

Region of Queens Municipality Regular Council

TUESDAY, NOVEMBER 10, 2020

9:08 A.M.

MINUTES

PRESENT: Mayor Darlene Norman, Chair
Deputy Mayor Kevin Muise
Councillor Ralph Gidney
Councillor Maddie Charlton
Councillor Vicki Amirault
Councillor Jack Fancy
Councillor David Brown
Councillor Carl Hawkes
Chris McNeill, CAO
Christine Watson, Admin. Assistant – Planning & Development

1.0 CALL TO ORDER

Mayor Norman called the meeting to order at 9:08 a.m.

2.0 CHANGES/APPROVAL OF AGENDA

It was moved by Councillor Gidney and seconded by Councillor Brown that the Agenda be approved as circulated.

MOTION CARRIED unanimously.

3.0 PRESENTATIONS

3.1 Municipal Physical Activity Leaders (MPAL) – Initiative Overview

Mayor Norman welcomed Anna Haanstra, South Shore Regional Manager, Communities Culture & Heritage to Council (copy attached to original set of Minutes).

Some highlights included:

- MPAL is a partnership between Province and a Municipality or First Nation Community with 43 municipalities involved in the program.
- MPAL in Region of Queens – October 2008 to June 2010 with Meaghan Roberts and September 2016 to present. The Physical Activity Strategy was revised in 2020.
- Purpose of MPAL initiative – To support the development, implementation and evaluation of a community wide plan that will increase physical activity and decrease sedentary behavior, and is not a primary organizer of recreation programming with Municipal units.

- Benefits of Physical Activity – social, physical, mental/cognitive, environmental economic, educational
- MPAL is focused on creating environments that make movement and active lifestyles the easy choice and includes a focus on breaking up sedentary behaviour.
- Memorandum of Understanding is for 2020-2025 and provides \$30,000 from Province
- The Focus in Queens – a copy of the Physical Activity Strategy was provided to Councillors which include Best Practices, Outcomes and Vision.
- Examples from Nova Scotia – bike friendly certification, connector trails between schools and community assets, walking group leader training, benches for trails, etc.
- Provincial Role – provides money for salary, resource materials, fund citizen survey, advice and input into strategy, capacity building support, demonstrates value and results, consultation and support for implementation and funding support through grants.
- Community Role – provides money for salary, employ MPAL, supervision support in municipality, partnership development, ensure plan development reflects MOU commitments and implements plan.
- MPAL Staff Role – Develop and implement a strong community wide Physical Activity strategy.

Mayor Norman thanked Ms. Haanstra for her presentation.

4.0 TABLING OF PETITIONS

There were no petitions to come before this meeting.

5.0 PUBLIC QUESTION/COMMENT SESSION

Leon Robertson – College Street, Liverpool – Mr. Robertson congratulated the Mayor and Councillors on winning their seats on council and wished them well.

6.0 APPROVAL OF MINUTES

6.1 Regular Council – October 13, 2020

It was moved by Councillor Charlton and seconded by Councillor Amirault:

THAT the minutes of the Regular Council meeting held October 13, 2020 be approved as circulated.

MOTION CARRIED unanimously.

6.2 Special Council – October 29, 2020

It was moved by Councillor Gidney and seconded by Councillor Hawkes:

THAT the minutes of the Special Council meeting held October 29, 2020 be approved as circulated.

MOTION CARRIED unanimously.

7.0 DANGEROUS OR UNSIGHTLY PREMISES

There were no items to come before this meeting.

8.0 ECONOMIC DEVELOPMENT

There were no items to come before this meeting.

9.0 CORPORATE SERVICES

Chris McNeill, CAO, stated the Director of Finance has taken a position elsewhere and now is the appropriate time to realign the department and as part of that, the Director of Finance position is being proposed to be changed to Director of Corporate Services. As the job descriptions indicate, we are separating out the revenue portion and the expense side of the municipality.

Previously, the Director of Finance supervised some employees who were revenue components and some expense, and the Manager of Finance supervised some revenue components and expense.

The changes being proposed is to separate it out with one employee being responsible for the revenue and one for the expense side of the corporation.

The proposed Director of Corporate Services will be responsible for the expense side of the reporting structure including Accounts Payable Clerk, Payroll/Benefits Clerk and the Administrator of Hillsview Acres.

One significant change to the position is that currently the Director of Finance position is designated as the Treasurer, which is a term defined in the Municipal Government Act that's required by every municipality. Many of those functions are now looked after by the Manager of Finance so that is being removed from the Director of Corporate Services and moved to the Manager of Finance position.

Item 6 in the job description includes a Human Resources function; presently we do not have a specific person responsible for human resources, so most of that falls to the CAO and in some cases in other departments, but this will be a new realignment where most of the human resources function will move to this person because human resources is a corporate function.

