the risks related to falling include:
 - Lack of understanding re: capabilities and risk
 - Lack of appropriate supervision for children
 - Low resource neighbourhoods and homes— inability to maintain safe indoor and outdoor environments
 - Use of alcohol and / or medications
 - Aging
 - Outdoor and indoor hazards

CURRENT ASSETS

- » A number of coalitions exist in Renfrew County related to injury prevention:
 - Renfrew County Car Seat Safety Coalition
 - Renfrew County Injury Prevention Committee for Older Adults
 - East Region Injury Prevention Network
- » Examples of local injury prevention programs include:
 - 'Operation Lookout'—reporting to 911 impaired drivers
 - 'Safer Bars'—reduce violence and injury in bars
 - 'Drive for Life'—increase awareness of alcohol use and driving with grade 11 students
 - Education in schools re: drug and alcohol
 - ATV safety ('I Didn't Know' Campaign)
 - Community campaigns focused on safety for boating, hunting, snowmobile and seat belt use
- » Paramedics from the County of Renfrew are now visiting seniors and those who are isolated in their own homes to do a safety check to ensure that their living environment is safe and that there are no health or accident risks in the home. The objective of this service is to decrease injury, accidents and illness among seniors and those who are isolated and at risk.
- » Most injuries are predictable and preventable and Renfrew County has identified local efforts as follows:
 - Increase the profile of injury prevention as an important issue
 - Seek to address determinants of health and reduce health inequities relevant to injury prevention
 - Identify and work with local priority issues and population groups
 - Continue to collaborate with injury prevention partners



- Make decisions that are informed by data in this report, research about best practices in injury prevention, community needs and interests and the political climate
- Support and build on national and provincial injury prevention initiatives
- Use all three injury prevention strategies (engineering, enforcement and education) and initiatives that complement and build on each other
- Assess the impact and effectiveness of efforts
- The Renfrew County and District Health Unit has produced a key resource, ***Unintentional Injuries in Renfrew County and District (Dec., 2009)***, available for download at: www.rcdhu.com/community-health-status/index.htm

RECOMMENDED ACTIONS

- » Support School Travel Planning across the County of Renfrew
- » Advocate for more equitable recreational resource distribution in municipalities
- » Promote and enhance active communities that support safe walking and biking.
- » Build age friendly communities

EXISTING POLICIES

- » Seat belt and helmet legislation that are in place have helped to decrease injuries across the province.
- » Drinking and driving laws that are in place and the 'designated driver' campaigns have helped with the incidence of driving while impaired

POLICY PRIORITIES

- » Policies to promote safe, walk-able community environments.
- » Policies to promote safe home environments
- » Policies to support safe recreational areas with natural spaces in all neighbourhoods
- » Policies to encourage, support and facilitate active transportation across the County







Healthy Eating

KEY POINTS


- » Only one-third of people living in Renfrew County eat enough fruits and vegetables each day.
- » Families with a higher household income tend to eat more fruits and vegetables.
- » It is estimated that between 2 and 5% of households in Renfrew County do not have access to enough food due to lack of money. This is lower than the 8% that is reported by Stats Canada.
- » Families and individuals on low incomes often do not eat healthy foods on a daily basis. This can be directly related to the lower cost of easy to prepare, processed food versus the higher cost and time required to buy and cook a variety of healthy, nutritious food. Financial and geographic access to healthy food options is also an identified barrier.
- » Slightly higher than 50% of adults frequently eat low fat foods. This is higher in women and older age groups.
- » The cost of Nutritious Food Basket for a family of four in Renfrew County is estimated to be at \$135.00 (based on research done June 2007 plus inflation of 1.5% per year). This is 8% higher than the average cost for Ontario.
- » Food at schools, arenas, community centres and other public facilities is often not healthy. The nutritious choices are either not available or are more expensive than the traditional menu of fries, soft drinks, chips and hot dogs.
- » Availability, healthy choices, access and abundance through local food banks is not adequate.
- » Those who are overweight and obese often have poor eating habits. There is a greater percentage of overweight and obese people in Renfrew County than in the rest of province.

CURRENT ASSETS

- » **There are ten food banks in Renfrew County:** Arnprior, Deep River, Eganville, Killaloe, Madawaska Valley, Renfrew, Pembroke, Cobden and Pikwàkanagàn (Golden Lake).
- » **Meals on Wheels:** A supportive service for seniors and those with disabilities that operates in Barry's Bay, Arnprior, Cobden, Eganville, Deep River, Pembroke, Petewawa and Renfrew.
- » **Frozen Meals Program:** Provides nutritionally balanced frozen meals for those who are unable to obtain or prepare adequate meals. In some communities, this program operates in conjunction with Meals On Wheels.
- » **Community Kitchens:** A small group meets to plan, shop and prepare food once or twice a month. Food is shared among members and in many cases the food is donated by local growers or Food Banks.
- » **Community Gardens:** A small community garden plot is used to grow food. Plots are available in Pembroke, Arnprior and Eganville.
- » **Ontario Student Nutrition Program:** This is the provincial program funded by the Ministry of Child and Youth Services. Upper Canada Leger Centre for Education and Training is acting as the lead agency for Renfrew County Food for Learning (see next page).
- » **CRC (Communities Raising Children) Prenatal Nutrition:** A prenatal nutrition program for vulnerable pregnant women across Renfrew County run by the CRC (Killaloe). It provides access to vitamins, nutritional support, breastfeeding support, cooking and eating together and tips for food budgeting.
- » **Community Food Advisor Program:** Promotes healthy eating and food safety across the county. Topics include:
 - Safe food handling practices
 - Canada Food Guide to Healthy Eating
 - Food shopping and budgeting
 - Food preparation
 - Food storage and preservation
- » **Paint Your Plate:** Promotes eating more vegetables and fruits to parents of children 2 to 18. It targets organizations that influence parents including grocery stores, health professionals, schools, workplaces and daycares.


- » **Breakfast for Learning:** This program is available in schools throughout Renfrew County.
www.breakfastforlearning.ca
- » **Stir It Up:** A Renfrew County grown parent / child program created by the CRC (Killaloe) and designed to support healthy eating within local communities. Stir It Up with kids in the kitchen provides skill development, nutritional awareness and positive experiences cooking with healthy new foods for parents and their children.
- » **Ottawa Valley Food Co-op:** A local initiative that supports food security, local produce, Community Supported Agriculture and access to healthy food. 
- » **Champlain Cardiovascular Disease Prevention Network (CCPN):** Healthy School Aged Children Initiative—Champlain Declaration. 


The declaration is a call to action document signed by every Board of Education from across the Champlain region and the CCPN members. It represents a commitment to create healthy school environments so school aged children in the Champlain District can be physically active and make healthy food choices at school on a daily basis. www.ccpnetwork.ca/en_priorities_schoolchildren.php

- » **Ottawa River Institute:** The Ottawa River Institute and the Ottawa Valley Food Co-operative collaborated on The Local Food Buying Guide for the Upper Ottawa Valley. It is a valuable resource for sourcing local, healthy food from producers and farmers across the Upper Ottawa Valley. www.ottawariverinstitute.ca/local-food 

Community Gardens

Imagine a community garden in our school yards, public spaces, seniors residences and community centres. They provide the opportunity to increase physical activity, engage multi generational community members, create a rich space for curriculum linked outdoor learning, build on our agricultural heritage, make connections between local assets, nutrition, education, health, environment and community. For more information: www.foodshare.net/garden12.htm#1

- » **Buy Local:** As a locally grown brand, Buy Local supports economic development in Renfrew County and increases access to locally grown, healthy food options. 

- » **Taste of the Valley:** This is a County of Renfrew celebration of local foods and products. The event takes place across the County and is an exposition of local food and products that are produced by local residents. Taste of the Valley events are community events that help introduce both visitors and local residents to the many unique agricultural products available in the region. www.countyofrenfrew.on.ca/departments/human-resources/taste-of-the-valley 
- » **Food For Learning (FFL):** This is the Renfrew County Partnership steering the delivery of the Student Nutrition Program. In partnership with local stakeholders, the lead agency is committed to improving access to healthy food to children and youth across the County through Food for Learning breakfast, snack and lunch programs as well as projects like school gardens and Farm 2 school initiatives. In 2010 / 2011, 172,460 meals or snacks were served to 8695 children and youth. These partnerships address issues of poverty, hunger, health, healthy development, education success, life skills, the strength of local economies and self reliance. www.ucl.ca/renfrewsnp
- » **Eat Well, Stay Well:** Launched in the Algonquins of Pikwàkanagàn community, the goal is to improve leadership and vision in health promotion and chronic disease prevention through a wholistic and integrated approach to improving health and wellness at the community level. The Eat Well, Stay Well priority focus was on healthy eating and nutrition, childhood obesity, and the prevention of the onset of early diabetes.



EXISTING POLICIES

- » The Ministry of Education has set standards restricting the use of Trans Fats (June 2008).

PPM 150 (New standards were developed by the Ministry of Education in October 2010 to ensure that all food and beverages available on school premises are healthy (cafeterias, vending machines, tuck shops, catered lunch programs and special events). For example, 80%+ of food and beverage available must be 'healthy' and no more than 20% can be classified as 'unhealthy'.)

An Initiative Worth Building On

The United Way partnered with Carefor Health & Community Services (formerly Victoria Order of Nurses) to service seniors, particularly in rural outlying areas, with healthy nutrition alternatives through the establishment of a 'frozen meals on wheels' initiative. Carefor has a transportation system in place to execute this initiative.

POLICY PRIORITIES

1. Policies that support local agricultural food sources and the development of community gardens.
2. Policies that increase access to healthy food (Food Security).
3. Policies that support standards and guidelines for food served in daycares, schools, community and recreational events and workplaces.

RECOMMENDED ACTIONS

- » Include Healthy Food Baskets in existing Food Bank distribution systems.
- » Develop community gardens in every school yard across Renfrew County. Integrate local community services and seniors as volunteers to build multi generational models and community use of schools.
- » Build Policies that move beyond PPM150. (School Food and Beverage Policy)
- » Develop a Food Charter for the County of Renfrew.
- » Improve integration of local initiatives and projects with the Province of Ontario's Ministry of Agriculture, Food and Rural Affairs (OMAFRA).
- » Link health with the economic strength of our rural communities.
- » Integrate initiatives such as the Greenbelt Fund, Broader Public Sector Investment Fund (<http://bpsinvestmentfund.ca/?p=334>) to bring more local, healthy foods into our hospitals, daycares, schools and public events.

LOCAL IDEAS TO THINK ABOUT

An innovative Renfrew County school principal made a simple decision when the local play structure had to be taken down. The wooden structure was relocated to another spot in the school yard and stacked to make a perfect raised bed garden. Soil and seeds were added and their school had an ideal learning tool that got the kids outside and connected them to curriculum linked activities and nutritious, local food.

Local Apples to Local Kids
The Food For Learning Partnership in collaboration with local partners and FoodShare could bring local, nutritious snacks to every early learning centre, school and after school program in the county.







Reducing Tobacco Use and Exposure

KEY POINTS

- » The smoking rate and the exposure to second hand smoke at home in Renfrew County is higher than the provincial average.
- » Second hand exposure to second hand smoke in public places and at work is essentially the same as the rest of the province.
- » It is estimated that 18% of non-smoking youth are frequently exposed to second hand smoke at home, in vehicles and in public places.
- » Up to 20% of youth in Renfrew County live in homes where smokers are not asked to refrain from smoking indoors.

