

Alberta Health
Services

2019

WalkABLE
ALBERTA



Provost Community Report



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Introduction



WalkABLE Alberta, provided by Alberta Health Services (AHS), is a community engagement initiative that aims to improve walkability, create supportive walkable communities and encourage citizens in communities to walk more often. This initiative helps identify what is already being done to support walkability in the community, as well as determine current challenges and future opportunities for promoting walkability.

Part of WalkABLE Alberta's implementation includes a community workshop. The principles of the International Charter for Walking (Appendix A) are used as a guide to improve walkability throughout the workshop. The workshops recognize the great work already done in communities and help build on this work by sparking new ideas and developing key activities for community initiatives. These plans can help advance changes to the physical and social environment leading to improved walkability. When communities are more walkable, walking becomes the easy choice.

Creating communities where people walk more can have many benefits for the community and its members.

Health benefits of walkability:

Walking is inexpensive, requires no special equipment or training, and provides a multitude of health benefits through increased levels of physical activity. When walking is part of a physically active lifestyle, it helps lower the risk of chronic disease including:^{1,2}

- Cardiovascular disease
- Type 2 diabetes
- Metabolic syndrome
- Obesity
- Dementia
- Mental health
- Osteoporosis
- Certain cancers (e.g., breast, colon)

Economic benefits of walkability:

- Walkability can provide benefits to the economy including efficient land use, improved community livability, and increased economic development.³
- Improved walkability leads to increases in sales prices of homes and retail.⁴ Locally owned businesses tend to prosper in walkable communities – these businesses are more likely to stock local products and reinvest in the local economy.⁴
- The public generally support investment in improved walkability. This includes residents and visitors.⁴ Both walking and cycling are popular recreational activities. When communities are walkable, it improves enjoyment and can increase retail, recreation and tourism activities.³

Social benefits of walkability:

- Community members who are physically, economically or socially disadvantaged may rely on walking.³ Providing highly walkable communities improves mobility and opportunity – allowing all community members to participate and be included.
- Walkable communities also encourage social interaction – community members may socialize, shop or eat together.³

Environmental benefits of walkability:

- Non-motorized transport, including walking and cycling, reduces traffic and pollution emissions.³

Town of Provost Background



The town of Provost is located 19 km west from the Alberta-Saskatchewan border, among the grasslands of central Alberta. As of the 2016 census, Provost had a population of 1,998. With a land area of 4.72 km², the town's main economic bases are agriculture and oilfield. The mission statement of the town is "building a stronger community by providing safe, sustainable municipal services including health care, education and recreation for all."⁵

There are several recreation facilities in Provost including an arena, pool, indoor walking track, ball diamonds, a golf course and a skateboard park. Provost also has a museum, a library and hosts several community events throughout the year.

Many community groups and local officials in Provost are working towards providing opportunities for residents and visitors to be active, connect to others, and enjoy the outdoors.

"Provost works well together."

– WalkABLE Alberta workshop participant

Rates of physical activity in Provost

The Alberta Cancer Prevention Legacy Fund (ACPLF) hosts a dashboard with community and zone level data on risk factors associated with cancer prevention. According to the Healthier Together dashboard, the Municipal District of Provost, as of 2012, had rates of physical inactivity above the zone average at 78.1%. The Central Zone average is 71.4% and the provincial average is 69.9%.⁶ This means that adults in this population are spending leisure time being physically inactive. Improving rates of physical activity can have health, economic and social benefits. One way to effect change in physical activity rates is to improve the walkability of a community.



The Provost Walkable Workshop



The Community Lifestyles and You (CLAY) committee supports Provost in existing efforts to provide healthy opportunities as well as facilitate new opportunities for community members to engage in healthy lifestyle choices. Representatives from committee reached out to WalkABLE Alberta to discuss having a community workshop in Provost in order to provide an opportunity to discuss what Provost is currently doing to improve community walkability and future opportunities. On November 7, 2019, a single day workshop was hosted at the Provost Curling Club with local officials, community members and health representatives in attendance. An agenda was developed prior to the workshop and is available in Appendix B.



