

EQUITABLE ACCESS: WHY IT MATTERS TO ALL OF US



PHYSICAL ACTIVITY AND RECREATION ARE GOOD FOR YOUR HEALTH. BUT DID YOU KNOW THAT THEY ARE ALSO GOOD FOR A HEALTHY COMMUNITY AND A HEALTHY CITY? LET ME EXPLAIN.

RESEARCH SHOWS THE TOP ELEMENTS THAT MAKE A STRONG, CONNECTED AND HEALTHY COMMUNITY:

- **SOCIAL EXPERIENCES** –opportunities for people to interact and care for one another
- **A COMMUNITY THAT IS OPEN** –everyone feels welcome and diversity is celebrated
- **AESTHETICS** –the spaces and places in a community are inclusive and have usable green spaces and parks



**WINNIPEG COMMUNITY
SPORT POLICY**

Recreation opportunities that are meaningful and accessible are an important part of a healthy community. Recreation and physical activity provide fun, enjoyment, improved health, social interaction, and relaxation. Recreation can promote social cohesion by keeping people in touch with each other and building and strengthening relationships. Having a variety of accessible recreation activities can help to build welcoming communities for people and families from diverse cultures. A place for informal recreation such as parks and green space contributes to the aesthetics of a community and increased physical activity levels of nearby residents. Access to natural spaces reduces feelings of stress and anxiety, improves concentration and brain function. Throughout the lifespan, recreation continues to support physical activity participation, social connectedness, and provides opportunities to develop new skills.

To achieve individual and community wellbeing, access to recreation and physical activity opportunities must be equitable. Equitable access speaks to fairness. Fairness means that everyone in our city can access resources, opportunities and experiences regardless of their family income. There is a wide range of social

advantage and income across communities or neighbourhoods in Winnipeg. Many children and families do not have equitable access to recreational experiences. Equitable access is good for children and families, and our community as a whole. Families that experience social and economic disadvantage are at higher risk for poor health. While not the whole solution, equitable access to recreation plays an important role in supporting the vision of a caring, connected city.



EVERYONE IN WINNIPEG HAS ACCESS TO MEANINGFUL, POSITIVE RECREATION EXPERIENCES THAT SUPPORT **INDIVIDUAL WELLBEING + COMMUNITY WELLBEING**



CARING, CONNECTED CITY - COMMUNITIES THAT ARE HEALTHY, INCLUSIVE, WELCOMING, RESILIENT AND SUSTAINABLE

DID YOU KNOW?

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AVERAGE ANNUAL FAMILY INCOME IN WINNIPEG

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NEIGHBOURHOOD RANGES FROM \$18,000 TO ALMOST \$160,000.



COST AND TRANSPORTATION ARE THE BIGGEST BARRIERS TO ACCESSING RECREATION OPPORTUNITIES.



1 IN 3 CHILDREN IN MANITOBA LIVE IN POVERTY.



THERE IS A **17-YEAR** DIFFERENCE IN LIFE EXPECTANCY BETWEEN OUR COMMUNITIES WITH THE LOWEST AND HIGHEST INCOMES.



109,000 WINNIPEGGERS LIVE IN LOW INCOME.

FIXING THE FOOD ENVIRONMENT: IMPROVING ACCESS TO HEALTHY FOODS

HEALTHY EATING IS ABOUT MORE THAN JUST INDIVIDUAL CHOICE.



For many Winnipeggers a trip to a full-service grocery store can mean a costly taxi trip or a long bus trek lugging a week's worth of groceries. The alternative may be grocery shopping at the nearby convenience store. These stores often sell a limited variety of healthy foods at high prices.

The rising cost of food can impact a person's ability to purchase nutritious foods. But, a person's food environment can also have a negative effect on the food they are able to purchase and a long term impact on their health. The food environment includes the number and type of grocery stores, convenience stores and restaurants that are easily accessible to a person. A person's food choices are more influenced by their food environment if they have a low income or lack accessible transportation. Healthier people mean a healthier community overall, so a broken food environment affects everyone.

