



Active Communities Grant Program Final Report

Community: [Municipality of Esquimalt](#)

Lead partner organization: [Esquimalt Parks & Recreation Department](#)

Name/position of contact person: [Christina Moog, Aquatics & Fitness Coordinator](#)

Date completed: [April 30, 2008](#)

Which grant cycle is this final report for (month/year)? [Jan-April 2008](#)

Make final grant payment cheque out to: [Corporation of the Township of Esquimalt](#)

1. Summary:

What did you intend to do with the grant awarded?

Our original project purposed were as follows:

- To implement an environmental evaluation and action plan to assess Esquimalt's walkways, trails, bikeways focusing on sustainable active transport for residents of the Municipality of Esquimalt, and Members of the Songhees and Esquimalt Nations
- Grant purpose: To fund this implementation by hiring personnel to complete a detailed environmental evaluation and action plan that would include documenting potential routes from neighborhoods to town cores (of Esquimalt and Victoria), encouraging active transport.

Did you accomplish this? Yes No If yes, what were your accomplishments?

Please see the attached plan that has been completed. Further, we will be starting to implement these action items immediately and are currently seeking funding and working on building additional partnerships to support these action items. Due to the research completed because of this plan some municipal funding allocations have been changed so that bike racks can be installed in our parks.

If no, what were the barriers or challenges that you encountered?

2. Evaluation:

How did you evaluate whether your project/work was successful? Please provide evaluation results (attach separate evaluation document).

We were initially intending this project to be evaluated by:

- a) Personnel hired by June 30, 2007
- b) Evaluation completed by August 15, 2007
- c) Action Plan developed by August 31, 2007
- d) Resulting increased use of Esquimalt's walkways, trails and bikeways – as indicated by monthly statistics

However, the dates had to be amended to work with a change in the University's schedule. As a result, the student was hired by December 1, 2007; starting January 12, 2008 and the plan was completed on April 30, 2008. Please note that this plan is meant to be a continually evolving document that with grow with our community. The evaluation of our parks usage will be measured over the next year as action items are implemented.





3. Community Impact:

Please describe how this funding contributed to increasing physical activity rates of people in the community. Which inactive/vulnerable population are being/will be reached by your project/work?

Because transportation is a necessary component of every person's life nearly every day of the week active transportation has far-reaching benefits for individuals, communities and the environment. As such, the benefits (listed below) are not limited to a single demographic or target group, but to the community as a whole.

Benefits of increasing active transportation include:

Environmental Benefits:

- Contributes to a more efficient and sustainable transportation system.
- Reduces road congestion, benefiting all road users, especially during peak hours.
- Non-polluting and is the most environmentally friendly forms of transportation.
- Opposes negative impacts of motorized transport by reducing greenhouse gas emissions, air pollution, water pollution, noise and land used for transport.
- The primary environmental benefit of active transportation is improved air quality.

Health Benefits:

- Provides an integrated way to achieve necessary physical activity. Provides an avenue to exercise moderately for ½ hour a day, 5 days a week.
- Increase physical activity which reduces the risk of illness, including heart disease, cancer and diabetes and helps maintain healthy bones, muscles and joints, manage weight, and
- Reduces anxiety and depression. Those who walk or cycle to work report higher productivity and fewer sick days.
- Supports public health objectives of reduced air pollution.

Community Benefits:

- Creates safer and calmer neighbourhoods with less traffic congestion.
- Allows green spaces to remain green, instead of paving them over for roads or parking lots.
- Creates a greater sense of community by increasing the likelihood of personal contact with others.
- Allows people get to know other community members and take time to notice their surroundings. Walking and cycling are great family and social activities.

Economic Benefits:

- Reduces health-care costs, benefiting society as a whole through a less costly medical system and fewer sick days taken from work.
- Reduces number of cars on the road decreases the need for costly road repairs and parking.
- Provides personal cost savings when active human-powered modes of transportation are used instead of a car, particularly for short trips.
- Increases equality. Active modes of transportation are inexpensive compared to the use of personal vehicles and even public transport. Since not everyone can afford a car, making investments to accommodate active transportation can increase the population's mobility as well as the overall equity of the transportation system





4. Sustainability:

What activities are planned for this project/initiative in the future?

Active Transportation as a whole, is a sustainable concept. Further, Esquimalt is committed to promoting Active Transportation in our community through a variety of programs, policies and projects as noted in the attached plan. Please refer to this plan for complete details.

5. Budget:

How were the funds spent? (provide breakdown) Please explain any changes in projected and actual expenditures.

Item:	Projected Expenditure (\$)	Actual Expenditure (\$) (Rounded)
Contracting Personnel to Develop Plan	\$5000.00	\$5100.00
Print and Distribution	\$250.00	\$175.00

Total Projected Expenditures Total Actual Expenditures:
 \$5250.00 \$5275.00

6. Feedback:

Please provide any additional comments and suggestions regarding the grants program, the support you received and the impact on your community.