The workshop started with the Mayor of Provost, Mike Dennehy, offering opening remarks on the importance of walkability for health. The Mayor then signed the International Charter for Walking. This charter was developed to support policies that individuals and groups can put into action to encourage daily walking and greater walkability. Walk21 reports that over 500 mayors have signed this charter as an indication of their commitment to the health of their communities and citizens.⁷

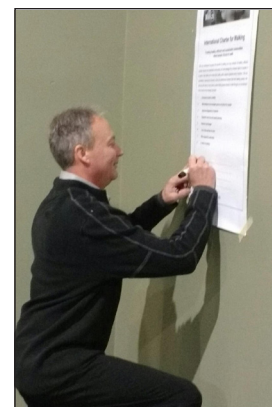
AHS Health Promotion Facilitator, Erin Gorman, then provided an introduction to WalkABLE Alberta and presented on benefits of walkability including why it is important for health. She described walkability using the International Charter for Walking principles and provided examples of its application at the community level.

Next, the attendees participated in a group brainstorming exercise in which smaller groups discussed the following questions in relation to the principles of the International Charter for Walking:

- What do we have now?
- What can we do better with what we have?
- What can we add?

The discussion was recorded using flip chart paper (see Appendix C).

The small groups shared their ideas and further discussed with the larger group. Participants were then asked to vote for their top three priorities using sticky dots.





As part of WalkABLE Alberta workshops, a walkabout is completed with participants. This allows individuals to highlight particularly walkable areas and areas that need improvement.

The walkabout in Provost included several locations that are well designed and include positive examples of walkability principles.

Many areas of Provost include curb ramps: This improves walkability for everyone. Individuals with mobility challenges are able to safely maneuver to street level and back up to sidewalk level. These curb ramps are also beneficial for parents using strollers and younger children on bikes or scooters.

Well-lit recreation spaces and well-marked pathways: This improves safety and increases usability after sundown during short winter days

Strategically located recreation facilities: This allows visitors to stay close by this location and benefit from short walks to all these recreational amenities. Additionally, a grocery store and other retail businesses are close by allowing visitors to be able to move using active transportation.



The walkabout in Provost included several locations identified as being of concern. Town officials who were participating in the workshop were able to confirm current plans to mitigate these areas of concern.

Diagonal crossing: There is a crosswalk near the schools where children cross diagonally through the intersection. Town officials were able to confirm that changes to this spot are planned and forthcoming.

Missing sidewalks: certain pathways are used that do not have sidewalks.

Railway crossing: missing lighting and pathways as well as soil erosion are of concern for safety
Barriers to active transport: A boardwalk has a post situated to prevent motorcycles or ATVs from passing through this pedestrian walkway. This also prevents parents with strollers and people using mobility aids to pass through.

After the walkabout, the group discussed short-term, medium-term and long-term actions for each of the three top priority areas. These are listed in Appendix D.

Identification of Priorities



Based on the information contributed throughout the workshop, participants identified their priorities using the International Charter for Walking and shared them with their small group. These ideas were recorded and voted on (Appendix C). The top three identified priorities were:

- Programs, initiatives and events to promote and encourage walking/active transportation in the community for all ages (14 votes)
 - Walking programs (all ages)
 - Winter walk day
 - Cross country skiing at golf course
- Amenities and linkages to the community with existing trails (8 votes)
 - Integrate exercise equipment along trails
 - Signs, benches along trail
- Support the development of new walking trail (7 votes)
 - Finish outdoor trail

The participants in the workshop set out short, medium, and long-term actions to address these priorities identified (Appendix D). In addition to the actions further information on who could support the implementation of the actions were identified. The themes that emerged were:

- Connected pedestrian network and trail system
- Community engagement and communication
- Changing culture
- Importance of accessibility



Recommendations



Recommendations to support community walkability improvements in Provost were developed based on: pre-workshop discussions, pre-workshop visit to the community, the workshop itself, and from additional expertise in community walkability. The recommendations for Provost are:

Support community programs, initiatives, and events

Community initiatives can help create a culture of walking and gain support for prioritizing walkability. It is important to engage the community and stakeholders in the creation, support, and implementation of initiatives to improve the viability and sustainability of programs. Walking programs and initiatives show community members that walking is possible within their neighbourhoods.

