



PACM General Membership Meeting

Nov. 26, 2018

1:30 – 3:30 PM

Sargent Tommy Prince Place

Minutes

Present:

Andrea Bedard, University of Winnipeg

Sean Carlson, Green Action Centre

Lea Cote, Green Action Centre

Jaymi Derrett, Recreation and Regional Services, Manitoba Municipal Relations

Jim Evanchuk, Active Aging in Manitoba

Leigh Finney, Southern Health

Kylo Harris, Sport Manitoba

Kristine Hayward, Winnipeg Regional Health Authority

Stephanie Jeffrey, Manitoba Fitness Council

Phaedre Miller, Manitoba Health, Seniors and Active Living

Roy Mulligan, Physical Activity Coalition of Manitoba

Cassidy Nichols, Fit Kids, Healthy Kids

Karin Whalen, Wellness Institute

Guest Presenter – Kathy Diehl Cyr, Alzheimers Society Manitoba

Stephanie Jeffrey welcomed everyone on behalf of the PACM Executive.

Introductions & Member Announcements/ Updates

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

Healthy Parenting Winnipeg website healthyparentingwinnipeg.ca has been launched by WRHA – focus is prenatal to 5 years

Winnipeg Transit Masterplan is in the works, consultant contract to be awarded shortly

Winnipeg Recreation and Parks Strategies – background report and further public and stakeholder consultation due for late fall early winter

Sport Manitoba regional training providing exposure to sports has occurred in West and South regions; planned for Winnipeg in January.

Leadership workshop in Winkler had 60 participants; next one will be Oct. 3 & 4, 2019

Active Aging in Manitoba has a new website to go with its new name <https://activeagingmb.ca/>

Active Aging Expo on October 1st, 2018 at Sport for Life Centre was very successful; plan to repeat in 2019

55+ Games will be hosted in Swan River in June 2019; pre-events in curling and stick-curling will be held in March

Fit Kids, Healthy Kids is evaluating the effectiveness and sustainability of the program with University of Winnipeg, City of Winnipeg and Winnipeg Regional Health Authority

Fit Kids, Healthy Kids website at <https://fitkidshealthykids.ca/> has lots of great resources on games, skills and tools

Portage Active Transportation project continues to expand with bike racks and workshops

Southern Health working with Swan Lake First Nation on Aboriginal Youth Mountain biking initiative to include trail development with the community; more details at <http://www.aymbp.ca/home.html>

Green Action Centre has initiated a six week Bike Education Skills Training (BEST) program with Seven Oaks School Division for Grade 4 students; 13 schools involved this year and hope to expand next year; includes both in class and on the road sessions to improve safety and confidence in the young cyclists

GAC is working with the City of Winnipeg for installation of bike racks, 32 installed to date

Jack Frost Challenge Feb. 3 – 9 to encourage outdoor active play

GAC leading a push to have Manitoba legislation around unsupervised children reviewed to allow younger children to independently play outdoors and walk/cycle to school

Wellness Institute presenting a Training Institute on Women and Healthy Aging on March 19, 2019; doing some programs through Healthy Together Now for mental health; have a new module for caregivers in the Living Well program

MFC working with project to identify fitness trends on a national level; have been working with the Lung Association on Lungevity to assist program leaders working with people with lung issues; working with WRHA to assist program leaders on including fall prevention activities in programs

Provincial Community Support Small Grant program is available until March through Recreation and Regional Services; grants up to \$20,000 for capacity building including equipment, training, new programs; must be used by March 31st, 2019.

Executive Committee Report

PACM Review - we continue to work on the ongoing implementation of the outcomes from the review - Examples:

- Healthy Public Policy Task Group
- Within Governance & Membership
 - Expansion of allied sectors – occurring with the task group membership
 - Strengthening Executive – nomination later in meeting
 - Membership drive in October – several new or returning member organizations
- Within Communication and Knowledge Sharing
 - Continue to follow up on the F/P/T framework – Common Vision
 - Providing informational presentations later as part of meeting today

PACM Funding – Provincial funding was confirmed to end of the third quarter (Dec. 31) – have not received notice on 4th quarter – expenditures and PACM coordinator hours are managed to reflect that

City of Winnipeg Recreation and Parks Strategies –PACM was invited to participate in consultations in spring; expected to have further consultations of draft proposal in late fall/winter

MPAAP Evaluation Update

The MPAAP Evaluation plan was implemented in 2016 to measure the progress of the Plan; Developed some common evaluation tools including metrics to be applied to PACM activities to allow comparison and combination of information over time

Based on previous survey in 2016 and the overall MPAAP, another online membership survey will be distributed shortly; communication on the survey will be sent out to our members and stakeholders; we encourage all members and stakeholders to participate in the online survey to provide feedback related to the MPAAP

Information gathered used both to measure progress of the MPAAP and for annual reports to funders

Public Policy Task Group Report

Includes representation from WRHA, Sport Manitoba, Prairie Mountain Health, Recreation Connections Manitoba, Manitoba Association of Newcomer Serving Organizations, University of Manitoba, Indigenous community and PACM.

The focus of the group is All Manitobans have equitable access to physical activity opportunities to optimize the health and wellness of individuals and communities

Intended Impact statements include:

To create awareness and share existing resources and policies on equitable access to physical activity to physical activity providers (municipalities, communities, schools, organizations) by 2020

To have x% of physical activity providers develop and implement physical activity equitable access policies by 2023. (Provincial Sport Organizations, municipalities, schools, community centres)

Based on the approved work plan, an implementation group has been meeting and working toward some education and awareness and information gathering with physical activity service providers, identifying supporting policy resources, as well as seeking some evaluation support resources

PACM Membership

There are now four categories of membership:

Coalition Member (voting and eligible for Executive)

Network Member (voting and eligible for Executive) – **new**

Associate Member (no fee; non-voting member; non-voting on executive) – **new**

Government Partner (ex-officio)

PACM receives a small amount of funding from the Government – membership fees allow us to be more active and supplements events.

PACMs' Community of Champions for Physical Activity stands at twenty-three (23) organizations and government departments.

Information on memberships and renewals has been sent out to all members and stakeholders along with reminder notices over the past month. You can also apply on line on the PACM website.

If you are not yet a PACM member please consider becoming one.

Contact Roy at info@pacm.ca with interest

PACM Executive

There was one nomination for the Executive to be confirmed. Other individuals (Coalition, Network or Associate members) who would be willing to sit on the Executive were invited to indicate their interest. No additional nominees came forward.

Motion: To confirm the nomination of Daria Jorquera Palmer, Recreation Connections Manitoba for a two year term on the PACM Executive Committee. **Moved by:** Stephanie Jeffrey. **Seconded by:** Karin Whalen. **Carried**

Presentations

Minds in Motion – Kathy Diehl Cyr, Alzheimer Society of Manitoba provided a presentation on the Minds in Motion program provided in partnership with community organizations across the province; provided background on the prevalence of dementia in the province; purpose and content of the program; and the positive impacts on participants and their caregivers

2018 ParticipACTION Report Card on Physical Activity for Children and Youth – Roy Mulligan, PACM provided a quick overview of the report card that focused on brain health; both highlight and full report available online at <https://www.participaction.com/en-ca/resources/report-card>; Referred to the Global Matrix 3.0 Physical Activity Report Card Grades for Children and Youth: Results and Analysis From 49 Countries that was just released; available at <https://www.activehealthykids.org/global-matrix/>

Common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving – Roy Mulligan, PACM provided a quick overview of the document; a proposal for a secretariat to help implement the document is being developed through ParticipACTION; the document can be accessed at <https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html>