

October 30, 2019

City of Kawartha Lakes Council
PO Box 9000
26 Francis Street
Lindsay ON K9V 5R8

Dear Mayor Letham and Council Members

RE: 2020 BUDGET CONSIDERATION - ACTIVE TRANSPORTATION MASTER PLAN

The Haliburton, Kawartha, Pine Ridge (HKPR) District Health Unit supports the inclusion of a City-wide Active Transportation Master Plan in the City of Kawartha Lakes (CKL) 2020 budget.

The HKPR District Health Unit recognizes that many of the decisions that have the greatest impact on the health of a community are made outside of the health sector by local governments. For the last 12+ years, Health Unit staff have worked closely with CKL staff to review and provide input to municipal policy and plans to ensure the health of the population is a key consideration.

The HKPR District Health Unit is mandated through the *Ontario Public Health Standards* to address program requirements in the areas of Chronic Disease Prevention and Well-Being, Healthy Built and Natural Environments, Climate Change and Health Equity in the communities we serve. Active transportation is important to achieving positive outcomes in each of these program areas.

- Physical inactivity, obesity and sedentary behaviors continue to escalate across the province with outcomes such as preventable chronic diseases that place an increasing burden on individuals and our healthcare system. Providing community infrastructure that supports physical activity (e.g. sidewalks, trails, bike paths) is a critical component of providing an environment that makes it easy for people to change their lifestyle behaviours.

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- Climate change is of increasing importance to public health and government. Sustainable transportation including walking and cycling are effective ways to reduce greenhouse gas emissions and improve air quality.
- The benefits of improved active transportation infrastructure are particularly important for vulnerable populations. Youth, many older adults, and people with a low income or with disabilities have greater needs for public transit, safe active transportation routes, and complete communities. Every resident should be able to safely access employment, school, social activities and recreation regardless of whether they own or can operate a vehicle.

Active transportation and healthy community design are referenced throughout the CKL Official Plan and link to the City's strategic goals of a healthy environment and exceptional quality of life. Unfortunately, since CKL currently doesn't have a long-term vision or specific policy direction for pedestrian and bicycle movement within the City, opportunities to incorporate active modes of transportation and trail connections may be lost when future developments are proposed, or road reconstruction occurs.

Therefore, the HKPR District Health Unit looks forward to working with the City of Kawartha Lakes on the development of an Active Transportation Master Plan that will connect the communities and protect and promote the health of our population.

Yours truly

BOARD OF HEALTH FOR THE HALIBURTON,
KAWARTHA, PINE RIDGE DISTRICT HEALTH UNIT

A handwritten signature in blue ink, appearing to read "A. Lynn Noseworthy".

A. Lynn Noseworthy, MD, MHSc, FRCPC
Medical Officer of Health

ALN:lk