- **Expand current programs and create new ones:** Currently, Provost has walking programs for seniors using the indoor track. There is an opportunity to expand these programs (e.g., lending/training on walking poles, outdoor walking groups) and a need to develop programs for people of all ages and abilities. These programs could also support other forms of physical activity across all seasons (e.g., bike training for children, cross country skiing on the golf course).

Resources: Get Ireland Walking – Walking Group
<https://www.getirelandwalking.ie/startgroup/intro/>

- **Organize community events:** Events get people out in their community. There is potential to partner with existing events in Provost to encourage active transportation and create community pride. Additional events could include the following:
 - Winter Walk Day – encourage people to be active outdoors in winter
 - Community ‘street event’ – closing the street, adding chairs/tables, and include music to turn the street into a public shared space

Resources: The Streets Plan Collaborative & Alliance for Biking and Walking - The Open Street Guide
https://nacto.org/docs/usdg/smaller_open_streets_guide_final_print_alliance_biking_walking.pdf

- **Organize walking challenges:** Walking challenges, such as active transportation challenges amongst businesses and/or scavenger hunts, can encourage people to explore the town and engage with additional community stakeholders (e.g., business associations).



Continue to develop and improve parks and recreation trails

Recreational trails should link to the existing pedestrian network so that people can get from where they are to where they want to be. Provost has exciting plans to expand their trail system and there are opportunities to connect the new and existing trails to destinations within the communities (e.g., paths through the golf course and soccer field).

- **Create a trail development committee:** Engage a committee to plan, prioritize, as well as involve the community for next phases of the trail development.
- **Add amenities:** Include additional amenities (e.g., benches, lighting, etc.) and ensure paths are well-maintained.
- **Expand current use of parks and trails:**
 - Programs and events could incorporate trails to show the community how they can be use.
 - Explore additional use of trails and parks (e.g., cross country skiing on golf course).
 - Create maps and signage for trails that includes points of interest and identified walking routes (see Improve Community Wayfinding section for further information).
- **Explore a donor recognition program:** A donor recognition program for trail sections or amenities that support pedestrians (e.g., benches) could help fundraise and create a sense of community ownership of the trail.

Resources: National Recreation and Parks Association - Safe Routes to Parks
https://www.nrpa.org/uploadedFiles/nrpa.org/Publications_and_Research/Research/Papers/Park-Access-Report.pdf



Figure 1: Walking path on Provost sports grounds



Figure 2: Entrance to Provost sports grounds



Engage the community

- **Create a walkability committee:** The formation of a community advisory group or committee around walkability is recommended. The Community Lifestyle and You (CLAY) committee has been established in Provost to provide healthy opportunities as well as facilitate new opportunities for community members to engage in healthy lifestyle choices. This committee has done great work to start a conversation about walkability and creating a healthy community. This existing committee or a new sub-committee that focuses on community walkability can help to make decisions, assist in implementation, and facilitate community support. Key considerations for a walkability committee are included below.

- Include representation that reflects the diverse interests and needs of the community.
- Determine the scope and direction of the committee. Use an action planning process to provide new directions for walkability and the promotion of existing walkability programs, initiatives and infrastructure. Include broader community implications of walkability.
- Determine feasibility and implement selected priorities identified at the WalkABLE Alberta Workshop (Appendix D).

Resources: WalkON - Organizing a Pedestrian Advisory Group

http://canadawalks.ca/wp-content/uploads/2015/09/walkON_Walkability_Toolkit-

- **Develop a communication strategy:** Promote community walkability initiatives through shared communication strategies.

- Create a common place for finding information (e.g., Facebook page or town website)
- Use existing communication methods (e.g., screens at the library or arena)
- Explore new ways to engage a diverse representation of community members. For example seek out people where they are already (e.g., sporting event, school, and grocery store) instead of expecting them to seek out information.