CURRENT ASSETS

- » Tobacco Free Outdoor Play, Sport and Recreation Spaces
- » 'Smoke Free Ride' Campaign: A county wide program supporting the new provincial legislation prohibiting any person in a car from smoking while someone under 16 is in the vehicle.
- » Smokers Help Line is available to residents of Renfrew County.
- » Smoke Free East Program: The Renfrew County District Health Unit offers a support and programs for teens entitled 'Amplify Your Voice'.
- » Quit smoking sessions and programs are provided by the Renfrew County District Health Unit and free 'self-help' quit information is available.
- » The Ottawa Model Smoking Cessation Program developed by the University of Ottawa Heart Institute is operating for in-patients in the Pembroke Hospital.
- » 100 Free Women Project is an initiative of the Tobacco Healing Centre. The project supports a recovery fund to help low income smoking women who wish to break free from tobacco addiction for themselves and their children. It offers residential tobacco addiction treatment to single mothers who smoke tobacco. http://tobaccohealingcentre.com/100_free_women_project.html

EXISTING POLICIES

- » The Smoke-Free Ontario Act (May 31, 2006) has established policies regarding smoking in the work places and enclosed public places.
- » Ontario legislation now prohibits smoking in vehicles with children 16 and under.
- » Prohibiting the sale of tobacco to minors and the recent initiatives related to cigarette packaging have also had a positive impact.
- » Arnprior passed a by-law in May 2009 prohibiting smoking on any property owned and occupied by the City including parkland, playground sports fields, spectator areas, ice surfaces etc.
- » Renfrew County passed a by-law in March 2010 prohibiting smoking on the property of Bonnechere Manor and Miramichi Lodge by residents, staff and the general public.
- » The Township of Bonnechere Valley has passed a by-law in January 2011 prohibiting smoking in any municipal building or vehicle.

POLICY PRIORITIES

1. Policies that create smoke free outdoor recreational spaces, events and workplaces.
2. Policies to limit access to tobacco retail outlets through zoning and licensing.
3. Policies that support smoking cessation in higher risk populations

RECOMMENDED ACTION

- » Support existing programs that are working to engage vulnerable youth.
- » Support **Play, Live, Be Tobacco-Free Ontario Collaborative**, an Ontario-based movement that promotes healthy tobacco-free activity. The movement is a collaboration of public health, sport and non-profit organizations* that support local, regional and provincial decision-makers in developing tobacco-free policies in sport and recreation environments. Tobacco-free sport and recreation means that participants, coaches, parents, spectators, leaders and officials refrain from using tobacco industry products, in any form, while involved in a sport or recreation activity.





Preventing Substance and Alcohol Misuse

KEY POINTS

- » The prevalence of heavy drinking in Renfrew County is much higher than across the province.
- » Binge drinking and use of marijuana among teens generally is on the rise across the province.

CURRENT ASSETS

- » There are a number of AA, NA, treatment homes and programs to support those with alcohol, drug or gambling problems throughout the county. These include the following:
 - Pembroke AA program
 - Narcotics Anonymous
 - Alcohol, Drug and Gambling Assessment Referral Services (Renfrew)
 - Columbus House (Pembroke)
 - Mackay Manor (Renfrew)
 - Pathway Alcohol and Drug Treatment Services (Renfrew)
 - Renfrew County Addiction Treatment System (Renfrew)
- » Schools provide educational programs for issues related to binge drinking, drinking and driving and drug use.
- » Examples of programs related to alcohol education include:
 - Operation Lookout: Reporting to 911 impaired drivers.
 - Safer Bars: Reduce violence and injury in bars.
 - Drive for Life: Increase awareness of alcohol use and driving with grade 11 students.
 - MADD: Local chapter in Arnprior provides education, awareness and support related to drunk driving.

EXISTING POLICIES

- » Provincial laws regarding drinking and driving, sale of liquor to minors and rules related to working in bars and restaurants and serving those who appear to be impaired have assisted with the decrease in alcohol use and abuse.

POLICY PRIORITIES

1. Policies designed to address the root cause and treatment of substance misuse.
2. Policies that support access to addiction treatment.

RECOMMENDED ACTION

- » Provide support to effectively address the social determinants of health.
- » Increase programs and awareness of addiction treatment.
- » Increase awareness of women's needs.
- » Propose a pilot project for a women's addiction treatment centre, based on the Mackay Manor model for men.
- » Provide support to existing youth projects. The United Way and fourteen other agencies involved with youth are collaborating on an initiative to assess the needs of youth and vulnerable youth in Renfrew County as a first step towards identifying and addressing service gaps. The initiative is being lead by the United Way's Generation Next Cabinet (United With Youth), a group of young adults interested in youth issues.





Mental Health

KEY POINTS

- » The vast majority of those in Renfrew County rate being satisfied or very satisfied with life (94%).
- » Two-thirds of the population in Renfrew County have a good sense of community belonging. This is consistent with the observation that predominantly rural regions across Canada have higher rates of strong community belonging than urban regions.
- » Two thirds rate their mental health as good or excellent.
- » Levels of stress, mood disorder and number of suicides are higher than the provincial average.

CURRENT ASSETS

The following organizations and services in Renfrew County address mental health related issues and support.

- » Pembroke Regional Hospital Community Mental Health Services
- » Community Living—Support services in Pembroke, Barry's Bay, Renfrew and Arnprior
- » Women's Sexual Assault Centre, Pembroke
- » Autism Ontario: Renfrew County Chapter
- » Renfrew Family and Children's Services, Pembroke
- » Group Home: Columbus House, Pembroke
- » Aboriginal Healthy Babies, Healthy Children's Program, Renfrew
- » Renfrew County Geriatric Mental Health Outreach Program, Pembroke
- » Petawawa Military Family Resource Centre
- » Bernadette McCann House for Women, Pembroke
- » Phoenix Centre for Children and Families, Pembroke
- » Renfrew County Connections, Killaloe
- » French Language Health Services Network of Eastern Ontario (Réseau des services de santé en français de l'Est de l'Ontario)
- » The Regional Assault Care Program: This program includes elder abuse and serves all of Renfrew County at each of the five county hospital emergency departments.

EXISTING POLICIES

- » There are no policies in the various municipalities in Renfrew County that refer specifically the issues related to mental health.

POLICY PRIORITIES

1. Policies that address economic and social conditions that support positive mental health and well-being for all
2. Policies to increase access to affordable and safe housing

RECOMMENDED ACTION

- » The United Way and 22 partner agencies have been meeting to discuss effective approaches to the growing issue of homelessness in Renfrew County. One long term goal is to acquire the resources to build an emergency shelter for women, men and youth—facilities which do not currently exist in Renfrew County.
- » Continue to improve education and awareness around the stigma of mental health. Support Talking About Mental Health (TAMI), a Centre for Addiction and Mental Health (camh) initiative supported by the United Way in Renfrew County high schools.
- » The United Way and CPAN partner on a social inclusion pilot project in three Renfrew County schools to ensure that no child was excluded from school activities as a result of financial barriers. Expansion of this program into all schools across the county would improve the well being and sense of inclusion for all children.
- » Build knowledge and take steps towards 'age friendly' communities.

Having a Home

There is an acute lack of low-income housing units in Renfrew County. We have more than a two and a half year waiting list for low-income housing units and approximately 800 people on the list. A solution is needed to assist the Renfrew County Housing Corporation find the resources to increase the number of low-income housing units.



Beyond the Six Priority Areas

CURRENT ASSETS

211

New to Renfrew County, 211 is a three-digit telephone number that connects you to a full range of non-emergency community, social, government and health services in over 150 languages. This is a free, confidential, multilingual service that is available seven days a week. Information referral services include emotional health, financial issues, family recreation programs, employment skills, citizenship, parenting and child care, support for seniors, sexuality, education and more. www.211ontario.ca

Champlain Declaration—Healthy Schools 2020

Bridging health experts, community leaders and schools, the Champlain Cardiovascular Disease Prevention Network launched their new site to support a comprehensive approach to Healthy Schools. www.healthyschools2020.ca/en_partners.php

Child Poverty Action Network (CPAN)

As a growing network of organizations and individuals from a wide range of social, economic, and geographic areas, CPAN advocates for a priority population in Renfrew County—children living in poverty. The CPAN mandate is to eliminate the effects of child poverty in a manner that is empowering and inclusive. With a focus on action, this network represents an important asset to Renfrew County. www.renfrewcountycpan.ca

Child and Youth Health Network for Eastern Ontario (CYHNEO)

Because health depends on so many factors, CYHNEO projects are designed to serve as a model of integration. They forge strong links across the sectors of health, social and community services, education and recreation. Members bring together experts and consumers in a range of disciplines. The Children's Hospital of Eastern Ontario (CHEO) takes a leadership role in CYHNEO. With representation from both hospital and community agencies the network provides an integrated approach to the provision of health services for children and adolescents in Eastern Ontario. www.child-youth-health.net/en/child-youth-health/Welcome_p212.html

Community Paramedic Program

Recognizing the ever present pressures within the health

care system and consistent increase in demand for assistance, the **County of Renfrew Paramedic Service** is responding to these needs through their Community Paramedic Program. Ongoing community and industry partnerships are being developed and programs are being delivered which will have a positive impact on morbidity and mortality rates. The Aging at Home program, Wellness Clinics, Heart Wise Exercise Program (a University of Ottawa Heart Institute initiative), defibrillation-CPR Program and Paramedic and Community Care Team Program represent innovative and valuable health promotion and illness prevention work, placing the Paramedic Service in the valuable position of meeting the health needs of local communities.

County Connections

The Renfrew County Information Network, a project of the Killaloe Community Resource Centre, develops and maintains a comprehensive directory of human and social services and provides this information in a variety of formats: "Renfrew County Connections: Guide to Human Services. <http://renfrewcountyconnections.cioc.ca>

Diabetes Education Program

Renfrew County has been identified as a priority area and allotted additional provincial Diabetes Strategy funds. The Diabetes Education Program is administered by Pembroke Regional Hospital and services five hospital sites in Arnprior, Deep River, Renfrew, Pembroke and Barry's Bay. Diabetes teams include nurses and dietitians.

KidActive

Inspired by the critical need to address physical and mental health issues facing Canada's young people, KidActive was founded to foster the development of healthy kids, communities and environment. Through advocacy, multi-sector partnerships, resources and programs, KidActive connects children and their families to healthy community and outdoor environments. KidActive is a Renfrew County-grown charitable organization working in the county, across Ontario and Canada to positively affect the health of our youngest population. www.kidactive.ca

Rainbow Valley Community Health Centre Point of Access

This point of access CHC seeks to build a healthy, safe, just, and supportive community for all. They are committed to assisting people within the local community we serve to

achieve the best possible health and well-being. Rainbow Valley provides a range of primary health care and health enhancing services. www.rainbowvalleychc.on.ca

Renfrew County United Way

The United Way in Renfrew County provides a valuable hub of partnerships which address community needs and build capacity to collaboratively address Renfrew County specific issues. **Our Youth Matters, Our Housing Matters, Our Poverty Matters, Our Health Matters, Seniors Matter and Transportation Matters** represent the priority work identified through their Community Matters public consultation process. This work is an integral part of building **Healthy Communities**.

Spark Together for Healthy Kids

Spark Together for Healthy Kids is the Heart and Stroke Foundation's response to the growing epidemic of childhood obesity. It is an Ontario-wide initiative helping to inspire individuals, families, communities, businesses, and government to spark collective change to help children become more physically active and eat healthier foods. Through a granting process, advocacy projects across Renfrew County have been lead by the Pembroke Boys and Girls Club, Killaloe Community Resource Centre and KidActive.