Item 13 in the job description is IT, which up until a couple years ago reported to the Director of Finance. RQM did some realigning and for the first time hired an IT Manager and that position reported to the Director of Planning & Development, who is dealing with a number of positions in that department. Now it's appropriate to move that position back to finance, which is where it resides in most municipalities in Nova Scotia.

9.1 Job Description – Director of Corporate Services

It was moved by Councillor Gidney and seconded by Councillor Brown:

THAT Council of Region of Queens Municipality approve the Director of Corporate Services job description.

MOTION CARRIED unanimously.

9.2 Job Description – Payroll/Benefits Clerk

It was moved by Councillor Gidney and seconded by Councillor Charlton:

THAT Council of Region of Queens Municipality approve the Payroll/Benefits Clerk job description.

MOTION CARRIED unanimously.

9.3 Job Description – Accounts Payable Clerk

It was moved by Deputy Mayor Muise and seconded by Councillor Gidney:

THAT Council of Region of Queens Municipality approve the Accounts Payable Clerk job description.

MOTION CARRIED unanimously.

9.4 Job Description – Manager of Finance

It was moved by Councillor Charlton and seconded by Councillor Gidney:

THAT Council of Region of Queens Municipality approve the Manager of Finance job description.

MOTION CARRIED unanimously.

9.5 Job Description – Tax Clerk

It was moved by Deputy Mayor Muise and seconded by Councillor Amirault:

THAT Council of Region of Queens Municipality approve the Tax Clerk job description.

MOTION CARRIED unanimously.

9.6 Job Description – Utility Clerk

It was moved by Councillor Amirault and seconded by Councillor Fancy:

THAT Council of Region of Queens Municipality approve the Utility Clerk job description.

MOTION CARRIED unanimously.

9.7 Job Description – Accounts Receivable Clerk

Mr. McNeill noted wording in item 11 should read "responsible for" collection, not assist.

It was moved by Councillor Brown and seconded by Deputy Mayor Muise:

THAT Council of Region of Queens Municipality approve the Accounts Receivable Clerk job description.

MOTION CARRIED unanimously.

9.8 Job Description – Finance Clerk

Mr. McNeill stated Item 8 should be removed as it is the responsibility of the Tax Clerk.

It was moved by Deputy Mayor Muise and seconded by Councillor Charlton:

THAT Council of Region of Queens Municipality approve the Finance Clerk job description.

MOTION CARRIED unanimously.

9.9 Job Description – Information Technology Manager

It was moved by Deputy Mayor Muise and seconded by Councillor Gidney:

THAT Council of Region of Queens Municipality approve the Information Technology Manager job description.

MOTION CARRIED unanimously.

10.0 ENGINEERING & PUBLIC WORKS

There were no items to come before this meeting.

11.0 FINANCE

11.1 Administrative Policy 14 – Fee for a Tax Certificate

It was moved by Councillor Gidney and seconded by Councillor Brown:

THAT Council of the Region of Queens Municipality approves the Administrative Policy 14 – Respecting the Fee for a Tax Certificate.

Mallory Plummer, Manager of Finance, stated the tax certificate fee has not been increased for twenty years. During the budget deliberation for 2020-2021, Council approved that RQM start charging \$40.00 per tax certificate. It was overlooked that it was not updated in the Policy. RQM has been charging the fee since June.

A Tax Certificate is a legal document prepared as requested for law firms, mortgage companies and banks prior to purchase/sale refinancing so if there are outstanding amounts owing to RQM, they're listed and must be paid before the sale continues.

MOTION CARRIED unanimously.

12.0 RECREATION AND HEALTHY COMMUNITIES

12.1 Queens Place Emera Centre Board of Directors

It was moved by Deputy Mayor Muise and seconded by Councillor Charlton:

THAT the Council of Region of Queens Municipality repeal the Terms of Reference for Queens Place Emera Centre's Board of Directors effective November 10, 2020;

AND THAT all Board Members be thanked for their contributions and efforts over the past two and a half years.

Mr. McNeill stated it has become hard to find people to volunteer for the Board of Directors, previously Advisory Committee. Some

Members are in a position of conflict as they are users of the facility, involved in hockey or figure skating, etc. and makes it difficult for them to be on the committee advocating for interests in their own organization. Changes were made 2 ½ years ago where RQM gave the previous Advisory Committee access to information they requested on budget and finance. Recommendations were made by the Committee for policy changes which were implemented. Most of the policies have now been updated and the operation is now consistent.

RQM advertises for new members, and looks for uses of the facility, but the Board recently found out all the prime ice time has been rented and makes it difficult in seeking a new major user of the facility. Most of the available ice time is from 8 a.m. to 4 p.m. weekdays.