Resources: Plan H - Community Engagement

https://planh.ca/sites/default/files/tools-resources/communityengagement_guide_web_v1.0.pdf

Community Tool Box – Communications to Promote Interest

<https://ctb.ku.edu/en/table-of-contents/participation/promoting-interest>

- **Increase partnerships:** Expand reach by engaging and partnering with more groups, organizations, and individuals as advocates to promote a walkable community. Provost has successful examples of this in the past and could consider involving the following groups:

- Existing programs
- RCMP
- Museum/ historic sites
- Toursim
- Schools
- Chamber of commerce/ local businesses



Figure 3: Town of Provost administrative office



Incorporate walkability into community planning

- **Plan for walkability improvements:** Ensure walkability improvements are highlighted and included in existing and future plans, policies and procedures. Planning should be inclusive and create an accessible walking environment supporting all ages and abilities. It is important to document this to ensure actions that support people who walk are part of council's future plans.
- **Evaluate results:** Include an evaluation plan to collect data based on identified indicators within future plans. Examples can be found through Walk21's Measurement of Walking group (e.g., <http://www.measuring-walking.org/>).



Figure 4: Example of a sidewalk that does not have curb ramps to allow all pedestrians to cross the street.



Figure 5: Example of crossing with a wide curb ramp that allows pedestrian to cross the street in all directions.

Create a well-maintained pedestrian network

It is important to create a connected network for people who choose to walk. Provost has developed a good network in the centre of town that could be expanded on and needs to be maintained.

- **Expand current walkable areas:** Improve infrastructure components important to community walkability such as sidewalks, crosswalks and lighting. The downtown of Provost (on 50th Street between 52nd Avenue and 50th Avenue) is a great example of this (Figures 5, 6 and 7).
 - Improve the sidewalk network with the goal of creating a complete pedestrian network (e.g., wide sidewalks on both sides of the street).
 - To start, focus on priority areas that connect people from where they live to where they want to go. Provost has a sidewalk repair and/ or replacement prioritization plan which is very important and this needs to continue. If possible, sidewalk replacements should be wider and include curb ramps to ensure an accessible and inclusive community (Figure 4).
 - While this occurs, gaps in Provost's walking network should be addressed. Even if there is not a complete sidewalk network currently, dedicated walking areas should be created on the roadway (e.g., in the new development). Dedicated walking space increases perceived safety and identifies the importance of the pedestrian on roadways.



Figure 6: Downtown is a walkable area. Here is an example of a well-marked crosswalk, wide sidewalk and amenities (eg. bench and garbage can).



Figure 7: An example of a well-marked crosswalk with interlocking brick in downtown.

- Intersection and/or crosswalk improvements could be made to create a complete pedestrian network. Many of these are based on priority pedestrian areas and feedback provided by community members. Crosswalk improvements could include painted crossings, tactile changes to crosswalks and sidewalks (e.g., interlocking bricks) and appropriately lit crosswalks.
 - Railway crossings at 53 Street (Highway 600) and 43rd Street – lack of rail crossing can be a barrier and it is important to engage provincial organizations to help work with industry (e.g., rail) to improve the walkability infrastructure and opportunities within the community (Figure 8).
 - School crossings on 52nd Avenue - implement plans to improve crosswalk where children are dropped off from bussing by painting the diagonal crossing (Figure 9).



Figure 8: There is an opportunity to improve pedestrian access across the railway crossing.



Figure 9: Pedestrian crossing near school.

Resources: The Community Preventive Services Task Force's Built Environment Recommendation to Increase Physical Activity – Implementation Resource Guide <https://www.cdc.gov/physicalactivity/community-strategies/beactive/downloads/Connecting-Routes-Destinations-implementation-resource-guide-508.pdf>

Urban Land Institute - Building Healthy Places Toolkit <https://bhptoolkit.uli.org/>



- **Maintain pedestrian network:** The pedestrian network must be well-maintained through the prioritization of snow clearing and/or other debris removal. Residents and business owners play an important role in ensuring accessibility by keeping the sidewalks in front of their properties clear (Figure 9). A Snow Angels program has recently started in Provost, where volunteers agree to clear walkways for neighbours who require assistance, is one example of a program that helps keep neighbourhoods walkable year-round.



