



CENTRAL COAST REGIONAL DISTRICT

DATE: April 12, 2017
TO: Donna Mikkelson, Acting Chief Administrative Officer
CC: Chair Alison Sayers and Directors
FROM: Tanis Shedden, Community Economic Development Officer
SUBJECT: Active Communities Grant – Vancouver Coastal Health

RECOMMENDATION

THAT CCRD administration submit a “Letter of Community Interest” to the Vancouver Coastal Health Active Communities Grant program

DISCUSSION

Vancouver Coastal Health has announced a one-time funding opportunity. The application process involves sending a “Letter of Community Interest” for an initiative that will be implemented between August 2017 and October 2018.

The funding is directed to increase physical activity in communities. Some CCRD Services, Functions, and Commissions that may align with this program include:

- Denny Island Recreation Commission
- Centennial Pool Commission
- Walker Island
- Bella Coola Recreation Programming

CONCLUSION

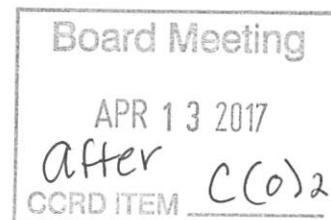
The CCRD should engage with one of the above mentioned CCRD entities to explore the viability of submitting a “Letter of Community Interest” for a physical activity based project, plan, or program that aligns with the Active Communities Grant guidelines.

Respectfully Submitted

A handwritten signature in black ink, appearing to be 'T. Shedden', written over a horizontal line.

Tanis Shedden

Late Item





RECEIVED

MAR 07 2017

Central Coast Regional District

February 20, 2017

Re: Call for Letters of Community Interest for an Active Communities Grant

Dear Local Government Partners,

As recently announced, the Province of British Columbia has partnered with BC Healthy Living Alliance and the regional health authorities to introduce grants in support of BC's Physical Activity Strategy.¹ Active Communities Grants will assist local governments in strengthening existing cross-sector partnerships, and their community-based actions, to increase physical activity levels. Increasing physical activity opportunities for vulnerable children – including those in early childhood, youth and families is the recommended priority focus in the VCH Region. However, community-identified local priorities will also be considered.

We invite you to express your community's interest and readiness to partner with us to increase physical activity in your community through a one-time-only Active Communities Grant. This opportunity complements other Healthy Communities funding available to local governments² and is open to Municipalities, Regional Districts and First Nations working in cross-sector collaboration with community partners (including Vancouver Coastal Health). Please see additional guidelines and further information attached.

Selected local governments will be notified in June 2017, to begin work in partnership with VCH staff on project development. Project implementation and evaluation will run from August 2017 to October 2018. Projects will be provincially funded to a maximum of \$30,000 (per local government) with a total \$353,800 of grants to be awarded within the VCH region. Some examples of potential projects include policy development, staff training and program development aimed at healthier community design, supporting active play or active transportation, and/or improving inclusivity of programming for vulnerable children, youth and families.

If you are interested, please submit a brief "Letter of Community Interest" (LOCI) before 5pm on April 19, 2017 to community.investments@vch.ca . Please see attached checklist of what to include in your letter.

We hope that you consider this opportunity to work with us on building more active communities, and look forward to the possibility of working with you on this initiative.

Sincerely,

 SOLÓRZANO

Juan Solorzano
Executive Director, Population Health

Late Item

Board Meeting

APR 13 2017

after CCO
GCRD ITEM

¹ <http://www.health.gov.bc.ca/library/publications/year/2015/active-people-active-places-web-2015.pdf>

² Other Ministry of Health funding to local governments and their partners in support of increasing physical activity include Plan H, Age Friendly Communities and Healthy Schools Network. Please consult the [Plan H](#), [CivicInfo BC](#) and [Healthy Schools Network](#) websites for more information.



FURTHER INFORMATION

Active Communities Grants – Vancouver Coastal Health Timeline

Phase One

Submission of Letters of Community Interest (LOCI) and Selection of Communities

- Letters of Community Interest (LOCI) will be accepted until 5pm on April 19, 2017. Please submit LOCI by email to community.investments@vch.ca.
- LOCI express your community's need,³ interest and readiness to work in partnership with VCH on increasing physical activity opportunities. Please see attached LOCI Checklist. Increasing physical activity opportunities for vulnerable children – including those in early childhood, youth and families is the recommended priority focus in the VCH Region. However, community-identified local priorities will also be considered.
- Municipalities, Regional Districts and First Nations within the Vancouver Coastal Health Region⁴ working in cross-sector collaboration with community partners (including Vancouver Coastal Health) are eligible to submit a LOCI. Local governments may collaborate to submit joint applications.⁵

