



General Membership Meeting Active Living Centre, University of Manitoba Minutes of Sept. 29, 2016

Attendees:

Jaymi Derrett, Manitoba Recreation & Regional Services Branch
Kristine Hayward, Winnipeg Regional Health Authority
Jessica Jaques, Manitoba Health, Seniors and Active Living
Stephanie Jeffrey, Manitoba Fitness Council
Erick Layco, Winnipeg Regional Health Authority
Dan Lemieux, Manitoba Education and Training
Roy Mulligan, PACM
Maureen Owens, Southern Health
Elizabeth Proskurnik, Southeast Resource Development Council
Joshua Stoller, Sport Medicine and Science Council of Manitoba

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

PACM Member Sound Bites

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

- Manitoba Health, Seniors and Active Living – Healthy Together Now conference Nov. 23 & 24; Health Promoters Core Competencies Training focusing on Poverty – Nov. 22; National Child Day Forum being planned by Healthy Child Manitoba
- Southern Health – running 5 Active Living Facilitator courses rurally; Community Bike Shop in Portage la Prairie is running; Primary Care Clinic investigating hiring a Kinesiologist
- Winnipeg Regional Health Authority working with Fit Kids Healthy Kids to host an activity day at Dufferin School
- Manitoba Fitness Council – working with Centre du Sante to finalize a French language training resource and training in resistance training; Ever Active Kids is a 1.5 day workshop focusing on activities for stages of child development, Coaching Manitoba will provide Fundamental Movement Skills training as part of that; Annual conference is Oct. 22 -24 with sessions on prenatal, older adults, yoga, spin and more, early bird deadline is Oct. 7;
- Recreation Connections Manitoba Conference will be Feb. 13 – 15, 2017 in Winnipeg

Executive Committee Report (Stephanie Jeffrey - Chair)

Overview

- Executive continues to work to implement the Manitoba Physical Activity Action Plan
- PACM is the provincial NGO for the ParticipACTION report card assisting with promotion and distribution; the talk on the 24 Hour Movement Guidelines by Dr. Katzmarzyk ties back to the report card
- Stephanie encouraged members to consider involvement on the Executive and Task Groups as PACM can only be effective through the participation of members.
- A host organization has not yet been identified for the 2017 – 2019 time period; contact Stephanie if interested

MPAAP Evaluation Update

- The Executive is working with Health in Common to develop tools to collect input from PACM members and stakeholders; later in the fall related survey will be sent out; the evaluation includes collection of indicators annually as well as input from members and stakeholders every second year; the Executive encourages everyone's input and involvement

PACM Evaluation

- PACM is undergoing an evaluation of the current operating model. The evaluation will consider PACM goals, objectives & activities; structure – board, committees and staffing; operations; membership – categories, criteria, fees; budget; and relationships with other organizations. Input and feedback will be sought from current members and sector stakeholders.. Information will be gathered from similar organizations in other jurisdictions in Canada to determine their operating models and related pros and cons. The final product will be a document outlining options and recommendations for the future of PACM and collaboration in the physical activity sector. The document will reflect whether the current PACM model is successful and if not, identify what alternative options might work for the Manitoba physical activity sector. Again we are working with Health in Common to develop the workplan and related tools to be used in the review. We are trying to coordinate the tools being used with the MPAAP evaluation with the review.

Task Group Reports

Forging Innovative Partnerships

- Task group has been focused on a planned symposium *A New Look at Partnerships for Physical Activity* – Nov. 3 & 4 at the Wellness Institute; purpose to hear about and discuss the attributes of effective and innovative partnerships; includes presenter – David Northcott, Winnipeg Harvest; Panel discussion – Wellness Centre, Jumpstart for Kids, Can Diabetes Assoc; World Café facilitated discussions; Registration info will be sent out and posted on PACM website in the

next short while. Related partnership profile resources also being developed, funding for further development of that being pursued.

Connecting People to Physical Activity

- The task group has continued investigating various information sharing approaches for physical activity information; have had additional conversations with Nova Scotia about the development and operation of their Connect web site that we referenced at our last membership meeting; conversations occurred with Volunteer Manitoba regarding the Community Contact resource; also some discussion United Way of Winnipeg who are involved along with Volunteer Manitoba on moving to a 211 system; there are pros and cons to the different systems and software; trying to develop a recommendation for something that would be most effective for Manitoba

Healthy Public Policy

- Task Group has not yet been established; there had been some follow up to the workshop put on by University of Manitoba with a group of people interested in policy; Roy to contact interested members to initiate discussions

Membership

- Roy reviewed the current membership status – we have 25 members; the membership campaign is ongoing; membership fees supplement the funding received from the Province of Manitoba for PACM activities

2016 ParticipACTION Report Card

- The report card was release in June and copies distributed through PACM to non-governmental agencies.
- As part of PACM's role in the province we try to have some educational opportunities related to the report card. The presentation by Dr. Katzmarzyk following the meeting was an opportunity due to his role on the development team for the 24 Hour Movement Guidelines that were released concurrently with the 2016 Report Card
- The report card focuses on the interrelationship of sleep to physical activity and children and youth health
- As in past year grades have been assigned to various categories. Additionally, each grade is supported by some key indicators, research gaps and recommendations. A short overview of the grades was provided.
- More information on the 24Hour Movement Guidelines is available on the CSEP website
- More resources related to the Report Card including the long version is available on the ParticipACTION website

Presentation on the new Canadian 24 Hour Movement Guidelines for Children and Youth

- Meeting participants were invited to attend the presentation by Dr. Katzmarzyk

Next PACM General Membership Meeting will in Winter 2017. Date and location will be announced.