



Sudbury & District

Health Unit

Service de
santé publique

*Make it a
Healthy
Day!*

*Visez Santé
dès
aujourd'hui!*

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April 13, 2006

Electronic Mail

Mayors / Reeves
Constituent Municipalities within
the Health Unit Catchment Area

Dear Mayor/Reeve:

Re: Pedestrian Charter

The Sudbury & District Board of Health carried the following motion #19-06 related to physical activity and community walkability at its March 16, 2006 Board meeting:

WHEREAS physical activity helps reduce the risk of developing cardiovascular disease, type 2 diabetes, certain forms of cancer, and osteoporosis, and helps promote a healthy weight; and

WHEREAS 26% of Sudbury residents are considered physically active; and

WHEREAS walking is a basic human need, a method of active transportation, and a beneficial way to be physically active; and

WHEREAS the 2004 Chief Medical Officer of Health Report, Healthy Weights, Healthy Lives and the February 2005 Canadian Institute for Health Information Report: "Improving the Health of Canadians: Promoting Healthy Weights", both recommend the creation of local environments that promote healthy weights such as reducing barriers to physical activity and providing safe walking routes; and

WHEREAS the Greater Sudbury Healthy Community Strategy identifies active living and healthy lifestyle as the first Strategic Priority and identifies the creation of a pedestrian friendly city as a key approach; and

WHEREAS the Greater Sudbury Community Physical Activity Action Plan 2005-2010 recognizes the need to remove and reduce barriers to physical activity by improving infrastructure in order to support pedestrians; and

WHEREAS a Pedestrian Charter is a document that would serve as a reminder to community decision-makers and community members of the health, economic and environmental benefits of walking; and

WHEREAS the World Health Organization identifies that physical inactivity is not merely about individual behaviour, and recommends that local governments and municipalities act by developing local legislation and policy to support physical activity;

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Centre agréé d'enseignement en santé*

THEREFORE BE IT RESOLVED THAT the Sudbury & District Board of Health endorse the Pedestrian Charter of the Sudbury Heart Health Coalition; and

FURTHER THAT the Sudbury & District Board of Health urges all municipal councils within the Sudbury & District Health Unit catchment area to officially endorse the pedestrian charter and undertake supportive actions; and

FURTHERMORE THAT the Sudbury & District Board of Health requests the Association of Municipalities of Ontario (AMO) to encourage all municipalities in the province to adopt similar charters; and

FURTHERMORE THAT copies of this letter be forwarded to the Sudbury and Manitoulin Districts Heart Health Management Group, Ontario Heart Health Program – Taking Action for Healthy Living, Federation of Northern Municipalities, Ministry of Health Promotion, Ministry of Health and Long Term Care, Chief Medical Officer of Health, Association of Local Public Health Agencies, Ontario Public Health Association and all Ontario Boards of Health.

The Pedestrian Charter reflects the principle that a community's walkability is one of the most important measures of the quality of its health and vitality. This Charter serves as a reminder to decision makers that walking must be valued and that it has significant social, environmental and economic benefits for a community.

For more information about the Pedestrian Charter, visit the Sudbury & District Health Unit website at www.sdhu.com, or call Carol Coffyn, Public Health Nurse, at (705) 522-9200 ext. 357.

Sincerely,

Original signed by

P. Sutcliffe, MD, MHSc, FRCPC
Medical Officer of Health and Chief Executive Officer

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c.: Chief Medical Officer of Health
Association of Local Public Health Agencies (ALPHA)
Association of Municipalities of Ontario (AMO)
Federation of Northern Municipalities
Ministry of Health Promotion
Ministry of Health and Long-Term Care
Ontario Boards of Health
Ontario Public Health Association (OPHA)
Ontario Heart Health Program – Taking Action for Healthy Living
Sudbury and Manitoulin Districts Heart Health Management Group