At recent Board meetings, prior to COVID, the Board had started to get into aspects of the operation they shouldn't be involved with, as most of the other work has been completed and they felt the need to still be productive; and in some cases advocated on behalf of private business or individual user groups which puts staff and Council in an awkward position.

There are things RQM needs to do to improve QPEC, and believe most of it is at staff level. Part of the operation is run by Ms. Roberts on the recreation side and Mr. Rowter on the operations side. The intent is to have staff form a management committee and have them work more closely together; look at revenues and expenses for efficiencies. They can review policies, look at what we have now for structures and investigate what we need going forward for the future whether it be for accessibility or ease of use for people which will be the proposed focus as opposed to a Board of Directors. We feel we are strong now with our policies and need to focus on the day to day operations, which is an administrative function.

Councillor Gidney stated some Board members contacted him that they received notice on November 5 that the Board had been discontinued; however, the matter had not been discussed at Council. Councillor Fancy stated the members were also asked to return their binders.

Councillor Gidney and Councillor Fancy offered their opinion that a Board of Directors is necessary and would be beneficial to the community. If the Board is not functioning properly or as expected, then it is our responsibility to explain and make it work.

Deputy Mayor Muise took the Chair at 10:06 a.m.

Mayor Norman stated she has heard the remarks made by Councillor Gidney and Councillor Fancy on why we should retain the Board, but RQM has had either an Advisory Committee or a Board since QPEC was built. We are still going further in the hole with the Board; not that it has anything to do with the Board; however, our CAO has recommended a change of direction in leadership whereby we eliminate the Board and place more emphasis on staff working together to look after expenses and revenues. This does not have to be permanent. If we allow them the opportunity to come up with some new ideas, adjust monies then perhaps it will move forward. The Board has done good work, but we need to give staff the opportunity to work together with Council to look at how we can improve that facility and increase our revenues and lessen our expenditures.

We need to step back from the Board for a while and give this a chance to see if we can improve it by working with our senior staff. They will keep us advised and Council will always have input.

MOTION CARRIED with 6 in favour and 2 against.

Mayor Norman resumed the Chair at 10:13 a.m.

12.2 Municipal Physical Activity Leadership Program (MPAL)

It was moved by Councillor Brown and seconded by Councillor Hawkes:

THAT Council of Region of Queens Municipality enter into a five (5) year agreement with Department of Communities, Culture and Heritage as outlined in the Memorandum of Understanding for the Municipal Physical Activity Leadership Program.

Norm Amirault, MPAL, stated there are many challenges that people face in getting more active whether it be the opportunity to walk, or even the capacity to walk. There is a need to delve into barriers that people face in order to increase physical activity which can be time consuming, i.e. motivational, financial, etc.

Councillor Gidney enquired what MPAL has done to date. Mr. Amirault stated some highlights include:

- high level of messaging; a lot of information on where to walk, motivational type offerings i.e. such as showing changes that people have made
- successful bike exchange (doubled this year compared to last)
- erected signed in Pine Grove park

- partnering with primary health; the health care provider will suggest help with physical activity

Meaghan Roberts, Director of Recreation and Healthy Communities, stated things like having safe places to walk, and encouraging the most basic thing, like walking, is being discussed while looking at ways as to how to keep people in their own communities and to do it safely.

MOTION CARRIED unanimously.

13.0 PLANNING

13.1 Rezoning 135 Old Port Mouton Road in Liverpool

It was moved by Deputy Mayor Muise and seconded by Councillor Gidney:

THAT Council of Region of Queens Municipality give second reading to bylaws respecting amendments to the Municipal Planning Strategy and Land Use Bylaw which see the rezoning of PID #70019419 from Restricted Residential (R1) to Downtown Commercial (C1).

MOTION CARRIED unanimously.

13.2 Beverage Formulation, Testing and Small-scale Production by Development Agreement

It was moved by Councillor Amirault and seconded by Councillor Hawkes:

THAT Council of Region of Queens Municipality give notice of its intention to enter into a development agreement to allow for the establishment of a beverage formulation, testing and small-scale production operation on property identified as PID#70093653 and located at 412 East Berlin Road in East Berlin.

AND THAT a Public Hearing be held on Monday, December 7, 2020, immediately following another public hearing which is scheduled for 7:00 p.m., venue to be determined.

Mr. MacLeod stated an application to enter into a development agreement to allow for a beverage formulation, testing and small-scale production operation located at 412 East Berlin Road in East

Berlin has been received. The property is zoned as a Mixed Use Coastal Residential (R6) under the Land Use Bylaw and has a future land designation of Residential (R) under the Municipal Planning Strategy. The proposed use is not permitted in the R6 zone. This type of use is permitted in the Light Industrial (M1) zone; however, the Municipal Planning Strategy sets out that Council can consider new commercial and light industrial development in the Mixed Use Rural Residential (R5) zone and the Mixed Use Coastal Residential (R6) zone by development agreement process.