Figure 9: An opportunity for private home owners to support snow removal to increase accessibility.

Prioritize accessibility

- **Repair to improve accessibility:** As repairs are being made to infrastructure within the community adding accessibility infrastructure should be included (e.g., as sidewalk repairs are made, curb ramps are included). Community and local buildings should also have complete access for people with mobility requirements. The desire for this is demonstrated within the community but there are other opportunities to continue to improve community building accessibility.
- **Get feedback:** It is important to continue to engage those who require mobility devices to provide feedback on challenging accessibility areas and facilities where accessibility could be improved.

Resources: Safety Codes Council - Barrier Free Design Guide
http://www.safetycodes.ab.ca/Public/Documents/Barrier-Free-Design-Guide_WEB-Aug2019.pdf



Figure 10: Example of an accessible building entrance.



Improve community wayfinding

Wayfinding are ways that people orient themselves within a space that they are not familiar with (e.g., maps, signs, apps, and other tools). Currently, there are examples of wayfinding signs for vehicles around the outer edges of town (Figures 11 & 12).

- **Create consistent wayfinding strategies:** There is an opportunity to build on what currently exists and provide a consistent community wayfinding strategy for walkers. Wayfinding for walkers can promote community destinations encouraging visitors and residents to enjoy community assets.
 - Include maps and signs that are oriented in the same direction as a walker, highlight destinations with distance in the form of walking time rather than distance in kilometers, and name parks and routes to make them easier to find.
 - This can be done in partnership with local business (through the Chamber of Commerce) to highlight businesses who contribute and/or include important community destinations that the town would like to highlight (e.g., historic sites, parks and trails).

Resources: *City of Edmonton - Wayfinding Strategy*

https://www.edmonton.ca/projects_plans/design_studies/wayfinding.aspx

CDC Healthy Aging Research Network - Pathways to Better Community Wayfinding

<https://www.nadtc.org/wp-content/uploads/NADTC-Pathways-to-Better-Community-Wayfinding.pdf>



Figures 11 & 12: Signage for vehicles to navigate the community. There is an opportunity to include wayfinding for walkers.



Pilot projects in Provost

Consider implementing pilot projects or tactical urbanism, low-cost temporary changes to the built environment to improve local neighborhoods and destinations with the environment.

- **Try temporary measures and get feedback:** Data can be collected to determine actual feedback on these initiatives to determine if they are successful. For example, the community could pilot traffic calming measures using planters, cones, or paint. The goal is to take these short-term, low-cost, and scalable interventions and/or policies to encourage long term changes.

Resources: Street Plans - Tactical Urbanism Guide

<https://www.citylab.com/design/2012/03/guide-tactical-urbanism/1387/>

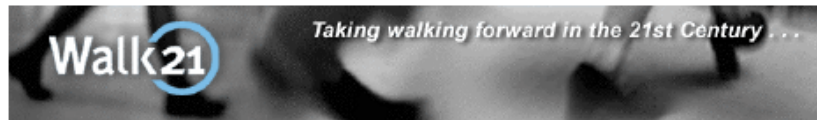
Sustainable Calgary - Reimagine Catwalks Playbook

<http://www.sustainablecalgary.org/publications-1/2019/6/17/reimagine-catwalks-playbook>

Participatory Planning - Pop-up Infrastructure

https://participatoryplanning.ca/sites/default/files/upload/document/tool/18_pop-up_infrastructure.pdf

Appendix A: International Charter for Walking



International Charter for Walking

**Creating healthy, efficient and sustainable communities
where people choose to walk**

I/We, the undersigned recognise the benefits of walking as a key indicator of healthy, efficient, socially inclusive and sustainable communities and acknowledge the universal rights of people to be able to walk safely and to enjoy high quality public spaces anywhere and at anytime. We are committed to reducing the physical, social and institutional barriers that limit walking activity. We will work with others to help create a culture where people choose to walk through our commitment to this charter and its strategic principles:

1. *Increased inclusive mobility*
2. *Well designed and managed spaces and places for people*
3. *Improved integration of networks*
4. *Supportive land-use and spatial planning*
5. *Reduced road danger*
6. *Less crime and fear of crime*
7. *More supportive authorities*
8. *A culture of walking*

Signed
Name
Position
Date

www.walk21.com

<http://www.walk21.com/papers/International%20Charter%20for%20Walking.pdf>

Appendix B: Agenda



WalkABLE Alberta: Provost Community Workshop

Provost Curling Rink (5211 43 St)
November 7, 2019 from 9:00 am to 3:00pm

Time	Description	Presenter
9:00 am - 9:15 am	Welcome from Mayor	Mayor Mike <u>Dennehy</u>
9:15 am - 9:25 am	Introduction from Alberta Health Services	Erin Gorman
9:25 am - 10:00 am	Introduction to International Charter for Walking	Erin Gorman
10:00 am - 12:00 pm	Interactive Community Workshop	Group work: work through the International Charter for Walking sharing what works well and what can be improved in the community
12:00 pm - 12:45 pm	Lunch	All
12:45 pm - 1:45 pm	Guided walkabout (virtual walkabout—depending on weather and time)	All
1:45 pm - 2:45 pm	Action Planning	Group work: determine short/medium/long-term plans moving forward
2:45 pm - 3:00 pm	Next Steps & Wrap-up	Erin Gorman



Appendix C: Flip Chart Notes on the International Charter for Walking Principles



1. INCREASED INCLUSIVE MOBILITY

What we have now?

- Walking rack at CPP.
- Working on outdoor trail (finish pave)
- Residents educated on our bike/walking trails.
- Sidewalk program (rehabilitation).
- Outdoor track at the school.
- Attractive Main Street easy access).
- \$

What can we do better?

- Sidewalks are narrow
- Lowering speed limits in town to increase safety (enforcement)
- Availability of walking aids.

What can we add? Big ideas:

- More extensive network of walking trails.
- Walking programs - all ages, all seasons
- Lighting, signage, benches along the trail.

2. WELL DESIGNED AND MANAGED SPACES

What do we have now?

- See #1s.
- Handi-van
- Centralized rec facilities

What do we do better?

- Paved trails facilitate maintenance - bobcat sweeper
- Safety aids availability

What can we add? Big ideas:

- Same as previous
- Potential for good trails - opportunity at many locations in town
- Town/MD buy in - allocation of funds/resources
- Community partnerships - businesses, agencies, public
- Navigating funds from public grants

3. IMPROVED INTEGRATION OF NETWORKS

What we have now?

- Indoor walking track (open at 6am)
- Stat to outdoor walking trail
- Sidewalks - extended one sidewalk to extend for kids to bowling alley, curling, etc.
- Downtown a nicer space for walking - safer, more cross walks
- Upgrading sidewalk every year
- Snow removal plan/ provide salt and sand.



- School safety patrol
- Senior walking program
- Walkin' and talkin'
- Snow angles

What we can do better?

- Future - store accessibility to wheelchairs
- Lighting for trails and benches.
- More curb cutouts.
- Ensure walking trail is well connected and accessible
 - Kady Shack Corner and new subdivision
- More garbage cans - with lids
- Benches (rest stops)
- Plan for wider sidewalks - ensure trees are trimmed

What can we add? Big ideas:

- Combined with what we can do better.

4. SUPPORTIVE USE AND SPACIAL PLANNING

What do we have now?

- Pre planning done for trail and land designated for the trail
- New park in new subdivisions - green spaces
- Lots of parks
- Community garden

What we can do better?

- Future land development for green sapce and walking
- Wider sidewalks
- Grid vs. cul de sac
- Signage and maps
- Designated space on roads for walking/biking - painting of lines on roads.
- Walking across tracks - pedestrian train for over track - paint - kids going to school

What can we add? Big ideas:

- Dog park
- Cross country skiing at golf course - add to school outdoor education class
- Outdoor fitness equipment along the trail

5. REDUCE DANGERS

What do we have now?

