



## Municipal action plan My health in mind committee of Wentworth 2011-2014



<b>Objectives</b>	Provide measures to the Municipality of Wentworth to reduce the exposure of residents to second-hand smoke.	<b>Results from the municipal portrait</b>	The tobacco law is applied inside all the municipal buildings.
	Motivate smokers to quit smoking.		No restrictions on smoking outside.

ZERO TOBACCO				
Description of the action	Expected result	How?	When?	Who?
<b>PHYSICAL ENVIRONMENT</b>				
Clearly delimit the « smoking » zones inside the different public areas in the municipality	Add initiative panels <i>Thank you for not smoking</i> (Skating Rink, Parks, Municipal Office, Community Center)	-Get the approval of the Municipal Council -Production of the bilingual signs -Installation of the signs by a Municipal Employee	Short term : 2011	-My Health in Mind Committee (MHIM)  -Municipal Council
	Move the Community Center and the Municipal Offices's ashtrays away from the main entrances (application of the 9 meters policy, if possible)	-Buy 2 ashtrays -Installation of the ashtrays by a municipal employee	Short term : 2011	-My Health in Mind Committee (MHIM)  -Municipal Council
<b>SOCIAL ENVIRONMENT</b>				
Make help to stop smoking available to residents	Organize a 0-5-30 Health Fair with different collaborators: nurses, doctors, etc. Workshops and conferences would subsequently be offered with registration	-Find a date and reserve the Community Center -Find the different collaborators -Publicise the event	Short term : 2011 (with possibility to repeat every year)	-MHIM Committee  -Municipal Council



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ZERO TOBACCO				
Description of the action	Expected result	How?	When?	Who?
	Publicise the <i>Centre d'arrêt tabagique</i> of the CSSS d'Argenteuil	-Put the coordinates of the <i>Centre d'arrêt tabagique</i> on the <i>Thank you for not smoking</i> panels that will be installed in the municipality - Put the coordinates of the <i>Centre d'arrêt tabagique</i> in the Municipal Bulletin	Short term : 2011	-MHIM Committee
Equip the MHIM Committee with an efficient communication method with the population of Wentworth	Add a MHIM section to the Municipal Bulletin	-Get a page in the bulletin -Writing of the page by a member of the committee (seasonally) -Send the bulletin to citizens by email and mail -Put bulletin on the municipality's web site	Short term : 2011	-MHIM Committee  -Collaboration from a Municipal Employee
Seek help from community partners to facilitate the implementation of the action plan.	Get help from the CSSS d'Argenteuil ( <i>Équipe des saines habitudes de vie</i> )	-Choose the actions that could benefit of human resources -Do the request to the <i>Équipe des saines habitudes de vie</i> for the help	Short term : 2011	- MHIM Committee
POLITICAL ENVIRONMENT				
Develop measures to ensure the sustainability of anti-smoking actions implemented by the MHIM committee	Adoption of a bylaw by the municipality for the respect of the 9 meters no-smoking policy outside the municipal buildings (Municipal Office, Community Center, sport infrastructures)	-Make the Municipal Council aware of the added value -Adoption of a bylaw -Permanently move the ashtrays to a 9 meter distance of doors and sport infrastructures	Mid term : 2012	-June Parler  -Municipal Council



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<b>Objectives</b>	Encourage the consumption of 5 fruits and vegetables per day	<b>Results of the municipal portrait</b>	No installation, service or organization making the distribution (or sale) of fruits and vegetables.
			The municipality wishes to develop promotion around the consumption of fruits and vegetables.

FIVE FRUITS AND VEGETABLES				
Description of the action	Expected result	How?	When?	Who?
<b>PHYSICAL ENVIRONMENT</b>				
Promote self-production of fruits and vegetables by the residents of the municipality	Establish a Community Garden managed by the residents of the municipality	<ul style="list-style-type: none"> <li>-Ask the municipality to obtain land (potentially between the Municipal Office and the Fire Station)</li> <li>-Ask the municipality to clear the site and prepare the land</li> <li>-Establish a contact with <i>Wentworth's Gardening Club</i> (for their expertise and help)</li> <li>-Publicise the garden through the Municipal Bulletin and the Health Fair</li> <li>-Offer workshops and activities: techniques to seed, intergenerational day, etc.</li> </ul>	Short term : 2011	-MHIM Committee  -Municipality for the land
Facilitate access to fruits and vegetables from local producers	Conduct a feasibility study regarding the holding of a fruit and vegetable market in the summer	<ul style="list-style-type: none"> <li>-Establish a contact with Agri-Choux inc.</li> <li>-Choose a place (possibly next to the skating rink)</li> <li>-Establish and agreement with the WRC for land use</li> <li>-Choice of dates with the producer</li> <li>-Publicise the market</li> </ul>	Mid term : 2012	-MHIM Committee
Encourage the WRC to offer fruits and / or vegetables at each of its events	50% of activities or events organized by the WRC offer fruits and vegetables	<ul style="list-style-type: none"> <li>-Approach the WRC so that they integrate healthy foods in their meals</li> <li>-Seek help from the CSSS d'Argenteuil's nutritionist for developing healthy menus</li> </ul>	Long term : 2013	-MHIM Committee  -WRC