KidActive is a formal partner of the Spark Together for Healthy Kids. Together, we are advocating for healthier children across Ontario. www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.5109503/k.3FCB/Spark_Together_For_Healthy_Kids.htm

Support Zone

Support Zone is currently in development as a calendar of community events across Renfrew County. As an initiative of the Phoenix Centre for Children and Families, Support Zone will provide a valuable information centre for local community events that support the health and well being of Renfrew County families. www.supportzone.ca

Volunteering in Renfrew County

The Renfrew County Volunteers Project is the result of effort and support of federal and provincial ministries, and numerous Renfrew County agencies and organizations. It provides an invaluable service for community organizations, service clubs, and volunteers in Renfrew County. Volunteering is an important community engagement tool and critical service for inclusive and accessible programs. This Renfrew County specific site lists volunteer jobs that need to be filled, connecting organizational needs with community member skill sets. www.volunteeringinrenfrewcounty.org

Whitewater Bromley Community Health Centre (WBCHC)—a division of North Lanark Community Health Centre



The WBCHC is committed to assisting people within the community they serve to achieve the best possible health and well-being. They provide a full range of primary health care and health enhancing services, which are accessible and responsive to the changing needs of their community. Through support and leadership the CHC encourages the active participation of individuals and groups in building a healthier community. www.wbchc.org

Transportation Innovations

In a geographically vast region, isolation and transportation are two significant challenges facing our population's health and well being. Carefor in Renfrew County is working with community organizations to increase access to transportation and decrease isolation. Successfully addressing transportation as a barrier includes collaboration, co-ordination and innovation. www.carefor.ca/english/renfrew-county/services-for-renfrew-county.html

Youth Engagement

The following are just a few examples of youth engagement initiatives that are being lead by community champions.

The Grind Youth Centre

The Grind is a local non-profit organization serving youth in the Pembroke and Petawawa areas, designed to provide structured special events for youth between the ages of 12 and 18. Each Grind event is fully supervised by adult volunteers and off-duty members from a collection of local emergency services.

United Way—Youth Matters Initiative

The Youth Matters partnership, involving a Generation Next Cabinet of young adults and mentoring agencies, focuses on vulnerable youth. A series of focus group sessions with county youth will contribute to understanding how we can begin the process of reconnecting vulnerable youth with their communities and then developing approaches and programs to address their needs and aspirations.

Health Care System Assets

Integration of our Community Health and Health Care System Assets contributes to a stronger network of prevention, rehabilitation and overall quality health care. The following is a developing descriptive and visual of our Health Care System Supports which extend beyond the physical borders of Renfrew County. Building and integrating the strengths that regional, provincial and federal expertise and support offer our communities is an important piece of our Healthy Community Picture.

Hospitals

1. Pembroke Regional Hospital
2. Arnprior and District Memorial Hospital
3. Renfrew Victoria Hospital
4. St. Francis Memorial Hospital
5. Deep River and District Hospital

Champlain Community of Care Access Centre

The Champlain Community Care Access Centre (CCAC) connects residents with the care they need, at home and in the community. Their mission is to deliver a seamless experience through the health system for people in our diverse communities, providing equitable access, individualized care coordination and quality health care.

- » Funded and legislated by the Ontario Ministry of Health and Long-Term Care.
- » Connectors to home care, long-term care destinations, and other services in your community.



Long Term Care

Two long term care homes are operated by Renfrew County:

- » Miramichi Lodge
- » Bonnechere Manor

University of Ottawa Heart Institute (UOHI)

The UOHI is collaborating with key partners in Renfrew County to deliver the Case Managed Home Program for cardiac patients and the Pembroke Regional Hospital Cardiac Rehab Program. Access to the UOHI expertise in rural areas is a critical link to improving both prevention and rehabilitation close to home.



Children's Hospital of Eastern Ontario (CHEO)

CHEO is a pediatric health and research center providing outstanding family-centered patient care, pioneering

breakthrough research, and training the health care professionals of tomorrow. CHEO has established itself as a world-class centre providing leading-edge treatment, diagnostic and laboratory services for children and youth aged 0 to their 18th birthday. CHEO houses the Provincial Centre of Excellence for Child and Youth Mental Health and the Ontario Newborn Screening Program and is an active partner in the Champlain Local Health Integration Network, providing leadership in all aspects of pediatric health and wellbeing. Renfrew County is a part of CHEO's large service area across Eastern Ontario.

Algonquins of Pikwàkanagàn—Minopimàdiz-i Gamik



Minopimàdiz-i Gamik is the Algonquins of Pikwàkanagàn Health Centre. The goal of Health Services, Minopimàdiz-i Gamik is to provide effective holistic health programs that meet the needs of the community. This is achieved through two service areas:

1. Health Promotions and Prevention Programs

- » health awareness and education
- » support services
- » community development

2. Treatment

- » holistic primary health care
- » treatment and after-care
- » collaboration with other health providers for the prevention of illness

Partners are an important component of both rehabilitation and prevention at Minopimàdiz-i Gamik. Partnerships include:

- » Community Care Access Centre
- » Home Care (located at Tennisco Manor)
- » Aboriginal Healing and Wellness Strategy
- » Union of Ontario Indians
- » Pembroke Regional Hospital

French Language Health Services Network of Eastern Ontario

For 12 years, the Réseau has been working in collaboration with stakeholders in the health care field to ensure that Francophones of Eastern Ontario have access, in French, to the full range of quality health care services in the region. To ensure access, we plan and evaluate French-language health care services. The Réseau was appointed by the province as French Language Health Planning Entity for Eastern Ontario on July 1st, 2010. As such, the Réseau has a mandate to provide advice to the regional health authorities (the Champlain LHIN and the South-East



LHIN) on all health issues for the regional Francophone community.

Champlain Cardiovascular Disease Prevention Network (CCPN) www.ccpnetwork.ca

Involves all Renfrew County hospitals

Improved Delivery Of Cardiovascular Care (Idocc) Program www.idocc.ca/En_idocc.Php

The Champlain Get With the Guidelines Initiative, www.ccpnetwork.ca/GWG/

Healthy School Aged Children Initiative

Know More Do More, www.knowmore-domore.ca

The Ottawa Model for Smoking Cessation, www.ottawamodel.ca

The Sodium Reduction Campaign, 'Give Your Head a Shake'

Health Care Systems Assets



Other Health Issues in Renfrew County

Other Health Issues in Renfrew County (Not Directly Related to One of the Six Priority Areas)		
HEALTH ISSUE	RENFREW COUNTY	ONTARIO
Overweight	39%	34%
Obese	22%	17%
Arthritic	24%	17%
Diabetic	9%	17%
Hypertension	19%	17%
Chronic Obstructive Pulmonary Disorder (COPD)	6%	4%
Hospitalized stroke rate (per 100,000)	118	129
Hospitalized myocardial infarction (per 100,000)	219	216
CAUSE OF DEATH (per 100,000):		
Cancer	187	176
Ischemic heart disease	139	118
Cerebrovascular disease	63	44
All respiratory disease	56	45

Compared to non-francophones, Ontario Francophone (includes Renfrew County) have significantly higher rates of arthritis, high blood pressure, asthma, diabetes and stroke and have higher rates of smoking and obesity (MOHLTC, Nam Bains, CCHS, 2005–2007).

Sources

1. Champlain LHIN (2008). *Profile of the Champlain Communities of Care: Focus on Renfrew County*
2. Stats Canada (2009). *Canada Year Book—Children and Youth Catalogue No. 11-402=X*
3. Stats Canada (2007). *Statistics Canada Census*.
4. Renfrew County and District Health Unit (2010). *Community Profile and Health Profile*.
5. *Our Health in Renfrew County—A Variety of Risk Factor Survey Reports*. Retrieved Feb. 10, 2011 from www.rcdhu.com/community-health-status/index.htm
6. YMCA Canada (2005) *A YMCA Leader's Guide to Population Health and Health Determinants*.



Demographic Issues Related to Health Status

Demographic Issues in Renfrew County With a Direct Impact on Health Status (Health Status Related to 'Determinants of Health' – Chart Below)			
DEMOGRAPHIC ISSUE	OVERALL IMPACT ON HEALTH STATUS	RENFREW COUNTY	ONTARIO
Population 65+	Higher risks and higher health care cost	17%	14%
Aboriginals	Health Risk, as per Canadian Social Determinants of Health	6%	2%
Post-secondary education	Education related to income and therefore linked to health status	53%	64%
Low Income*	Social Determinants of Health directly link income levels to health status	10% Median Family Income \$61,724	15% Median Family Income \$69,156
Immigrants	New immigrants are often at lower income levels—low income levels are related to health status	6%	28%

*Low income: 55% of Francophones have an income lower than \$30,000 per year.

Sources

1. Champlain LHIN (2008). *Profile of the Champlain Communities of Care: Focus on Renfrew County*
2. Stats Canada (2009). *Canada Year Book—Children and Youth Catalogue No. 11-402=X*
3. Stats Canada (2007). *Statistics Canada Census*.
4. Renfrew County and District Health Unit (2010). *Community Profile and Health Profile*.
5. *Our Health in Renfrew County—A Variety of Risk Factor Survey Reports*. Retrieved Feb. 10, 2011 from www.rcdhu.com/community-health-status/index.htm
6. YMCA Canada (2005) *A YMCA Leader's Guide to Population Health and Health Determinants*.

Overall Determinants of Health

KEY DETERMINANTS OF HEALTH—POPULATION HEALTH APPROACH ¹	THE ROMANOW COMMISSION / CPHI TIPS FOR A LONG HEALTHY LIFE ²	SOCIAL DETERMINANTS OF HEALTH: CANADIAN PERSPECTIVES ³	WHO: THE SOCIAL DETERMINANTS OF HEALTH ⁴
Income and social status Social support networks Education and Literacy Employment / working conditions Social environments Physical environments Personal Health practices and coping skills Healthy child development Biology and genetic endowment Health services Gender Culture	Get a good start in life Graduate from high school Don't be poor Get a job Pick your community Live in quality housing Look after yourself Men and women are different	Income and income distribution Education Aboriginal status Unemployment and job security Employment and working conditions Early childhood development Food insecurity Housing Social exclusion Social safety network Health services Gender Race Disability	The social gradient (i.e. socio-economic status) Stress Early life Social exclusion Work Unemployment Social support Addiction Food Transport

Sources

1. Public Agency of Health (PHAC); retrieved from : www.phac-aspc.gc.ca/ph-sp/
2. Canadian Population Health Initiative (CPHI): www.cihi.ca/CIHI-ext-portal/internet/EN/Theme/factors+influencing+health/cihi010677
3. Dennis Raphael. (2008). Social Determinants of Health: Canadian Perspectives. Canadian Scholars' Press; 2nd edition. Recent publication on Social Determinants of Health—The Canadian Facts. Download at: www.thecanadianfacts.org/The_Canadian_Facts.pdf
4. World Health Organization (WHO) The Social Determinants of Health. Wilkinson and Marmot. Download at: www.euro.who.int/__data/assets/pdf_file/0005/98438/e81384.pdf



Overall Trends, Demographics and Health Issues

RELATED TRENDS, DEMOGRAPHICS AND HEALTH ISSUES CANADA-WIDE (CHILDREN, YOUTH AND FAMILIES)

Population growth rate for children and youth relatively stable.

The percentage of seniors is expected to grow from 8 to 16% by 2020.

13% increase in lone-parent families—80% are headed by women.

