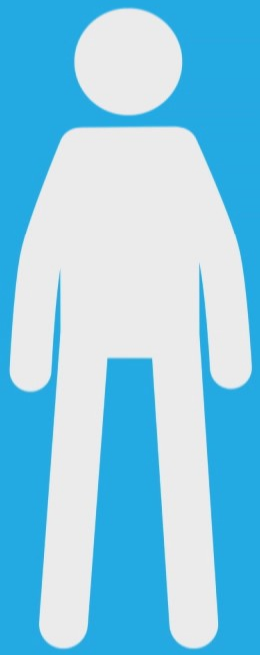
Montréal, métropole en santé

A collective movement so that all Montrealers can live in neighbourhoods that foster healthy choices.

MONTRÉAL, MÉTROPOLE EN SANTÉ

*Table intersectorielle régionale sur les **saines habitudes de vie***



DID YOU KNOW
that in Montreal…

50 %

of girls and

26 %

of boys from 6 to 11 years old do not get the recommended amount of exercise

51 %

1 out of 2 adults are overweight and more than 15% are obesity.

Approximately

60 %

of adults consume less than 5 fruits and vegetables per day.

56 %

In the course of their day-to-day, about 6 out of 10 Montrealers are sedentary or not very active.

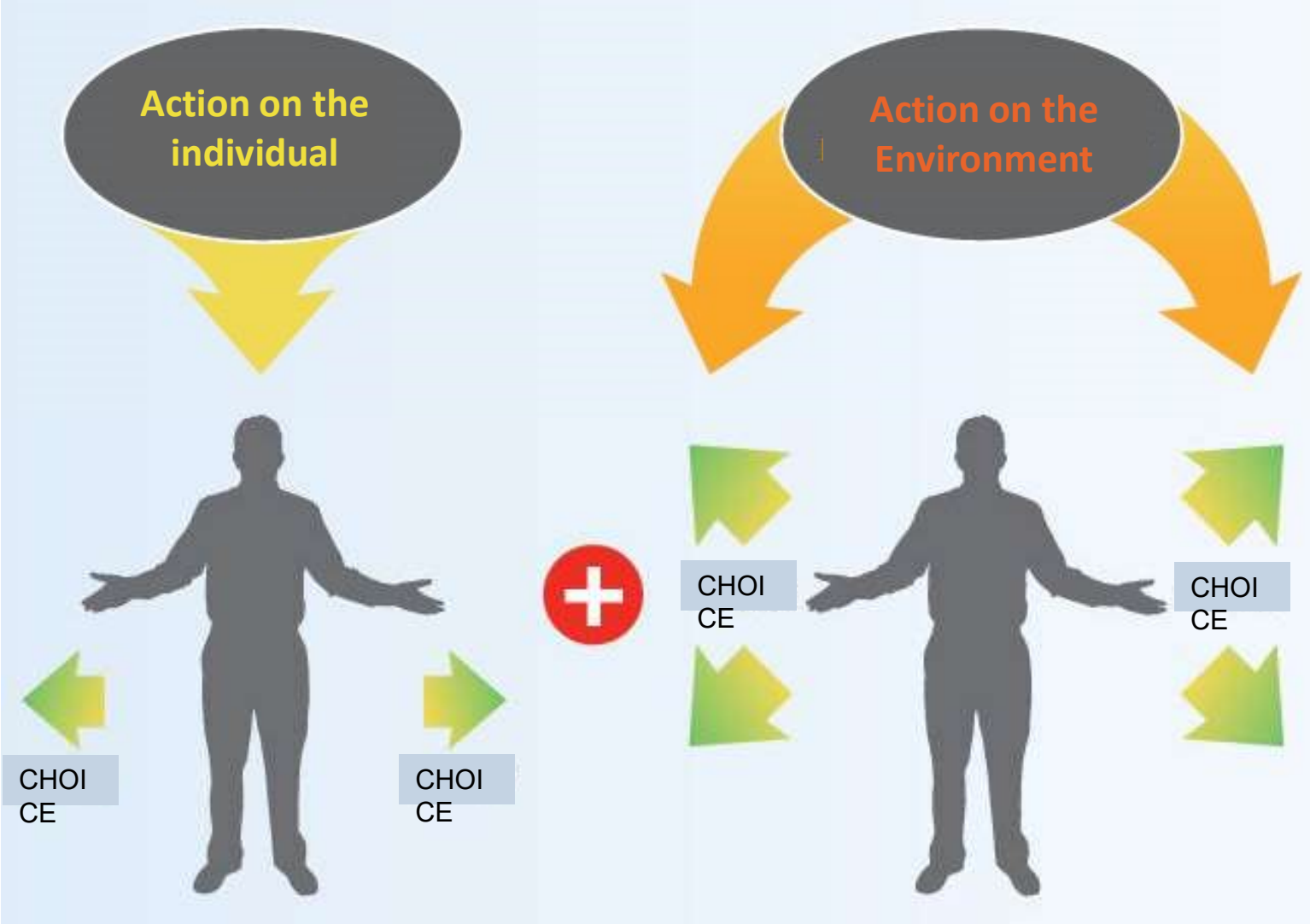
THE SOLUTION?