When evaluating development agreements, Council must be cognizant of the overall goals and policies of this MPS, in particular, to the criteria listed in Policy 12.6.1 and Policy 12.6.2. The Municipal Government Act (MGA) allow municipalities the ability to incorporate a fairly broad list of terms into a development agreement to try to mitigate potential negative effects of a proposed use.

Considerations taken into account:

- Located on East Berlin Road in the community of East Berlin
- Zoned as Mixed Use Coastal Residential (R6),
- Approximately 19 acres in size, with approximately 550 feet of road frontage,
- Area is primarily low density residential development,
- Existing dwelling is located on the property,
- East Berlin Road is a listed public road owned and maintained by the Province,
- Closest dwelling is approximately 470 feet from the proposed operation, and
- Property is of sufficient size to accommodate off street parking and loading areas.

Options to consider:

1. Maintain status quo; or
2. Enter into a development agreement to allow for the establishment of a beverage formulation, testing and small-scale production operation.

Staff have reviewed the application and feel that sufficient terms and condition can be incorporated into a development agreement to meet the needs of the applicant and also to mitigate potential issues that the operation may have on the surrounding area. Agreement should include provisions respecting off street parking, outdoor storage and lighting.

The Planning Advisory Committee met to review the application and the proposed use of the property and the Committee is in favour of entering into a development agreement.

Councillor Brown enquired if the venue to hold the meeting has been decided. Mr. MacLeod stated the Seaside Community Centre in Beach Meadows has been reserved.

MOTION CARRIED unanimously.

13.3 Recycling Depot and Processing by Development Agreement

It was moved by Councillor Amirault and seconded by Councillor Charlton:

THAT Council of Region of Queens Municipality give notice of its intention to enter into a development agreement to allow for the establishment of a recycling depot and processing operation on property identified as PID#70083902 and located at 3965 Highway 3 in Brooklyn;

AND THAT a Public Hearing be held on Monday, December 7, 2020 at 7:00 p.m., venue to be determined.

Mr. MacLeod stated an application to enter into a development agreement to allow for a recycling depot and processing operation in a Highway Commercial (C2) zone located at 3965 Highway 3 in Brooklyn; former Queens Chrysler and Car Sense has been received. The property is zoned as Highway Commercial (C2) under the Land Use Bylaw and has a future land use designation of Commercial (C) under the Municipal Planning Strategy. The Land Use Bylaw establishes that the intent of the C2 zone is to provide for a broad range of commercial development within the Urban Development Area, emphasizing a more large-scale form of development servicing the travelling public. Recycling depots and processing operations are not permitted uses in the C2 zone but are permitted in the Light Industrial (M1) zone. Policy 4.4.15 of the Municipal Planning Strategy allows Council to consider M1 zone uses through a development agreement process.

When evaluating development agreements, Council must be cognizant of the overall goals and policies of this MPS, in particular, to the criteria listed in Policy 12.6.1 and Policy 12.6.2. The Municipal Government Act (MGA) allow municipalities the ability to incorporate a fairly broad list of terms into a development agreement to try to mitigate potential negative effects of a proposed use.

Considerations:

- Located on Highway 3 in Brooklyn,
- Approximately 2.36 acres in size with approximately 158 feet of road frontage,
- Is a mix of commercial and low density residential development,
- Existing building is approximately 5,500 square feet in area,
- Road network is sufficient to accommodate traffic generated by the business,
- Property is sufficient in size to accommodate off street parking,
- There is existing vegetative buffer between subject property and residential property to the west.

Options to consider:

1. Maintain status quo; or
2. Enter into a development agreement to allow for the establishment of a recycling depot and processing operation.

Staff have reviewed the application and feel that sufficient terms and condition can be incorporated into a development agreement to meet the needs of the applicant and also to mitigate potential issues that the operation may have on the surrounding area, and recommend that the agreement include provisions respecting, off-street parking, maintenance of a vegetative buffer from abutting properties, outdoor storage, outdoor lighting and hours of operation.

The Planning Advisory Committee are in favour of entering into a development agreement to allow for a recycling depot and processing operation.

MOTION CARRIED unanimously.

14.0 REPORTS

Deputy Mayor Muise took the Chair at 10:45 a.m.