Unemployment rate youth ages 15 to 24 at 13.4% - less than national and provincial.

Families living in poverty had higher stress levels; less involvement in physical activity and recreation; less positive experience at school; and less able to deal with stress of change.

The number of families and children accessing emergency shelters is increasing.

Family size stable at 3.1 since 1980s.

Families who are defined as 'working poor' are increasing.

Both violent crimes and hate crimes are decreasing.

Foreign born population is increasing at a much faster rate than growth of the Canadian born population.

Poverty rate among new Canadians is three times greater than among Canadian born and is increasing.

Barriers to participation in sport and recreation—poverty; high cost of supervised sport and equipment; language; neighbourhood safety; lack of role models; transportation, lack of parent support.

Among young people—increase in eating disorders and STIs.

In grade 9 to 12—75% used alcohol and 36% used cannabis.

Asthma is increasing—highest in Atlantic Canada and in homes with smokers.

Childhood overweight and obesity doubled in children under 14 from 1978 to 2006.

In the US, there is a 10 to 30 fold increase in type 2 diabetes in children in the past 10 to 15 years (especially in children from various ethnic groups).

95% of children with type 2 diabetes are overweight at diagnosis.

Children living in low income neighbourhoods have greatest likelihood of being overweight or obese.

Sport participation is down—57% in 1992 versus 51% in 2005.

Youth aged 12 to 19 are less physically active now than they were two years ago.

60% of kids in poor families almost never take part in organized sport (versus 30% in higher income families).

Soccer most popular for both boys and girls—replacing swimming.

Sport participation increases with household income and education.

Children's participation in organized extracurricular activities is associated with positive social behaviours (both short and long term) and it is linked to fewer school drop-outs and lower rates of emotional and behavioural disorders.

The Healthy Active Kids Canada 2010 Report Card on Physical Activity for Children and Youth rated physical activity levels as an F—not enough active play, too much screen time and not enough active transportation to and from school.

Violence among youth is decreasing but more young people are reporting increased bullying at school

Sources

1. Canada Year Book—Children and Youth, Catalogue no. 11-402-X 2009 Stats Canada
2. Canadian Diabetes Association, www.diabetes.ca
3. Dennis Raphael. (2008). Social Determinants of Health: Canadian Perspectives. Canadian Scholars' Press; 2nd edition

Important Parts of Our Community Profile

Broader social, economic, political and environmental issues determine the health of all Renfrew County residents. The following are some of the broader issues related to the overall health of those living in Renfrew County.

Rural Nature of Renfrew County

Renfrew County is the largest geographical region in the province. Due to the predominantly rural make-up, there are a number of specific issues that affect the overall health of the community:

Transportation

Driving is required to get to work, shopping, health and support services, recreation and entertainment. The vast majority of children take school buses to get to school. There is very little public transit. Sidewalks are limited and trails are used primarily for motorized recreation.

Access to Health Care Services

Accessing health and medical services is difficult for some due to lack of adequate transportation. Specialized services are often only available in Ottawa and wait times are often very long. In the case of accident, injury or illness the emergency response time is affected by the vast geographical area.

Linguistic barriers in access of services in French as one of the official languages have an impact on receiving the right diagnostic and proper use of medication. *Source: Language Barriers in Access to Health Care. Prepared by Sarah Bowen, B. A., M. Sc. for Health Canada, November 2001, ISBN: 0-662-30538-8, Cat. No.: H39-578/2001E*

Sense of Community/Life Satisfaction

There is a very high sense of belonging and satisfaction with life. This is often the case in more rural areas. Many of those living in Renfrew County are third-generation and have lived at the same address for five years or more.

Natural Environment

Renfrew County has a vast geographical area rich with natural spaces. Increasing opportunities to access the beautiful lakes, rivers, trails, parks and wilderness provides Renfrew County with both economic and population health benefits. This is a significant asset for many who are able to access these natural resources for recreation and leisure activities.

Senior Population

The percentage of seniors living in Renfrew County exceeds the provincial average. This has a direct impact on the amount of services and support required for medical care, health services, food and housing support, long-term care and issues related to poverty and isolation.

Income

There is a high percentage of families in Renfrew County who live in poverty. This affects their quality of housing, options for transportation, healthy eating choices, use of tobacco and alcohol, access to physical activity and recreation, access to adequate health and support services and access to education. All of these factors have a direct impact on health status.

Multiple Risk Factors

Many in Renfrew County live with multiple contributing factors related to physical activity, smoking, alcohol abuse, eating habits and stress management. These lead to an increased prevalence of heart disease, obesity, mood disorders, cancer and respiratory disease.





Community Assessment Data

RENFREW COUNTY

The Most Prevalent Determinants of Health Affecting Our Population:

The overall determinants of health are outlined on page 36. The most prevalent determinants that affect the residents in Renfrew County include the following key items:

EDUCATION

Renfrew County residents with a postsecondary education is below the provincial average. Education is directly linked to income, level of employment and health status.

SOCIAL EXCLUSION

Although two-thirds of the population report a strong sense of community, many older adults in Renfrew County are isolated. This is due in part to their physical abilities, the lack of public transit in the predominately rural setting and level of income.

FIRST NATIONS POPULATION

The percentage of First Nations people in Renfrew County far exceeds the average in the rest of the province. First Nations populations have higher health risks as a direct result of issues such as income, education, factors related to rural living, quality of housing and lack of basic health services.

INCOME

The median family income is less than the provincial average. Low income is directly related to poor health status based on factors such as inadequate and unsafe housing, inability to buy healthy food, inability to attain higher education, lack of money to take part in physical activity, sport and recreation programs.

STRESS

Although the vast majority of residents are satisfied with their life and a significant number have a strong sense of community belonging, over 20% indicate that they have significant stress in their life. The suicide rate in Renfrew County is above the average of the province.

ADDICTION

The percentage of those who smoke and drink heavily in Renfrew County is greater than the average across the province. These tobacco and substance misuse factors have a direct impact on the development of cardiovascular diseases, cancers, respiratory disease and obesity.

FOOD SECURITY

Those living in Renfrew County eat less fruit and vegetables each day than the average across the province. In addition, the cost of a 'healthy food basket' in the County is higher than the provincial average (the cost of food is generally higher in rural communities).

HEALTH SERVICES

Due to the rural nature of the County, easy and timely access to health services is not always possible. In many cases, those seeking specialized medical care must go to Ottawa to access the expertise and medical facilities required.



Gaps or Limitations in the Community Assessment Process

The community assessment and engagement process is open and ongoing. An advisory group for the Healthy Community Partnership in Renfrew County has been formed. This group provides representation from each of the Ministry of Health Promotion and Sport priority areas, expertise, and links to existing networks—both regional and provincial. The advisory group insight is contributing to the drafted document of priorities, actions and policy recommendations. The ongoing formation of the broader Healthy Communities Partnership will continue to shape and provide action to the policy recommendations.

Next Steps in the Process

- » Finalize the web based Survey Monkey to collect input and build the Healthy Communities Partnerships.
- » Conduct additional research to ensure that nothing is missed in developing the Renfrew County 'Community Picture'.
- » Meet with smaller stakeholder groups for each priority area to obtain feedback and comments.
- » Hold another community engagement session to share knowledge, obtain input and build on our action plan.

- » Meet with Municipal Councils to share information and obtain feedback.
- » Develop a *Healthy Communities* presentation to be delivered to key groups, committees and networks as well as accessed by community groups and leaders.
- » Increase the profile of an economic perspective in the Community Picture. Build a case for the substantially positive impact a healthier community has on our local economy.
- » Support action groups to work towards healthy policy.
- » Build a visual tool to communicate and illustrate the partnership.
- » Continue multi-sector dialogue, community engagement, collaboration and knowledge sharing.

Gaps to Date

- » Increased consultation, communication, involvement and research related to the First Nations Community.
- » Increased consultation, communication, involvement and research with the Francophone Community.
- » Increased involvement of youth in the process





Community Consultation and Engagement

The following significant community consultations and knowledge sharing sessions in Renfrew County have taken place.

Physical Activity Network RENFREW COUNTY CONFERENCE (Calabogie • October 23, 2008)

The development and launch of the Physical Activity Network was supported by Ontario's Ministry of Health Promotion and Sport. The overall objective was to develop a vision for improving the quality of life for the entire population in Renfrew County. A network of 74 multi-sector stakeholders met to share expertise and build a collaborative approach. The objectives included improving access to inclusive physical activity opportunities to everyone regardless of age, ability, socio-economic or cultural background. Representation from sectors such as transportation, french language services, physical activity, health and well being, education, family, school, work, health care, social services, early childhood education and environmental sustainability were in attendance. Outcomes for the day were as follows:

1. Provide knowledge of research, action, skills and strategies.
2. Instill a sense of efficacy and motivation, building on a belief in the collective ability to execute change.
3. Detail evidence based goals with expected outcomes.

A solid foundation of knowledge and understanding of the health issues we face as well as their social consequences was provided for the stakeholders. The inaugural network conference highlighted the recent Champlain LHIN statistics and research detailing the health status of Renfrew County residents. In addition, Dr. Andrew Pipe of the University of Ottawa Heart Institute made an inspirational 'call to action' to challenge the stakeholders in Renfrew County to create a 'Renfrew Model' for change.

The response of community leaders was a clear and strong testament of our commitment to improving the mental and physical health and well being of County of Renfrew residents. It was confirmed that continued and coordinated dialogue would steer the short term and long term goals.

Renfrew County has an abundance of natural environment assets, existing programs and strong champions. Building on the groundswell of leadership and existing Renfrew County gems will move the progress of PAN-RC forward, placing us in a strong position to make a difference.

The documented success of community based, local approaches puts Renfrew County in an optimal position to create the Renfrew Model. Existing gems, multi sector support, co-ordination and strong leadership will enable us to positively affect our health statistics through increased opportunities for higher quality and quantity of physical activity for all residents and visitors.

Engaging people of all ages, abilities and backgrounds to move more and make more active choices where they live, work, learn and play will take a strong network of partners working together to move Renfrew County forward.

Anchored by an understanding of the Social Determinants of Health, the Physical Activity Network moved forward with a focus on the built and natural environments and supportive, inclusive programs as the keys to increasing the quality and quantity of physical activity of all Renfrew County residents and visitors. The commitment of our multi sector network and support of our Municipal, County and Provincial level governments will provide Renfrew County with the capacity to increase opportunities for physical activity.

More information on the Physical Activity Network and our work to date can be found at our website hosted by the County of Renfrew: www.physicalactivitynetwork.ca

Six full network strategy and working meetings have been held since January, 2009, to build on the work of PAN-RC. The following communities have hosted our sessions: Renfrew, Arnprior (two), Petawawa, Pembroke and Deep River.

Building on an investment, the Ministry of Health Promotion and Sport has recognized the value that the network's collaborative work and multi-sector commitment is bringing to the health of communities across the largest county in Ontario.

Building Active and Healthy Communities

May 28, 2010

Renfrew County hosted Gil Penalosa, the Executive Director of 8–80 Cities and international speaker on the value of active communities for 58 participants. This event was in partnership with Green Communities of Canada and Canada Walks.

Notes from this session are posted online at: <http://physicalactivitynetwork.wordpress.com/>

In 2010, Canada Walks and Walk ON supported Renfrew County with a **Train the Trainers Workshop** in Pembroke and a **Community Walkability Workshop** in Petawawa. Both workshops are contributing to the active communities initiatives of the Physical Activity Network.