Being immobile and sedentary, and a diet low in fruits and vegetables are the primary causes of early aging.

>

THE ANSWER TO THE PROBLEM?

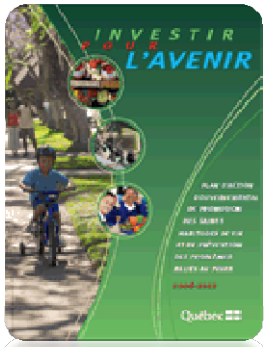
Offer environments that encourage healthy lifestyles


Action on the individual
Action on the Environment
CHOI CE
CHOI CE
CHOI CE
CHOI CE

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Background

- Government action plan Investing for the future 2006-2012 towards prevention of issues linked to weight



- Co-funded (50/50) = 480 million / 10 years
  - Fondation Lucie et André Chagnon and government of Quebec
  - Management of the funds assigned to “Québec en Forme”
- Funding
  - Provincial projects(40)
  - **Intersectoral regional roundtables in each region(16)**
  - Local partnerships (25 for Montreal)

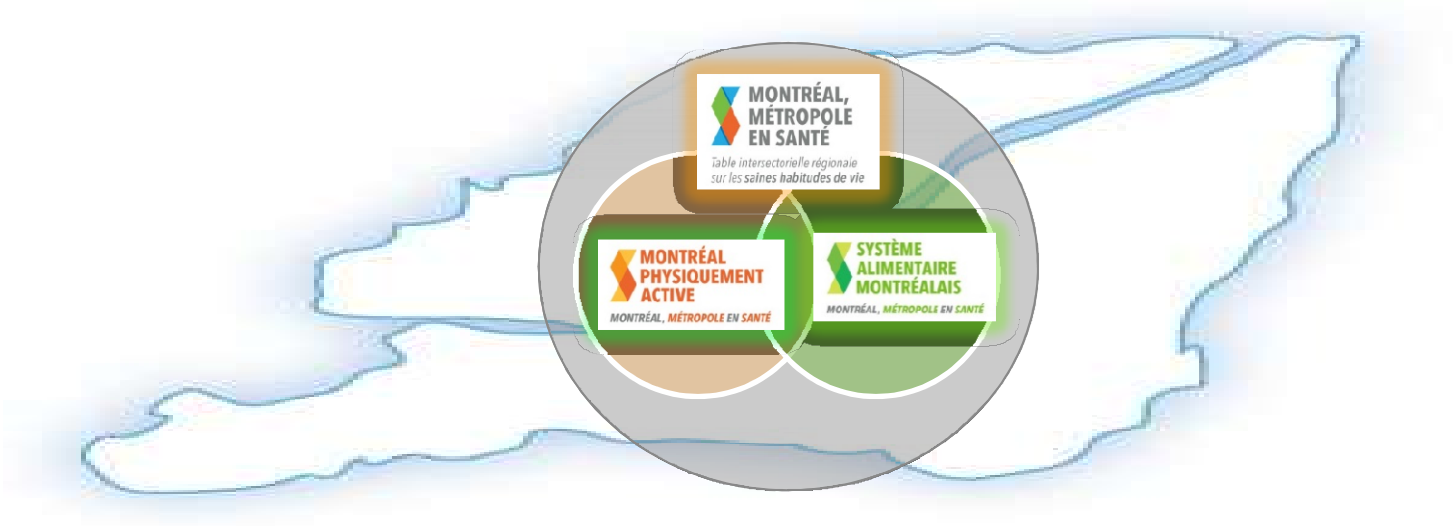
MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Background