14.1 Appointments to Committees

It was moved by Mayor Norman and seconded by Councillor Hawkes:

THAT Council of the Region of Queens Municipality appoint the following people to the below noted committees effective immediately for the terms to expire on October 31, 2022:

Planning Advisory Committee

Councillor Maddie Charlton

Councillor Jack Fancy

Councillor Vicki Amirault

District 1 – Jeff Percy

District 3 – Jonathan Bower

District 5 – Linda Rafuse

District 7 – Don Kimball

With Paul Connolly appointed Chairperson and Councillor
Maddie Charlton Vice Chairperson

Heritage Advisory Committee

Councillor Carl Hawkes

Deputy Mayor Kevin Muise

Lisa Conway

Peter Leslie

Chris Mansfield

Linda Moulton

Linda Rafuse

Danielle Robertson

Leslie Scott

With Peter Leslie being appointed Chairperson and Councillor
Carl Hawkes as Vice Chairperson

Accessibility Advisory Committee

Councillor Ralph Gidney

Councillor Vicki Amirault

with Councillor Ralph Gidney being appointed as Chairperson
and David Rudderham as Vice Chairperson

South Shore Public Libraries

Councillor David Brown

Audit and Internal Control Committee

Councillor David Brown

Councillor Maddie Charlton

with Councillor David Brown being appointed as Chairperson

South Shore Housing Action Committee

Councillor Jack Fancy

Queens Community Health Board

Councillor Carl Hawkes

Emergency Services Committee

Mayor Darlene Norman
Deputy Mayor Kevin Muise
Councillor Ralph Gidney
with Mayor Darlene Norman being appointed Chairperson
and Councillor Ralph Gidney as Vice Chairperson

Pension Committee

Deputy Mayor Kevin Muise
Councillor David Brown
with Deputy Mayor Kevin Muise being appointed Chairperson
and Councillor David Brown as Vice Chairperson

Bursary Selection Committee

Councillor Maddie Charlton
Councillor Vicki Amirault
with Councillor Vicki Amirault being appointed Chairperson
and Councillor Maddie Charlton as Vice Chairperson

Region 6 Solid Waste Management

Councillor Jack Fancy
Alternate: Councillor David Brown

Western Region Crown Land Stakeholders

Councillor Carl Hawkes

Southwest Nova Biosphere Committee

Councillor Ralph Gidney

Diversity and Inclusion Action Team

Treena Dexter
Jessie Lohnes
Amanda Fisher
Stacy Thorburn
Laura Fryday
Shaninne Corkum
Penny Brown
Lynda Earle

MOTION CARRIED unanimously.

Mayor Norman resumed the Chair at 10:50 a.m.

14.2 Council Implementation Report

Councillor Fancy enquired about the meaning/status under February 25, 2020. Mr. McNeill stated 6 – 8 months ago the previous Council had a discussion about a potential new South Queens aquatic facility to replace Milton Centennial Pool. There were a number of locations that were noted and Council asked staff to pick one and bring back, which is in the process.

Under June 9, 2020, re: solid waste, the action states that this matter is now complete, but at the meeting held on October 16, there were a number of recommendations discussed. Mr. McNeill stated the original motion was concerning a strategy document relating to litter. The meeting notes indicated discussions about other issues, i.e. enforcement, grey boxes, etc. For this report staff consider the initial issue complete. Coming forward in the future when Council meetings with Engineering and Public Works department takes place, they will give a full overview of solid waste and those recommendations can be discussed at that time.

Under September 22, 2020 re installation of signage will the "Exit to Highway 8 at the set of lights" be included or is TIR just replacing the sign? Mr. McNeill stated his understanding is the sign is being replaced with this new wording added.

Councillor Charlton enquired under January 14, 2020, if there is a plan in place with EMO for any future weather conditions, i.e. hurricanes. Mr. McNeill stated RQM met with EMO a couple weeks ago and completed an exercise. EMO continues to meet on a regular basis. The difficulty before was around responsibility and jurisdiction and this is continuing. One part is clarifying the draft emergency shelter and comfort centre agreements which have been provided to the fire departments and we have not received agreement from them. RQM has been working with outside agencies outside the fire departments, with one agreeing to sign and we continue to work with other organizations to see about places as comfort centres throughout Queens County. It is an ongoing process.

15.0 IN-CAMERA ITEMS

It was moved by Deputy Mayor Muise and seconded by Councillor Gidney that the proceedings go In-Camera at 10:55 a.m. to discuss the following:

15.1 Personnel Matter

MOTION CARRIED unanimously.

Mayor Norman announced a 5-minute recess at 10:55 a.m.

It was moved by Councillor Brown and seconded by Councillor Charlton that the proceedings exit In-Camera at 11:20 a.m.

MOTION CARRIED unanimously.

