



Media Release: Friday, January 8, 2016, 4:30 p.m.

Regional Municipality of Waterloo

Community Services Committee

Agenda

Tuesday, January 12, 2016

Approximately 11:00 a.m. (← **Note Time Change**)

Immediately Following Administration and Finance Committee

Regional Council Chamber

150 Frederick Street, Kitchener, Ontario

1. Declarations of Pecuniary Interest under the Municipal Conflict Of Interest Act

2. Delegations

2.1 David Marskell, CEO, THEMUSEUM, re: 2016 Initiatives

Consent Agenda Items

Items on the Consent Agenda can be approved in one motion of Committee to save time. Prior to the motion being voted on, any member of Committee may request that one or more of the items be removed from the Consent Agenda and voted on separately.

3. Request to Remove Items from Consent Agenda

4. Motion to Approve Items or Receive for Information

- | | | |
|-----|----------------------------------------------------------------------------------------------------------------------------|---|
| 4.1 | PHE-HLV-16-01 , Public Health Role in Supporting Physical Activity and Active Transportation (Information) | 3 |
| 4.2 | CSD-CHS-16-01 , Preliminary Provincial Budget Approval for Children's Services (Information) | 9 |

Regular Agenda Resumes

5. Information/Correspondence

5.1 Council Enquiries and Requests for Information [Tracking List](#) 12

6. Other Business**7. Next Meeting – February 2, 2016****8. Adjourn**



Report: PHE-HLV-16-01

Region of Waterloo

Region of Waterloo Public Health and Emergency Services

Healthy Living Division

To: Chair Geoff Lorentz and members of the Community Services Committee

Date: January 12, 2016 **File Code:** P13-20

Subject: Public Health Role in Supporting Physical Activity and Active Transportation

Recommendation:

For information.

Summary:

In accordance with the Ontario Public Health Standards, Region of Waterloo Public Health is mandated to reduce the burden of chronic disease through the promotion of a number of key public health priorities including the promotion of physical activity. Public Health's Healthy Living Division promotes physical activity and active transportation across Waterloo Region in partnership with schools, municipal governments, workplaces, other regional departments, and community-based stakeholders. This report will highlight a few examples of the many initiatives supported by the Healthy Living Division that encourage physical activity and active transportation.

Report:

Schools and Municipalities

Public Health convenes school boards, municipal governments, community, and provincial stakeholders to work towards a vision of Waterloo Region in which walking, biking or using other active modes of travel are the preferred ways to get to and from school. This work takes place through the Active and Safe Routes to School Committee. Recently, the Active and Safe Routes to School Committee has sponsored several pilot projects that have involved individual schools or a cluster of schools within a given municipality. For example, the Committee has:

- Secured funding through the Ontario Healthy Communities Partnership (2014/2015) to retain Sustainable Waterloo Region to create individualized school travel action plans at four elementary schools
- Supported Sustainable Waterloo Region to obtain funding through the “Grants in Gear” Program sponsored by the Automobile Recyclers Association to implement the individualized school travel action plans for the above four elementary schools (2015/2016)
- Sponsored a School Wayfinding Pilot Project, funded by the City of Waterloo, with eight schools in 2014. Project components included painting games on sidewalks and placing signs in strategic locations to encourage parents to let their children walk at least five minutes (400 metres) of the route to school.
- Created a partnership with the Canadian Cancer Society to expand the Quebec-based “Trottibus” Program (Walking School Bus) into Ontario and conduct a two year feasibility study at two Waterloo Region District School Board schools to identify ways to make walking school bus programs sustainable over time. (2015/2016)

These pilot interventions continue to provide valuable information around what promotes the successful implementation of individual school travel action plans and what barriers impede their implementation. For example, surveys administered to families with school aged children identified opportunities to encourage both younger (four to ten years old) and older (eleven plus) children to walk to school, and found that the ways children travelled to school (travel mode) was comparable to data gathered in the Greater Toronto Area and the City of Hamilton.³ In addition, Region of Waterloo Public Health carried out a process evaluation of the Wayfinding Pilot Project that has provided valuable information on how to strengthen similar projects in the future.