- 2009 -2012
  - Government action plan for fighting obesity (PAG) roundtable members limited to PAG signatories
  - Connected to the funding partner
  - 9 regional projects (900 000 $)
- 2013 : dismantling of the PAG roundtable
- 2014-2016
  - New regional intersectoral table on healthy lifestyles, named Nouvelle Montréal, métropole en santé
    - Montréal, physically active (City of Montréal)
    - Montreal food system (Regional elected council)
  - 2014-2017 action plan funded (1.9 million / 2 yrs)
- 2017-2020
  - New governance and funding model

MONTRÉAL, MÉTROPOLE EN SANTÉ

*Table intersectorielle régionale sur les **saines habitudes de vie***



Montréal, Métropole en santé, accompanies, recognizes, and supports impactful and sustainable initiatives born of intersectoral mobilisation to create environments that foster healthy choices for all Montrealers.

MONTRÉAL, MÉTROPOLE EN SANTÉ

Table intersectorielle régionale sur les **saines habitudes de vie**

Our Vision

In 2025, *Montréal, métropole en santé* will be known as the network that makes Montreal an innovative city for the creation of environments that foster healthy lifestyles.

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les **saines habitudes de vie**

Mobilisations

MONTRÉAL PHYSIQUEMENT ACTIVE

AXE 1
Un aménagement des milieux de vie en faveur de l'activité physique

AXE 2
L'accessibilité des déplacements actifs et du plein air urbain

AXE 3
La valorisation de la pratique sportive et de ses événements

AXE 4
La promotion et la communication d'un mode de vie physiquement actif

Activités régionales transversales

SYSTÈME ALIMENTAIRE MONTRÉALAIS

OBJECTIF 1
Renforcer le maillage régional

OBJECTIF 2
Favoriser l'accès physique à une saine alimentation

OBJECTIF 3
Développer et consolider l'offre et la demande alimentaire en institutions publiques

OBJECTIF 4
Soutenir le développement de l'agriculture urbaine et périurbaine

MONTRÉAL PHYSIQUEMENT ACTIVE
MONTRÉAL, MÉTROPOLE EN SANTÉ

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*Table intersectorielle régionale sur les **saines habitudes de vie***

SYSTÈME ALIMENTAIRE MONTRÉALAIS
MONTRÉAL, MÉTROPOLE EN SANTÉ

MONTRÉAL, MÉTROPOLE EN SANTÉ

Table intersectorielle régionale sur les **saines habitudes de vie**

Role of the mobilisations

- To create a space for regional consultation and local networking;
- To build on the expertise of a local network of partners;
- To become an incubator for constructive initiatives born of partnership, and leverage regional funding;
- To develop positions and promote public policies that promote healthy lifestyles with a veiew to sustainable development

MONTRÉAL, MÉTROPOLE EN SANTÉ

Table intersectorielle régionale sur les saines habitudes de vie

Partners

- Les universités montréalaises UQAM, UDM, McGill, Concordia, HEC, Polytechnique, ETS
- Québec en Forme
- Capsana
- Sport et loisir de l'île de Montréal
- Centre Père Sablon
- Sports Montréal
- Cardio Plein Air
- Centre de gestion des déplacements de DESTL
- Société canadienne du cancer – Division Québec
- Ministère de l'Agriculture des Pêcheries et de l'Alimentation du Québec (MAPAQ) - Direction régionale de Mtl-Laval-Lanaudière
- MAPAQ. SMTAM (Direction générale de la transformation alimentaire et des marchés)
- Conseil des Industries Bioalimentaires de l'Île de Montréal
- Comité en économie sociale de l'île de Montréal
- Institut de Tourisme et d'hôtellerie du Québec
- Conseil Canadien du Commerce de Détail
- Corporation de gestion des marchés publics de Montréal
- Option consommateurs
- Équiterre
- Groupe de travail en agriculture urbaine
- Conseil régional de l'environnement
- Regroupement des éco-quartiers
- Centre d'écologie urbaine de Montréal
- Marché Frontenac
- Vivre en ville
- Communauté métropolitaine de Montréal
- Union des producteurs agricoles
- Recyc-Quebec
- Regroupement des Magasins-Partage de l'île Montréal
- Table de concertation sur la faim et le développement social du Montréal métropolitain
- Coalition montréalaise des tables de quartiers
- Centraide
- Ville de Montréal- Service de la diversité sociale et des sports
- Ville de Montréal- Division de la planification urbaine
- Ville de Montréal- Division du Développement Durable
- Université de Montréal - Département de nutrition
- Commission scolaire de Montréal
- Regroupement des CPE de l'ile de Montréal
- Moisson Montréal
- Direction régionale de santé publique de Montréal
- Québec en forme - Montréal
- Concertation Montréal