15.1 Personnel Matter

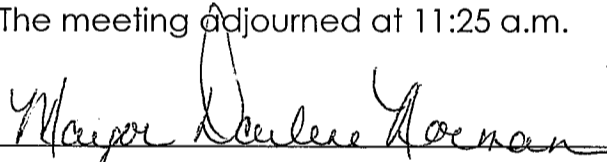
It was moved by Councillor Gidney and seconded by Councillor Fancy:

THAT the Council of Region of Queens Municipality reimburse Susan MacLeod \$1,765 for personal legal fees incurred during 2019 while a Member of Council.

MOTION CARRIED with 7 in favour and 1 against.

16.0 ADJOURNMENT

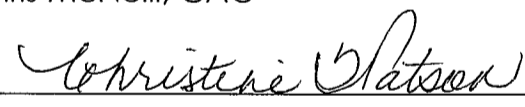
The meeting adjourned at 11:25 a.m.



Mayor Darlene Norman, Chair

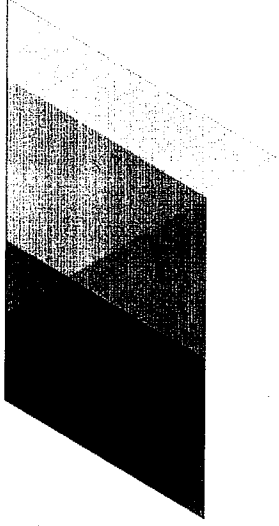


Chris McNeill, CAO



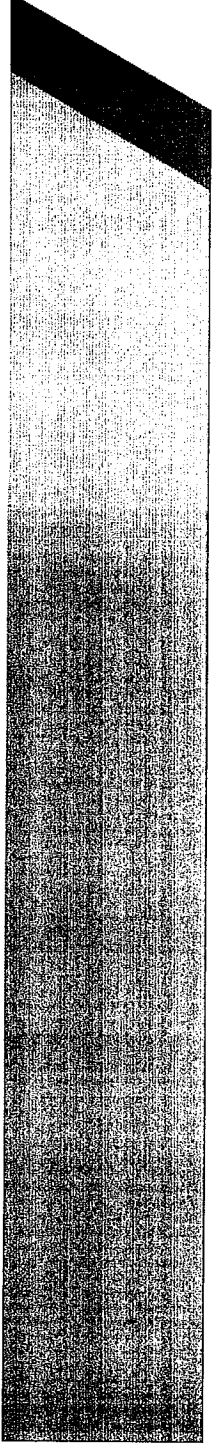
Christine Watson, Administrative Assistant – Planning & Development

Date Approved: November 24, 2020



Municipal Physical Activity Leaders (MPAL) - Initiative Overview

Anna Haanstra
South Shore Regional Manager
Communities Culture & Heritage



MPAL in Nova Scotia

Partnership between Province and a Municipality or
First Nation Community

- 44 MPAL agreements
 - 10 are with First Nations communities
 - 34 with municipalities
- 43 municipalities are involved in the
program

MPAL in Region of Queens

Oct 2008-June 2010

- 1st MPAL (Meaghan Roberts)
- Physical Activity Strategy

Sept 2016-present

- Physical Activity Strategy (2020)
- November 2016 Citizen Survey completed (n=200)

Purpose of MPAL initiative

To support the development, implementation and evaluation of a community wide plan that will **increase physical activity** and **decrease sedentary behavior**.

The MPAL position is not a primary organizer or deliverer of recreation programming within Municipal units.

Put another way...

- Get residents to move more often during their day
- Movement is the easy choice by community design
- Break up sitting time
- Key settings (school, workplaces, community, healthcare)
 - *walking challenges, prescriptions for health, workplace pickleball nets* ---
- Create/enhance physical environments for movement and physical activity (*connector trails, take the stairs prompt signs, wayfinding signages, walking loop maps*)
- Support social environments for movement
- Ensure ALL residents can access and participate (universal design)

Why Physical Activity is the focus



Benefits of Physical Activity

General

- Improves quality of life
- Improves sleep

Physical

- Reduces risk of chronic diseases
- Manages weight & diseases
- Enhances growth & development

Social

- Creates safer places (eyes on streets)
- Encourages family and community connectedness
- Civic engagement
- Reduces isolation and loneliness

Mental/Cognitive

- Improves concentration, memory and learning
- Promotes mental health (coping, resiliency, self-esteem)
- Prevents or manages mental illness (e.g. anxiety, depression)

Benefits of Physical Activity

Environmental

Active transportation:

- Reduces traffic congestion
- Reduces air pollution
- Reduces greenhouse gas emissions
- Reduces noise pollution

Economic

- Health care savings
- Tourism
- Supports business & employment
- Reduces absenteeism at work
- Reduces youth crime (3 – 5 pm)
- Community growth & development

Educational

- Helps children process information, concentrate and behave well . . .
- Improves performance (math, IQ, read)

Today, it's harder to be active...

