

**Healthy City  
Strategy**



# Community for All Action Plan

Kelowna's All Ages & Abilities Action Plan

**Healthy City Strategy**  
[kelowna.ca/planningprojects](http://kelowna.ca/planningprojects)





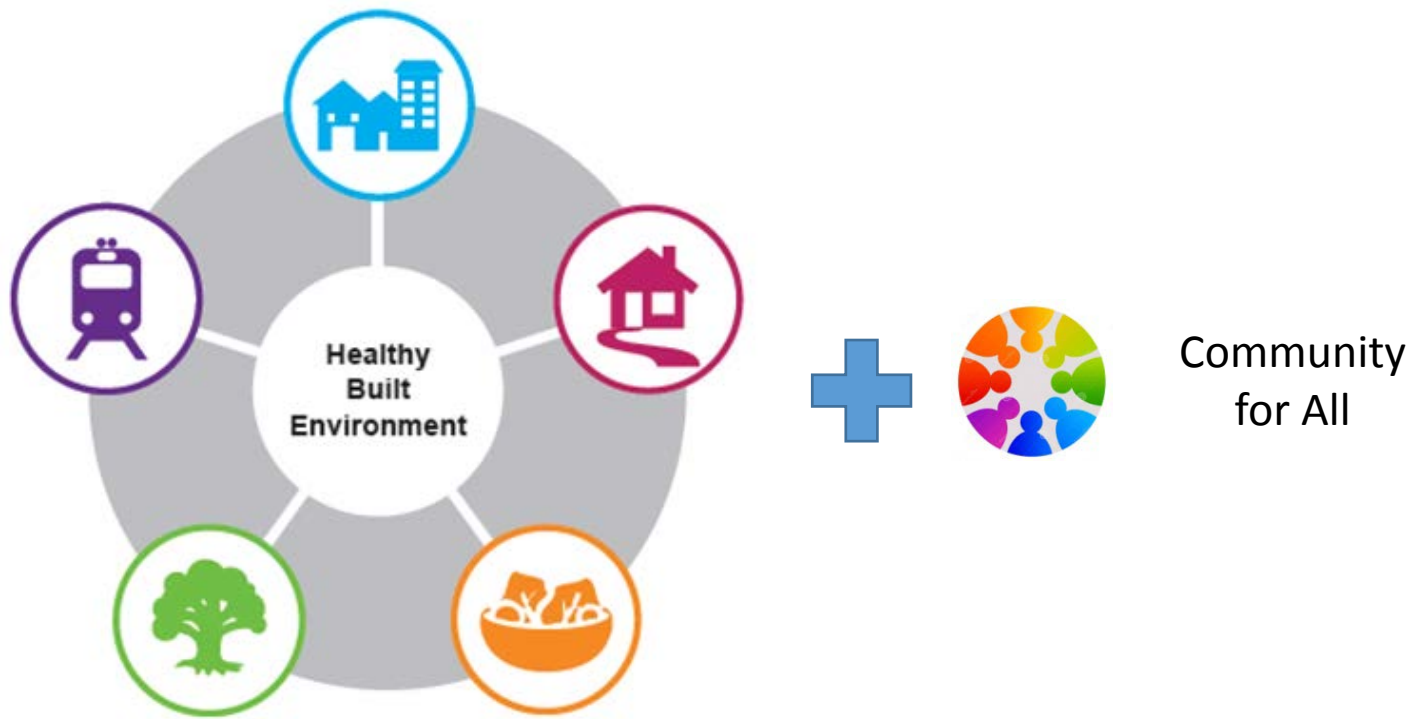
# Current Situation

- Our population is aging
- Our communities are designed to use vehicles instead of our feet
- 1 in 3 people in BC are living with one or more chronic diseases
- Half of adults and almost all children do not get recommended levels of physical activity
- Obesity is on the rise

While the health care system is designed to treat people once they are sick, **it requires a collaborative effort to address the factors which keep us well** - Patricia Daly, Medical Health Officer, VCH

# Healthy City Strategy

## Theme areas





# Community for All

## Vision:

A city that is  
healthy, safe, active  
& inclusive for  
seniors, children  
and those with  
diverse abilities