MONTRÉAL PHYSIQUEMENT ACTIVE

Background

- Montreal physically active sommet – intitiated by the City of Montréal
- Policy on sport and physical activity

- Consultation with over 300 partners from across various sectors including planning, transportation, health, education, municipality, community, business and sport and recreation.

- Adoption of a tool to identify directions and priorities for action for Montreal Physically Active (MPA) based on the Toronto charter.

MONTRÉAL PHYSIQUEMENT ACTIVE

Vision

In 2025, across the island, Montreal is a physically active city, inclusive and accessible to all, known worldwide for the quality of its communities its energetic sports scene.

Axes of intervention

1. Design communities to promote phyisical activity.
2. Ensure active trips and outdoor urban spaces
3. Highlight sports and sporting activities
4. Promote a physically active lifestyle.

MONTRÉAL PHYSIQUEMENT ACTIVE

MONTRÉAL PHYSIQUEMENT ACTIVE

Comité de coordination

(12 membres régionaux, 4 membres experts, 3 membres statutaires)

Comité des partenaires

(150 organisations régionales publiques et privées)

AXE 1
Un aménagement des milieux de vie en faveur de l'activité physique

AXE 2
L'accessibilité des déplacements actifs et du plein air urbain

AXE 3
La valorisation de la pratique sportive et de ses événements

AXE 4
La promotion et la communication d'un mode de vie physiquement actif

Concrete Results

PROJECTS PLANNED AND CARRIED OUT BY PARTNERS

- Street games/urban animation component K-ravane
- « Declic Loisir » in several Montreal neighbourhoods
- Strategic support for the creation of funding for « Swim to survive »
- Montreal Moves = ~15 sporting events in May
- « My physically active daycare » in 18 schools and 5 school boards
- Support for the coordination of the « Petite Enface Grande Forme » project

MONTRÉAL PHYSIQUEMENT ACTIVE

Concrete Results

POMISING PROJECTS

- Mobilities weeks: 7 playful activities in September
- Walking/biking symposium: 300 participants
- Active parks: activities in the parks

PROJECTS TO EQUIP NEIGHBOURHOODS

- Cycling certificate to help youth develop their competence and increase their independence and safety (440 youth)
- Participatory urban planning and walkability audit tool
- Walking schoolbus week in several schools across the island of Montreal.
- Active alleys in 5 neighbourhoods
- Study on urban outdoor environments: potential for camping in parks

SYSTÈME ALIMENTAIRE MONTRÉALAIS

Background

- 1990-2000 : Consultation « Nourrir Montréal »
- 2011 : Creation of the Système Alimentaire Montréalais (SAM) Création du SAM, SAM 2025 development plan, 40 partners
- 2014 : City of Montreal signs on to the SAM 2025 development plan 2014-2016 : SAM action plan is funded through Montréal, métropole en santé (TIR-SHV)
- 2017-2020 : Towards the creation of the council on food policies (Conseil-SAM)

SYSTÈME ALIMENTAIRE MONTRÉALAIS

Our Vision

In 2025, all the citizens of the Montreal urban area will have access to a variety of affordable healthy food options nearby with a view to sustainable development.

Our 6 action strategies for 2017-2020

1. Ensure an environment favourable to efficient action
2. Promote healthy eating and good nutrition
3. Ensure social and economic equity
4. Support food production and processing
5. Improve food supply and distribution
6. Prevent food waste

