



Hamlet of Plamondon Community Report

WALKABILITY ROADSHOW



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INTRODUCTION



Acknowledgements

Alberta Health Services would like to thank the following people and organizations for their contributions in preparation to the Alberta Walkability Roadshow in Carstairs for Plamondon:

- Shana Gauthier – Alberta Health Services – Health Promotion Facilitator
- Tracy Lord - Community Facilitator and Program Coordinator-PDCDS

The expert team facilitating walkability workshops for the Alberta Walkability Roadshow (biographies can be found in the appendix):

- Bronwen Thornton, Walk21, UK
- Rodney Tolley, Walk21, Honorary Research Fellow, Staffordshire University
- Jacky Kennedy, Canada Walks, Green Communities Canada
- Andrea Baker, Project Coordinator, Health Promotion, Disease and Injury Prevention, Alberta Health Services
- Graham Matsalla, Health Promotion Facilitator Health Promotion, Disease and Injury Prevention, Alberta Health Services

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Bretta Maloff, Executive Director, Health Promotion Disease & Injury Prevention, Alberta Health Services. Dr. Sandra Delon, Director, Chronic Disease Prevention and Oral Health, Alberta Health Services. Monique Assi, Manager, Chronic Disease Prevention, Alberta Health Services. Andrea Baker, Project Coordinator, Health Promotion, Disease and Injury Prevention, Alberta Health Services. Graham Matsalla, Health Promotion Facilitator, Alberta Health Services.

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This one-year grant funded initiative is supported by a grant from Alberta Health and Wellness (AHW), through the The Alberta Cancer Legacy Fund (ACPLF). AHS would like to acknowledge ACPLF for their support and pursuit in the prevention of cancer and chronic conditions. Their belief in health promotion activities supporting the communities was instrumental.

Representatives from Plamondon joined the Carstairs Roadshow visit on September 19, 2011. They participated in the general presentations, group discussions and walkabout. In the afternoon, they spent focused time with Rodney Tolley to discuss the particular needs and opportunities for their community. This report provides a summary of their participation.



INTRODUCTION

Walking is critical for Health

The Alberta Walkability Roadshow was undertaken to support change that improves walkability and encourages citizens to choose to walk. Walking has long been the most inclusive and popular form of physical activity. Not only is walking associated with improved health but the more opportunities you have for quality walking experiences the more likely you are to choose to walk.

The Alberta Health Services Strategic Direction 2009 – 2012 states that Alberta Health Services is “dedicated to improve the health of communities through strengthening prevention, preparation and response to public health risks”. Alberta Health Services is committed to promoting social and physical environments that enhance wellness and promote healthier behaviours as well as better access to programs that prevent disease and injury. The Walkability Roadshow was a perfect fit with Alberta Health Services strategic direction.



Physical activity has declined between 2009 (58.5%)¹ and 2011 (54.3%)². Encouraging more Albertans to walk for short, local trips and to walk more often has the potential to reverse this downward trend. Being more physically active also helps the provincial economy as obesity is currently costing Alberta \$1.4 billion annually³.

Research has shown that 61% of Canadian adults and 26% of children are overweight or obese. In Alberta, it is estimated that 218,500 children and 1,732,000 adults are overweight or obese. No other chronic disease can begin to match obesity's prevalence or far-reaching health consequences to society. From 2000 – 2007 only 62.4% of Albertans were sufficiently physically active⁴.

¹Alberta Centre for Active Living. 2011 Alberta Survey on Physical Activity: A Concise Report.

²Alberta Centre for Active Living. 2009 Alberta Survey on Physical Activity: A Concise Report.

³Alberta Health Services: Provincial Obesity Business Plan 2011 - 2016. Reducing the Burden of Chronic Disease in Alberta: Prevention and Management of Overweight and Obesity

⁴Alberta Health Services: Provincial Obesity Business Plan 2011 - 2016. Reducing the Burden of Chronic Disease in Alberta: Prevention and Management of Overweight and Obesity

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It is becoming well-accepted that walkable communities are both desirable and necessary. Residents focused on enhancing the walkability of their community may have participated in Sustainable Transportation workshops or maybe created municipal Active Transportation plans but there appears to be a gap between creating the plan and implementing the plan. The Walkability Roadshow aims to help fill this gap.

