

Health

Inaugural Healthy Choices Award Recipient Announced

The North Vancouver Recreation Commission (NVRC) has become the first recipient of the Healthy Choices Award, a new provincial award created by the BC Recreation and Parks Association (BCRPA) and presented to the Commission during the BCRPA's 2011 Symposium.

A legacy of the Healthy Food and Beverage Sales in Recreation Facilities & Local Government Buildings Initiative (HFBS), co-led by the BCRPA and UBCM, the award recognizes commitment and action to significantly improve the food environment in recreation and community settings by offering healthy choices in vending and food services, as well as implementing policy changes.



Accepting the BCRPA's Healthy Choices Award from BCRPA President Leslie June (middle) are North Vancouver Recreation Commission's Joyce Parkin, Coordinator Capilano Area and Miranda Moscipan, Program Assistant, Harry Jerome Community Recreation Centre.

The NVRC received the award for their *Play Well Eat Well - Healthy Eating Project*. Started in 2009 to increase the availability of healthy food choices in its community recreation facilities, the project was piloted at the Harry Jerome Community Recreation Centre but quickly expanded to other recreation and government facilities.

The project has been very successful in increasing awareness of the importance of healthy living choices and practices through education, training and a promotional campaign. Promotion included a poster campaign, items in the recNews e-newsletter, a new Healthy Eating section on the NorthVanRec.com website, items in the staff newsletter, press releases to local newspapers and a BBQ event.

The Play Well Eat

Well - Healthy Eating Project is leading by example. The NVRC adopted a strategy for healthy eating throughout the organization, one that strives to follow the provincial government guidelines of at least 50% Choose Most and up to 50% Choose Sometimes foods in facilities and programs. By working with vendors, the project has succeeded in increasing the percentage of healthy snacks and beverages in machines in recreation facilities to almost 100% healthy choices from previous levels of 25% of snacks and 75% of drinks that met the guidelines. Significant changes were also made to food planning and offerings for recreation programs including birthday parties, day camps, and recreation events.

Other healthy food initiatives have been started which

complement the Play Well Eat - Healthy Eating Project. In 2009, a composting program was started at the Delbrook Community Recreation Centre by the Green Team. That in turn led to the creation of a community garden. Harvesting began in June 2010, and approximately 200 pounds of fresh greens were donated to the Harvest Project and social housing complexes in North Vancouver. The Green Team is working with staff at two other NVRC facilities to plan additional community gardens.

The NVRC's commitment and action to significantly improve the food environment is providing a great example for other recreation agencies to follow.

Healthy Communities Committee Update

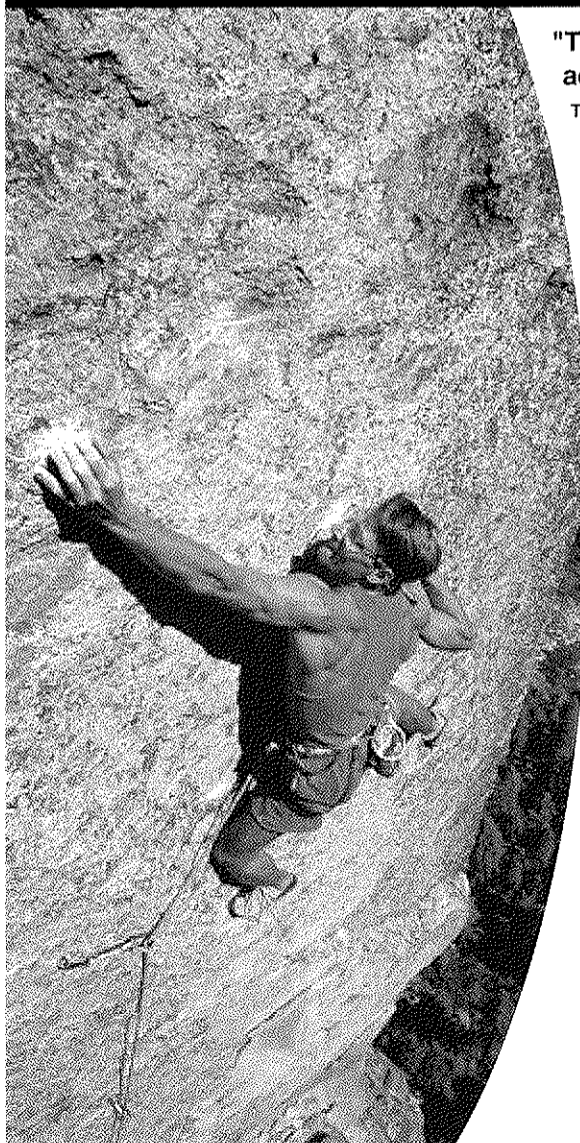
Regional Hospital District Cost Sharing Review

The Working Group continues to meet frequently on the implementation of the recommendations in the 2008 RHD Cost Sharing Review. The implementation approach for each recommendation will be presented in September at the UBCM Convention (with the exception of recommendation 11, which requests an update to legislation to reflect a new definition of capital).

Food Action Framework

UBCM has participated in the development of a food action framework for health authorities, educational institutions, childcare facilities and local governments. This project is led by the Provincial Health Services Authority and provides a broad range of ideas that health authorities, educational institutions, childcare facilities and local governments can take to support healthy eating and local food production. Actions are grouped under 4 main headings: People, Food Services, Land and Land Use Planning, and Reducing Food-Related Waste. This framework will be completed in mid-June with a launch and distribution in the summer.

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- Greater Vernon Multiplex
- Cranbrook Recreation Complex
- Nanaimo Aquatic Centre
- Trail Aquatic Centre
- North Vancouver Tennis Centre
- Port Coquitlam Recreation Centre
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