

Stettler Wellness Network
Guiding Principles for Project Funding and Support

1. Provide a brief description of the project:

"Let's Walk N Roll"

a project to encourage Stettler residents to walk or cycle to their destination (school, work, errands, etc.) in order to incorporate exercise into their daily routine, to get residents outdoors, and to save fuel emissions.

- advertise "Walk N Roll" as a worthy general habit to develop as follows:
 - a) put up signage (see item #5) to indicate the time and distance to walk/cycle to important locations to show that Stettler is indeed a very walkable or cyclable town.
 - b) Have a "Let's Walk N Roll" Day or Week, declared by the Mayor, each year
 - Have businesses challenge each other to the number or % of their employees who participate (banks vs banks, service clubs vs other service clubs, etc.)
 - Have stickers or pins available for participants (Let's Walk N Roll)
 - c) Offer incentives for people who walk or bike to a public event (i.e. West Stettler events, Fly-In Breakfast, Rodeo), though how to verify that would need to be addressed at each event. Incentives could be free swim/fitness centre passes, etc.

2. Check the wellness priority (ies) that the project will address (refer to Appendix for definitions).
Check all that apply.

- € Healthy Eating Environments and Food Security
- € Community Inclusion YES
- € Arts and Culture
- € Physical Activity and Active Transportation YES
- € Environmental Wellness YES
- € Social Wellness YES

3. Who will benefit from the project? Check all that apply.

- A specific group _____
- A specific population (age group, demographic)
- Residents of the Town of Stettler YES
- Residents of the Town and County of Stettler
- Populations outside of Stettler _____

4. Who are the partners involved in this project and what is their role? Please list:
Heartland Beautification Committee – Environmental Action Sub-Committee
To spearhead and fund this initiative

The partners below would:

- a) promote the project within their groups
- b) would encourage participation in a "Walk N Roll" Day or Week with their employees, students, clients, patients, or residents.
- c) aid in generating further ideas for the project

Town of Stettler

Clearview School Division – Stettler schools ("Walking School Bus")

Christ King Catholic School

Stettler Adult Learning

Heartland Youth Centre

Alberta Health Services

AHS – Healthy Living Program

AHS – Health Promotion

AHS – Public Health Nursing

AHS – Mental Health

Healthy Communities – Thrive on Wellness

Stettler Community Support Centre (FCSS)

Businesses (Businesses challenge each other, i.e. banks vs banks)

Performance Physical Therapy and Acupuncture Clinic

Stettler Seniors

Ministerial Association

Arts and Culture

Stettler Child Care Centre

Stettler Independent provide paid advertising

Q93.3 provide paid advertising

5. Has the built environment been addressed in the project? If yes, please explain:
(refer to Appendix for definition)

- a) We have an excellent walk/bike trail system already in place, that is under-utilized.
- b) Bike racks are already in place all along Main Street and at all major shopping areas.
- c) Stettler distances are very walkable and certainly bikable. There are no hills!

Travel time to downtown from west Stettler outskirts:

Vehicle – 8 minutes

Bicycle – 13 minutes

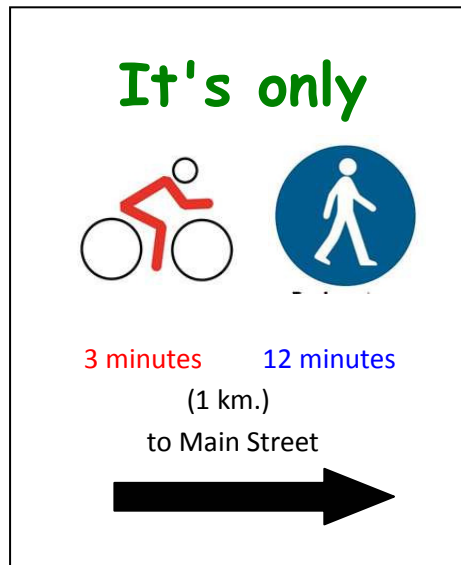
Walking – 45 minutes

Recommended improvements of the built environment:

A. Signage to show distances and times to walk/bike to certain destinations

To raise awareness of active transportation as an option.

To show it's faster than one thinks.



- i) post a sign in 4 locations, indicating the time/distance to Main Street
 - in Grandview, near the Rec Centre
 - in east Stettler residential area, on 49 Ave & 46 St.
 - in Parkdale, at entrance from north
 - in Emerson Acres, at entrance from the south west
- ii) post signs on utility boxes, on garbage bins, or on possible STOP signs on trail intersections

6. Will the project address the Social Determinants of Health? If yes, please explain: (refer to Appendix for definitions)

This project would address the determinant of health category "**Social Support Networks**". In promoting "Walk N Roll" in the entire community, we are supporting healthy lifestyle choices and are working as a group to change our individual habits for the betterment of individual health and the health of the environment.

7. How will you use Wellness Network funding to support the project? Please list budget items:

Item	Amount (\$)
We are not seeking direct financial aid. Instead we are looking for aid in reaching as wide an audience as we can through the involvement of as many community groups as possible.	

APPENDIX

Wellness Network Priorities

Community Inclusion

An ordinary life of being involved in activities and relationships with other valued citizens in ordinary physical and social settings (http://www.field.org.au/blog/maree_ireland/?p=350)

Community Inclusion is a very simple idea. To be included is to be accepted and to be able to participate fully within our families, our communities and our society.