The Alberta Walkability Roadshow

The Alberta Walkability Roadshow builds on the groundswell of interest in walking in Canada and follows in the footsteps of the successful Canadian Walking Master Class 2009 and the Walkability Roadshow 2007. These two initiatives, from Green Communities Canada and Walk21, have proven that a concise and concentrated process can enable municipalities to deliver communities where people choose to walk. These specific activities are supported by the development of Canada Walks and the Walk21 International Conference series and the growth in expertise and best practice examples across Canada which are resources this project continues to draw on.

The International Charter for Walking provides both the strategic direction and detailed descriptive actions for creating walkable communities around the world. The Roadshow uses the Charter to benchmark walking within the communities, to identify achievements, opportunities and challenges as the foundation for generating ideas, initiatives, inspiration and action for building more walkable communities in Alberta.

The Walkability Roadshow brings together a team of local and international experts to build a model framework of local strategies, plans, and actions to help create walkable communities. The Roadshow aims to complement the great work already being done in the community and provide resources to help move it forward.



What is Walk21?

Walk21 exists to champion the development of healthy sustainable and efficient communities where people choose to walk. This goal is accomplished through the Walk21 Conference series, consultancy services and the International Charter for Walking. Walk21 have a vision to create a world where people choose and are able to walk as a way to travel, to be healthy and to relax. Find out more about Walk21 at www.walk21.com

What is Green Communities Canada?

Green Communities Canada is an organization that is dedicated to:

- Support sharing of program information and resources through: the weekly Green Communities News, conferences, meetings, the Green Room (a private online forum for members)
- Facilitate delivery of joint programs common to a number of our members (e.g., Active and Safe Routes to School, Home Energy Efficiency).
- Build capacity through the development of skills and the organizational capacity of Green Communities Canada members (governance, financial management, human resources, policies)
- Build the visibility of the organization through building of the reputation of our members, Green Communities Canada, and programs.

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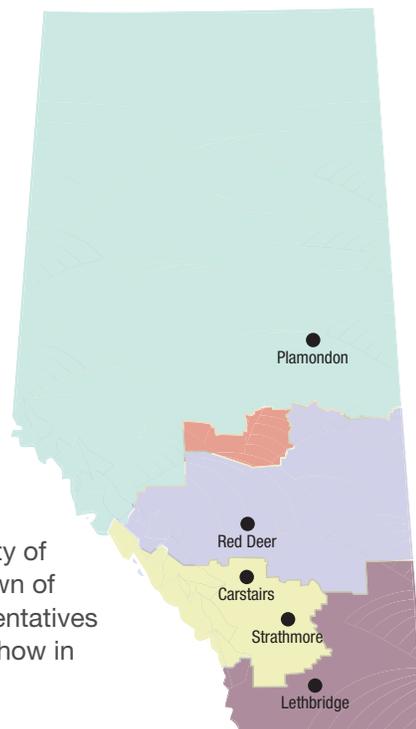


The Process

The project consisted of the following steps:



Alberta Health Services identified 17 communities as potential candidates for the Walkability Roadshow. Nine of these communities indicated interest in participating and completed an Application form. From this process, six were short listed to do the benchmarking questionnaire. Due to the high quality of responses and the variety of communities, the project team revised the Roadshow schedule to include 4 Roadshow visits and accommodate five communities. These were: City of Lethbridge, City of Red Deer, Town of Strathmore, Town of Carstairs and Plamondon. Representatives from Plamondon joined the Roadshow in Carstairs.



What is Canada Walks?

Canada Walks is an initiative of Green Communities Canada. The mission of Canada Walks is to change the current social paradigm so that walkable communities are the cultural and social norm in Canada and to increase the number of Canadians walking, both for pleasure and for transportation. To achieve this goal, Canada Walks focuses on:

1. Supporting the creation of more walkable communities, i.e. changing the built environment to make walking a safe and inviting choice
2. Changing Canadians' walking attitudes and habits so that they choose to walk.

What is the International Charter of Walking?