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FIVE FRUITS AND VEGETABLES				
Description of the action	Expected result	How?	When?	Who?
<b>SOCIAL ENVIRONMENT</b>				
Create a « culture » of healthy eating among residents of Wentworth through awareness and promotion	Organize a 0-5-30 Health Fair with different collaborators: nutritionist, gardeners, etc. Workshops and conferences would subsequently be offered with registration	-Find a date and reserve the Community Center -Find the different collaborators -Publicise the event	Short term : 2011 (with possibility to repeat every year)	-MHIM Committee -Municipal Council
Equip the MHIM Committee with an efficient communication mode with the population of Wentworth	Add a MHIM section to the Municipal Bulletin	-Get a page in the bulletin -Writing of the page by a member of the committee (seasonally) -Send the bulletin to citizens by email and mail -Put bulletin on the municipality's web site	Short term : 2011	-MHIM Committee -Collaboration from a Municipal Employee
Use the national campaigns to promote healthy eating	Registration of the municipality to <i>Défi santé 5 / 30 Municipal</i> (March 1st to April 11)	-Register the municipality at <a href="http://www.defisante530.ca">www.defisante530.ca</a> during the registration period -Publicise the challenge so that the most residents possible subscribe	Mid term : 2012	-MHIM Committee
Seek help from community partners to facilitate the implementation of the action plan	Get help from the CSSS d'Argenteuil (Équipe des saines habitudes de vie) and Québec en Forme Argenteuil	-Choose the actions that could benefit of human resources -Make a request to the <i>Équipe des saines habitudes de vie</i> for help	Short term : 2011	- MHIM Committee
<b>POLITICAL ENVIRONMENT</b>				
Adopt a bylaw in order to offer healthy meals during the different events and activities offered by the	Adoption of the bylaw by the Municipal Council	- Make the Municipal Council aware of the added value -Adoption of the bylaw by the Municipal Council	Long term : 2013	-June Parler -Municipal Council



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<b>FIVE FRUITS AND VEGETABLES</b>				
Description of the action	Expected result	How?	When?	Who?
municipality				

<b>Objectives</b>	Promote physical activity through the development of appropriate spaces, group activities, awareness and promotion.	<b>Results of the municipal portrait</b>	<p>-Many classes are now offered at the Community Center (Yoga, Pilates, Viactive, etc.). The sport facilities are well maintained by the municipality.</p> <p>-The vast majority of land is owned privately, which makes it difficult to find a place to practice group activities such as walking, skiing, snowshoeing, etc.</p>
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<b>THIRTY MINUTES OF PHYSICAL ACTIVITY</b>				
Description of the action	Expected result	How?	When?	Who?
<b>PHYSICAL ENVIRONNEMENT</b>				
Create inviting green spaces and encourage the use of them by the population	Study the possibility of creating a multifunctional 4 season path for hiking, cross country skiing, snowshoeing	<ul style="list-style-type: none"> <li>-Determine path(s)</li> <li>-Get approval from council</li> <li>-Obtain approval of all landowners affected</li> <li>-Clearing of the trail by the municipality</li> <li>-Use trail by the eventual walking club and organized groups</li> </ul>	Mid term : 2012	<ul style="list-style-type: none"> <li>-MHIM Committee</li> <li>-Municipal Council</li> </ul>
	Study the possibility of building a park with a playground for the children	<ul style="list-style-type: none"> <li>-Choose a place (potentially between the Municipal Office and the Fire Station)</li> <li>-Get approval from council</li> <li>-Raise the necessary funds (ex : fund raising, request to the <i>Programme de soutien aux installations sportives et récréatives</i>, and the Pacte Rural II, etc.)</li> </ul>	Mid term : 2012	-Municipal Council