# Project Timelines



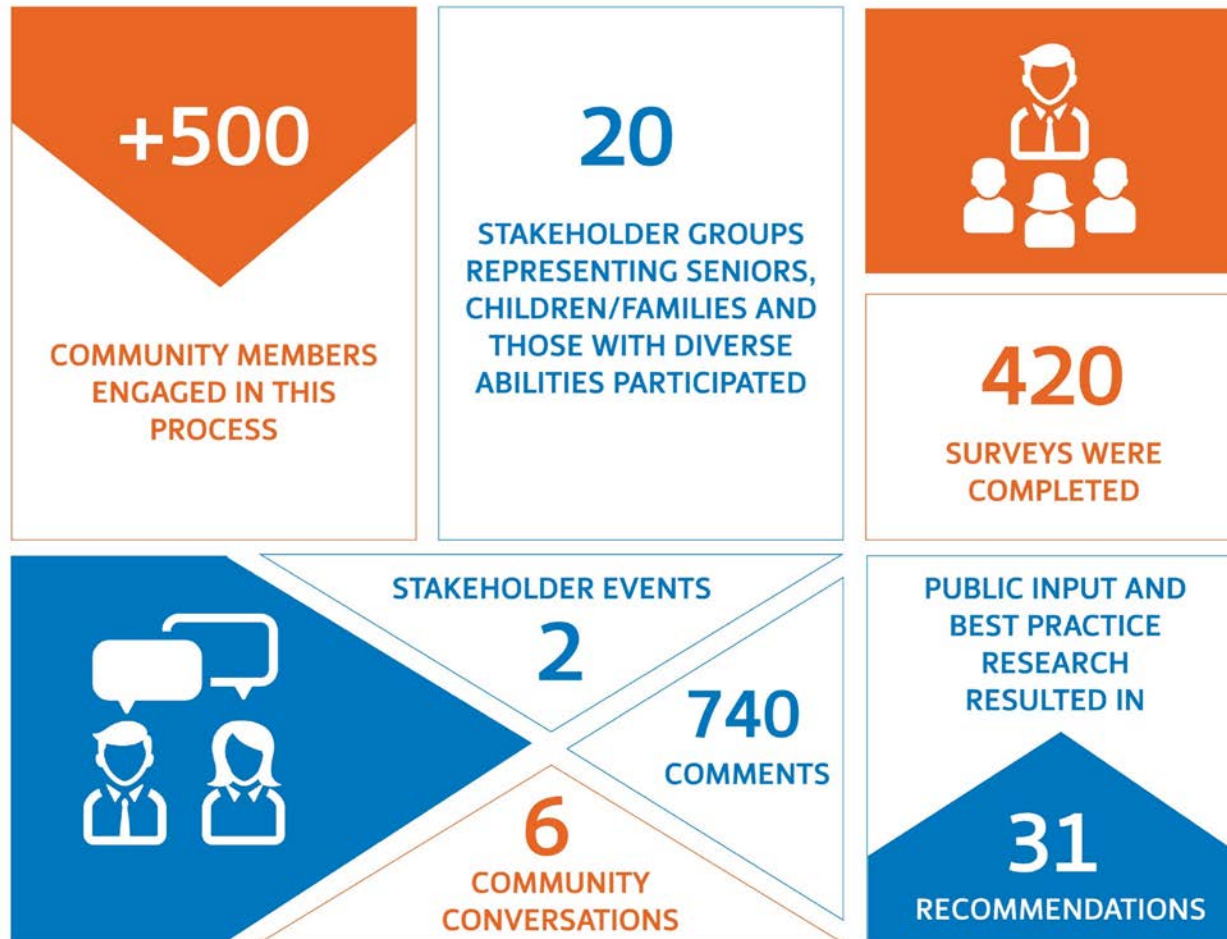
# Plan Inputs

- Health-related research
- Best practices and local knowledge
- Community Inventory
- Community Engagement
- Council priorities
- Partnerships