The International Charter for Waling was developed by a team of international experts as part of the Walk21 conference series and was formally launched at the 2006 Walk21 conference in Melbourne. Since that time it has been translated into several languages, and communities and individuals around the have signed the Charter including many from Canada. To view and sign the Charter visit www.walk21.com.

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Application Form

How can this project enhance or improve what your community is already doing to promote Walkability?

Plamondon held a public meeting on July 16, 2011 in order to give community members the opportunity to share their ideas in regards to walking trails and open spaces in Plamondon. Establishing a walking trail system was identified as one of their priorities in 2003, when the Plamondon District Community Development Society (PDCDS) prepared a Vision Project development plan with funds from the federal department of agriculture. At the time, the Vision Project had also identified the construction of their new community hall as a first priority. The community hall was completed in 2011 and now the municipality is ready to start developing walking trails to enhance the recreational and touristic opportunities and hopes to link all parks, historical sites and the new walking trails together.

The PDCDS has identified, in Alberta Gaming applications, that revenues received from the local casinos will be utilized to help realize this wonderful and long-awaited walking trails project. Local businesses have offered generous donations in order to support the project's goals. The funds and the man-power are now in place; what remains to be done is the creation of a structured plan which will help ensure the sustainability of the walking trail project.

About: AHS - Health Promotion, Disease and Injury Prevention (HPDIP)

The mission of AHS is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans. AHS has a vision to become the Best Performing Publicly Funded Health System in Canada. Through the values of: respect, accountability, transparency, engagement, safety, learning and performance AHS formed a strategic direction that provides the foundation for all activity within AHS. The Strategic Direction is organization-wide and is a critical foundation for our planning, operations and accountability. The plan includes 3 goals, 8 areas of focus, 20 strategic priorities and 4 values. It defines the focus of all the departments with AHS including the Health Promotion, Disease and Injury Prevention (HPDIP) department.

The Health Promotion, Disease and Injury Prevention (HPDIP) department's intent is to enhance the health of the population and support Albertans to increase control over their health. HPDIP's focus on health promotion includes: fostering social, economic and material conditions (determinants of health) that promote health and reduce health disparities. HPDIP strategies both reduce and delay entry into the healthcare system and improve quality of life and societal productivity. This is accomplished through three broad objectives: increase protective factors within the population; reduce risk factors within the population; increase early detection and minimize downstream intervention in populations. HPDIP has five priority areas of action: social and physical environments, healthy development, cancer and chronic disease prevention, injury prevention, and addiction and mental health. Each area has a direct correlation to the strategic focus areas of Alberta Health Services (AHS), specifically the goals of quality, access and sustainability.

OVERVIEW OF WALKABILITY ROADSHOW



Benchmarking Questionnaire

The Benchmarking Questionnaire, subsequent Webinar discussion and document review provided the background information needed to start preparing for the involvement of Plamondon in the Walkability Roadshow Alberta:

Respondents:

- Tracy Lord, Community Facilitator and Program Coordinator-PDCDS
- Chantal Gauthier-Vaillancourt, Community Events Coordinator-PDCDS
- Other contributors to the survey were Lac La Biche County Council, Lac La Biche County Parks and Open Spaces Department, Lac La Biche Community Health Services, Alberta Health Services, Plamondon Walking Club, TOPS (Taking Pounds Off Sensibly), Plamondon Minor Sports Association, Community Clube Volleyball Teams, Ecole Plamondon School, Ecole Beausejour School, Moms & Tots Association, Plamondon Pioneer Club, Historical Mini Park Heritage Board of Directors, Historical Chapelle Society, Plamondon District Agricultural Society, Association Canadienne-Francaise de l'Alberta (ACFA) - The French Canadian Association of Alberta, Le Conseil de developement economique de l'Alberta, Lac La Biche National Historical Site and Parks Canada.

Highlights from the Benchmarking Questionnaire

What are you most proud of having achieved for people walking in your community and why?

We, at the PDCDS are most proud of creating awareness with regard to our needs and our right to have up-to-date and enjoyable places to walk that meet minimal standards for pedestrian safety. We are also very proud and excited about the development of a new program. Walking trails have been discussed for some time in our community. Currently we have 1km of walking trail, which we appreciate and are proud of. It has given many members of our community the opportunity to use it as part of their daily exercise. Many community members now voice the need for more trails.