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THIRTY MINUTES OF PHYSICAL ACTIVITY				
Description of the action	Expected result	How?	When?	Who?
Provide the population with adequate sports facilities and incentives for physical activity	That the municipality continues its support to the WRC for the maintenance of its outdoor rink	-Continuation of the current agreement	Short term : 2011	-Municipal council
	Investigate the possibility of a sports field (baseball, soccer, etc.).	-Choose a place -Get approval from council -Raise the necessary funds (ex : fund raising, demand at programme de soutien aux installations sportives et récréatives, au pacte rural II, etc.)	Long term : 2013	-Municipal council
	Make available a space available to the residents at the Community Center for personal training with videos	-Obtain council's approval for the initiation of work needed to use the basement of the Community Center	Long term : 2013	-MHIM Committee -Municipal Council
	Promote the different municipal and regional sport infrastructures through the Municipal Bulletin (ex : tennis court, skating rink, arenas, indoor pool, multisport center, etc.)	Add a MHIM section to the Municipal Bulletin	Short term : 2011	-MHIM Committee -Collaboration of a Municipal Employee
SOCIAL ENVIRONMENT				
Encourage sport activities practiced in groups	Establishment of summer sports groups: cycling, canoeing, kayaking, sailing, swimming, etc.	-Develop the already existing canoe / kayak activity -Publicise the activities through the municipal bulletin and the Health Fair	Short term : 2011	-MHIM Committee
	Organize municipal winter activities: hockey, broomball, skating, snowshoeing day	-Continuation of existing activities -Registration of the municipality to the national campaign	Short term : 2011	-WRC



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THIRTY MINUTES OF PHYSICAL ACTIVITY				
Description of the action	Expected result	How?	When?	Who?
		<i>Plaisirs d'hiver</i> -Promotion of activities via the Municipal Bulletin		-MHIM Committee (promotion)
	Creation of a walking club (with Nordic walking workshop)	-Find a walking path - Publicise the activities through the municipal bulletin, email list and the health fair -Determine the days and time	Mid term : 2012	-MHIM Committee -Municipal Council
	Organisation of a dance-o-thon	-Reserve the Community Center -Publicise the activity	Long term : 2013	-MHIM Committee
Make the population aware of the benefits of physical activity	Organize a 0-5-30 Health Fair with different collaborators: kinesiologist, animators, etc. Workshops and conferences would subsequently be offered with registration	-Find a date and reserve the Community Center -Find the different collaborators -Publicise the event	Short term : 2011 (with possibility to repeat every year)	-MHIM Committee -Municipal Council
Use national campaigns to promote healthy eating	Registration of the municipality to <i>Défi santé 5 / 30 Municipal</i> (March 1st to April 11)	-Register the municipality at <a href="http://www.defisante530.ca">www.defisante530.ca</a> during the registration period -Publicise the challenge so that the most residents as possible subscribe	Mid term : 2012	-MHIM Committee
Encourage regional sports events	Participate and promote regional events of the MRC d'Argenteuil such as the Mini-Jeux d'Argenteuil, the Journée 50+ Bouger +, the Tournoi de golf des maires pour le sport amateur, etc.	-Promote the events through the Municipal Bulletin, by sending registration forms by mail, etc. -Maintain the collaboration and participation of the municipality at the events	Short term : 2011	-MHIM Committee -Municipal Council -Municipal Employee
Equip the MHIM Committee with an efficient	Add a MHIM section to the municipal bulletin	-Get a page in the bulletin -Writing of the page by a member of the committee (seasonally)	Short term : 2011	-MHIM Committee



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THIRTY MINUTES OF PHYSICAL ACTIVITY				
Description of the action	Expected result	How?	When?	Who?
communication method with the population of Wentworth		-Send the bulletin to residents by email and mail -Post bulletin on the municipality's web site		-Collaboration from a Municipal Employee
Provide the different organizations of Wentworth with a method of communication to exchange information	Create a "table dialogue" between the Municipality of Wentworth, the WRC, the Lake Louisa Social Club (LLSC), Lake Associations and the Dunany Golf Club	-Assemble a key person from each organization to discuss and form a committee -Educate the individual organizations about ways to integrate 0-5-30 to their activities	Mid term : 2012	-MHIM Committee with the technical support from the municipality
Seek help from community partners to facilitate the implementation of the action plan	Get help from the CSSS d'Argenteuil (Équipe des saines habitudes de vie) and Québec en Forme Argenteuil	-Choose the actions that could benefit from human resources -Make the request to the <i>Équipe des saines habitudes de vie</i> for help	Short term : 2011	- MHIM Committee
POLITICAL ENVIRONMENT				
Development of measures that will ensure permanent integration of healthy lifestyle to the municipal sphere	Adoption of a bylaw to create a "health" budget to ensure continuity of operations beyond 2013	-Preparation of the document -Presentation of the Municipal Council -Adoption of the bylaw	Long term : 2013	-June Parker -Municipal Council
	Presentation of 0-5-30 activities, services and infrastructures 0-5-30 to all new residents	-Present to the Municipal Council the idea of a sheet inserted with the Welcome Tax bill that would present the 0-5-30 advantages of Wentworth	Mid term : 2012	-June Parker -Municipal Council