



Physical Activity Coalition of Manitoba

General Membership Meeting Radisson Hotel Winnipeg Minutes of February 24, 2016

Attendees:

Nancy Barkwell, City of Winnipeg
Terry Burton, City of Winnipeg
Beatrice Davidson, Manitoba Health, Healthy Living & Seniors
Jaymi Derrett, Manitoba CYO, Recreation & Regional Services Branch
Jim Evanchuk, ALCOA
Val Friesen, City of Winnipeg
Elizabeth Harland, CancerCare Manitoba
Kylo Harris, Sport Manitoba
Kristine Hayward, Winnipeg Regional Health Authority
Jamie Hilland, Green Action Centre
Stephanie Jeffrey, Manitoba Fitness Council
Michelle Johnson, Fit Kids Healthy Kids
Monika Kowal, City of Winnipeg
Beth McKechnie, Green Action Centre
Roy Mulligan, PACM
Casie Nishi, Wellness Institute
Maureen Owens, Southern Health
Sarah Prowse, Winnipeg Regional Health Authority
Tammy Semchuk-Bohn, City of Winnipeg
Mark Spencer, Rady JCC
Shaelyn Strachan, Faculty of Kinesiology and Recreation Management, U of M
Karin Whalen, Wellness Institute

Stephanie Jeffrey, PACM Chair, welcomed Coalition members and supporters to the meeting and reviewed the agenda.

Executive Committee Report (Stephanie Jeffrey - Chair)

Executive Committee Membership

- The Executive had identified the need to fill vacant Organization at Large positions on the executive. The terms of reference indicate that up to 4 positions can be filled. We currently do not have any filled.

- The Executive sought nominations at the PACM membership forum held in December 2015 and through the January 2016 newsletter. No nominations were received. The Executive then approached several organizations directly to fill these positions. Sport Manitoba represented by Kylo Harris agreed to join the executive.
- Nominations were invited from the floor. No further nominations came forward.
- A motion was put forward “If there are no objections, we will adopt a motion for Sport Manitoba, represented by Kylo Harris, to join the Executive in the position of Organization at Large for a 2 year term.” No objections were stated and the motion was adopted.
- Stephanie encouraged members to consider involvement on the Executive and Task Groups as PACM can only be effective through the participation of members.

Task Group Reports

Connecting People to Physical Activity

- Stephanie Jeffrey reported that the group has been meeting regularly; work has focused on examining how health related groups are sharing information through websites, phone lines and networks; the Task Group has been examining the potential for a centralized information hub on physical activity opportunities in Manitoba; consideration is being given to how to align this with Manitoba Health information initiatives

Forging Innovative Partnerships

- Jim Evanchuk reported on the task group’s activities; the Task Group is seeking to identify and share information on successful innovative partnerships through profiles, a fall 2016 Manitoba Innovative Partnerships for Physical Activity Outcomes Symposium along with partnership resources and workshops/webinars; the Task Group is seeking additional membership to provide input and support the work

Healthy Public Policy

- Roy Mulligan reported that this Task Group has not yet been established pending the outcomes of the Policy Task Prioritization survey to help establish direction for the group; interest in participation has previously been expressed by a couple of people but additional participation is encouraged

PACM Webinar

- **March 21, 2016 at 12 noon** – a free webinar on Risky Play and Children entitled “Risk: Butterflies in my Belly” is being provided; the topic relates back to the 2016 ParticipACTION report card and it’s discussion on children and risk and the impacts on physical activity levels; the presenters are Marc Battle and Melinda Walden from Red River College; there is also the opportunity view the webinar and participate in a short discussion group at the MFC office; the webinar is limited to 25 participants; to register go to the PACM website www.pacm.ca

MPAAP Evaluation Plan

- The evaluation plan intent is measure the impact of the priority action areas outlined in MPAAP; to monitor and measure the impact the sector is having in the

identified priority areas; to determine any gaps in the plan; and to identify opportunities to enhance physical activity delivery in Manitoba.