Community Inclusion is the opportunity to live in the community and be valued for one's uniqueness and abilities, like everyone else.

http://www.dhs.state.il.us/OneNetLibrary/27896/documents/By_Division/Division%20of%20DD/ResidentialDirectorCore/Module5RDCCCommunityInclusion.pdf

Environmental Wellness

One's relationship to their surroundings that affect human's wellness. Recognizing your individual responsibility and taking action to live in harmony with earth and the environment by understanding the impact of your interactions with environment and taking action to protect the environment (www.seekingwholeness.com).

Physical Activity and Active Transportation

Physical Activity:

Movement that increases heart rate and breathing. Any bodily movement produced by skeletal muscles that requires energy expenditure (Canadian Physical Activity Guidelines)

Physical Wellness:

It involves understanding that eating well, exercise and healthy lifestyle choices are important; that making healthy lifestyle choices today will affect how you feel tomorrow, how long you live, and perhaps more importantly the quality of your life (www.seekingwholeness.com)

Active Transportation:

Using human-powered transportation to move around. It also describes the necessary infrastructure (for example, bike lanes and sidewalks) communities need to allow citizens to safely commute to and from work, school, businesses, playgrounds and green spaces. Human-powered transportation includes walking, cycling, wheeling, in-line skating, skateboarding, cross country skiing, canoeing and kayaking. The most popular modes are walking and cycling. Having a walkable and wheelable community is important part of creating a healthy, vibrant and economically attractive community. Active Transportation has strong economic, health, safety, social and environmental benefits (Town of Bridgewater, Nova Scotia, www.Bridgewater.ca)

Social Wellness – Mental, Emotional, Intellectual, Spiritual Wellness

Social Wellness: Being aware of, participating in, and feeling connected to your community. It means developing healthy relationships with those around you. Social Wellness encourages contribution to the welfare of the community (www.seekingwholeness.com).

Mental Wellness: A definition of mental health highlights emotional well being, the capacity to live a full and creative life, and the flexibility to deal with life's inevitable challenges (http://www.selfgrowth.com/articles/definition_mental_wellness.html)

Emotional Wellness: The ability to handle emotions in a constructive way in order to enable you to maintain a positive emotional state. Emotional wellness helps a person achieve positive self-esteem, helping them satisfy relationships and providing resilience to meet life's challenges (www.seekingwholeness.com – Hettler)

Intellectual Wellness: The perception of being internally energized by an optimal amount of intellectually stimulating activity (Camrose Healthy Lifestyle Coalition).

Spiritual Wellness: Seeking a meaning to one's life and integrating one's spiritual beliefs and values with their actions (www.seekingwholeness.com).

Healthy Eating Environments and Food Security

Healthy Eating Environment:

An environment which provides and promotes healthy food choices and healthy attitudes about food. As individuals, families, organizations and communities, we can work together to increase the availability and appeal of healthier food choices, and to teach and model healthy eating behaviours. (Alberta Nutrition Guidelines for Children And Youth 2012).

Food Security:

The condition in which all people at all times can acquire safe, nutritionally adequate, and personally acceptable foods in a manner that maintains human dignity. Access to nutritious, safe, acceptable, and culturally-appropriate foods.

"Community food security exists when all citizens obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self reliance and equal access for everyone" - Bellows and Hamm, 2003.

Physical Wellness:

It involves understanding that eating well, exercise and healthy lifestyle choices are important; that making healthy lifestyle choices today will affect how you feel tomorrow, how long you live, and perhaps more importantly the quality of your life (www.seekingwholeness.com)

The Determinants of Health

Income and Social Status	Income and social status influence people's access to housing and food, their sense of control over life decisions. Health status generally improves as people's income and social status improve.
Education and Literacy	People's level of education influences their opportunities for job selection and security and sufficient income. Equips people with a sense of control over life circumstances.
Social Support Networks	Support from family, friends and the community contribute to better health. Support from family, friends and community is important in helping people deal with difficult situations and in maintaining a sense of mastery over life circumstances.
Employment/Working	People with a steady job that provides sufficient income and a safe workplace are

Conditions	generally healthier.
Physical Environments	The natural environment, which includes air, water and soil, influences health. The human-built environment, which includes housing, workplaces and road design, also influences health.
Biology and Genetic Endowment	People's genetic endowment contributes to their predisposition to certain diseases. Biology influences their response to sources of stress, such as viruses or emotional strain.
Personal Health Practices and Coping Skills	People's knowledge, behaviours and abilities to handle outside influences and stressors affect health.
Healthy Child Development	Early child development influences health throughout the life span. Factors that influence child development include healthy birth weights, positive parenting, and safe, friendly neighbourhoods.
Health Services	Health is influenced by having access to services that are structured to restore, maintain and promote health, and prevent disease.
Culture	People's background and upbringing, the customs, traditions and spirituality and beliefs of their family and community affect their health because these influence what they think, feel, do and believe to be important.
Social Environments	Social stability, recognition of diversity, good working relationships and cohesive communities contribute to healthy social environments.
Gender	Gender refers to the different societal roles that men and women are assigned. Many health issues are a function of gender based social status and roles.

Built Environment (Alberta Health Services)

The physical environment created or modified by humans. The dimensions of the built environment are typically understood to be:

- Land use patterns – municipal development, neighbourhood planning, urban design, the scientific, aesthetic, and orderly arrangement of land, resources, facilities and services
- Transportation systems – roads, public transit, sidewalks, bike lanes; the physical infrastructure and services that provide the links or connectivity among human activities
- Building design – houses, offices, stores, schools, hospitals, the aesthetic, physical and functional qualities of buildings and streets