

DELEGATION

1. With the aid of a PowerPoint presentation (copy on file, City Clerk's Office), Dr. James Lu, Medical Health Officer, Vancouver Coastal Health, accompanied by Emily Laflamme, Regional Epidemiologist, Vancouver Coastal Health, highlighted the following information regarding the results of the Healthy Richmond Survey:
 - 3,639 adults Richmond residents were surveyed;
 - 35 questions were posed related to socio-demographics and chronic disease risk factors;
 - the survey was conducted from February 24, 2012 to March 4, 2012;
 - the survey was conducted online and in person at 25 field locations;
 - in comparison to the statistics of the 2011 Census, it was determined that those who participated in the survey were representative of Richmond's population;
 - a composite wellness score that touched on factors such as tobacco use, fruit and vegetable consumption, daily walking, and minutes of vigorous physical activity was utilized;
 - the wellness score ranged from zero to sixteen, with sixteen representing a person who does not smoke, eats all the recommended servings of fruits and vegetables etc;
 - Richmond's top 20% achieved above ten on the composite wellness score;
 - an analysis of self-reported health, daily behaviours, and a sense of community belonging indicated a strong relationship between these factors, suggesting that enhanced community belonging has the potential to lead to the adoption of positive lifestyle traits;
 - Sea Island and Steveston residents reported having the highest sense of belonging;
 - Bridgeport residents reported having the weakest sense of belonging;
 - data collected from Bridgeport residents was further analyzed in an effort to understand what factors made Bridgeport residents different than residents in other areas of Richmond; and
 - this analysis examined factors such as having a library card, voting in elections, accessing City facilities, being born in Canada, and being most comfortable speaking English versus another language.

Parks, Recreation & Cultural Services Committee
Tuesday, February 26, 2013

Ms. Laflamme stated that the results would be used as a baseline measure for the evaluation of the City's Community Wellness Strategy. She stated that the results have demonstrated that a multi-sectoral approach is required to strengthen community belonging, thereby further enabling healthy lifestyle choices.

In reply to queries from Committee, Dr. Lu and Ms. Laflamme advised that (i) the results of the survey would assist Vancouver Coastal Health and City staff focus their efforts in relation to action items identified in the City's Community Wellness Strategy; and (ii) Vancouver Coastal Health would like to engage all communities in their authority in the same manner as Richmond was, however, data collection would primarily be online.

Discussion ensued and in response to Committee's comments regarding the results of the survey, Dave Semple, General Manager, Community Services spoke of several community engagement initiatives currently in place.

Mike Redpath, Senior Manager, Parks, advised that staff are working with developers in the Bridgeport area to provide parks and open space in the neighbourhood.

Discussion further ensued and Committee queried whether the results of the survey would be shared with other groups such as the Richmond Community Services Advisory Committee, the Seniors Advisory Committee, Richmond Sports Council, the Richmond Public Library Board, and the Richmond School District No. 38.

In response to additional queries from Committee, Dr. Lu and Ms. Laflamme advised that (i) the Early Development Instrument was not examined as the survey did not collect data from children; (ii) it is challenging to engage youth to participate in a survey; and (iii) encouraging the consumption of fruits and vegetables as opposed to processed foods is a global issue.

Dr. Lu commented on nutrition and non-aerobic forms of exercise such as Tai Chi and how these factors also contribute to overall health.

Discussion ensued regarding the results of the Healthy Richmond Survey and the value of its findings for various groups throughout Richmond.

As a result of the discussion, the following motion was introduced:

It was moved and seconded

- (1) *That the Healthy Richmond Survey presentation be received for information; and*
- (2) *That staff be directed to integrate the findings of the Healthy Richmond Survey with the goals and objectives of Council and 2013-2014 work plans.*

CARRIED

3.