SYSTÈME ALIMENTAIRE MONTRÉALAIS

INNOVER POUR MIEUX SE NOURRIR ET SE DÉVELOPPER

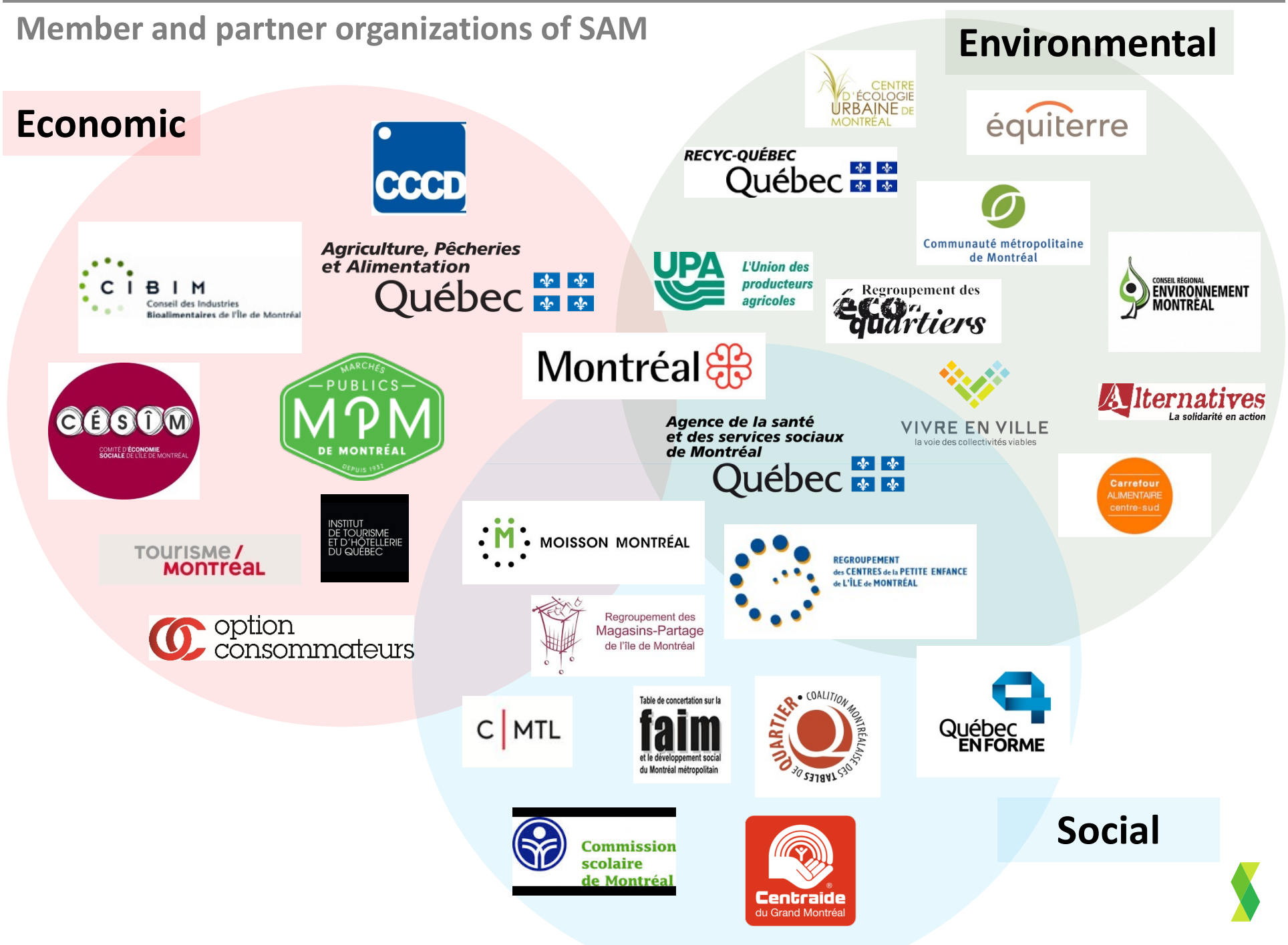
En 2025, toutes les citoyennes et tous les citoyens de l'île de Montréal ont accès à une saine alimentation diversifiée, de proximité et abordable dans une perspective de développement durable.