- LED street lights - im (Fortis instacked)
- Pedestrian crosswalk all over (1 by prov. buidling)
- Downtown is good for walkability (sitting spaces)
- Bylaw to help enforce sidewalk cleaning

What we can do better?

- Pedestrians not crossing at corners/not seen
- Some stronger lights in places
- Hedges block visability
- Need sidewalks around schools
- Pedestrian "flashing" crosswalk
- Sidewalks need to connect better/not stop
- Wheelchair accessible



What can we add? Big ideas:

- Learn about proper sidewalk size
 - Walking
 - Wheelchair
- Add more sitting/social spaces where there are open lots (candy can lane)
- Memorial benches around town

6. LESS CRIME AND FEAR OF CRIME

What do we have now?

- RCMP detachment/good police presence
- Positive ticketing program
- Off duty members participate in community
- Seniors are worried about B+Es (perception)
- Perception of crime, may come from social media, other
- Creep catcher

What we can do better?

- Need to see police in town more - not all agree
- Contact police when there is an issue
- Coach parents re: kids in trouble (program, parents may not come)

What can we add? Big ideas:

- Citizens on patrol

7. MORE SUPPORTIVE AUTHORITIES

What we have now?

- Support from town (here today)
- MD
- Plans
- Volunteer base and partners
- RCMP (community events, part of community)
- Cross collaboration with agencies
- CLAY
- Schools
- Positively Provost (business owners meeting to support each other)

What we can do better?

- Invite other groups (chambers)
- MD
- Community engagement (how we get them - information who/when)
- Communications (groups/public/everyone)

What can we add? Big Ideas:

- Value volunteers
- Engage younger generation
- Allow for growth (in cycles / keep at it)
- Open to new ideas (trying again under different people and circumstances)



8. A CULTURE OF WALKING

What do we have now?

- Putting track in arnea - investment
- Walking programs (for seniors)
- PCN - breathe easy (rehab - lung/heart condition)
- New walking trail
- Colour fest

What we can do better?

- Signage and maps
- More walking programs with different ages

What can we add? Big ideas:

- More events - use trail
- Triathalong - winter triathalong
- Walking competition
- Winter walk day
- Close streef for event

Appendix D: Flip Chart Notes on the Short, Medium and Long-Term Actions to Address Top Priorities



IMPROVE CURRENT PARKS/TRAILS (CONNECTIONS/GOLF COURSE CROSS COUNTRY SKIING/ACCESS ACROSS TRACKS)

Short Term

- Map out plan (of entire town and trails)
- Source funding
- Funding
- Mark lips/bumps for safety
- Form committee (who is responsible)
- Determine how...

Medium

- Finish trail
- Connect from UFA to old arena site
- Paving
- Add garbage bins
- Benches
- Bench program - buy a bench
- Communication/promotion plan
- Paint lines to cross railway tracks (on the street)

Long Term

- Lighting
- Gazebo and plantings at partici-park (i.e. for wedding photos)
- Plant trees
- Cross country skiing at golf courses
- Maintenance plan (snow removal, etc.)

PROGRAMS/EVENTS (WALKING PROGRAMS/WINTERWALK DAY)

Short Term

- Explore the options for walking programs
- Winter walk day (Feb)
- Terry Fox walk/run
- Other runs - fundraisers: Mud Run
- Challenges
- Promote current programs
- Promote existing equipment: urban poling, frisbee golf
- Snow shoes, poles, cross country skis
- Funding/purchases of equipment
- Participation
- Getting schools involved



Medium

- Plan programs for other age groups
- Funding
- Try-athalong 9try new activities - snow shoeing, urban poling)

Long Term

- Sustainable programming

FINISH NEW TRAIL

Short Term

- Fundraising for initial trail
- Donated materials (e.g. gravel)
- Start fundraising, apply for grants
- Advertise
- Community conversation
- NHL game
- Find volunteers

Medium

- Complete mapping
- Plan for work party's time
- Immediate goal with expansion planning

Long Term

- Timeline RACI chart
- More paths and connections
- Secure funding
- Maps - so everyone knows where they all go: printed @visitor info, town, etc.
- Determine "phases" of development

References



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