



Annual General Meeting

Wednesday, June 5, 2013

11:30 a.m. – 1:40 p.m.

Wellness Education Room #4, Wellness Institute at Seven Oaks General Hospital

Present:

Coalition Members:

Stephanie Jeffrey	Manitoba Fitness Council
Amber Mamchuk	Heart and Stroke Foundation in Manitoba
Patrick Kirby	Sport Manitoba
Rick Lambert	Winnipeg Community Sport Alliance / MANTRA
Cory Jackson	Recreation Connections Manitoba
Tonia Bates	Recreation Connections Manitoba
Liz Harland	CancerCare Manitoba
Karen Magsino	CancerCare Manitoba
Sarah Prowse	WRHA – Winnipeg in motion
Deanna Betteridge	WRHA – Physical Activity Promotion
Michelle Meade	WRHA – Chronic Disease Collaborative
Sande Harlos	WRHA – Medical Officer of Health
Karin Whalen	Wellness Institute at Seven Oaks General Hospital
Casie Nishi	Wellness Institute at Seven Oaks General Hospital
Jim Evanchuk	Active Living Coalition for Older Adults in Manitoba
Erin Huck	Health In Common
Leah Goodwin	Primary Prevention Syndicate
Beth McKechnie	Green Action Centre

Government Partners:

Jaymi Derrett	Recreation & Regional Services, Manitoba Children & Youth Opportunities
Jeanne Zwiep	Recreation & Regional Services, Manitoba Children & Youth Opportunities
Kaley Pacak	Manitoba Healthy Living, Seniors and Consumer Affairs (Healthy Schools)
Jessica Jaques	Manitoba Healthy Living, Seniors and Consumer Affairs (Manitoba in motion)
Paul Paquin	Manitoba Education

- **Welcome / Introductions** – Casie Nishi

- **Approval of the Agenda:**
Moved and seconded: Motion Carried.
- **Active Canada 20/20 Update:** Jessica Jaques, Jim Evanchuk and Jeanne Zwiép provided an update on Active Canada 20/20. Summary is enclosed.
- **Active Healthy Kids Canada Report Card Update:** Jessica Jaques Highlights from the 2013 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth were presented. The short and long form versions of the AHKC Report Card were distributed. Downloadable copies are available on the AHKC website at: www.activehealthykids.ca
- **Accept the Minutes of the May 8, 2012 PACM AGM:**
Moved and seconded: Motion Carried.

- **Reports:**

Executive Committee Report: Casie Nishi & Jim Evanchuk provided an overview of PACM Executive activities:

- Physical Activity Conference
- Active Transportation/Recreation Project
- Two (2) General Membership Meetings
- Website & Series of Webinars
- Primary Prevention Forums Nov 1st 2012 & June 4 2013
- Display Booths (eg. Go4health Expo at the Red River Ex)

Project Committee Report: Cory Jackson presented the PACM Project Highlights for 2012/2013:

- Organized and implemented a series of monthly webinars “Coalition Conversations” on a variety of topics and engaged experts from the field.
- Approximately thirty (30) individuals participated in the webinar series
- The PACM Project Coordinator attended the inaugural National Aboriginal Physical Activity Conference in Vancouver BC in January 2013.
- Organized and implemented a one (1) day Aboriginal Focus-Capacity Building Workshop, March 11th, 2013 at the Sport for Life Centre and there were twenty-four (24) registrants.
- Updated the PACM website functionality and populated the PACM website with new physical activity related information, events, research, links and resources.

- Created and circulated six (6) PACM monthly e-newsletter that highlighted events, resources, research and information locally, provincially, nationally and internationally.
- Organized and implemented a one (1) day “Research to Action” conference, April 3 2013, on physical activity at the Caboto Centre, Winnipeg. Forty-five delegates in attendance and the overall feedback was very positive. The conference agenda included keynote presentations, workshops and a panel presentation.

Financial Report: Cory Jackson presented an overview of PACM financials (unaudited) including the PACM Administration and PACM Project Financial Statements.