HOW CAN WE FIX THE FOOD ENVIRONMENT AND IMPROVE FOOD ACCESS FOR EVERYONE?
THERE ARE MANY EXCITING COMMUNITY INITIATIVES THAT ARE MAKING A
POSITIVE DIFFERENCE TO HEALTHY FOOD ACCESS IN WINNIPEG.

- **COMMUNITY-BASED PROGRAMS** such as cooking classes allow people to learn food skills needed to prepare healthy, low cost foods. Community gardens help people to grow their own fresh produce. Community agencies such as *NorWest Co-op Community Food Centre* increase access to healthy foods and advocate for food security and sustainable food systems.
- **BULK BUYING AND FRESH PRODUCE PROGRAMS** help participants save money on food purchasing. *Elmwood's Better Access to Groceries* is an excellent example.
- **BUILT ENVIRONMENT INITIATIVES** work towards improving grocery store accessibility by improving transportation networks and reducing food swamps and food deserts through healthy neighbourhood design.

A FOOD DESERT IS A GEOGRAPHIC AREA WITH LIMITED ACCESS TO AFFORDABLE AND NUTRITIOUS FOOD.

A FOOD SWAMP IS A PLACE WHERE UNHEALTHY FOODS ARE MORE AVAILABLE THAN HEALTHY FOODS. FOOD SWAMPS MAY IMPACT OUR FOOD CHOICES MORE THAN FOOD DESERTS.



RECREATION IS FOR EVERYONE

COMMUNITY SERVICES DEPARTMENT FEE SUBSIDY PROGRAM

The goal of the City of Winnipeg Community Services Department's fee subsidy program is to expand access to recreation opportunities and experiences for Winnipeggers, regardless of their family income.

There are 2 main types of subsidies available:

1) FACILITY ACCESS

- The no-charge facility access pass provides unlimited free admission to City of Winnipeg recreation facilities (swimming pools and leisure centres)

2) PROGRAM SUBSIDIES

- Includes registered Leisure Guide activities/swimming lessons and drop-in active living programs

WHO QUALIFIES?

You may qualify for a fee subsidy if you are a City of Winnipeg resident and you have one of the following:

- a family income below the low income cut-off (LICO)
- a social assistance case number
- a refugee assistance case number

FACILITY ACCESS PASS

- CAN BE USED AT THE 12 INDOOR POOLS, 3 LEISURE CENTRES AND OUTDOOR POOLS (DURING SUMMER).
- AMENITIES DIFFER BETWEEN FACILITIES. FACILITIES MAY HAVE POOLS, WHIRLPOOLS, SAUNAS, INDOOR TRACKS, WEIGHT ROOMS, CARDIO EQUIPMENT AND FITNESS AREAS.

HOW TO APPLY:

- Evidence of financial need required only once per calendar year.
- Please visit Winnipeg.ca/cms/recreation/leisure/feesubsidy.stm or see pages 4-5 for more information.

PRICELESS FUN

- The Priceless Fun brochure provides information about FREE recreation, leisure and library programs including free swimming and skating times.
- Hard copies of Priceless Fun are available for pick up at all civic indoor pools, libraries and leisure centres. You can view the current edition of Priceless Fun online at: Winnipeg.ca/cms/recreation/leisure/leisureguide.stm.
- Call 311 for more information about Fee Subsidies or Priceless Fun.

EVERYONE CAN PLAY - WINNIPEG COMMUNITY SPORT POLICY

The Winnipeg Community Sport Policy represents a partnership between The General Council of Winnipeg Community Centres, Sport Manitoba, Winnipeg Sport Alliance, Manitoba Physical Education Supervisors Association and the Winnipeg Regional Health Authority. To support some of the barriers to accessing recreation opportunities, the group developed Everyone Can Play: A Guide to Winnipeg Recreation and Sport Subsidies found at www.bit.ly/EveryoneCanPlay. The guide explains how to access various recreational subsidy programs for kids.

DID YOU KNOW?

IN 2015, THE CITY OF WINNIPEG RAN OVER 11,000 REGISTERED SWIMMING AND RECREATION PROGRAMS.