Member and partner organizations of SAM

Economic

Environmental

Social



Concrete Results

PROJECTS PLANNED AND CARRIED OUT BY PARTNERS:

- Assessment of the food supply in public institutions (educational, municipal, and health)
- Collaboration on the provincial conference on school food « Change on the Menu »
- Cultivate Montreal = urban agriculture month
- Assessment of the re-cultivating of agricultural land
- Quebec Games: work on the food available and creation of a frame of reference for a food policy for large events
- Informative and promotional display: www.agriculturemontreal.com

SYSTÈME ALIMENTAIRE MONTRÉALAIS

Concrete Results

PROMISING PROJECTS

- SAM-lunch (Boston, Philadelphia, Detroit)
- Creation of a Council on food policy
- Creation of an interuniversity network of research on food
- SAM forum with nearly 200 participants

PROJECTS THAT EQUIP NEIGHBOURHOODS

- Pilot-project – healty « depanneurs » in 4 neighbourhoods
- Feasibility study of solidarity markets outside metro stations
- Regional network on alternative food supply
- Training for food solidarity organizations
- Rooted schools project – to promote local food to youth and their families (20 schools)

Toward the creation of a council on food policy

City of Montreal … an key partner

- 2013 : Consultation on the state of urban agriculture
- 2014
  - Co-chaired the TIR-SHV, *Montréal, métropole en santé* with the regional director of public health.
  - Signatory to the SAM Vision 2025
- 2015 : Signatory to the international Milan Urban Food Policy Pact
- 2015 : Public consultations on the relevance of putting in place a council on food policy and analisis of the various models (Toronto, Ottawa, Baltimore)
- 2016 : Creation of a council on food policy, resolution of the executive committee of the City of Montreal
- 2017 : Establishing of the SAM Council

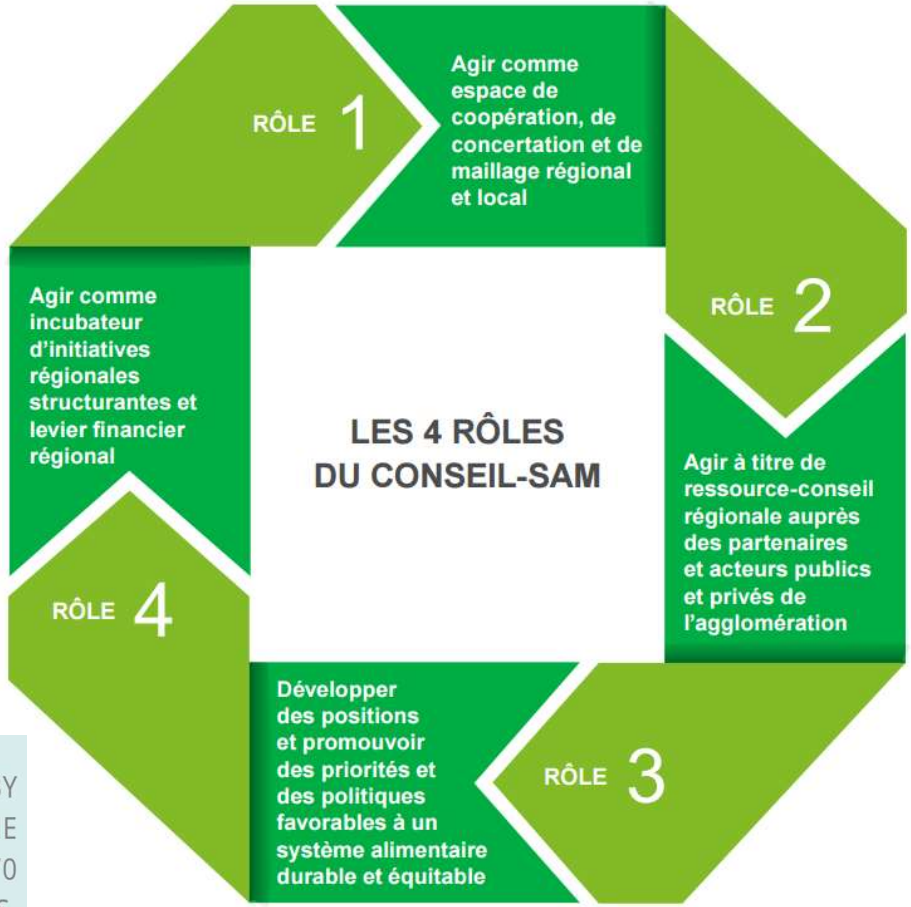
Council on Food Policy

SYSTÈME ALIMENTAIRE MONTRÉALAIS

RÔLES DU CONSEIL-SAM

SAM COUNCIL VISION

In 2025, all the citizens of the Montreal urban area will have access to a variety of affordable healthy food options nearby with a view to sustainable development.



