

# Community for All Ages



Built environments are the places and spaces in which people live, work, play and learn. When strategically designed, these places including homes, neighbourhoods, schools, streets, workplaces and parks, can reduce obesity and chronic diseases, like heart disease and diabetes, as well as improve the well-being and social connection of residents.

As part of the Healthy City Strategy, City of Kelowna community planners and Interior Health public health practitioners are working together with a focus on the first of six themes areas: a community for all ages.

## Community for All Ages

Demographic shifts across the globe are having a profound impact on community age relations and Kelowna is no different.

The Community for All Ages Plan will identify areas to adapt policies, plans and programs to respond to the evolving needs of our community as actions for healthier seniors will provide co-benefits to children and residents with diverse abilities enabling them to be active and engaged within our community.

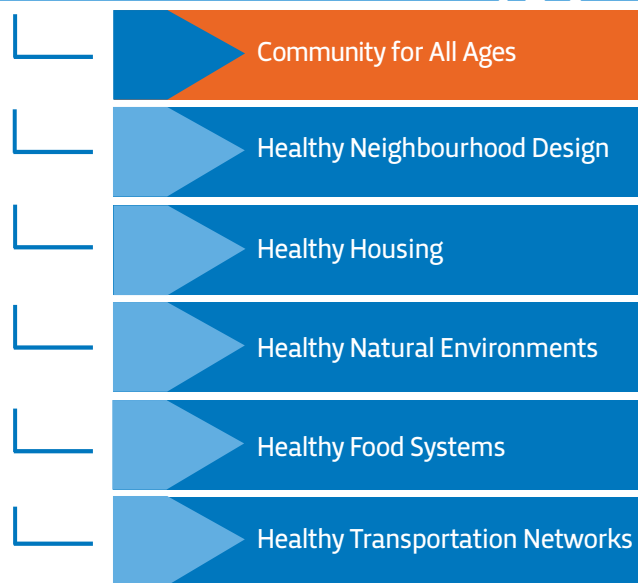
## About the Healthy City Strategy

Like many other cities around the world, Kelowna is grappling with how to build a vibrant, healthy and sustainable city in the face of challenges including climate change, a growing prevalence of chronic health conditions, and an aging population.

The City of Kelowna and Interior Health Authority have partnered to develop the Healthy City Strategy, a long-term, integrative plan that focuses on healthy places and spaces, community health, and quality of life for all Kelowna residents.

This strategy will promote integrated decision-making and is proposed to be a companion document to the Official Community Plan with implementable actions in six theme areas.

### Healthy City Strategy



# Community for All Ages

*Help create a city that is healthy, safe, active and inclusive for seniors, children and those with diverse abilities.*

## Join the conversation

How communities are planned and built, and the services and resources provided within them, directly impacts people's physical and social health.

Policies, infrastructure design and programs influence many aspects of our daily lives. For example: air quality, the ability of people to get around, where and what type of housing is available, what food can be easily accessed, and how safe, connected, and included residents feel in their neighbourhoods.

Your input is important and will be used to address physical design, policy, programming and service provision and create a Community for All Ages Action Plan to improve our community.

## Fast Facts

- ▶ Kelowna's senior population is growing and will increase from the current rate of 20 per cent to 24 per cent by 2040 as predicted in City of Kelowna *Community Trends Report*.
- ▶ 1 in 3 people in B.C. are living with one or more diagnosed chronic diseases, which consumes approximately 80 per cent of the provincial health care budget as per the Province of B.C. *Promote, Protect, Prevent: Our health begins here*.
- ▶ 50 per cent of adults and 91 per cent of children and youth do not get the recommended levels of physical activity according to the Heart and Stroke Foundation, *Shaping Active, Healthy Communities*.
- ▶ At 26 per cent, Canada's childhood obesity rates are among the highest in the world - almost doubling in the last 25 years - according to Government of Canada *Healthy Weights for Healthy Kids*.

- > Online engagement  
May 24 - June 13, 2016  
[getinvolved.kelowna.ca](http://getinvolved.kelowna.ca)
- > Parkinson Recreation Centre  
Family Fun Day  
May 29, 2016  
1:00 - 4:00 p.m.
- > Parkinson Activities Centre  
May 30, 2016  
9:30 - 11:30 a.m.
- > Capri Mall Food Court  
May 30, 2016  
2:00 - 4:00 p.m.
- > Rutland Recreation Complex Parking Lot  
May 31, 2016  
6:00 - 8:00 p.m.