- More sedentary work environments
- Automobile focused community design
- Exercise vs. active lifestyle
- Leisure time can be more sedentary/screens
- Changing family structures & busy lifestyles
- Competing priorities
- Safety fears
- overall we are **more sedentary and there are wellbeing consequences to this**

And so...

- MPAL is focused on **creating environments** that make movement and active lifestyles the easy choice
 - well integrated and embedded where people work, play and learn
- We aim to increase access and opportunities for **unstructured movement** in small bouts throughout the day
- Include a focus on **breaking up sedentary behaviour**

Partnership Document



Memorandum of
Understanding between
RoQ and Province
(2020-2025)

Our partnership - MOU

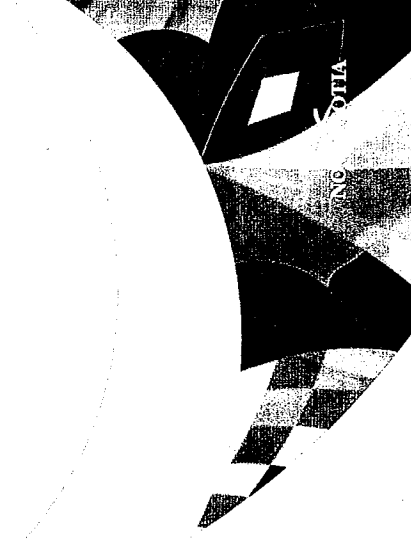
- 2020-2025
- \$30,000 f/ Province for salary, PD, travel, benefits
- 5 outcomes areas
- Walking, unstructured PA and policy
- Priority populations for engagement
- Equity
- Principles for work
- Evidence informed – move the needle on PA levels for benefit of individual and community

MPAL Outcomes

1. Built environment supports for **walking**
2. Social supports for **walking**
3. Built environment supports for other **less structured** physical activity
4. Social supports for other **less structured** physical activity
5. **Policies** to support physical activity

Let's Get Moving
Nova Scotia

An action plan for increasing
physical activity in
Nova Scotia



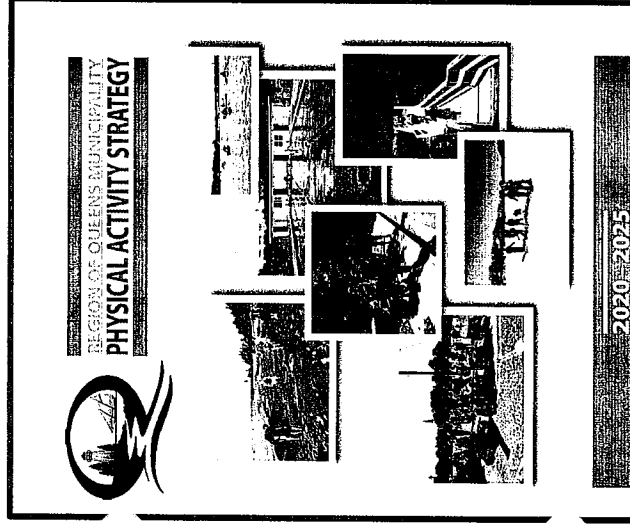
The Focus in Queens

Prov Strategy
(Let's Get Moving)

- MOU outcome areas
- Research informed priority areas

Queens
data

- Citizen Survey (2016)
- Community Consultations 2020
- MOU outcome areas



Sustained Change over time

Queens PA Strategy

✓ Best Practices

Partnerships

Comprehensive Approach

Work across municipal gov't departments

Reaching inactive population/priority groups

Pillars of Work

Region of Queens residents move more often as part of their daily life

Outcomes

The population of Queens enjoys the health, social, mental and economic benefits of physical activity

Vision

Sustained Change over time: the Frameworks

Recognized by



1 Communication and public education

Consistent public education, including use of mass and social media



7 Sport and recreation

Sport systems and programs that promote "sport for all" and encourage participation across the life span



2 Transport and the environment

Transport policies and systems that prioritise walking, cycling and public transport



6 Community-wide programs

Work with communities to provide appropriate local solutions, aiming to mobilise large numbers of people



3 Urban design and infrastructure

Provide safe and equitable access for recreation and physical activity across the life course