MILAN URBAN FOOD POLICY PACT

Milan Urban Food Policy Pact

15 October 2015

AN INTERNATIONAL PACT SIGNED BY 148 CITIES FROM ALL OVER THE WORLD WITH MORE THAN 470 MILLION INHABITANTS

Council on Food Policy Membership

- 16 members
- Statuary and selected members + coordination Membres
- Mandate length = 3 yrs
- Co-chairship of the council: • Municipal elected official (1) • SAM Council member

Statuary members(8)

- Elected from the executive committee appointed by the mayor (1)
- MAPAQ (1) + public health (1) + City representatives (3) • 3 from the city centre: 1 social, 1 environmental, 1 economic + representative from Québec en Forme (1)

Selected Members (9)

- Regional representatives from civil society (3) • 1 **social**, 1 environemental, 1 economic
- Open seats (6) • universities, philanthropic, private, **local**, education, youth…

Conseil des politiques alimentaires

Conditions for success

- Clear political engagement and will
- Vision for healthy eating within a food system
- Levers for action (power of recommendations, space for elected officials on the council, funding)
- Existing intersectoral strucutre that is functional and dynamic.
- Active participation by partners (bottom-up approach, democratic decision-making on piorities for action)
- Entrusting the role of knowledge translation and training to the future council
- Supportive interuniversity research network

Anticipated pitfalls

- Consistency (policies and local and regional directions)
- Efficiency (synergy of partners, pooling of common levers and resources)
- Impact (constructive and lasting changes)

