

Appendix B: ParticiPARK Design Phase Partner Summary (Excerpt) Bramalea Ltd. Community Park (ParticipACTION Partnership Program)



ParticiPARK Design Phase Partner Summary

Background

The Public Health Agency of Canada recently out a call for proposals for the '*The Healthy Canadians and Communities Fund (HCCF)*'. This fund aims to improve health among Canadians who face health inequalities and are at greater risk of developing the main chronic diseases. The behavioural risk factors for these chronic diseases include physical inactivity, unhealthy eating, and tobacco use.

ParticipACTION submitted a brief proposal in the summer and have been invited to submit a full proposal for the end of September.

The funding available is for the 'Design Phase' of a project with potential future funding being available for the 'Implementation Phase'.

ParticipACTION's Proposal – Design ParticiPARKS in underserved neighbourhoods in consultation with 4 local Municipalities / Band Councils across the country

A ParticiPARK leverages and exists within the natural environment, like a trail, park or field, and provides free and accessible designated "stations" that encourage physical activity in nature. These physical activity stations are accompanied by instructions, including adaptations so everyone can participate. ParticiPARK visitors can also optionally access this information on the free ParticipACTION app.

ParticiPARK visitors reap the many benefits of physical activity (like increased fitness and reduced risk of chronic disease) plus the added physical and mental health benefits of being outdoors in nature. This intervention supports behaviour change among individuals within communities at risk of health Inequities.

What are we asking you?

ParticipACTION would like to work with your municipality / band council to design a ParticiPARK for health-equity deserving members in your community. As a design partner we will work with you to:

- Identify a community champion to lead the local implementation of the project
- Build a local advisory group consisting of multi-sectoral leaders (recreation, health, education) and health-equity seeking community members (Newcomers to Canada, People with Disabilities, Older Adults, Women and Girls)
- Participate in meetings with the advisory group to keep the project on track.
- Support the implementation of a local design plan including focus group sessions, community level surveys

What we are offering you

- Project oversight and administration
- Hosted community consultations run by a professional research and evaluation agency
- Full results from all consultations
- A consolidated research report of key findings
- Commitment to pursue funding for implementation
- An opportunity to learn and design infrastructure with community interest at heart
- A financial contribution to cover expenses for your role

The Ideal Partner

We are looking to partner with a municipality / band council who:

- Is committed to promoting physical activity in their community
- Is committed to providing accessible infrastructure to health equity
- Has current or future plans to develop an outdoor recreation space or has an existing outdoor recreation space that they would like to upgrade / re-animate