Creating a Better Future for Our Children

September 24, 2010

In partnership with Algonquin College, The Phoenix Centre for Children and Families, Ontario Healthy Communities Coalition (OHCC), and Renfrew County United Way, the Child Poverty Action Network hosted an event to build awareness around the Social Determinants of Health and engage community stakeholders. The focus on children's overall well being and the direct link to the Social Determinants of Health brought more than 200 participants together to build knowledge and increase awareness.

Keynote Speaker for the day:

Dennis Raphael PhD spoke about “Reducing Poverty by Strengthening the Social Determinants of Health: The Need for Community Engagement in the Public Policy Process”

Notes related to this event are posted online at: www.renfrewcountycpan.ca/creating-a-better-future-for-our-children.cfm

Renfrew County Building Healthy Community

Community Engagement Session

February 4, 2011 (Calabogie)

On February 4, 72 community members contributed to the Community Engagement session as a part of the larger process of the Renfrew County **Healthy Communities Partnership Stream** for the **Ministry of Health Promotion and Sport**.

An open dialogue format was used to determine stakeholder perspective and priorities as it relates to their vision of a healthy community. Input for each priority was collected through group discussion and presented to the whole group. Recommended action plans for each of the identified priorities were developed and prioritized by the whole group.

Each discussion group was asked to identify ideas regarding their particular priority and then to identify key areas of action for their specific priority. Outlined below are all of the priority items that were identified with a summary of key discussion items, ideas and actions:





Summary of Discussion and Action for All Priorities (as identified by the group)

PRIORITY IDENTIFIED BY THE PARTICIPANTS	KEY AREAS OF DISCUSSION / IDEAS	ACTION (IF IDENTIFIED)
Physical Activity in the Community (26)	<p>Make physical activity the norm</p> <p>Safe, accessible and affordable physical activity for all ages and abilities</p> <p>Link with schools (School Hubs)</p> <p>Advisory Group in each municipality re: Physical Activity</p>	<p>Physical Activity Network for Renfrew County is formed. Use this group to do the following:</p> <ul style="list-style-type: none"> • identify gaps • prioritize needs • identify expertise • mobilize volunteers • access funding • establish community advisory system • share success • customize for each local community
The Role of Schools in Activity, Health Education and Community Involvement (25)	<p>Concern that Daily Physical Activity (DPA) is not equal</p> <p>High School—no DPA required</p> <p>No Physical Education specialists in elementary schools</p> <p>Develop healthy attitudes re: physical activity at young age</p> <p>Barriers to participation in physical activity:</p> <ul style="list-style-type: none"> • cost • transportation • time • parental support • communication between schools <p>Volunteerism—fill the gap</p>	<p>Position needed for one physical activity consultant from Board to work with partners in the community.</p> <p>Strengthen the link between schools and the expertise / needs of the surrounding community.</p>
Political Buy-In (16)	<p>Present to Councils / Health Committees</p> <p>Need County 'buy-in'</p> <p>Need Council / Community champion(s)</p> <p>Need \$</p>	<p>Obtain and review County Council Health Committee mandate(s)</p> <p>Shift funding model to prevention</p>
Vulnerable youth (15)	<p>Many reasons why youth are at risk</p> <p>Need to build partnerships</p> <p>Work re: developmental assets—leads to success</p> <p>Need funding and full political support</p> <p>Communication re: youth to all of community</p>	<p>Identify needs—focus groups</p> <p>Focus on all youth—not just those at risk</p> <p>Build on past initiatives</p>

Summary of Discussion and Action for All Priorities
(as identified by the group), can't

Impact of Mental Health or Sense of Belonging / Engagement (15)	Community engagement critical Self-image, confidence and positive mental attitude are key	Involve children in dignified manner Collaborate / decrease silos Acquire data
Chronic Disease and Seniors Fitness as Affordable, Accessible and Sustainable (14)	Need to organize, promote, sustain programs Need resources Fall and Injury Prevention is important Need list of programs (Champlain Help Line)	Need to develop inventory Need to develop network (Heart Wise, CCAC, CHAP, Municipalities...)
Addiction (tobacco) treatment with support resources (13)	Need package approach—prevention, education—need funding Link between mental health and addictions Focus on needs of women	Plan partnership meeting with key stakeholders to move develop action plan Identify women's needs
Creative Arts and Holistic Health (9)	Holistic health—involves mental, physical, emotional and social dimensions at all ages and aspects of community	Integrate a comprehensive health approach to health care and community development
Community Engagement (9)	Need to have a common vision for community health Need community champions Need data—stats, research, best practices Reach francophone community	Establish at the Township Level someone who knows what is available re: the six priority areas Need funding, web site Reunite different silos
Increase Access to Healthy and Local Foods (8)	Many families cannot afford healthy food Need healthy food policies at schools, workplace, recreation centres Connect with local farmers Need for community kitchens and food banks	
Increasing Activity Levels in Recreation (8)	Fees are an issue Need to identify and eliminate barriers to participation	
Family Support (6)	Key barriers to participation—transportation, and income Need to evaluate existing resources and systems	



Access to Local, Healthy, Natural Spaces While Embracing Our Natural and Cultural Heritage	Must be protected—or we will lose it... Healthy Natural Environments are the foundation of our health Difference between ‘natural space’ and ‘cultural heritage’	
Attending to Isolated Seniors (4)	Many seniors still live at home—many are isolated, depressed, at high health risk Access to young people important Seniors need a sense of purpose	
Tobacco Free Sports and Recreation (2)	Use of Ontario initiative (Play Live Be Tobacco Free) Need policies re: second hand smoke—especially children and recreation	Support Play Live Be Tobacco Free Policy initiative Need policies re: second hand smoke—especially children and recreation

Community Engagement— Children and Youth

March 08, 2011 (Killaloe)

The workshop provided the community engagement process of the Renfrew County Building Healthy Communities Partnership with a child and youth perspective. The purpose was to bring youth together to share their ideas about healthy communities, translate these ideas into visual images, and paint a paper mural.

The energy of the young participants was captured in the word “MOVE” written in capital letters and in the colourful footprints on the mural. Children and youth have a lot of energy, especially after a day at school. Their vision of a healthy community includes lots of outdoor spaces for physical activity.



HEALTHY SCHOOLS

Summary

Based on the above, there were some consistent themes / ideas identified for action, regardless of the specific priority. These include the following:

- » Need to use existing networks, services and resources
- » Need to collaborate and communicate in order to eliminate silos
- » Need ‘Community Champions’ to help communicate, advocate and organize
- » Need political support—for policy development, communication, funding and resources
- » Need to identify existing resources then determine needs and gaps
- » Needs to utilize schools as ‘community hubs’

These common themes will be integrated into the process of developing recommendations and policies.

Community Priorities, Actions and Policies for Each of the Six Priority Groups

Specific action recommendations for each of the six priority areas identified by the Ministry of Health Promotion and Sport have come directly from community stakeholders. Each one is reflected in one or more of the final list of policy recommendations. The following have been identified by the community and drafted in general terms to include:

1. Policies that support active community environments.
2. Policies that support affordable and accessible recreation activities.
3. Policies that support community use of public spaces and schools.
4. Policies that support local agricultural food sources, food security and the development of community gardens.
5. Policies that address the economic and social conditions that support positive mental health and well being for all.
6. Policies that promote safe home and community environments.
7. Policies that create smoke free outdoor recreational spaces, events and workplaces.
8. Policies designed to address the underlying causes and treatment of substance misuse.

Physical Activity, Sport and Recreation

Develop a county-wide Physical Activity, Sport and Recreation Advisory Group to support, promote and develop strategies for inclusive and accessible opportunities in Renfrew County. *(Note: PAN-RC already exists. There is a need to broaden the number and representation of stakeholders).*

Develop a county-wide school policy to open all schools in RC to community groups when not being used for educational purposes.

Develop financial assistance policy re: access to physical activity, recreation and Sport programs that is consistent throughout Renfrew County and is fair, equitable, respectful and financially viable.

Build on the work accomplished county-wide and link it to the development of a Master Transportation Plan. Develop

and implement county-wide connectivity of trails and roads for walking, biking and skiing.

Increase awareness of and build on the existing volunteer portal to recruit, train, supervise, maintain and motivate volunteers to take part in a wide variety of physical activity, recreation and sport programs throughout Renfrew County.

Develop a policy that ensures that new and/or re-developed communities have safe and lighted sidewalks, parks, trails and spaces to support inclusive physical activity.

Develop a policy in all Renfrew County School Boards in both elementary and secondary levels to ensure that there is a designated staff 'specialist' position related to Physical Education. These experts would work with teachers and community stakeholders to deal with issues such as DPA in schools, screen time, childhood obesity and active transportation to school.

Community wide recommendation of a Physical Activity Coordinator for the Physical Activity Network in Renfrew County (PAN-RC). This position needs to be sustainable and directed by a strategic plan.

Mental Health

Develop a county-wide initiative / coalition that brings together key stakeholders from mental health, addiction, poverty, public health and physical activity to develop a plan that addresses issues related to stress, isolation, work-life balance, safe and affordable housing, and public awareness of mental health.

Develop a plan to enhance community engagement for all those living in Renfrew County—volunteerism, civic pride and access to the vast natural resources throughout the county.

Develop a 'suicide prevention' program that is located in Renfrew County, accessible and has the resources to deal with all ages.

Develop school-based programs to deal with mental health, stress, isolation, bullying and respect that involve key school and community stakeholders.



Injury Prevention

Develop a county-wide policy that requires all children to wear helmets while cycling, skiing, snowboarding, tobogganing and skateboarding.

Develop county-wide access to safe, affordable accessible housing.

Develop a policy that ensures that new and/or re-developed communities have safe and lighted sidewalks, parks, trails and supportive physical activity spaces and that their 'built environment' is safe and barrier free.

Reinforce and build on the program in Renfrew County that has paramedics and other health professionals do community based home-visits for those who are isolated, alone and at high-risk.

Develop a policy that all public / municipal facilities have AEDs on-site and that staff are trained to use them.

Develop a county-wide fall prevention program for seniors.

Healthy Eating

Develop a county-wide policy that ensures that all municipal facilities (recreational, community, etc.) provide ample and affordable healthy food choices in cafeterias, snack bars, concessions, community events and vending areas.

Develop a county-wide 'food security program' involving all key stakeholders that addresses issues such as healthy foods in municipal facilities, food banks, community kitchens, community gardens, local produce markets, advertising to children, breast feeding education, school breakfast programs, access to healthy foods for those at high risk (eg: living with multiple risk factors, low income).

Reducing Tobacco Use and Exposure

Develop county-wide policies that prohibit smoking in all municipal buildings and property and in public space such as recreation facilities, sporting events, parks, playgrounds, festival sites and trails. (Similar to those already passed in Arnprior, May 2009; Renfrew County, March 2010; Bonnechere Valley, January 2011).

Develop county-wide municipal policies that prohibit accepting funds and sponsorship from tobacco companies.

Develop a county-wide education and cessation program aimed at smoking among children, teens and women.

Develop a county-wide initiative and coalition that brings together key stakeholders from addiction and treatment, mental health, poverty and public health that deals with issues related to smoking and second hand smoke.

Preventing Substance and Alcohol Misuse

Develop a county-wide education and awareness program focused on decreasing binge / heavy drinking.

Develop county-wide Municipal Alcohol Policies that provide a policy and guidelines to direct responsible management of alcohol consumption in and on municipally owned and controlled facilities (similar to the one passed by Town of Petawawa December 20, 2010).

Develop county-wide municipal policies that restrict or ban alcohol advertising and sponsorship particularly at events aimed at children and youth and sport or recreational activities.

