

COMMITTEE OF THE WHOLE COUNCIL MEETING

Special Meeting regarding MPAL Phone Survey

March 12, 2018

The meeting was called to order by Warden Nickerson at 6:00 p.m., in the Conference Room, in the Administrative Centre, in Barrington, N.S., with the following members present:

- Lindsay (Eddie) Nickerson
- Murray Atkinson
- Jody Crook
- George El-Jakl
- Shaun Hatfield

- Rob Frost, CAO

Also in attendance was Recreation Director Anna Kenney, and MPAL Coordinators Samantha Goreham and Lana Townsend.

One member of the public was in attendance, with two more coming later in the meeting.

Paul DesBarres from Nova Insights Inc., was present to review the results of the MPAL Phone Survey that had been sponsored by the Nova Scotia Government. The report will provide good information for Council as they move forward with recreational plans.

Below are the Conclusions presented by Mr. DesBarres.

1. With walking as the most popular activity for future participation in general as well as for Active Transportation, there is a significant opportunity to increase activity in this community by prioritizing support for walking. (Slides 12, 42)
2. Swimming is also mentioned as a wish list item for increased participation, but to a far lesser degree than walking. (Slide 12)
3. Infrastructure for walking and cycling is a clear need based on identified physical activity challenges in general and Active Transportation facilitators. (Slides 23,43,45)
4. Interventions to support social connections are important. They address significant barriers and garner significant interest among programming concepts. (Slides 25,38)
5. Time (availability of residents, scheduling of programs) is an important barrier to consider in planning interventions. (Slides 14, 24)
6. There may be a role for health care providers in supporting participation in physical activity given the proportion who perceive their current health status as a challenge. (Slide 29)

ADJOURNMENT

The meeting adjourned at 7:10 p.m.