# Public Engagement



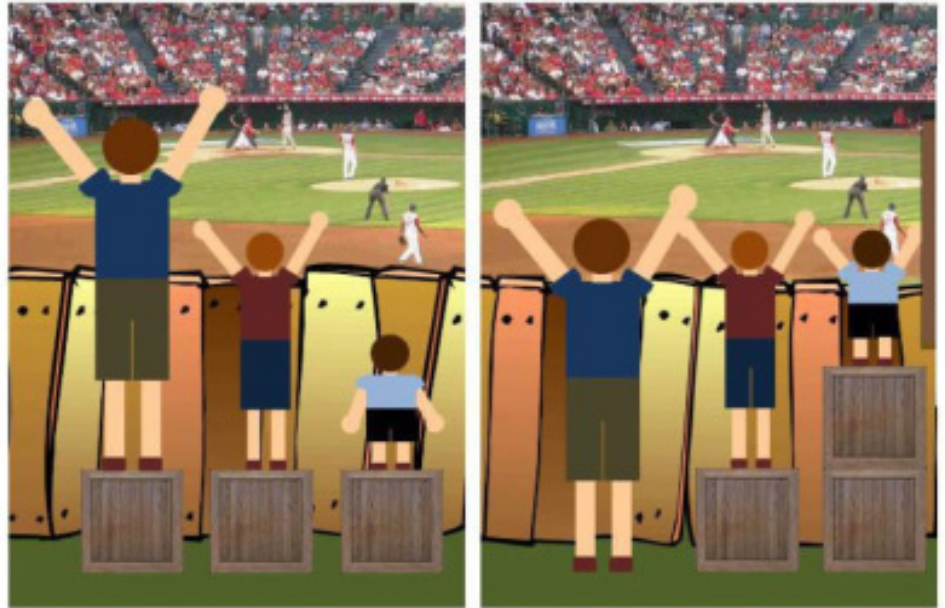
# Engagement Highlights

- Over 80% plan to continue to live in their current neighbourhood
- Walking routes and nearby parks enable all ages and abilities to be physically active
- Transportation and cost are key challenges to participation in social activities



# Goals of Plan

- ↓ chronic diseases
- ↓ social isolation
- ↑ health
- ↑ physical activity
- ↑ equity
- ↑ accessibility
- ↑ social connections



# Actions

- 31 actions created;
  - 21 actions led by the City;
  - 10 actions led by community stakeholders;
- Actions either implemented or explored in 2017 – 2018;
- Some actions are contingent on funding.





# Inclusive Community



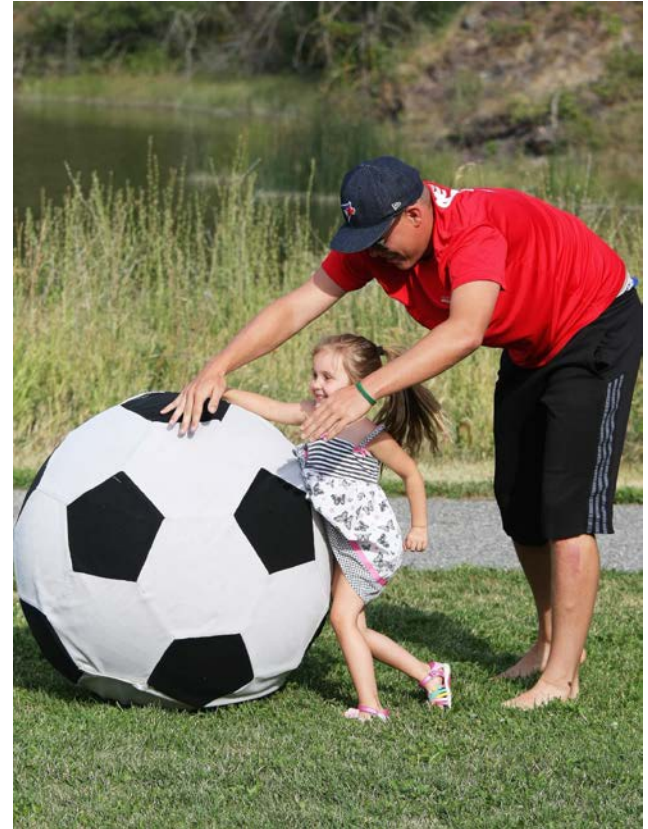
## **Goal:**

To increase opportunities for social connections, physical activity and intergenerational activities



# Inclusive Community Actions

- Enhance communications
- Expand the Senior's Contact program
- Integrate "Sport for Life"
- Showcase entrepreneurial skills
- Connect seniors and youth



# Healthy Neighbourhood Design & Healthy Natural Environments

## Goal:

To enhance City parks and buildings to ensure they are age and ability friendly



# Healthy Neighbourhood & Environments Actions



- Conduct assessments in City parks
- Conduct assessments in City buildings
- Encourage assessments to key community organizations



# Healthy Housing

## **Goal:**

To enhance housing policies to increase the diversity and affordability of housing



# Healthy Housing Actions

- To build on City policies that address housing needs
- Promote energy efficiency for lower income housing





# Healthy Transportation Networks



## **Goal:**

to prioritize active  
transportation and encourage  
mobility of all residents

# Healthy Transportation Networks Actions

- Expand the Bike Recycle program
- Enhance cycling safety program
- Review and update infrastructure policies and bylaws



# Healthy Food Systems

## Goal:

Promote healthy eating through education, providing social opportunities and through connecting local farmers and residents



# Healthy Food Systems Actions

- Develop a Community Kitchen
- Connect farmers with the community
- Include nutrition in City recreational programs





# Next Steps ... Community for All



- Council endorsement
- Implement the Plan's 31 actions
- Monitor and report
- Foster an All Ages and Abilities Culture



# Next Steps... Healthy City Strategy

- Healthy Housing as next theme area
- Develop indicators and reporting
- Expand partnership to include other community stakeholders