ACTION PLAN

ENCOMPASSING THE BROADER ISSUES

1. Development of a Renfrew County wide Healthy Communities Advisory Group and a larger Renfrew County Healthy Communities Partnership.

The partnership and advisory group are looking at health in Renfrew County from a broad perspective and will act as a link to politicians, the health care system, public health and the Champlain LHIN. (See attached Terms of Reference)

2. Development of a Healthy Communities Partnership communication strategy for Renfrew County.

Build on existing information and referral sites and fill any gaps to provide access to information about a health-related inventory of services and resources. This can be integrated with existing web and phone based initiatives. A focus on social media and an interactive interface to talk about issues and make connections is a key part of the communication strategy.

3. Development of a policy that requires the inclusion of a 'health status' agenda item (including a report, update and discussion) at every Municipal Council meeting throughout the County. This supports important dialogue and maintains consistent health focused communication across the county.
4. Increase and improve communication to multi-sector stakeholders.
5. Engage the Francophone community in all sectors of activity for healthy community development. For example, the organization *Le Rendez-vous des aînés* that have a large number of francophone members can engage seniors in the different health promotion priorities.

'On The Same Page' Definitions And Terminology

Healthy Community

A healthy community is shaped by the social, environmental, economic, physical, psychological, spiritual and cultural factors that influence our individual and community sense of well-being. Among the many characteristics that make up a healthy community are the following:

- Safe environments
- Access to healthy food and clean water for everyone
- Valued and protected healthy natural environments
- Opportunities for a livable income
- A home / shelter
- Safe and inspiring places to play
- Opportunities to learn
- Access to health care services
- Valued culture, arts, heritage and spirituality
- Involved and engaged community members

Policy⁴

Policy is a deliberate plan of action to guide decisions and activities to achieve desired outcomes. A policy represents the end result of a decision that is made to best achieve a specific objective.

Health promotion policy combines diverse but complementary approaches including legislation, fiscal measures, taxation and organizational change. It is coordinated action that leads to health, income and social policies that foster greater equity. Joint action contributes to ensuring safer and healthier goods and services, healthier public services and cleaner, more enjoyable environments.

8–80 Rule

When roads are built, planners do not build one road for new drivers and a separate road for experienced drivers. When creating sidewalks and bikeways, we cannot make them only accessible to experienced cyclists and agile pedestrians. 8–80 Cities is an Ontario-based, not-for-profit organization which has created the 8–80 rule to help individuals when they are evaluating bicycling and pedestrian infrastructure. Think of a child that you love and care for, who is approximately eight years of age. This could be a child, grandchild, sister, brother, cousin etc. Think of an adult, approximately 80 years of age who you love and care for. This could be a parent, grandparent, friend, etc. Ask yourself: Would you send that eight-year-old along with the 80-year-old on a walk, or a bike ride, on that infrastructure? If you would, then it is safe enough, if you would not, then it is not safe enough. www.8-80cities.org/index.html

Policy is Part of a Larger Process

Advocacy: A process for changing the status quo.



Policy: A plan of action which guides present and future decision-making



Public Policy: Policy specific to legislation enacted by elected government at all levels



Healthy Public Policy: Policy which is aimed at promoting and / or preventing disease, which is not solely the responsibility of the health sector.



Policy Change: A process to adapt an existing policy or set a new one.

Health Equity Lens⁴

An approach that identifies the gaps in participation and recognizes the diverse needs of individuals and populations. It ensures we consider factors like gender, age, socioeconomic status, disability, culture, sexual preference and geography when planning and evaluating a service program, guideline or policy.

Built Environment⁴

The built environment is part of the overall ecosystem of our earth. It includes the land-use planning and policies that impact our communities in urban, rural and suburban areas. It encompasses all buildings, spaces and products that are created or modified by people. It includes our homes, schools, workplaces, parks / recreation areas, trails, business areas and transportation systems.

Natural Environment: The air, land and water.² As illustrated in the Social Determinants of Health model, a healthy environment is a critical component for the health and well being of people.

Supportive environments are areas and spaces that provide and encourage opportunities for residents and visitors to engage in daily physical activity in a safe, aesthetically pleasing environment.

- » Built environments e.g. sidewalks, trails, tree lined streets, recreation centres, playgrounds, school grounds
- » Natural environments e.g. open natural spaces/land, waterways, parks, recreation areas, green spaces³

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RESOURCES WORTH SHARING

Glasgow: Active Transportation / Land Use Planning and Low Income Neighbourhoods
www.youtube.com/watch?v=aS3-MZZyVNI

Copenhagen: Vulnerable youth Program, U–Turn
www.youtube.com/watch?v=RbbsGzQs6v4

Canadian: Nova Scotia, Rethinking Our Picture of Health
www.changingourpictureofhealth.ca/?page_id=80

Art Makes a Difference to Community Health
<http://inside.org.au/understanding-miller/>

Prevention Institute
www.preventioninstitute.org/focus-areas/reforming-our-health-system/projects.html
www.preventioninstitute.org/focus-areas/improving-environments-for-health-and-health-equity.html
www.preventioninstitute.org/emerging-issues/transportation.html

Changing Our Picture of Health
www.changingourpictureofhealth.ca

Resources and links will be continually developed and posted as a key part of our Healthy Communities Partnership information sharing. For more resources, visit our current Healthy Communities Partnership site online at: www.physicalactivitynetwork.ca/initiatives/hcp.html

Municipal Recreation Programs in Renfrew County

Other Health Issues in Renfrew County (Not Directly Related to One of the Six Priority Areas)		
MUNICIPALITY	PROGRAMS	WEB SITE LINK
Petawawa <i>Note: Petawawa is in the process of developing their Recreation Master Plan (more info at kwilliams@petawawa.ca)</i>	Petawawa Civic Centre <ul style="list-style-type: none"> • Arena • Playing Fields • Miniature Golf • Walking Trails • Docking Facilities • Fitness/Exercise Stations <ul style="list-style-type: none"> • Community Hall • Neighbourhood parks and playgrounds • Tennis Courts • Ski Hill Dundonald Hall <ul style="list-style-type: none"> • Pool • Running Track • Fitness Facilities (cardio and weight) • Beaches • Outdoor Rink (Pine Ridge Park) • Skateboard Park • Silver Dart Arena Petawawa River Whitewater Put-ins and Take-outs	www.petawawa.ca
City of Pembroke	Kinsmen Pool Arenas (x2) Mini Golf Curling Club Skateboard Park Tennis Courts Trails and Parks (x8) Playing Fields Beach	www.pembrokeontario.com
Township of Killaloe-Hagarty-Richards	Outdoor Rinks (x2) Curling Club Swimming—Outdoor at Bonnechere Provincial Park Parks and Trails (x5)	www.killaloe-hagarty-richards.ca
Horton Township	Outdoor Rinks Horton Community Centre <ul style="list-style-type: none"> • Ball Diamond • Banquet Facilities • Kiosk Facilities Public Boat Launch	www.hortontownship.ca
City of Arnprior	Nick Smith Centre <ul style="list-style-type: none"> • Pool • Arenas • Fitness Centre • Community Hall / Kitchen Neighbourhood Parks (x12) Baseball Diamonds (x3) Walking Trails Tennis and Curling Clubs Outdoor Skating Rinks (x6)	www.arnprior.ca
Deep River	Community Pool Arena	www.deepriver.ca
Laurentian Hills	Public Beaches (x3) Playgrounds (x5) Outdoor Rinks (x3) Ball Diamond and Soccer Fields Public Beach	www.town.laurentianhills.on.ca



Town of Renfrew	Recreation Centre Auditorium / Gymnasium Youth Room Fitness Facility Me-Te-Way Activity Centre: Baseball and Soccer Fields Tennis Courts Beach Volleyball Courts Playground Fitness Trail Parks and Trails (x8)	www.town.renfrew.on.ca
Township of Bonnechere Valley	Arena Municipal Beach Baseball and Soccer Playing Fields Curling and Tennis Eganville Centennial Park <ul style="list-style-type: none"> • Amphitheatre and Band Shell • Playground • Ball Hockey Rink • Basketball Court • Walking Bridge and Park 	www.bonnecherevalleytwp.com
Township of Laurentian Valley	Arena Outdoor Rink (x2) Soccer and Sports Fields	www.laurentianvalleytwsp.on.ca
Madawaska Valley	Combermere Community Centre <ul style="list-style-type: none"> • Outdoor Rink • Meeting and Social Rooms Lakeshore Tennis Club Baseball, Soccer Public Beach Paul J. Yakaburski Community Centre <ul style="list-style-type: none"> • Arena • Meeting Rooms and Lounge 	www.madawaskavalley.ca
McNab / Braeside	Outdoor Rinks (x3) Sport and Ball Fields (x3) Beach and Boat Launch (x3)	www.mcnabbraeside.com
Township of Whitewater Region	Arenas (x3) Outdoor Rinks (x3) Parks (x2)	www.whitewaterregion.ca
Township of Admaston / Bromley	Outdoor Rink	www.admastonbromley.com
Township of Brudenell, Lyndoch and Raglan	Indoor and Outdoor Rinks and Parks (x6)	www.countyofrenfrew.on.ca/municipalities
Township of Greater Madawaska	Parks (x3) Calabogie Resort Ski and Golf	www.townshipofgreatermadawaska.com
Township of Head, Clara and Maria		www.townshipsheadmariacara.com
North Algona Wilberforce Township	Municipal Parks (x3) Recreational Groups (x4)...Rankin Recreation Centre, Eganville Sno-Drifters, Eganville Sportsman Club, Golden Age Club	www.nalgonawil.com

APPENDIX 2

Walking and Biking Trails in Renfrew County

TYPE OF TRAIL	WEB SITE LINK
Walking Tours of Renfrew County <ul style="list-style-type: none"> Achray Trail Complex Barron Canyon Driftwood Provincial Park The Old K and P Railroad The Shaw Woods Westmeath Scenic Lookout Petawawa Terrace Provincial Park Bonnechere Provincial Park 	www.rcdhu.com (Physical Activity Section) www.valleyexplore.com www.bonnecherepark.on.ca
Biking Tours of the Ottawa Valley <ul style="list-style-type: none"> Petawawa Research Forest Trail Deacon—Tramore Tour 	www.rcdhu.com (Physical Activity section) www.valleyexplore.com