Phase Two

Project Development, Implementation and Evaluation

- All Municipalities, Regional Districts and First Nations will be notified in June 2017 as to whether or not they have been accepted to proceed to Phase Two.
- Selected Municipalities, Regional Districts and First Nations will work in collaboration with Vancouver Coastal Health staff (June to August 2017 as needed) to develop projects funded up to a maximum \$30,000 Active Communities Grant per local government.⁶
- Project implementation and evaluation (August 2017 to October 2018) with continued support from VCH staff.⁷
- Project Evaluation reports due December 2018.

³ Community-level physical activity rates can be found for adults through *My Health, My Community* (<https://www.myhealthmycommunity.org/Portals/0/Documents/MHMC%20survey%20Municipal%20barcharts%20Physical%20Activity%20VCH%20only%2003%20FEB%202017.pdf>), and for children and youth through the *BC Adolescent Health Survey* (www.mcs.bc.ca/2013_AHS_Reports).

⁴ The Vancouver Coastal Health Region includes Vancouver, Richmond, North Shore, Sunshine Coast, Powell River, Sea-to-Sky and the Central Coast.

⁵ Unincorporated communities are eligible with submission through their Regional District. Municipalities, Regional Districts and First Nations may submit a joint-LOCI for consideration. Collaborative partnerships include existing and/or emergent Healthier Community Tables, as well as local government partnerships with school districts, divisions of family practice, and sport and recreation organizations.

⁶ Selected Municipalities, Regional Districts and First Nations will be notified of value of project grant to be awarded prior to Project Development phase for planning purposes. In the case of jointly submitted LOCI, project funding will be assessed to a maximum of \$30,000 per local government involved in the joint-submission.

⁷ VCH project development, implementation and evaluation support may include research/data support, participation on Project Committees and/or Working Groups, evaluation support, etc.

Vancouver Coastal Health Active Communities Grant Project Criteria

One-time-only Active Communities Grants are intended to support sustainable, community-level changes. Some examples of potential projects include policy development/implementation, partnership building, developing or enhancing supportive social and physical environments, and staff training in areas such as Healthy Community Design, Active play, Active transportation, and/or Inclusive, accessible physical activity programming.

If selected, local governments will work with VCH staff to develop, implement and evaluate one-time-only project(s) to be funded by the BC Healthy Living Alliance through the BC Physical Activity Strategy Action Plan, according to the following Active Communities Grant guidelines:

- Project activities must address increasing opportunities for physical activity, specifically through at least one of improving access, inclusion and healthy community design.
- Increasing physical activity opportunities for vulnerable⁸ children – including those in early childhood, youth and their families with lower rates of physical activity is the recommended priority focus for projects in the VCH Region. However, projects addressing community-identified, evidence-driven local priorities will also be considered.
- Projects must be one-time-only in nature and intent, or have secured sustainability plans for continuation beyond one-time-only funding. Examples of suitable projects include one-time-only: program enhancements/expansions, pilot projects,⁹ program research/planning, staff training, partnership building, and organizational capacity building.
- Projects must demonstrate a link to broader and longer-term local policies, strategies and/or other initiatives.
- Projects must be based within, and primarily serve residents of, the VCH region (Vancouver, Richmond, North Shore, Sunshine Coast, Powell River, Sea-to-Sky and/or Central Coast).
- Projects must demonstrate existing or planned active collaboration with Vancouver Coastal Health, and other cross-sector community partners.
- Project expenses must be reasonable in relation to proposed activities, and estimates well supported.
- All proposed activities must be completed, and all funding spent, before October 31, 2018.
- Administrative activities exceeding 10% grant value are not fundable.
- Minor capital expenditures are permissible, but must not exceed 40% of the grant value and must have a clear and definable benefit to communities and be clearly linked to planning or programming to increase physical activity opportunities at the community level. Capital is broadly defined as 'tangible assets' that are required to support the planning or programming for physical activity as laid out in the proposal. It will be up to the review panels to make that determination.

For more information...

Please email community.investments@vch.ca or call Naomi Ashton at 604-714-3780.

⁸ Vulnerable population groups include those made vulnerable by ability/disability, citizenship status, ethno-cultural or religious background, gender, health, language, place of residence, sexuality, and/or socio-economic circumstances.