- A draft version was reviewed last year; however, as the Executive had further discussion a need was identified to identify and consider activities for which PACM was responsible directly versus activities and outcomes to which PACM contributes but is not the only influencing factor;
- The Executive continues to work with Health in Common to reflect these discussions and refine the plan;

Policy Priorities Survey

- At the Dec. 11, 2015 PACM Healthy Public Policy forum the original intent was to go through an exercise of prioritizing potential policy activities based on discussions that day as well as information gleaned from the MPAAP process; however, there was insufficient time to complete this activity
- A prioritization survey based on those identified activities was therefore developed and distributed in early February, 2016 and closed on Feb. 17;
- Respondents were asked to consider the feasibility and impact of each policy action as well as to suggest specific related activities. Respondents rated both the feasibility and the impact using scores of Low (1 point); Medium (2 points) and High (3 points).
- There were 22 survey responses
- The results were plotted on a matrix to identify those policy activities with the highest combined feasibility and impact scores.
- Based on this scoring the top 5 policy activities were:
 - Connect and collaborate with other agencies and existing local, provincial or national initiatives to address equitable access.
 - Advocate for legislation requiring daily physical activity in schools and mandatory physical activity in daycares.
 - Develop evidence-based position statements on topics related to physical activity.
 - Incorporate a rural or urban lens into physical activity initiatives, planning and decisions that acknowledges different strategies may be required for different locales. Initiatives that focus on a rural or urban setting should inform the other type of setting as well.
 - Decrease barriers (including financial) for organizations to access schools and facilities. Promote 100% compliance among school divisions, municipalities and community centres in applying joint use agreements for use of school and community facilities. (e.g. Master use agreement for Winnipeg facilities).
- Respondents were also asked to identify the policy activity areas they would most likely participate in. The results showed:
 - Equitable Access – 35%
 - Healthy Built Environment – 21.05%
 - Incentives – 10.53%
 - Data & Knowledge – 31.58%
 - Other – 5.26%

- Each policy activity question also provided an opportunity to identify specific actions related to that activity to focus on – these responses are yet to be analyzed
- Another question asked respondents to identify related activities they were aware were already occurring – again those are yet to be analyzed
- Next steps will include further analysis of the results, the suggested activities, the current activities identified, and interest of respondents in the activity areas
- This information will be used in the formation of the Healthy Public Policy Task Group and as the basis for development of a related action plan

PACM Member Sound Bites

Attendees were asked to introduce themselves and share any announcements, news, etc. The member 'sound bites' included:

- Southern Health – working on fine tuning the bike sharing program in Portage la Prairie; will be holding a Bike week in Portage this year
- Healthy Living and Seniors – Beatrice Davidson is retiring in early March; Jessica Jaques will assume the representative role with PACM in the interim
- Winnipeg Community Sport Policy committee is working on the establishment of a group to oversee the development of a broader Physical Literacy strategy; the intent is to connect with groups across Winnipeg and Manitoba working on physical literacy; contact Sarah Prowse or Kristine Hayward if interested in becoming involved
- Green Action Centre continues to work on Active Transportation at Schools and a new Bike Education program at schools; a survey of commuter habits of University of Manitoba students has occurred and information is being analyzed; attended the Winter Cycling Congress in Minneapolis
- Transportation Thursdays takes place at Forks Market at lunch time third Thursday of the month; an opportunity to learn about and discuss City of Winnipeg's transportation plans
- Wellness Institute – holding an indoor Bike Race on March 12th; Commit to Get Fit Run on June 5th; will have new website and wellness app released first week of March; have initiated a Diabetes Program that integrates education and exercise; have opened a Chronic Disease Innovation Centre for research
- Active Living Coalition for Older Adults – the provincial 55+ Games will be held June 14 & 15th in Brandon; they are part of the Seniors Vote 2016 coalition to highlight seniors' issues for the upcoming provincial election
- Doctors Manitoba & Sport Manitoba Fit Kids Healthy Kids – offering on-site training for program leaders focusing on the fundamentals stage of the Long Term Athlete Development model (basic physical literacy skills)
- City of Winnipeg – Active Living – recent activity on corporate wellness; access for high school students' physical activity credits; inclusion and fee waivers; Cindy Klassen facility coordinating free fitness activities with free swim times; introduced new program on Introduction to Fitness; St. James Civic Centre celebrating 50th Anniversary in April;
- Sport Manitoba – focusing on sport initiation with a recreation focus; technical leadership focus for coaches/teachers/leaders; focus on underserved populations

- Rady JCC – variety of activities including Heart Health Month, Chronic Disease; trying some new programs like specialty yoga, paddle boarding; dog owners; will provide a pit stop for Bike to Work Day
- Manitoba Fitness Council – celebrating 30th anniversary; have an online database of certified instructors; will launch a pre – post natal project in April; will be offering fall retreat in Hecla with Visually Impaired/Blind Yoga and Minds in Motion

Recreation Connections Conference Keynote

- Meeting participants were invited to attend the Keynote Presentation “Remembering to Play” presented by Vince Gowmon

Next PACM General Membership Meeting will be the Annual General Meeting in Spring 2016. Date and location will be announced.