APPENDIX

Free Walking and Heart Wise Exercise Programs

PROGRAM	LOCATION	DATE AND TIME	CONTACT
Get W.I.T.H. It!	Arnprior District High School Arnprior, ON 59 Ottawa St.	Tuesday and Thursday 6:00–8:00 pm (Oct–Apr)	Nick Smith Centre (Jay) (613) 623-7301
Get W.I.T.H. It!	Bishop Smith Catholic High School 362 Carmody St. Pembroke, ON	Tuesday and Thursday 5:00–7:00 Winter	Bishop Smith C.H.S. (Clint Young) (613) 735-5496
Get W.I.T.H. It!	Dacre and Area Community Association Dacre, ON 111 Flat Rd.	Monday and Wednesday 9:30–10:30 am (fall–spring)	D.A.C.A. (Betty) (613) 649-2668
Get W.I.T.H. It!	Eganville and District Seniors Eganville, ON 30 Bell St.	Time and Location TBD Starting Jan 2011	Eganville and District Seniors (Shelley) (613) 628-2354
Get W.I.T.H. It!	Fellowes High School Pembroke, ON 420 Bell St.	Monday and Wednesday 5:00–7:00 pm (Jan–Mar)	Fellowes H.S. (Tracey) (613) 735-6858
Get W.I.T.H. It!	MacKenzie High School Deep River, ON 87 Brockhouse Way	Monday and Thursday 6:30–8:00 pm (Jan–Mar)	Steps Count (Hayley) (613) 584-3148
Get W.I.T.H. It!	Madawaska Valley District High School Barry's Bay, ON 31 John St.	Tuesday and Thursday 5:00–7:00 pm (Jan–Mar)	Madawaska Township (Craig) (613) 756-2747
Aki Pimose (Landwalkers)	Minopimàdiz-i Gamik Health Centre, Algonquins of Pikwàkanagàn, First Nation Golden Lake, ON	Monday to Thursday morning and afternoon walking times	Minopimàdiz-i Gamik Health Centre (Terry-Ann) (613) 625-2259
Get W.I.T.H. It!	Miramichi Lodge LTC Pembroke, ON 725 Pembroke St. W	Tuesday and Thursday 9:30–11:30 am (fall–spring)	Miramichi Lodge LTC (613) 735-0175
Get W.I.T.H. It!	St. Joseph's Catholic High School Renfrew, ON 835 First St.	Tuesday and Thursday 5:30–7:30 pm (Nov–Mar)	St. Joseph's High School (Jane) (613) 432-5846
Aquatics	Nick Smith Centre, Arnprior		613-623-7301, ext. 23.
Fit, Fun and Fully Alive	Beachburg Public School, Beachburg		613-582-3685
Fit, Fun and Fully Alive	Memorial Hall, Cobden		613-582-3685
Aquatics	Deep River Pool, Deep River		613-584-2112
Yoga, Tai Chi and exercise classes	Senior's Centre, Eganville		613-628-2354
Fit, Fun and Fully Alive	Trinity United Church, Foresters Falls		613-582-3685
Imagine Feeling Great	Lions Hall, Rainbow Valley CHC, Killaloe		613-757-0004
Community Evening Paddle	Paddler Co-op, Palmer Rapids	July–August	613-758-2772
Low impact aerobics and aquafit	Best Western Fitness, Pembroke		613-735-0474
Aquatics and aerobics	CFB Petawawa, Petawawa		613-687-2932
Various exercise programs	Recreation Centre, Renfrew		613-432-3131
Fit, Fun and Fully Alive	Westmeath Arena, Westmeath		613-582-3685



APPENDIX 3

Healthy Eating Support Services

INITIATIVE / ORGANIZATION	LOCATION	ADDRESS	PHONE / WEB SITE LINK
Food Banks	Arnprior	St John Chrysostom Catholic Church, 295 Albert St	613-623-7792
	Deep River	40 Poplar Street	613-584-2418
	Eganville	Action Centre, 68 Queen Street	613-528-2845
	Killaloe (Nov to May)	St Andrews Church (Basement), 141 Queen St	613-757-2209
	Madawaska Valley	74 Bay Street	613-738-2831
	Pembroke	St Joseph's Food Bank, 284 Trafalger Road	613-732-3807
	Pembroke	Salvation Army Food Bank, 484 Pembroke St West	613-735-5601
	Renfrew	163 Argyle Street South	613-432-9574
	Cobden	Bonnie Helferty Insurance	613-646-2212
	Pikwàkanagàn	www.algonquinsofpikwàkanagàn.com	613-625-2800
Soup Kitchen	Pembroke	Salvation Army Church, 484 Pembroke St	613-735-5601
Saint Vincent de Paul Society	Pembroke		613-735-0546
Stir It Up With Kids in the Kitchen	Throughtout Renfrew County	Community Resource Centre (CRC) Killaloe, 15 Lake Street	613-757-3108 1-888-757-3108
Community Kitchen	Eganville	Action Centre, 68 Queen Street	613-628-9285
Community Kitchen	Deep River	North Renfrew Family Services	613-584-3358
Student Nutrition Program—Renfrew County Food for Learning (FFL)	Renfrew County Wide	Upper Canada Leger Centre for Education and Training	http://uclc.ca/
Breakfast For Learning Program	Various local schools	www.breakfastforlearning.ca	
Prenatal: Communities Raising Children	Groups meet throughout Renfrew County	Community Resource Centre (CRC) Killaloe, 15 Lake Street	613-757-3108 / 1-888-757-3108 info@crc-renfrewcounty.com

APPENDIX 4

Services for Substance Abuse and Alcohol

INITIATIVE / ORGANIZATION	ADDRESS	PHONE / WEB SITE LINK
Alcoholics Anonymous	Pembroke Chapter	613-735-9928 www.pembrokeaa.org
Alcoholics Anonymous	Arnprior	613-432-2907
Alcohol, Drug and Gambling Assessment Referral Service	Renfrew	613-432-9855 / 1-800-265-0197
Mackay Manor	Renfrew	613-432-4946
Pathways Alcohol and Drug Treatment Services	Renfrew, 210 Lochiel Street	613-432-8573 / 1-888-241-1135
Renfrew County Community Withdrawal Management Services		613-432-7620 <i>Note: Web Site for all above:</i> www.renfrewcountyaddictiontreatment.ca
Columbus House	Pembroke, 542 River Road	613-732-2791 www.columbushouse.ca

APPENDIX 5

Other Social Services / Health Support

INITIATIVE / ORGANIZATION	LOCATION	ADDRESS	PHONE / WEB SITE LINK
Renfrew County Connections <i>Note: Link to wide variety of programs and services throughout Renfrew County</i>	Killaloe	15 Lake Street	613-757-3108 / 1-888-757-3108 www.crc-renfrewcounty.com
Algonquins of Pikwàkanagàn	Golden Lake	Hwy 60	www.algonquinsopikwàkanagàn.com
Renfrew County and District Health Unit	Arnprior	346 John Street	613-523-2991, www.rcdhu.com
	Barry's Bay	12 Dunn Street	613-756-2744, www.rcdhu.com
	Renfrew	450 O'Brien Road	613-432-5853, www.rcdhu.com
	Pembroke	7 International Drive	613-732-3629
Renfrew County and Family Services	Pembroke	77 Mary Street, # 100	613-735-6866
Renfrew County Integration Services <i>(support for children up to 12 years with special needs)</i>	Renfrew		1-800-547-7409 www.integrationservices.ca
4-H Renfrew County	Cobden	101 Dunmore Road	613-646-7714, www.4-hontario.ca
County of Renfrew Best Start Network	Contact: Judy Mulvihill, Manager of Child Care Services, County of Renfrew		613 732 4100 jmulvihill@countyofrenfrew.on.ca

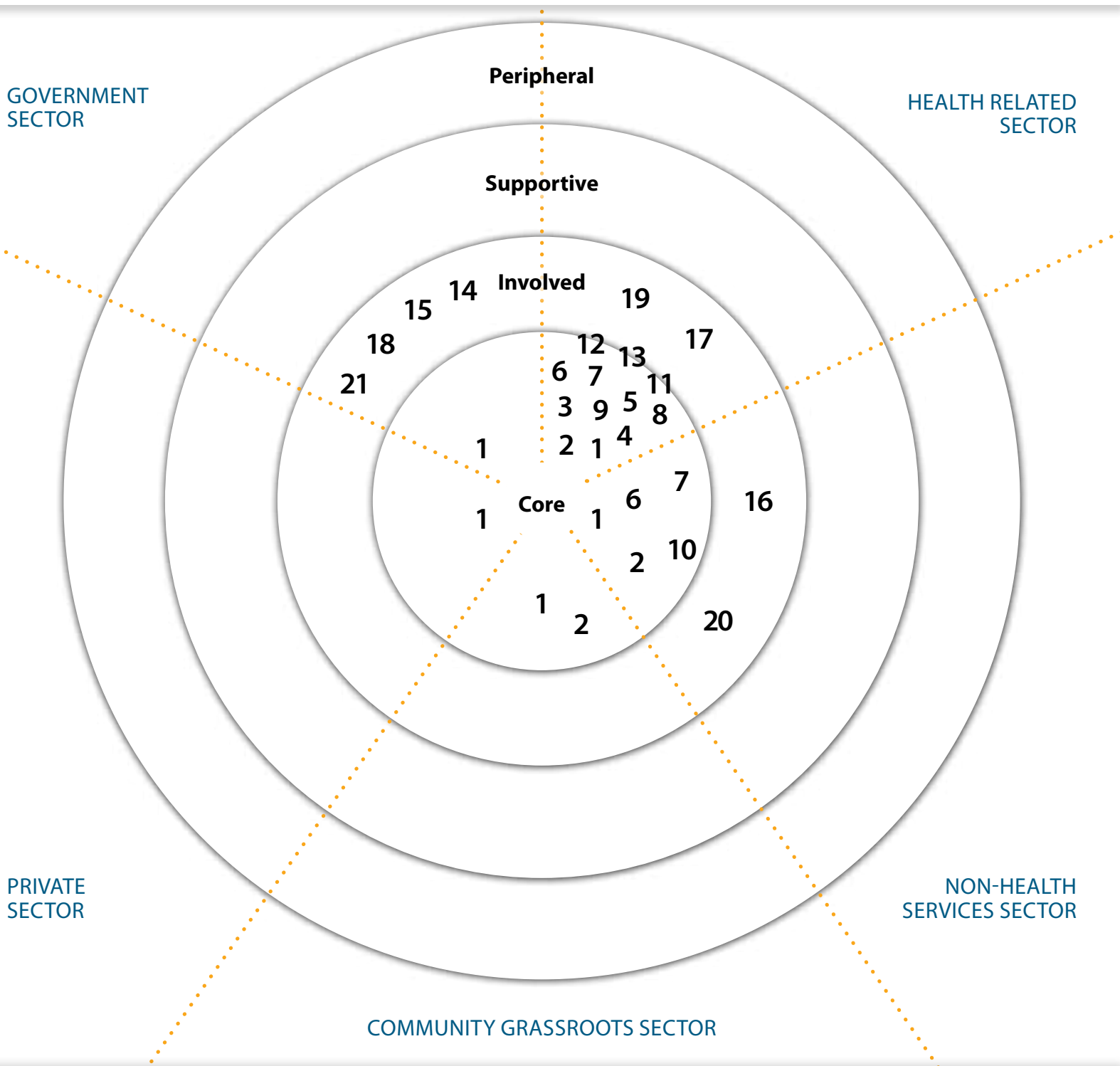


APPENDIX 5, *con't.*: OTHER SOCIAL SERVICES / HEALTH SUPPORT

Ontario Early Years Centres All at www.earlyyearsrenfrew.ca	Arnprior	16 Edward Street	613-623-8224
	Deep River	87 Brockhouse Way (Room 169 Mackenzie High School)	613-584-4886
	Chalk River	Chalk River Community Resource Centre, Railroad Street	613-589-2540
	Laurentian Hills	Laurentian Hills Municipal Building, Hwy 17	613-584-3114
	Killaloe	Community Resource Centre, 15 Lake Street	1-888-759-3108
	Pembroke	Winning Kids Centre, 464 Isabella Street	613-735-7575
	Pembroke	Jubilee Place, 1144 Lea Street	613-732-8434
	Beachburg	Public School, 20 Cameron Street	
	Westmeath	Westmeath Community Hall, 119 Snyton Road	
	Petawawa	Military Family Resource Centre North, 18 Regalbuto Avenue	613-687-1641
	Petawawa	Military Family Resource Centre, 1578 Wolfe Avenue	613-687-1641
	Renfrew	169 Raglan Street	613-433-9901
211 service	Renfrew County United Way (RCUW) in partnership with the Community Information Centre of Ottawa and the Community Resource Centre (Killaloe)		211, www.renfrewcountyunitedway.ca/211
Champlain Healthline			www.champlainhealthline.ca
The Assault Response Team	ART is a multi-disciplinary health care team that responds to women, men and children of all ages who have experienced domestic and/or sexual assault. Services also include Early Abuse Response Services (EARS) which targets elderly mistreatment. Program Coordinator, Renfrew Victoria Hospital		phone: 613-432-4851 ext 818 fax: 613-433-5726 email: valiquettej@renfrewhosp.com
Women's Sexual Assault Centre of Renfrew County			http://users.webhart.net/womcen/
Bernadette McCann House for Women Inc.	Provides safety, support and education to women, children and those who experience abuse, and to work for change that will end abuse.		613-732-7776
Multi Agency Network	Joanne King, Chair		director@crc-renfrewcounty.com