Increasing the number of children who walk to and from school or use other forms of active transportation, ultimately depends on the individual efforts of schools, caregivers and neighbourhoods. However, the Active and Safe Route to School Committee recognizes that these individual efforts will only succeed by advocating for the creation and implementation of supportive policies and processes by municipal governments and school boards through school travel planning. School travel planning is recognized as a best practice to decrease vehicle traffic around schools, increase physical activity of children and improve pedestrian and cyclist safety.^{1,2} There has been significant progress in building supportive policies and processes in support of school travel planning over the last few years. For example, the City of Cambridge adopted a school travel planning policy in October 2015 and the City of Kitchener is exploring the feasibility of dedicating staff time to support schools developing school travel action plans. These municipal efforts are complemented by the endorsement in 2011 of Active Transportation Charters by both the Waterloo Catholic District School Board and the Waterloo Region District School Board. Region of Waterloo Public Health provides

background support to these efforts by providing project management, facilitating meetings, writing funding proposals, and carrying out ongoing research and evaluation.

Workplaces

Public Health collects and synthesizes new and evolving research in order to plan and implement innovative public health interventions. Recent research has demonstrated that increasing physical activity on its own, without also decreasing time spent in sedentary activities, is not enough to decrease one's risk for heart disease, stroke, diabetes, high blood pressure and some types of cancer.^{4,5} For workplaces, no matter how active employees are outside of work, the health benefits gained through leisure time physical activity are compromised by sitting for long periods during other times of the day.⁶

Region of Waterloo Public Health was the first Ontario Health Unit to create a campaign to highlight the dual message of "Move More...Sit Less". This campaign promotes the importance of activity at higher intensities for at least 150 minutes each week, in addition to breaking up long periods of sitting with lighter intensity activities during the work day. "Move More...Sit Less" has evolved to become a key component of Region of Waterloo Public Health's workplace program, Project Health. Through a range of services, Public Health staff work with employers with over 50 employees to integrate a range of strategies to support employees to "Move More... Sit Less", such as by:

- Engaging in purposeful periods of time spent being active at higher intensities, as short as 10 minutes in duration
- Breaking up sitting time with small interludes of activity taken throughout the workday such as walking up the stairs
- Using active and sustainable modes of travel to and from work

"Move More...Sit Less" materials developed for workplaces include a number of awareness raising resources, stairway promotion materials, and a workplace challenge. Since its inception, various components of the "Move More...Sit Less" Campaign have been adopted by a number of other health units across the Province. In addition, the "Move More...Sit Less" message is being adopted in other Public Health initiatives.

Community Partners

Public Health provides project management and facilitation support to community-based networks such as the Waterloo Region Active Living Network and the Woolwich Healthy Communities Coalition. The Waterloo Region Active Living Network is an independent, member-based organization with an overarching goal to "increase population levels of physical activity in Waterloo Region." The network was founded in 2008 and has grown to include twenty eight organizational and twenty nine individual members. Waterloo Region Active Living Network launched a revamped website in December 2015 as a

hub for information on physical activity in Waterloo Region. It is also planning to launch a social marketing campaign entitled a “Movement to Move – Everyone Has a Role to Play!” in 2016 to encourage both recreational and purposeful physical activity as well as structured and unstructured play for children.

Public Health also helped the Woolwich Health Communities Coalition secure funding from the Ontario Healthy Communities Partnership to conduct a community consultation on wayfinding signage for the Township of Woolwich trail and road cycling network. Participants made recommendations to increase the ability of residents and visitors to locate and use the trails and cycling network, thus supporting their ability to be physically active.

Collaboration with other Regional Departments

Currently the Healthy Living Division has representation on several Regional committees to promote active transportation. Public Health staff serve on the Regional Transportation Master Plan Steering Committee to share public health evidence on how active transportation positively influences population health, make suggestions on public engagement methods, and facilitate connections to community based stakeholders.

Finally, Public Health has been working with Transportation Demand Management staff from the Region’s Transportation and Environment Services Department and Sustainable Waterloo Region, administrators of the Region’s TravelWise Program, to provide more collaborative services to workplaces in Waterloo Region. In 2014, the three partners collaborated to offer a Project Health Making Connection Series workshop, “Moving Employees: Healthy and Sustainable Transportation Options for Workplaces in Waterloo Region”. The event’s purpose was to share information on the benefits of and options for sustainable transportation in Waterloo Region and how these options could be implemented in workplaces with the support of TravelWise and Project Health. Work continues among the three partners in an effort to work toward a service delivery model that utilizes TravelWise and Project Health’s unique roles and services.