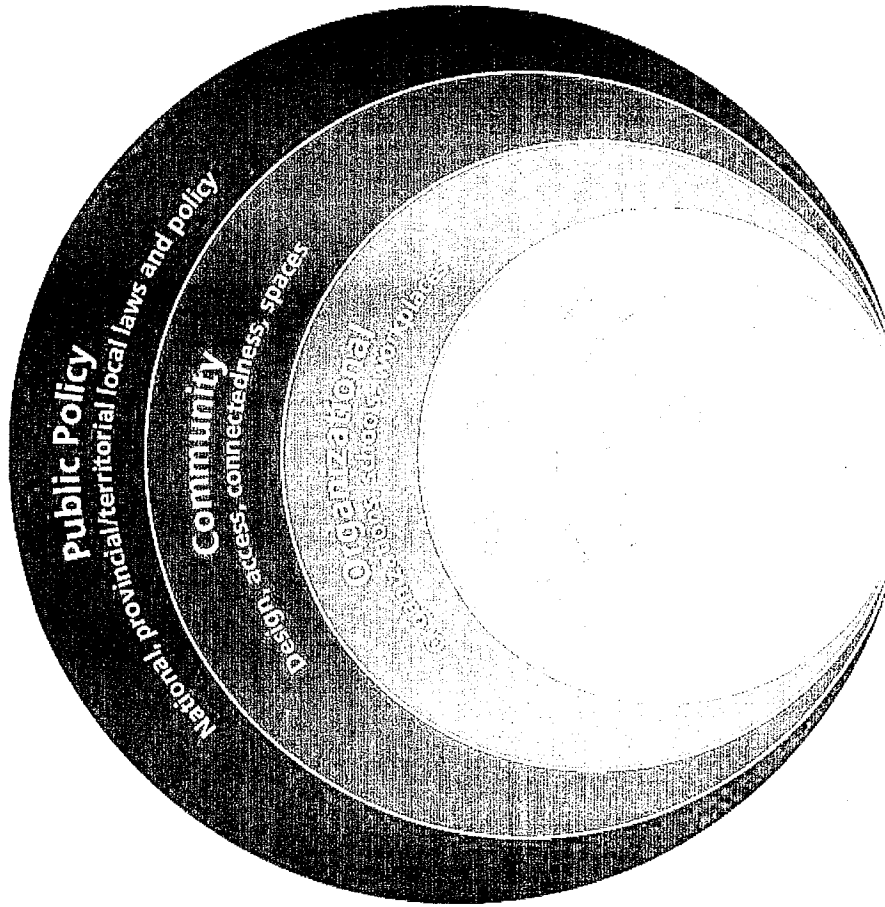
5 Education

Make regular physical activity in schools and places of learning normal



4 Healthcare and health education

Ensure assessment and advice about physical activity is a routine part of healthcare services



A Social-Ecological Model for Physical Activity - Adapted from Hebe, L., Ellsberg, M., & Gortemoller, M. (1999)



We need action to achieve the goal of 10% increase in participation by 2025

Work together to make it happen

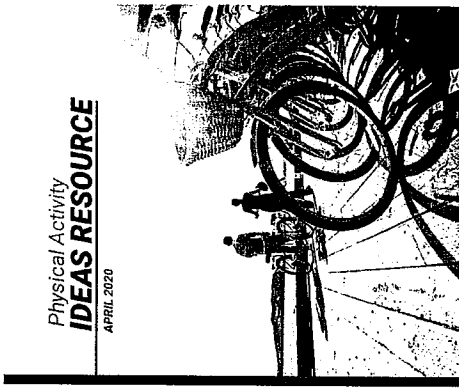
Global Advisory Council for Physical Activity (GAPAC), the Advisory Council of the International Society for Physical Activity and Health (ISPAH), ACD Prevention, Assessment and Work for Physical Activity, Br J Sports Med 2012;46:70-72

Designed by Chloe Schlipfhorst

British Journal of Sports Medicine 2016

Examples from NS

- Bike Friendly certification – partnership w. downtown business
- Connector trails between schools and community assets
- Walking group leader training for walking groups
- Training, resources and planning support for Outdoor Play
- Walking loop maps/trail signage
- Benches on trails for older adult
- Private landowner partnerships for public access
- Equipment loan kits/refurbished bikes for low-income
- Walkability audits
- PA/Rec options on health waiting room screens
- Sidewalk paint active games
- Workplace walking challenges – with supports, prompts, prizes



Provincial Role

- \$ towards salary of a staff person
- Resource materials to inform strategy development
- Fund citizen survey
- Advice and input into strategy development
- Capacity building support
- Demonstrating value and results
- Consultation and support for implementation
- Funding support through grants (ACF and others)

Community Role

- \$ towards the salary of the staff person
- Employ MPAL, supervision, support and embedded in municipality
- Partnership development
- Ensure plan development reflects MOU commitments
- Implement plan



MPAL Staff Role

Main function: develop and implement a strong community wide Physical Activity strategy

- Partnership building to reach residents
- Applying best practices for PA
- Physical environment projects (w. mun depts & comm)
- Capacity building and leader development
- New or enhanced policy development
- Universal design and/or targeted work
- Inform work by needs of community/data
- Innovative initiatives
- Championing physical activity within municipality – collaboration and integration in existing work

Questions and Discussion