Approval of Financial Report:

Moved: Casie Nishi

Seconded: Karin Whalen

Motion Carried

MOTIONS:

Motion:

Approve ALCOA-MB in partnership with the Wellness Institute at Seven Oaks General Hospital as host organization for PACM for the period April 1, 2013 – March 31, 2015.

Moved: Cory Jackson

Seconded: Patrick Kirby

Motion Carried

Motion:

Approve Michelle Meade, representing the WRHA to a two year term on the PACM Executive Committee for the period April 1, 2013 – March 31, 2015.

Moved: Tonia Bates

Seconded: Casie Nishi

Motion Carried

Moving Forward Together in PACM Planning for 2013/2014:

Casie & Jim identified planned activities for PACM:

- Membership – Reconnect and Recruit
- Review and Revise the Manitoba Physical Activity Action Plan
- Align the Revised MB Physical Activity Action Plan with:
 - Provincially: Recreation Policy & Sport Policy
 - Nationally: Active Canada 20/20
- Website/Webinars
- Advocate for regular physical activity across the lifespan

- **Renew Commitment and Membership in PACM:**
 - Participants were asked: Who else needs to be part of the Physical Activity Coalition of Manitoba? (Who is missing and should be part of this discussion?)
 - How do we engage new players and grow this community of partners?

Summary or Responses:

- Primary Prevention Syndicate (PPS) purpose is to bring together Manitoba governments, businesses, community organizations and individuals who are committed to making primary prevention everybody's business. The PPS held a Forum on June 4, 2013 to identify how community, business and government sectors can achieve for Manitoba a 1% annual reduction in three critical and costly risk factors: smoking, physical inactivity and excess weight.
- The Manitoba Physical Activity Action Plan identified key actions in policy, leadership and programs and a good number of those actions have been achieved. However, there is a need to refresh the Manitoba Physical Activity Action Plan and an opportunity to align the plan with other strategies at the community, provincial and national levels and across related sectors and systems.
- PACM will need to identify a Working Group to identify a meaningful and effective process in refreshing (re-booting) and aligning the Manitoba Physical Activity Action Plan. The Plan will need to have a clearly defined evaluation component. There needs to be facilitated discussion to guide the process and PACM needs to be creative in engaging traditional and new partners, who could have a positive impact on physical activity levels of Manitobans.
- PACM needs to be discerning in the advocacy role and its efforts toward "Collective Impact". It will be important to play a brokering role and a connector that links the physical activity community in Manitoba.
- Concerning efforts to re-connect PACM members and grow membership, PACM needs to answer the question of relevancy. A Membership Working Group needs to re-frame PACM in ways that appeal to potential members and partners.

Member Announcements/Roundtable

Participants shared highlights of their organization activities.

Jessica Jaques: Manitoba Healthy Living, Seniors and Consumer Affairs (MB in motion)

- Healthy Schools in motion – focus on physical activity literacy – videos coming soon on website

Jaymi Derrett: Recreation & Regional Services, Manitoba Children & Youth Opportunities

- working on Community Use of Schools initiative

Paul Paquin: Manitoba Education

- Joint Use Policy: currently assessing level of compliance and working toward a centralized system
- looking at contracting CancerCare MB to do some secondary analysis of K-12 Physical and Health Education Curriculum in Manitoba further to the Youth Health Survey to determine changes in physical activity levels as a result

Jeanne Zwiep: Recreation & Regional Services, Manitoba Children & Youth Opportunities

- National Recreation Roundtable discussion around framework/agenda format for recreation – not as prescriptive as the National Sport Policy
- provincially, emphasis on Recreation Leadership – currently working with recreation leaders at municipal level

Cory Jackson: (outgoing Executive Director of Recreation Connections Manitoba)

Tonia Bates: (incoming Executive Director of Recreation Connections Manitoba)

- After the School Bell Rings (blended framework) – this project has collected great information resources, tools and practical approaches (visit website):

www.afterschoolmanitoba.ca

- Active and Safe Routes to Schools (ASRTS): helmet legislation for children and youth. Recreation Connections Manitoba continues to support and provide tools and information for parents and well as community focus
- February 26-28, 2014 dates set for RCM Conference, which will have a Mental Health Focus