In conclusion, Public Health will continue to share evidence-based research and promising practices related to physical activity and active transportation and provide project management and facilitation support to schools, municipal governments, workplaces, other regional departments and community-based stakeholders to support Waterloo Region residents to be more physically active.

References

¹ Green Communities Canada. Review of International School Travel Planning Best Practices. 2010. Available online http://www.saferoutestoschool.ca/downloads/Intl_STP_Best_Practices_Update_2010.pdf. [Cited December 23, 2015]

- ² Newson C, Cairns S, Davis A. Making school travel plans work: experience from English case studies. Transport for Quality of Life. 2010.
http://www.transportforqualityoflife.com/u/files/Making_School_Travel_Plans_Work_Nov_2010.pdf [Cited December 23, 2015]
- ³ Harris Decima. Metrolinx Greater Toronto and Hamilton Area School Travel Household Attitudinal Study Report. 2011.
<http://www.metrolinx.com/en/projectsandprograms/schooltravel/ENG-2011GTHASchoolTravelStudy.pdf> [Cited December 23, 2015]
- ⁴ Biswas A, Oh PI, Faulkner GE, Bajaj RR, Silver MA, Mitchell MS, Alter DA. Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults A Systematic Review and Meta-analysis. Ann Intern Med. 2015. 162:123-132
http://www.immunology-allergy.org/immunoblog/wp-content/uploads/2015/01/Sedentarytime_AnnIntDis_2015.pdf [Cited December 23, 2015]
- ⁵ Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N. Physiological and health implications of a sedentary lifestyle. Appl Physiol Nutr Metab, 2010. 35:725-740
- ⁶ Bounajm F, Dinh T, Theriault L. Moving Ahead: The economic impact of reducing physical inactivity and sedentary behaviour. Ottawa: The Conference Board of Canada, 2014.

Ontario Public Health Standards:

Under the Health Protection and Promotion Act, Region of Waterloo Council serves as Waterloo Region's Board of Health. Boards of Health are expected to adhere to the Ontario Public Health Standards, which outline the expectations for providing public health programs and services. This report provides information related to the compliance with the following Chronic Disease Prevention requirements in the Standards:

- #3 - The board of health shall work with school boards and/or staff of elementary, secondary, and post-secondary educational settings, using a comprehensive health promotion approach, to influence the development and implementation of healthy policies, and the creation or enhancement of supportive environments.
- #4 - The board of health shall use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs, and to create or enhance supportive environments.
- #6 - The board of health shall work with municipalities to support healthy public policies and the creation or enhancement of supportive environments in recreational settings and the built environment.
- #7 - The board of health shall increase the capacity of community partners to coordinate and develop regional/local programs and services.

- #11 - The board of health shall increase public awareness.

This report also provides information that supports ongoing education for Board of Health members to help them remain abreast of relevant trends and emerging public health issues.

Corporate Strategic Plan:

Strategic Focus Area 2: Sustainable Transportation

2.3.1. Collaborate with community partners to facilitate actions to encourage active and safe routes to school.

Strategic Focus Area 4: Healthy, Safe and Inclusive Communities

4.4.1. Work with area municipalities and other community partners, to implement the provincially funded Healthy Kids Community Challenge to reduce childhood obesity (0-12)

Financial Implications:

Routine activities related to the Public Health role in supporting physical activity and active transportation are covered under the department's existing base budgets for Public Health Mandatory Programs; the budgets are established by Regional Council (as the Board of Health) and are funded up to 75% by the province with the remainder funded by the local tax levy. In addition, the province has approved 100% funding to support the implementation of the Healthy Kids Community Challenge within Waterloo Region from 2015-2018.

Other Department Consultations/Concurrence:

Nil.

Attachments:

Nil.

Prepared By: **Stephanie Watson**, Public Health Nurse, Healthy Eating and Active Communities
Annette Collins, Public Health Nurse, Healthy Eating and Active Communities

Approved By: **Dr. Liana Nolan**, Commissioner / Medical Officer of Health



Report: CSD-CHS-16-01

Region of Waterloo
Community Services
Children's Services

To: Chair Geoff Lorentz and Members of the Community Services Committee

Date: January 12, 2016

File Code: S04-20

Subject: Preliminary Provincial Budget Approval for Children's Services

Recommendation:

For information

Summary:

The report provides an overview of the preliminary budget approval received to date from the Province for Children's Services. The budget approval does not include all components of the budget. It is anticipated that further information will be received later in January 2016 for the additional envelopes. The current approval reflects a reduction in provincial funding of \$105,419 from 2015.

