

## 1. CHRISTCHURCH ACTIVE LIVING STRATEGY

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The purpose of this report is to present the Christchurch Active Living Strategy for adoption by the Council. Copies of the Strategy will be laid upon the table.

### BACKGROUND

The draft Christchurch Active Living Strategy was presented to a combined seminar of the Community and Leisure, Sustainable Transport and Utilities, and Parks, Gardens and Waterways Committees and the Urban Planning and Growth Special Committee on Tuesday 17 February 2004.

As Councillors will be aware, given worldwide trends towards obesity and subsequent health issues and costs, health and recreation agencies are strongly promoting the physical activity message (30 minutes of moderate intensity activity on most if not all days of the week).

Overseas research is now strongly linking uptake of adequate activity with an environment which, encourages physical activity through the following areas:

- Transportation (encouraging walking/cycling through road and pavement design, traffic calming, provision of walking and cycling routes, etc).
- Urban design (eg design of suburbs, street layout, park and walkway placement, housing density).
- Open space provision/facility provision (eg acquiring appropriate open spaces and use of good design practice).
- Air and water quality (eg reducing winter air pollution so residents can continue to walk/cycle for transportation and physical activity).
- Policy and legislative support
- Sport and recreation provision (facilities, programmes, support to recreation/sport sector).

### CHRISTCHURCH ACTIVE LIVING STRATEGY

#### Fit with the Council's Community Outcomes

The Strategy contributes to the following outcomes:

- A sustainable natural environment
- A healthy and active city
- A safe city
- A cultural and fun city
- A liveable city

#### Strategy Objectives

1. Gain policy support for the Active Living Strategy.
2. Create activity friendly physical environments.
3. Increase people's awareness of the benefits of physical activities.
4. Increase people's skills and opportunities to partake in active lifestyles.
5. Provide interpersonal supports for people to become active.
6. Use healthcare settings to encourage people to be active.
7. Build the capacity and capability of people from professional groups and community groups to advocate for and implement physical activity strategies and programmes.
8. Use workplace settings to encourage people to be active.
9. Encourage schools to adopt active schools principles to encourage children to be active.

#### Implementation of the Christchurch Active Living Strategy

Currently presentations are being scheduled for Environment Canterbury, the District Health Board, Ngai Tahu Development Corporation and Pegasus Health, with the aim of each of these key stakeholder agencies adopting the Strategy and committing resources in terms of staff time, and Councillor/Board member representation to a Steering Group which will develop and monitor a City Implementation Plan. The Steering Group will report annually to all stakeholder agencies on implementation of the Strategy.

## Suggested Membership of the Inter-Agency Steering Group

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| Christchurch City Council:<br>(Lead Agency)                       | <ul style="list-style-type: none"><li>• Councillor representative (Community and Leisure Committee)</li><li>• General Manager, Community Services</li><li>• Community and Recreation Manager</li><li>• Greenspace Manager or representative</li><li>• Research and Policy Development</li><li>• Principal Planner, City Transport Management Team, City Transport</li><li>• Urban Design and Heritage Team Leader, Planning Management Team</li></ul> |
| District Health Board   | <ul style="list-style-type: none"><li>• One Board representative</li><li>• Manager, Community and Public Health</li></ul>   |
| Pegasus Health  | <ul style="list-style-type: none"><li>• One Board member</li><li>• One staff representative</li></ul>   |
| Ngai Tahu   | <ul style="list-style-type: none"><li>• One Board Member</li><li>• One staff representative</li></ul>   |
| Environment Canterbury  | <ul style="list-style-type: none"><li>• One Board representative</li><li>• One staff representative</li></ul>   |
| Healthy Christchurch<br>Pacific People's Council<br>Dr Jenny Ross | <ul style="list-style-type: none"><li>• One representative</li><li>• One representative</li><li>• Associate Professor, (Exercise Science), Lincoln University</li></ul>   |

- Recommendation:**
1. That the Christchurch Active Living Strategy be adopted.
  2. That the Inter-Agency Steering Group be endorsed and a member of the Community and Leisure Committee be the Council's representative on the Steering Group.