



INFORMATION REPORT

TO:	Mayor and Members Board of Health
COMMITTEE DATE:	June 13, 2016
SUBJECT/REPORT NO:	Hamilton Healthy Kids Community Challenge BOH14007(b) (City Wide)
WARD(S) AFFECTED:	City Wide
PREPARED BY:	Ann Stanziani (905) 546-2424, Ext. 2778 Ellen Pezzetta (905) 546-2424, Ext. 3536
SUBMITTED BY & SIGNATURES:	Ellen Pezzetta Director, Healthy Living Public Health Services Department Dr. Julie Emili Associate Medical Officer of Health Public Health Services Department

Council Direction:

This report is an update on the implementation of the Healthy Kids Community Challenge that was approved in Report BOH14007(a).

Information:

In September 2014, the City of Hamilton was successful in its bid to become one of 45 communities in Ontario to participate in the Healthy Kids Community Challenge (HKCC). The HKCC is a community-led initiative where partners from public health, education, early years, recreation, other health and service organizations, and local businesses work together to promote children's health. A complete list of partners is attached as Appendix A.

Under the leadership of Public Health Services (PHS) and with \$1.125 million funding from the Ontario Ministry of Health and Long-Term Care (MOHLTC), the HKCC will implement programs and activities to promote physical activity and healthy eating in children 12 years and under living on Hamilton Mountain (Wards 6, 7, and 8). City of Hamilton PHS, along with community partners will implement the HKCC over the next three years. The HKCC Action plans are community and partner driven, and focus on the provincially designated healthy eating or physical activity theme. One theme is announced every nine months. A total of three themes will be announced over the course of the HKCC.

Theme 1 – Run. Jump. Play. Everyday

The First provincial theme was announced in October 2015: “Run. Jump. Play. Everyday.”, to encourage active transportation, active play, physical literacy, structured physical activity and sport in children 12 years and under. PHS received \$375,000 in funds from the MOHLTC to implement Theme 1. The HKCC Launch, titled “Sleigh and Play” was held at the official reopening of the Garth Street reservoir toboggan hill and had 125 attendees on one of the coldest days of the winter.

As per reporting requirements, the Action Plan Report was submitted to the MOHLTC on April 29, 2016. There are over 20 initiatives that have been funded as part of the first theme. Initiatives range from direct programming and skill building, to sustainable structures that support physical activity. Below is a highlight of some of the funded projects:

- **Community Programs:** aquatics, skating, cycling, sports programs (some combined with healthy breakfast and after school programs), Rolston Neighbourhood Supies (summer)
- **Community Infrastructure Investments:** bike racks at schools, bike cages at recreation centres, stationary bikes (classroom pilot project), bike share, hydration stations, playground marking, hydro lift at Huntington Recreation Centre to allow those with physical limitations to transfer to a water wheel chair, Rolston Neighbourhood Food Forest and Path Naturalization
- **Education, Awareness, Promotion:** HKCC Launch Event, original song by local singer/songwriter Laura Cole – “You Can Toboggan in the Hammer Now”, HKCC Passport to Health May 18 - June 18 with over 25 free activities, advertising - HSR Healthy Kids Bus Wrap, print ads, social media, and media relations
- **Capacity Building:** active recess school staff training, Neighbourhood Leadership Institute community led projects, School Travel Planning training and site design workshops, cycling education and helmet provision

Evaluation

There are a number of evaluation components to the Hamilton HKCC. Hamilton is one of two sites piloting the MOHLTC evaluation tools measuring height and weight data in children, child health behaviours, parental support of child health behaviours, and participation in the HKCC. Local evaluation measuring body mass index of children, and evaluation of specific interventions is being led by McMaster University, in consultation with the evaluation body of HKCC, Public Health Ontario. A Physical Literacy Evaluation Assessment Tool, HKCC Passport to Health, and a classroom stationary bike pilot are among the other components of the evaluation plan.

Next Steps – Theme 2

The next HKCC theme from the MOHLTC is “Water Works Wonders” and will be focused on increased water consumption and avoidance of sugary drinks. Theme 2 action plans will be submitted to the MOHLTC on June 22, 2016 for approval. Over the next two years PHS will continue to communicate the progress and outcomes of the HKCC with members the Board of Health.

Appendices

Appendix A to Report BOH14007(b) - List of Partners for the Healthy Kids Community Challenge – Hamilton Mountain