Deanna Betteridge/Sarah Prowse: Winnipeg in motion

- Winnipeg in motion expanded partnership with University of Winnipeg being the newest partner
- in motion Research Committee established – will be working on a physical activity survey with a provincial focus, involves expertise from both Universities
- WRHA Physical Activity Promotion emphasis
- Sarah Prowse (new addition to team)
- CLASP (Coalitions Linking Action & Science for Prevention) – Healthy Community by Design project, which involves Urban Planners. This is aimed at influencing the way communities are built/re-built
- Go4health Expo at Red River Ex – Active Transportation and Play Themes – will showcase an 8ft x 8ft Cycling Map of Winnipeg

Stephanie Jeffrey: Manitoba Fitness Council

- Manitoba Fitness Council recently has become more connected national and internationally through the NFLA (National Fitness Leadership Alliance) allowing portability of accreditation for fitness leaders
- currently revamping entire program at the national collaborative level
- working on pre/post natal fitness leader certification performance standards
- exploring trends in fitness leadership and changing the way group exercises are facilitated

- through Healthy Together Now, working with new Immigrant groups to build leadership capacity

Karin Whalen: Wellness Institute

- Wellness Institute in the midst of strategic Planning process
- WI working in partnership with IRCOM (Immigrant and Refugee Community Organization of Manitoba) to provide opportunities for new Canadians
- Commit to Get Fit Run Sunday, June 9, 2013 (MB Running Association sanctioned event)
- Summer Camps at Wellness very popular (including “Medical Masters”)

Amber Mamchuk: Heart and Stroke Foundation in Manitoba

- National Health and Fitness Day happened June 1, 2013. There is an opportunity for PACM to help promote this annual event for next year

Liz Harland: CancerCare Manitoba

- UV Detector very popular
- will be involved with the secondary analysis of the Youth Health Survey

Pat Kirby: Sport Manitoba

- Sport for Life Centre continuing to grow: Sport Medicine Centre is busy (April 2013 experienced highest number of visits ever). Many teams are connecting with the Performance Centre.
- Sport Manitoba currently finalizing funding packages (support grants) to Sport Partners
- Long Term Athlete Development central to operations
- Canadian Sport Policy developed – now need to work more on strengthening regional capacity and continue to work more closely with provincial sport governing bodies.
- will continue to develop opportunities for Aboriginal and Immigrant populations

Rick Lambert: Winnipeg Community Sport Alliance

- Community Sport Policy for Winnipeg completed – used Canadian Sport for Life model in developing the policy. It has been approved by City Council
- Winnipeg Sport Plan (implementation plan) is being developed for Basketball and Soccer
- Sport Policy Partner Dialogue scheduled for October 29, 2013

Michelle Meade: WHRA Chronic Disease Collaborative

- building capacity is an area of emphasis – looking at three pillars of good nutrition, physical activity and mental health
- Kinesiology Coalition – currently not regulated; however efforts are being made to ensure qualified supports to work in primary care
- Prevention: built environment and physical activity

Beth McKechnie: Green Action Centre

- Active Transportation is a flagship program

- “Peg City Car Co-op Network” - educating public on all components of active transportation including: walk, cycle, bus & sometimes drive
- evidence shows people who use the bus are also adding some physical activity into daily living
- Bike Winnipeg program
- Bike Lender program
- ASRTS – Active and Safe Routes to Schools Program

Sande Harlos: WRHA

- looking at the most impactful interventions: studies show most impactful are in areas of:
 - policy
 - environment
 - community (social marketing)
- less of the individual behaviour approach
- Health Equity: “Health for All – Building Winnipeg Health Equity”
- need to address social determinants of health and move upstream – need to provide context for improved health
- look at most impactful interventions is influencing Winnipeg in motion Strategic Planning

Jim Evanchuk: Active Living Coalition for Older Adults in Manitoba

- 2013 Manitoba Liquor & Lotteries 55 Plus Games will be held in Morris Manitoba June 11, 12 & 13, 2013. Over 1,000 older adults from all across Manitoba will participate in these age-friendly events.
- “Active Aging Week” will be celebrated throughout Manitoba from September 22 – 28, 2013. This year’s theme is “Discover your community”, which provides a great backdrop for promoting local community opportunities.

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