The top 3 priorities for increasing walking in Plamondon, identified in the Questionnaire, were:

1. Safety - an issue for children and elderly in the community. The current walking path has many barriers for young and old. Located next to a noisy, busy highway, the path goes up hill as it goes out of town, making it difficult for young children, the elderly and people with limited mobility. Many youth would like to walk to school, however there are very few safe walking routes that exist. There is inadequate street lighting for people who walk at night.
2. Health & Environment – physical activity opportunities are limited in a small rural community and the closest facility is 27km away. If trails were available, they would be accessible to all and would not require a gym or special equipment. Plamondon would also like to create a culture of walking as an alternative to motorized transportation.
3. Creating Community Connections to Become Greener Together - huge need to link homes to the schools, parks, local businesses and green spaces.

The top three barriers to more walking in Plamondon, identified in the Questionnaire, were:

1. Lack of Facilities - existing infrastructure creates a challenge when trying to meet the needs of our entire population. Closest facility with an indoor walking track is 27km away. Other unofficial pathways are located next to busy highways with high traffic and narrow shoulders.

OVERVIEW OF WALKABILITY ROADSHOW



A creek running through the hamlet is a barrier for developing future walking trails due to environmental approvals and building adequate bridges that won't disrupt nature. Have less than 5% of the walking trails in the county (27km of various well maintained trails). Lack of drinking fountains, public washrooms and street benches.

2. Weather - long and harsh winters. Cold temperatures are a deterrent to walking outdoors.
3. Local Culture - due to the way that Plamondon's economy is driven most of the population uses larger 4X4 vehicles to get around.

Webinar

AHS facilitated and attended the community webinars that were hosted by Green Communities Canada – Canada Walks and lead by Walk21. The goal of the webinar was for the team to:

Provide a summary of the results from the benchmark questionnaire with the community with regards to:

- Any documentation that the community provided that supported walkability in their community.
- Any data that the community provided that supported walkability in their community.
- Any community engagement on walkability programs/initiatives that are occurring or have occurred in the past.
- The level of promotion of walking or support for walking culture and/or facilities.

Review ideas and recommendations for the roadshow activities that were inspired by the response to the benchmark questionnaire.

- Review any planning/policies around walkability and discuss if they are being implemented. Try to highlight walking from any planning/policies provided to ensure that the Alberta Walkability Roadshow takes cohesive approach in their community.
- Identify opportunities quick wins that can bring momentum to implementation.
- Determine if there is communication of a vision for walkability from the Mayor.
- Discuss the potential for promoting walking and supporting walking culture.

Roadshow Activities

In September 2011, the Walkability Roadshow Team visited each community. Each visit was unique, with activities and expectations being responsive to the size and needs of that community. For the Cities of Lethbridge and Red Deer, the Roadshow was 3 days, for the Town of Strathmore, it was 2 days and for Carstairs (including Plamondon) it was 1 intensive day.

Every visit was an opportunity for the Municipality to inspire their politicians and senior decision makers, to train and develop professional staff and consultants and to engage members of the public. The variety of roadshow activities included:

- Keynote presentations about the importance of walking and walking initiatives from around the world and across Canada.
- Facilitated workshop discussions and group work to brainstorm ideas and issues for walkability in the local community.
- community meetings to gather input from local walkers

TOWN OF PLAMONDON BACKGROUND



- Walkabouts of selected streets and neighbourhoods to experience firsthand walking conditions and to provide on-street learning for both the visiting and local experts.
- Feedback and wrap up sessions to review the experience and identify concrete steps to take ideas forward.

Community Profile

Plamondon is a hamlet in northern Alberta within Lac La Biche County. In 2006, Plamondon's town population was 335, but it serves an area population of 2,500, representing 25% of the county's population. Due to its northern location, the economy is driven by the forestry and oil/gas industries.

Plamondon is an active community which is filled with citizens of all ages. Many seniors choose to stay in Plamondon as long as they can. They were the first settlers here in 1908 and as most of their children have also settled in the area, Plamondon is where they call home and where they wish to reside as long as possible. There are many young families in Plamondon as well. Due to its wide demographics, the availability of walking trails is something that would greatly impact everyone residing in and around the community.