MONTRÉAL, MÉTROPOLE EN SANTÉ

*Table intersectorielle régionale sur les **saines habitudes de vie***

Governance and Funding

MONTRÉAL, MÉTROPOLE EN SANTÉ

*Table intersectorielle régionale sur les **saines habitudes de vie***

MONTRÉAL, MÉTROPOLE EN SANTÉ

*Table intersectorielle régionale sur les **saines habitudes de vie***

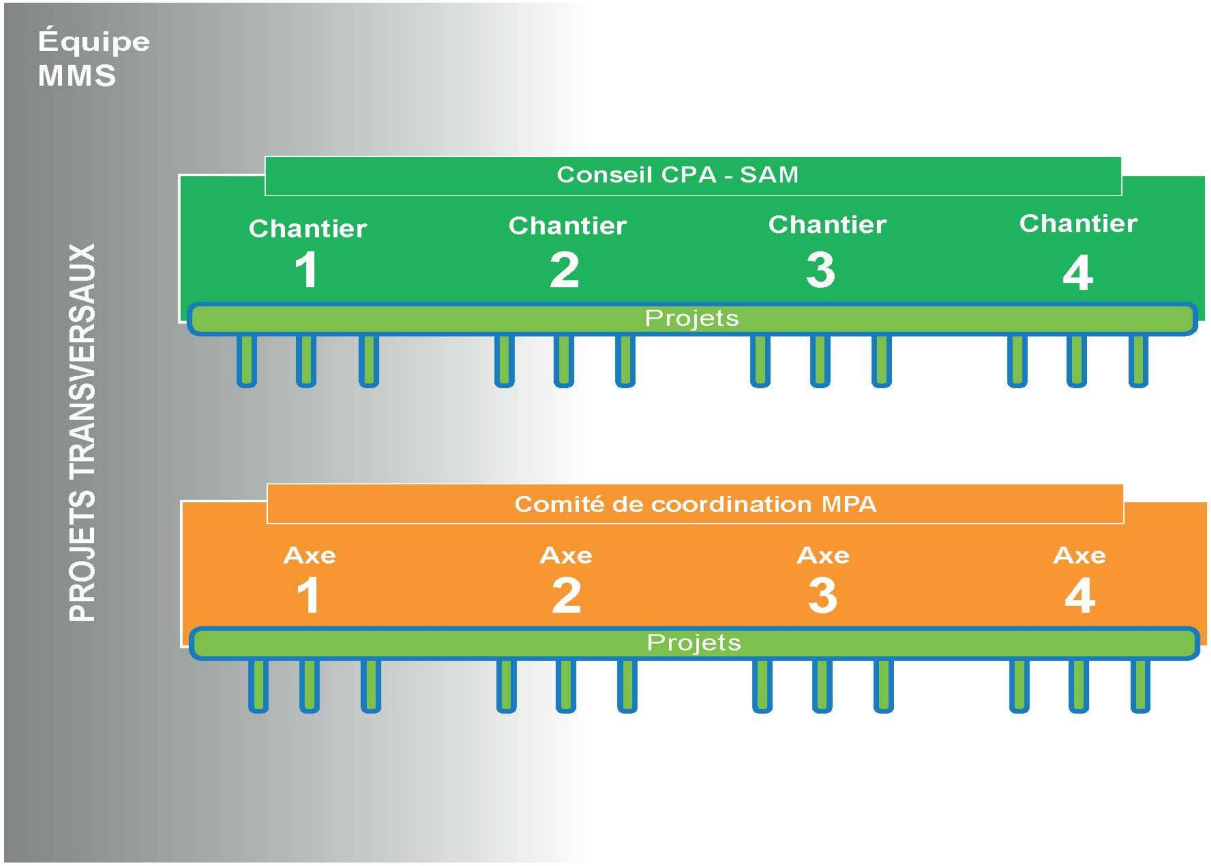
GOUVERNANCE

Comité de gestion de l'Entente

- Concertation Montréal
- Direction régionale de santé publique
- Équilibre
- Ministère de l'Agriculture, des Pêcheries et de l'Alimentation
- Québec en forme
- Ville de Montréal

Comités de travail

- Gouvernance
- Finances
- Communication
- Évaluation



MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Financement 2017-2020

Multipartite agreement 2017-2020

- 900 000 $ per year
- 4 partners
  - Québec en Forme
  - City of Montréal
  - Direction de la santé publique de Montréal
  - Ministère de l'agriculture et des pêcheries et de l'alimentation

- Goal : creation of a Montreal fund for healthy lifestyles

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Strengths and Weaknesses

Strengths

- Strong ability of MMS to attain its objectives
- Action plans are born of consultation, common priorities and innovation
- Strong anchoring due to diverse partnership
- Co-chairmanship by City and Public Health assures leadership by two major networks
- Credibility due to presence of important partners
- Supple and reactive governance structure
- Multiple funders

Weaknesses

- No legal structure
- No political or citizen representation
- Absence of certain important institutional partners
- Weak visibility and notoriety
- Little capacity to evaluate the outcomes of our actions

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Opportunities and Threats

Opportunities

- Favourable external political environment (provincial and municipal)
- Approach to the creation of the council on food policies of the City of Montreal
- Positioning of the regional intersectoral committee in the provincial public health program
- Municipal leadership
- Presence of multiple universities

Threats

- End of current financial support from Québec en Forme
- Competition vs complimentarity with other policies and action plans in the city (sustainable development, policy on the child)
- Many changes and reorganizations in member organizations = instability, rollover, more difficult engagement.

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Strategic Directions

ISSUES	STRATEGIC DIRECTIONS
Engagment, membership	1. Increase membership and poll the strengths and expertises of actors from public, private and community networks, and maintain the
Networking	2. Maintaining a strong link between the mobilisations and with local mobilisations for a better synergy and consistency in our actions
Visibility and Influence	3. Increase the visibility, notoriety and influence of MMS and its mobilisations through the promotion of promising initiatives and its partners.
Measure of impacts	4. Reinforce our capacity to evaluate the outcomes of our actions in order to support enlightened decision-making
Governance	5. Develop a transparent and imputable governance model and new strategic partnerships and avenues for funding

MONTRÉAL, MÉTROPOLE EN SANTÉ
Table intersectorielle régionale sur les saines habitudes de vie

Beacons for project funding

- Direct link with one of the priority areas identified by the partners of MPA or the CPA-SAM
- Agreed upon or co-constructed by the partners in a consultative mannar, and involving more than one partner
- Contributes to the reduction of social inequalities in health
- Relying on evidence and data or promising interventions
- Regional or supra-local level
- Project goals are SMART from a perspective of evaluation of outcomes and follow-up
- Realistic and the partners demonstrate a capacity and agility to carry out the project
- Ability to lever and the potential to generalise
- Base of plans, action plans, or institutional policies (city, health, education, agriculture, etc)
- Funding structure that demonstrates a contribution from other partners

You want to contribute to make Montreal a healthy city?

Join us!

Become a member of MMS means benefiting from a vast network of expertise, being inspired by best practices in the field, and working with various partners to improve the quality of life of Montrealers.

MONTRÉAL, MÉTROPOLE EN SANTÉ

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