
CITY OF KELOWNA

MEMORANDUM

Date: Feb 28, 2006
File No.: 8020-40
To: City Manager
From: Development Manager
Recreation, Parks and Cultural Services
Subject: KickStart Kelowna Stairway to Health Signage Program

RECOMMENDATION:

THAT City Council approve KickStart Kelowna joining in the national Stairway to Health Program from Health Canada;

AND THAT all City municipal facilities that are equipped with an elevator be required to post a Stairway to Health sign advising people to take the stairs;

AND THAT the City encourage all facilities in Kelowna that are equipped with elevators to also participate in the Stairway to Health sign program;

AND THAT the City of Kelowna provide the Stairway to Health signs to encourage our citizens to take the stairs instead of the elevator.

Background:

Stairway to Health is a partnership between Health Canada and the Canadian Council for Health and Active Living at Work. The Stairway to Health program is designed to help incorporate active living into everyday lifestyles and the workplace, specifically to encourage individuals to use stairways instead of riding elevators. It was launched in 2002 at the Health, Work and Wellness Conference.

The simple choice to take the stairs instead of the elevator can make a big difference for an individual's health and fitness.

- Daily living activities like climbing the stairs significantly contribute to the 30 minutes of daily exercise everyone needs.
- Using the stairs burns twice as many calories as walking, and requires no special skill, equipment or clothing.
- Regular stair users have greater leg strength and aerobic capacity than non climbers.
- Taking the stairs is often faster than waiting for the elevator, especially during peak usage times.

In 2005, Council also approved that Kelowna join in the Challenge from the Province of BC to increase levels of physical activity by 20% by 2010 Winter Olympics. Other than Vancouver,

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Kelowna was the first city in BC to join this Challenge. Council has also approved *KickStart Kelowna – Active Communities Strategy*.

KickStart Kelowna has formed a partnership with the Interior Health Authority and has been approved for a one time grant of \$5,000 to produce, manufacture, and implement *KickStart Kelowna Stairway to Health Signage Program* to encourage residents and visitors to take the stairs instead of the elevator.

Discussion:

As outlined in the attached letter from the Interior Health Authority, Kelowna's Active Community's initiative – KickStart has been successful in obtaining a one time grant of \$5,000 dollars to implement a program that will be used to support policy level and/or environmental interventions.

The overall purpose of the KickStart Kelowna Stairway to Health signage program will be to establish policy and identify which buildings in the City of Kelowna have elevators and to implement a point of decision signage program in these buildings that encourages residents to use the stairs instead of the elevators, thus improving their physical fitness levels and build some habit forming lifestyle choices.

There are 177 buildings in Kelowna that are equipped with more that 200 elevators. The plan is to place a KickStart Kelowna Stairway to Health sign in each building.

JWR Oddleifson
Development Manager
Recreation, Parks and Cultural Services

Cc: Director of Recreation, Parks, and Cultural Services

Attachment

SCOTT ISFAN
CITY OF KELOWNA
1800 PARKINSON WAY
KELOWNA BC V1Y 4P9

February 7, 2006

Dear Scott:

We are very pleased to confirm that your proposal "Stairway to Health" (Schedule A) has been approved for funding as part of the Community Action for Health – Mini-Grant Program pending provision of an itemized list detailing how the funding will be spent.

Interior Health agrees to provide a maximum of \$5,000, including GST and all other applicable taxes and approved expenses. These funds are to be used to produce and manufacture the "first point of decision" signage as per Schedule A, and provision of the "deliverables" described in Schedule B.

Payment of the full amount (\$5,000) will be made upon the signing of this Letter of Agreement and completion of the pending requirement. Invoices of fees and expenses (with receipts attached) to the stated maximum amount should be submitted with the Final Report (Schedule C). The Final Report is required to be submitted no later than **April 30 2006**. Unused funds must be returned on completion of this agreement.

The term of this agreement is February 6 to March 31 2006 and cannot be renewed or extended. Terms of the agreement can only be amended in writing signed by both parties.

In your promotional material please acknowledge that the funding has been provided by Interior Health. Thank you for your involvement in this initiative and commitment to the issue of healthy eating and active living in our community.

Sincerely,

		<i>In agreement:</i>
Lesley Dyck, Manager – Practice Support Population Health, Interior Health Authority Summerland Health Centre, Box 869 Summerland, BC V0H 1Z0		Scott Isfan City of Kelowna Phone: (250) 469-8848 E-mail: sisfan@kelowna.ca
Date		Date