

FOR IMMEDIATE RELEASE

Community Action Plan Report Promotes Healthy Public Spaces

Recommendations Include Car-Free Sundays and Building a Trail from Peterborough to Bridgenorth

Wednesday, April 7, 2010, Peterborough

To coincide with World Health Day, Health for Life (HFL) Peterborough released the *Community Action Plan: City-County of Peterborough* report today to advocate for improved public spaces and pedestrian and bicycling facilities throughout this region.

“We encourage local residents to use this report to consider how they can enhance local resources to build a sustainable, healthy future for our community by supporting walking, cycling and transit initiatives,” said Jill Ritchie, a Health Promoter with the Peterborough County-City Health Unit, one of the HFL partners.

Key recommendations in the report for improving walking, cycling and public spaces in the City of Peterborough include:

- improving snow removal on sidewalks and bike lanes
- implementing car-free Sundays
- ensuring that vehicles do not park in bike lanes
- incorporating a Complete Streets policy into the planning of new streets and reconstruction of existing streets

The report also recommended the following to improve walking, cycling and public spaces in the County of Peterborough:

- integrating pedestrian and cycling trails and routes into transportation plans,
- building the proposed trail linking the City of Peterborough to Bridgenorth
- identifying trails for future development
- implementing Community Improvement Plans

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The *Community Action Plan* was created in partnership with 8-80 Cities, an organization that empowers communities through community participation and education. In 2009, HFL Peterborough invited staff from 8-80 Cities to Peterborough to share their extensive knowledge of walkable communities from around the globe. During their time here, they collected ideas and insights from local residents at events held in the City and County. This input was analyzed and 8-80 Cities produced this report complete with recommendations designed to build a sustainable, healthy future for our community.

An electronic version of the report is now available on the Peterborough County-City Health Unit website site at: www.pcchu.ca/cap .

HFL Peterborough is a coalition that acts, through partnerships and community involvement, to promote healthy eating, physical activity and smoke-free living. It is committed to reducing chronic diseases in our community, including heart disease, stroke, cancer, diabetes, and osteoporosis.

April 7, 2010 is World Health Day and this year's theme is "1000 Cities – 1000 Lives". World Health Day is an annual event designated by the World Health Organization (WHO) to bring awareness to a specific global health issue. This year the WHO chose "1000 Cities – 1000 Lives" to support the development of public spaces that foster health.

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