The Plamondon District Community Development Society (PDCDS) has developed the 'Health 4 All' Program which focuses on four main branches of community wellness:

- Sustainable environments
- Physical Activity
- Community Connections
- Wellness for all walks of life.

The main purpose is to assist local grassroots organizations to achieve one of their common community development goals - encourage health and well being in a greener environment.

Plamondon is a community that will proudly embrace the opportunity to become one of Alberta's leaders in walkability!

TOWN OF PLAMONDON ROADSHOW ACTIVITIES



Two representatives from Plamondon joined the Alberta Walkability Roadshow on its visit to Carstairs. They participated in the general presentations and group discussions about the principles of the International Charter for Walking, during the morning.



After lunch, the group went on a short walkabout around Carstairs to explore and discuss the local walking environment with the team of experts. The walkabout highlighted both good walking environments and some of the hazards pedestrians can experience. The group also debated how to support local businesses with signs and more walking activity on the main street.



In the afternoon, the team from Plamondon spent focused time with Rodney Tolley to discuss the particular needs and issues for their community. To do this, they undertook a SWOT analysis - identifying Strengths, Weaknesses, Opportunities and Threats. And then focused on how to take the ideas into actions through next steps.

Strengths

Community volunteerism and willingness to do the work is extremely high

- The natural environment in Plamondon is picturesque and beautiful leading to a very positive walking experience.
- There are destinations within walking distance that the walking trails would link together. (Such as the Plamondon Museum, mini park, playground).
- Many young families wanting to move to the area in the last few years.

TOWN OF PLAMONDON

ROADSHOW ACTIVITIES



Weaknesses

There is a lack of transit to support access to organized physical activity opportunities (the closest place is 27km). If trails were available they would be accessible to everyone in Plamondon (all ages) and they do not require a gym or special equipment.

- Chain link fence erected around the lagoon acts as a barrier
- Sidewalks are in bad condition
- Hills on trail make it difficult for seniors, moms with strollers and persons with mobility devices
- Secondary highway runs through town
- Lighting in alleys is inadequate
- Volume and speed of traffic on the highway going through town (big trucks, wild drivers)
- Highway 63 to Fort McMurry is close to Plamondon and is very dangerous. Vacationing campers increase traffic during summer.
- When leaving town the speed of vehicles increases making it dangerous for pedestrians, especially those who are outside of the downtown.
- Maintenance of trees lining the residential streets is carried out by owners of houses. This creates issues when residents choose not to maintain them.
- Lac La Biche county has many other initiatives and priorities that they are funding. The PDCS will have to advocate for the funding that they require for walkability improvements they need for their community.

Opportunities

- Recreational green space is abundant
- Nature trails around school; these could connect with recreational areas across town
- Pond and picnic table in new residential area
- Schools are on board with promoting health and wellness
- Travel to school? 95% of students are bused, some spending up to one hour per day travelling. Schools are K to Grade 12. To date, up to 15 students have been counted walking to school. Need options for increasing active school travel for rural communities.
- Linking businesses to the downtown through the trail network
- The creation of camping stalls around the new Town Hall. Provides a place for people to stay when they are attending events there.
- Plamondon is situated in the Lakeland area so it is attractive for people wishing to retire in this area.

TOWN OF PLAMONDON

ROADSHOW ACTIVITIES



Threats

- Potential for limited funding from Lac La Biche county
- Increased traffic from highway due to oil and gas industries
- Large trucks associated with the pulp mill company
- Increase in population due to oil and gas industries, and Plamondon doesn't have the infrastructure to cope

Next Steps

- Focus on area of the hall, adequate playground, splash park.
- Put in ball diamonds in the green space by the new town hall.
- Create a recreational hub for the people of Plamondon.
- Need to link one trail to the recreational path; one option might be to create a trail link behind the schools
- Campaigning and petitioning to the Lac La Biche County to include Plamondon in the plans. There is a supportive councillor who can push for Plamondon's plans to be included in the County action plan. Change will be slow: 2-3 years.
- Connect recreational area to footpaths on the streets and then connect to the hill trail.
- A meeting is planned for October 4th with the County Council to pitch linking the walking path to local destinations