Stakeholder Wheel

County of Renfrew Healthy Communities Partnership



Priority Areas

Physical Activity

Injury Prevention

More than 4 priority areas

Healthy Eating

Tobacco Use / Exposure

Mental Health

Substance and Alcohol Misuse



Healthy Communities Partnership

- 1 Physical Activity Network—Renfrew County
- 2 KidActive
- 3 County of Renfrew Paramedic Service
- 4 Renfrew County and District Health Unit
- 5 University of Ottawa Heart Institute Heart Wise Exercise
- 6 Renfrew County United Way
- 7 Phoenix Centre for Children and Families
- 8 Whitewater Bromley Community Health Centre
- 9 Champlain Healthline
- 10 Community Resource Centre
- 11 Carefor
- 12 Pembroke Regional Hospital
- 13 Diabetes Education Program
- 14 Renfrew County and District School Board
- 15 Parks and Recreation—Town of Arnprior
- 16 Columbus House
- 17 Champlain LHIN
- 18 Réseau des services de santé en français de l'Est de l'Ontario
- 19 West Champlain Healthy Communities Corporation
- 20 Renfrew County Child Poverty Action Network
- 21 Regional Advisor, Ministry of Health Promotion and Sport

The Healthy Communities Partnership is open to all stakeholders. The model is currently being developed and will reflect a membership which is committed to collaboratively supporting the improved health, well being and quality of life for all County of Renfrew residents and visitors.

*Physical Activity Network Partners represent individuals and organizations from multiple sectors representing the Health Related Sector, Government Sector, Non Health Services, Private Sector and Community

Grassroots Sector. Members are detailed online at:
www.physicalactivitynetwork.ca

Engagement in the Healthy Communities Partnership Consists of an Advisory Group and Four Levels

Advisory Group: provides the partnership with County and provincial expertise, representation of networks, representation of the six priority areas, sector and geographic perspective and priority stakeholder representation.

Core Partners: committed stakeholders who represent strong leadership and contribute directly to the Healthy Communities Partnership. Action items are lead by core members.

Involved Partners: partners who contribute to the partnership, share HCP principles, communicate and share updates with their networks, municipal leaders and community.

Supportive Partners: partners who support the partnership in principle and communicate updates to their networks, municipal leaders and community.

Peripheral Partners: partners who support the Healthy Communities Partnership in principle.

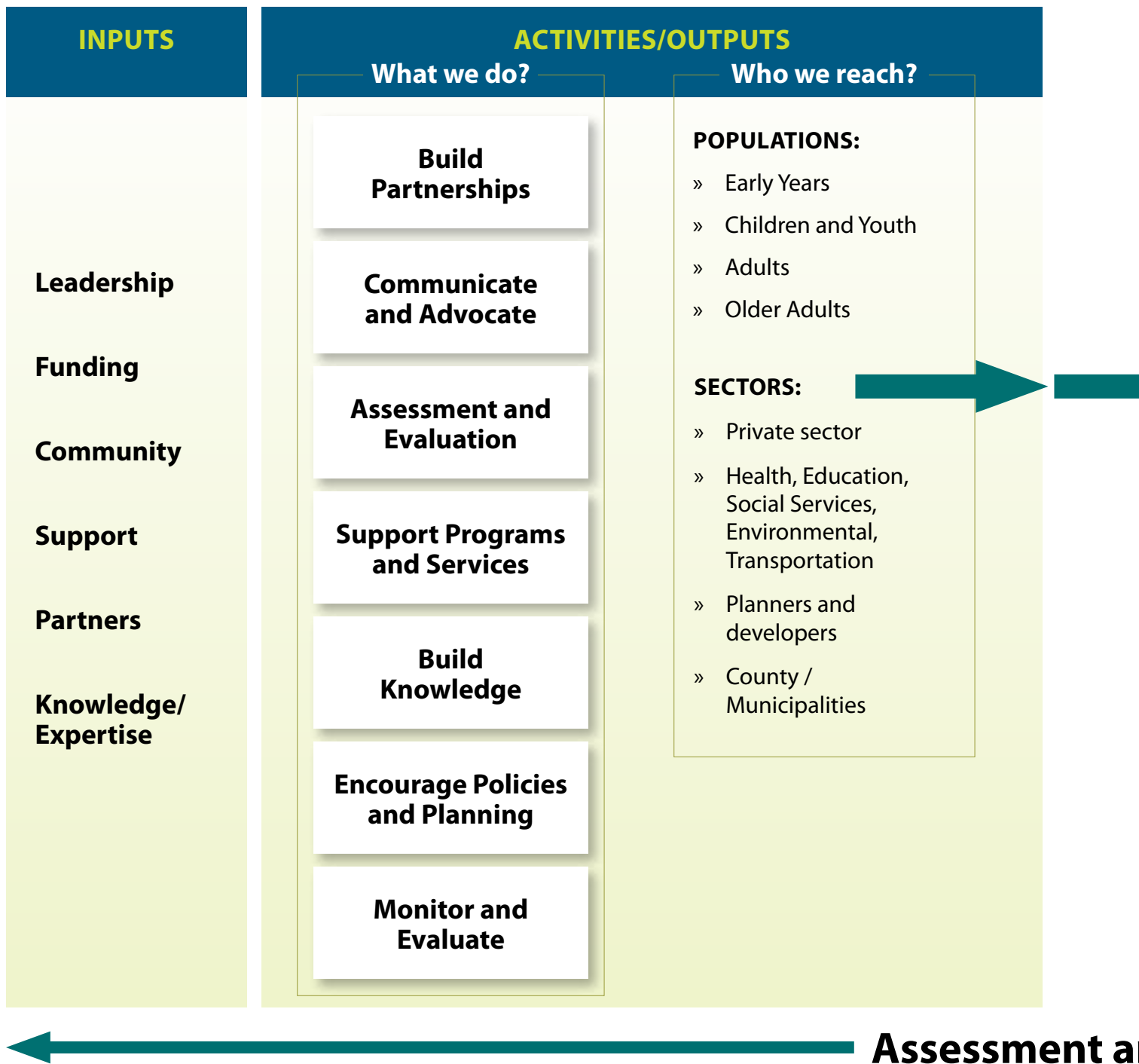


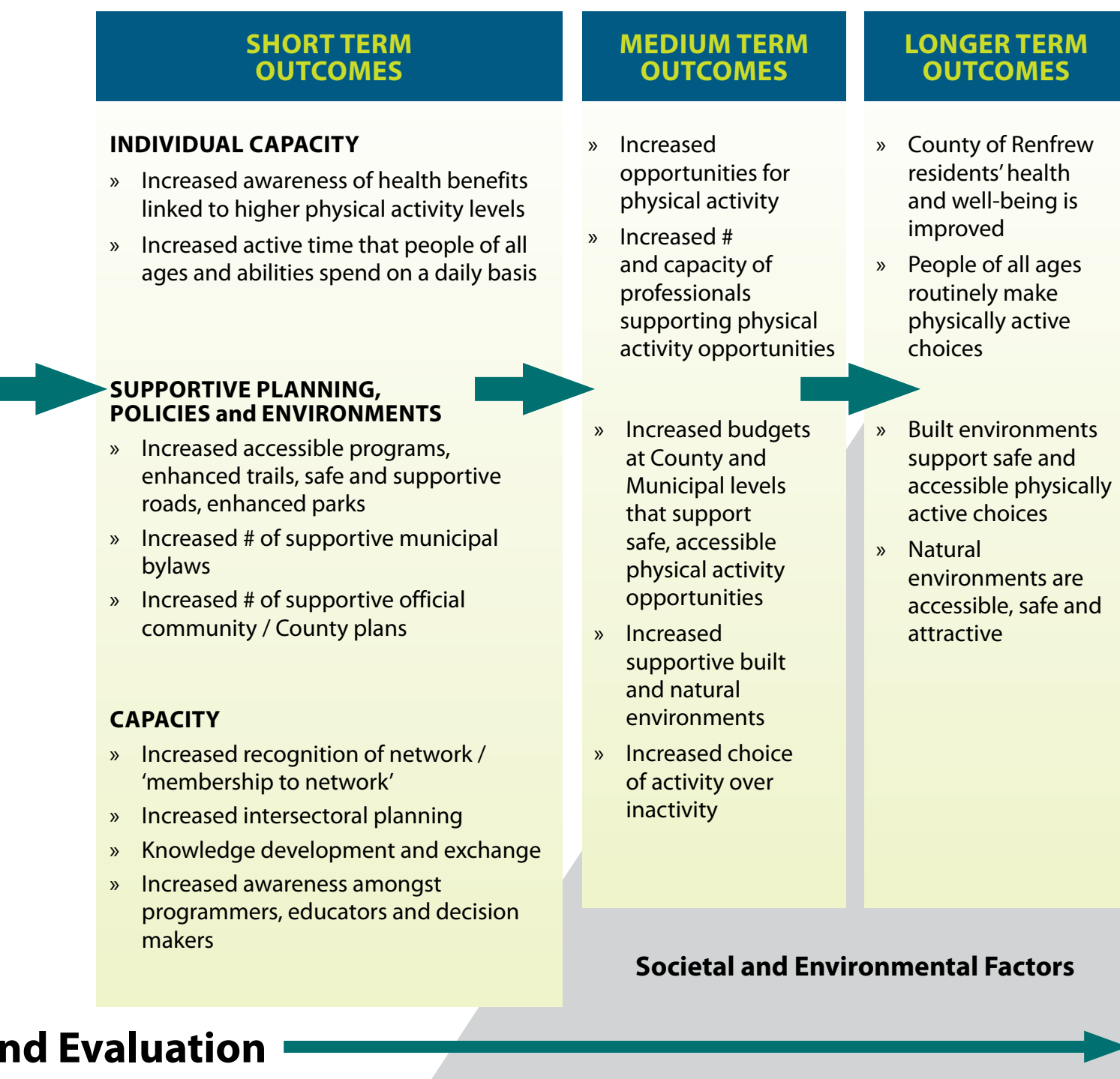
Logic Model

Physical Activity Network

Vision: A Renfrew County that is filled with healthy, active people of all ages surrounded by supportive environments.

Mission: To support and develop accessible opportunities for residents and visitors to integrate physical activity into their daily lives—where they live, play, learn and work. PAN-RC is a coordinated and multi-sector network that will positively contribute to the factors and forces that shape the health of our community members. We are committed to creating and supporting environments that inspire every person's physical activity levels, regardless of age, ability, background or income.







RENFREW COUNTY

Building Healthy Community

PROJECT FUNDED BY



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KidActive

For more information, contact Shawna Babcock, sbabcock@kidactive.ca // 613.633.7075