



City of
Peterborough

To: Members of the Committee of the Whole

From: Ken Doherty, Director of Community Services

Meeting Date: May 29, 2017

**Subject: Report CSRS17-002
Healthy Kids Community Challenge – Water Does Wonders**

Purpose

A report to update Council on the status of the second phase of the Healthy Kids Community Challenge (HKCC), known as Water Does Wonders.

Recommendation

That Council approve the recommendation outlined in Report CSRS17-002 dated May 29, 2017, of the Director of Director of Community Services, as follows:

That Staff be directed to continue promoting water as the healthiest beverage choice in municipal facilities where children frequent, and to make future capital investments in support of this when and where appropriate.

Budget and Financial Implications

There is no immediate budget or financial implication resulting from the approval of the recommendations of this report. Any future capital investment would be requested as part of the annual budget process.

Background

The Healthy Kids Community Challenge is a community led program where partners from different sectors including health, education, recreation and local business work together to implement activities to promote healthy eating and physical activity for all kids in our community (ages 0-12 years). Funding support for these activities from the Ministry of Health and Long Term care is helping to expand community plans for the City, 8 Townships and two First Nations from 2015 - 2018. The project is being guided by Co-chairs at the City of Peterborough and Peterborough Public Health, a cross sector working group, topic-specific action groups and a broad community network.

The Healthy Kids Community Challenge got underway in early 2016 with the first Theme: Run, Jump, Play, Every Day. This Theme was focused on promoting Physical Activity and offered or supported many opportunities for physical activity throughout the community in different setting and for different age groups. This Theme wrapped up at the end of June 2016.

Theme 2 was known as Water does Wonders, running July 2016 to March 2017. This Theme focused on promoting water as the beverage of choice for kids and limiting sugar-sweetened beverages that include fruit juice, chocolate milk, sports drinks, soft drinks, etc. Sugar sweetened beverages are currently the single largest source of sugar in kids' diets and contribute to excessive and unnecessary calories (which can lead to weight gain), dental decay and often replace more nutritious choices such as vegetables, fruit and milk.

The City received \$14,200 in funding from the Healthy Kids Community Challenge to support the cost of purchasing and installing water filling stations at the Kinsmen Arena, Evinrude Centre, Memorial Centre, Peterborough Sport and Wellness Centre, the Peterborough Marina, and Beavermead Park. The funds also supported signage, to make the stations easy to locate at each facility. The Marina and Beavermead are seasonal buildings. Therefore, the stations will be installed when they are opened in the spring of 2017.

As a requirement of the funding grant, Staff are to present this information to Council, to initiate development of a Council direction or motion to take future actions that promote water as the healthiest beverage choice in municipal facilities where children frequent, and to make capital investments when and where appropriate in the future.

Submitted by,

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