TOWN OF PLAMONDON

ROADSHOW ACTIVITIES



Key Ideas Generated

Increased inclusive mobility

- Connected pathways; there are many existing pathways across town but they aren't all connected to each other or to downtown; the town should plan to do this
- Walking School Buses for families to increase safety and encourage active travel
- Well maintained sidewalks for everyone
- Ensure all sidewalks are accessible for wheels (mobility devices, strollers)

Gain Commitment

- The commitment in Plamondon to make the community more walkable is a key step that could be reached as long as the community recognizes walkability as important and the local needs are met.

Build Partnerships

- Plamondon already has local societies that work together, so it should not be too difficult to get everyone on board. Meeting on Oct 6th to do a 5-10 yr plan, what are the priorities? (Ball diamonds, walking trails)

Gather Benchmarking Data

- To conduct a survey of walking in such a small community may be a hard sell. Plamondon's existing survey data indicated that many local people want to walk.
- Conducting walkability audits with checklists might be a good idea. There are many examples, including Canada Walks' iCANwalk checklist, America Walks-pedestrian friendly communities checklist – visit www.canadawalks.ca for links to many others.

Identify Quick wins

- Install more garbage bins around town
- Improve the attractiveness of the corner area by the post office
- Murals painted by students at local schools on two large walls in the community

Celebrate Success!

- Plamondon is very good at this and we will!



Media reports

From the Lac La Biche Post, Tuesday October 11, 2011

4A - THE LAC LA BICHE POST, Tuesday, October 11, 2011

Plamondon strives to be more walkable

Hamlet badly needs new sidewalks and more trails to make it more inviting for a stroll

JOSH MARCELLIN
POST STAFF

The people of Plamondon want to walk, but they need the paths and sidewalks to do it.

That was the message presented to council last Tuesday by Plamondon representative Tracy Lord and Alberta Health Services worker Shana Gauthier. Together, they presented the Plamondon Walkability Project, promoting the idea of improv-

ing the health and recreation of the hamlet, while investing in infrastructure to make the community more inviting.

"Physical activity rates in Alberta are dismal – and they're decreasing steadily," said Gauthier, who has been a Health Promotion Facilitator with AHS for 18 years. "We are facing the largest youth health crises in history: we might have the first generation that dies

younger than their parents because of their unhealthy lifestyle."

Walking, Gauthier said, is a simple and highly effective exercise. Besides doing wonders for health, a community that is 'walkable' tends to have more social cohesion and have less crime, she said.

However, a recent Plamondon District Community Development Society survey found that 82 per cent of the 65 respondents were unsatisfied with the current conditions of their sidewalks – with three quarters of that group saying their dissatisfaction affects the amount they walk around their streets. Lord, who is the Community Facility and Program Director for PDCDS, said that the conditions of the sidewalks range from very poor to nonexistent.

"There are some streets with no sidewalks at all," said Plamondon-area councillor Guy Piquette. "There are open ditches, sidewalks with no gutters – there's certainly a lot of work to be done."

Lord said that while getting proper sidewalks

is a top priority for the hamlet, Plamondon has only one kilometre of walking trail, compared to 16 kilometres of paved trails around the Hamlet of Lac La Biche.

"The only walking path we have goes up a steep hill to the cemetery," Lord said, adding that because of the shoddy sidewalks residents actually drive to the start of that path. "The joke around town is that the trail is a dead end."

She said improved sidewalks and more walking trails would showcase the new Festival Centre, the miniature town of Heritage Park, as well as the natural beauty of the Plamondon valley.

Plamondon was recently short-listed for the Walkability Roadshow, a pilot project by AHS that picks three Albertan communities to benefit from consultation with experts in the field of 'walkability.' Although they lost out to Carstairs in the small community category, they still received a consultation from the experts.

"They said that walka-



Tracy Lord and her son Helix, two, navigate a bumpy section of sidewalk in the Hamlet of Plamondon.

bility starts when you first open the door – what do you see?" Lord said. "And our sidewalks are so bad that I have to teach my kid how to ride his bike on the street."