Report:

Funding for the licensed Early Learning and Child Care (ELCC) system is provided to the Region of Waterloo as the Consolidated Municipal Service Manager. Under historical cost sharing agreements the Region of Waterloo also has a required contribution relating to core service delivery. The historical context and variety of funding requirements makes the Children's Services budget somewhat complex and challenging to administer. In 2012 a new Provincial funding formula was utilized which changed the way the Province determines annual allocations to each municipality and accounts for variability year to year.

The Provincial budget is broken into three categories; core service delivery, special purpose and capital. In addition the Region of Waterloo is the flow thru agency for distribution of the Provincial Wage Enhancement program. The chart below provides a comparison of the allocations received to date between 2015 and 2016.

	2015 Allocation	2016 Allocation	2015/16 Change
Core Service Delivery	\$25,395,149	\$26,339,101	\$943,952
Child Care Subsidy			
Special Needs Supports			
Operating Funding for ELCC			
Special Purpose Grants			
Repairs & Maintenance	\$100,632	\$99,828	(\$804)
Rural	\$8,062	\$8,142	\$80
Cost of Living	\$989,477	\$1,010,426	\$20,949
FDK Transition	\$2,111,679	\$2,157,818	\$46,139
Transformation	\$197,629	\$195,681	(\$1,948)
Language	\$1,116,099	\$1,127,260	\$11,161
Aboriginal	\$74,876	\$128,382	\$53,506
Quality/Capacity Building	\$241,425	\$245,783	\$4,358
Utilization Adjustment	\$2,607,123	\$1,599,537	(\$1,007,586)
Capping Adjustment	(\$222,506)	(\$178,579)	\$43,927
Small Water Works	\$2,648	\$2,648	-
Capital Retrofit Funding	\$291,432	\$72,279	(\$219,153)
Total	\$32,913,725	\$32,808,306	(\$105,419)
Wage Enhancement Grants	\$3,376,598	TBD*	
ECD Planning - Regular	\$59,100	TBD*	
ECD Planning - Aboriginal	\$8,400	TBD*	
TOTAL	\$36,357,823	\$32,808,306	-

*The Provincial allocation for these funding envelopes has not been announced to date.

Current Impact

The current preliminary budget allocation shows an overall reduction of \$105,419 (or -0.3%) from 2015. The funding lines of greatest impact relate to the utilization adjustment and capital retrofitting. Capital retrofit funding provides funds to community licensed child care operators who are converting space within existing sites to

accommodate younger age groupings of children. Demand for capital retrofit funding has been decreasing over the past two years and a similar trend is anticipated in 2016. It is not anticipated that the current reduction of \$105,419 will have an impact on service levels for 2016.

A significant impact is noted in the utilization adjustment grant due to reduction in 100% Regional tax levy funding contribution over the past three years. Provincial funding (100%) has increased in the Core Services envelope for 2016 which has helped to mitigate any significant impact on funding for the ELCC community and will allow the Region to maintain current service levels. The lack of any funding increase does put pressures on the Region's ability to support growth and expansion of licensed ELCC services.

Next Steps

It is anticipated that the Province will provide confirmation of the final allocations related to wage enhancement grants, wage enhancement administration, as well as Early Child Development Planning (ECD) mid to late January. Once the final allocations are received, a further report will be presented to Committee.

Corporate Strategic Plan:

This report supports the Region's 2015-2018 Corporate Strategic Plan, Focus Area 4: Healthy, Safe and Inclusive Communities; Strategic Objective 4.1: (to) support early learning and child development.

Financial Implications:

The current Provincial budget allocation for the programs received represents a reduction of \$105,419 or -0.3% from the 2015 approval. It is anticipated this reduction will not impact on current service levels. The 2016 Operating budget currently under consideration includes \$32,914,061 in provincial subsidy or \$105,755 greater than the 2016 approval.

Other Department Consultations/Concurrence:

The assistance of Finance is required to support payments and monitor expenditures to the ELCC community.

Attachments

Nil

Prepared By: Nancy Dickieson, Director, Children's Services

Approved By: Douglas Bartholomew-Saunders, Commissioner, Community Services

Council Enquires and Requests for Information				
Community Services Committee				
Meeting date	Requestor	Request	Assigned Department	Anticipated Response Date