

## **Physical Activity Transition Project (PATP)**

Active Quiz – OHHN Meeting November 5, 2002

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**Introduction:** If you are familiar with the Active Living Community Action Project (ALCAP), you know that ALCAP ended on August 31, after seven years. Last spring, it was announced that a Physical Activity Resource Center (PARC) was being established. In fact, some of you may have seen a posting for the Manager position. A couple of weeks ago, however, you may have received an e-mail, indicating that a Physical Activity Transition Project was in place (and not a Physical Activity Resource Center). This is because more time was needed to effectively plan what a PARC would look like and what scope of services PARC would provide and in particular, how a PARC and the Active Ontario strategy could work together. We will now provide you with an update on all this.

Because we are involved in physical activity promotion, we decided to combine some light physical activity with our update so we would like you to participate in an Active Quiz.

We will give a statement. If you think the statement is true - if you agree with the statement - pop up (stand) and do the action/move we give you. If you think the statement is false - if you disagree- remain seated and do the same move sitting down.

### **Active Quiz:**

**#1** - People of all ages need to be active to be healthy. About 60% of Ontarians are not active enough for optimal health benefits. T or F

**Action:** If it's true - stand and walk briskly on the spot. If it's False - sit and "walk"

**Answer:** It is true. About 60% of Ontarians are still not active enough for optimal health benefits. However, there is good news. The CFLRI reports that physical inactivity has declined significantly since the early 1990s. More good news from CFLRI - only 2% of Canadians are in the precontemplation stage, having not been active in the past 12 months and not intending to be active in the future.

**#2** - The benefits of regular physical activity include better health, improved fitness and weight control, better posture and balance, better self-esteem, stronger muscles and bones, more energy, greater relaxation, reduced stress, and continued independent living in later life. T or F

**Action:** "climb the ladder"

**Answer:** It's true. These are some of the wonderful benefits, but overcoming barriers is still a challenge for many.

**#3** - For health benefits, experts say we should do 20 minutes of vigorous activity 3 times a week. T or F

**Action:** run on the spot

**Answer:** False. While vigorous activity can be beneficial for some people, the recommendation is: Accumulate at least 30 minutes of moderate activity most, preferably all, days of the week. Key words in that recommendation are "AT LEAST". This recommendation was endorsed at the international conference in Whistler BC in December 2001 which was hosted by Health Canada and the Centres for Disease Control.

**#4** - We have already said that 60% of Ontarians are not active enough. For each 1% of Ontarians who are inactive and who becomes active, 6 million dollars would be saved each year on health care costs. T or F

**Action:** roll your shoulders while walking on the spot

**Answer:** False. Actually, it's more than that: \$31 million could be saved each year.

**#5** - More than seven years ago, ALCAP was created with a mandate to promote and encourage the integration of physical activity into the lives of Ontarians.

T or F

**Action:** Bicep curls and heel taps

**Answer:** True. Regional facilitators supported community groups and leaders from various sectors. Louise was the Community Facilitator for the Eastern/NorthEastern Region for 4 years and I was in the GTA for 7 years. This support continued until ALCAP ended in August 2002 when the PATP began. ALCAP also supported the Active Ontario strategy.

**#6** - Active Ontario is funded only by the Ministry of Tourism and Recreation (MTR). T or F

**Action:** chest stretch (hands clasped behind back)

**Answer:** False. Active Ontario is a joint initiative of the Ministry of Health and MTR. Various resources and programs have been developed under AO including a website and listserv and the soon to be released Community Recreation Tool Kit. Active Ontario is still on-going.

The Active Ontario website has been improved. Check it out at [www.activeontario.org](http://www.activeontario.org). Navigating is much easier and searching through the database much more efficient. You are welcome to send your comments to Rick Cox at the Leisure Information Network ([rcox@lin.ca](mailto:rcox@lin.ca)) and please continue to send resources to Active Ontario.

**#7** - The Physical Activity Transition Project does the same thing as ALCAP.

T or F

**Action:** back and wrist stretch, arms in front and walk on the spot

**Answer:** False. They are different. Initially ALCAP had 5 regional facilitators. Now there are two provincial program consultants for PATP. The MOHLTC is currently in the planning stages for the development of a PARC and as you know, August 31<sup>st</sup> marked the completion of ALCAP.

The Ministry of Health and Long Term Care (MOHLTC) is committed to providing ongoing support to physical activity promoters. So in the interim, between ALCAP and the evolution of a Physical Activity Resource Centre, there is a Physical Activity Transition Project. The PATP will provide consultation, support and training to Physical Activity Promoters in public health in the province. Services include: answering PA promotion related questions, referring/linking PA promoters to others doing similar work, facilitating workshops, joint planning and training opportunities between PA promoters in public health units and disseminating information.

An exciting opportunity that the PATP will be providing for PA promoters in public health is a multi-day training and planning session being planned for February 3-5 2003.

**#8** - OPHA manages the Physical Activity Transition Project. T or F

**Action:** chicken dance

**Answer:** False. The MOHLTC has contracted the Ontario Physical & Health Education Association (OPHEA) to manage the PATP. You probably know that the Curriculum and School-Based Health Resource Centre is also managed by OPHEA, but PATP is completely separate, with different staff.

Therefore, for you can contact PATP at [patp@ophea.net](mailto:patp@ophea.net) or contact Nancy van Boxmeer at OPHEA.

**#9** - If you need to refer people or organizations to the Physical Activity Transition Project, where would you refer them?

**Action:** If your answer is "Directly to Margaret" -point to where Margaret is standing.

"Directly to Louise"- point to Louise

"Directly to Nancy van Boxmeer" - point to Nancy

"To the OPHEA office", c/o the Physical Activity Transition Project -point to the flipchart.

**Answer:** The OPHEA office, c/o the Physical Activity Transition Project

There are no longer "regional" facilitators. The central hub is at the OPHEA office and requests are then forwarded to the most appropriate person or agency. Email your requests for PATP services to [patp@ophea.net](mailto:patp@ophea.net) or call 416-426-7120. We will increasingly use Activitalk & the Heart Health listserv to let people know of new resources, programs and ideas.

**#10** - Next year, the Physical Activity Resource Center and Active Ontario will be amalgamated. T or F or Not sure

**Action:** True: walk to back wall

False: side wall

Not sure: other side wall

**Answer:** MOHLTC and MTR are currently exploring how a PARC and Active Ontario could work together.

**#11** - What supports are available to public health through the Physical Activity Transition Project? A or B or C or D

Assistance with workshops

A training event specifically for Public Health Physical Activity Promoters in the winter:

C) General information on resources & program development:

D) All of the above:

**Action:** A, B, C walk to designated corner. D go back and sit down.

**Answer:** All of the above.