Lord and Gauthier both acknowledge that the process of repairing the sidewalks and adding paved walking trails is a long-term project that might not be finished for a number of years. However, several

councillors commended the initiative of their presentation.

"I applaud you undertaking this," said councillor Alvin Kumpula. "And I'd like to see this project in the capital plan."

Councillor Piquette made a motion for Lac La Biche County Council to show continued support for PDCDS in developing a more 'walkable' community, which was carried unanimously by the council.



Biographies

Bronwen Thornton:

As Development Director for Walk21, Bronwen is working with communities and professionals around the world to promote walking, develop and deliver innovative projects and provide resources, tools and services to support more walking. Her current projects include advising the European Active Access project, leading the Walkability Roadshow in Alberta, Canada and delivering Making Walking Count and the International Charter for Walking to support local action, to underpin strategic directions and gain political support for walking.

Past projects such as the Walkability Roadshow Ontario, Canada in 2007 and the Canadian Walking Master Class 2009 proved a project model of policy analysis and community engagement that can genuinely support local governments to deliver real results for walking.

Prior to joining Walk21 she was the Consultancy Services Manager for Living Streets in the UK where she was responsible for developing and delivering Community Street Audits, bespoke training for local authorities and practical workshops on active transportation issues. This gives her a very hands-on understanding of walking environments and local challenges.

She is a strategic thinker and writer, expert facilitator and trainer with on-street experience of walking audits, transport design and urban planning. Originally from Australia, Bronwen now lives in the United Kingdom and loves nothing better than a muddy walk in the rain!

Dr. Rodney Tolley:

Dr. Tolley has taught and researched in the sustainable transport field at Staffordshire University for over 30 years. He has authored and edited a number of books, most notably “The Greening of Urban Transport: Planning for Walking and Cycling in Western Cities” and has published many papers over the years. He is Conference Director of Walk21, a global partnership of walking experts, and was a founder member of the Steering Group for Walk21. He provides a consultancy service to many clients in the UK and overseas including Australia and New Zealand. Through these activities he has a unique oversight of best practice in planning for walking in the UK, Europe and across the world.

Jacky Kennedy, Director, Canada Walks, Green Communities Canada, www.canadawalks.ca:

Since 1993 Jacky has worked in the non-profit sector to promote and encourage people to walk and she has worked extensively with municipalities to encourage them to create great walking environments. Jacky developed and implemented Ontario’s Active & Safe Routes to School program (in its 15th year) and is the lead on the national dissemination of School Travel Planning. Jacky has been involved in many successful, sustainable community projects: co-hosting Walk21 Toronto 2007 with the City of Toronto, the Canadian Walkability Roadshow, the Walk21 YWALK Global Youth Forum, the 2007 World Record Walk and the 2009 Walking Master Class. Jacky’s background is in project management but her children motivated her to join the environmental movement.

APPENDICES



Andrea Baker, Project Coordinator, Health Promotion, Disease and Injury Prevention, Alberta Health Services:

Andrea led the Alberta Walkability Roadshow project on behalf of Alberta Health Services. She acted as liaison between the team and the communities to facilitate the implementation of the Roadshow in each community. Andrea worked closely with communities to provide them with any support required in preparation for the Roadshow in their community. During the Roadshow Andrea represented AHS within communities and provided support to the Roadshow process. She assisted in the development of the comprehensive reports provided to each participating community. Andrea's passion for population health promotion continues in the workplace setting where she continues to positively influence modifiable risk factors for cancer and chronic disease prevention; specifically physical activity, healthy eating and healthy body weights.

Graham Matsalla, Health Promotion Facilitator Health Promotion, Disease and Injury Prevention, Alberta Health Services:

Graham has been working in health care for over nine years he has worked in the setting of communities and neighbourhoods which includes the promotion of active transportation and the adaptation to the built environment in an inclusive and accessible manor to support active living. Graham participated in the preparation of the team and the communities in the days leading up to the Roadshow. During the Roadshow Graham provided support to the team and to communities during the Roadshow process. He assisted in the development of the comprehensive reports provided to each participating community. Graham continues to support Alberta communities that wish to make their communities more walkable.

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