⁹ To be eligible, pilot projects must also be one-time-only in nature and intent. OTO Pilot Project proposals should include clearly developed demonstration goals (i.e., definition of what needs testing and/or demonstrating), evaluation strategies and sustainability plans beyond the pilot phase. These should include reasonable assurance of future funding should the pilot be successful.



Letters of Community Interest (LOCI) Checklist

LOCI express your need, interest and readiness to partner with VCH to increase physical activity rates in your community. Increasing physical activity opportunities for vulnerable children – including those in early childhood, youth and families is the recommended priority focus in the VCH Region. However, community-identified local priorities will also be considered.

Your **brief** (max. 2 pages) Letter of Community Interest should answer **ALL** of the following questions:

- Who should be contacted regarding this submission? Please complete the Primary Contact Information Form below and submit with your LOCI.
- Please indicate within what vulnerable community or communities (e.g., neighbourhood(s), cultural community(-ies), or other specific population(s)) you are planning to focus your efforts? Why?
- (Optional): Please briefly describe any project idea(s) you may be considering at this point for the funding.¹⁰
- What additional supports (e.g., staff and financial resources, etc.) would you be able to contribute to the development, implementation and evaluation of a successful project?
- How will this fit with your broader, longer term policies, strategies and/or other initiatives?
- How does your local government currently collaborate with Vancouver Coastal Health? How do you foresee this grant supporting/enhancing that partnership?
- Who are your existing or planned community partners? How do you foresee this grant supporting/enhancing these partnerships?

Submission DEADLINE:

Letters of Community Interest (LOCI) must be **received before 5pm on April 19, 2017**. We will confirm receipt of letters by email. Please mail or email your LOCI to:

VCH Population Health Community Investments
232 – 520 West 6th Avenue Vancouver, BC V5Z 1A1

community.investments@vch.ca

Primary Contact Information Form	
Name of Municipality(-ies), Regional District(s) and/or First Nation(s):	
Mailing Address:	
Primary Contact Person re: Letter of Community Interest	
Contact Phone #:	

¹⁰ Note that selected local governments will work in partnership with VCH staff on project development as part of Phase Two. Project ideas described in your LOCI thus are preliminary and may change during Phase Two. Funding decisions will **not** be based on preliminary project ideas.

PHYSICAL ACTIVITY

VANCOUVER COASTAL HEALTH
DATA & TRENDS

canadian
**PHYSICAL
ACTIVITY**
GUIDELINES:



CHILDREN & YOUTH

60 MINUTES
per DAY
of moderate to vigorous physical
activity (MVPA)

ADULTS

150 MINUTES
per WEEK
(OR 30 MINUTES PER DAY)
of moderate to vigorous physical activity

CHILDREN & YOUTH

Less than 1 in 7 adolescents (12-17) in Vancouver Coastal Health (VCH), are meeting PA Guidelines

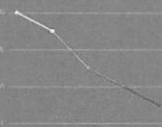
VCH 13.6%

BC avg 17%



*Source: BC Adolescent Health Survey

rates
DECREASE
from ages 6 - 19



MALES are
MORE ACTIVE
than **FEMALES**



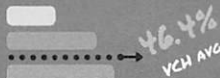
Children are
SEDENTARY
8.5 HOURS/DAY

*Source: Canadian Health Measures Survey

PA Strategies are needed to both increase periods of activity during the day, but also to decrease long periods of sitting or sedentary behaviours.

ADULTS

Less than 50% of adults in VCH report they are meeting the PA Guidelines, and **rates vary widely by community** (click here to see where your community sits)



*Source: My Health My Community

AND Canadian adults
avg **12 min**
of MVPA / day

*Source: Canadian Health Measures Survey

Well below
the PA guidelines

HOW ARE WE DOING?

*Source: Statistics Canada, Canadian Population Report on Physical Activity and Health

ORGANIZED SPORT
ACTIVE PLAY
ACTIVE TRANSPORTATION

B
D+
D

PHYSICAL LITERACY
SLEEP
SEDENTARY BEHAVIOURS

D+
B
F

OVERALL D-

PHYSICAL ACTIVITY IS ASSOCIATED WITH BETTER HEALTH AND GREATER HAPPINESS
SEDENTARY BEHAVIOR IS A RISK FACTOR FOR AT LEAST 25 CHRONIC DISEASES

Vancouver
CoastalHealth
Promoting wellness. Enriching lives.

SUBMIT A LETTER OF COMMUNITY INTEREST FOR BC ACTIVE COMMUNITIES GRANTS TO:
community.investments@vch.ca BY APRIL 19, 2017