



EVALUATION TEAM

Communities On The Move

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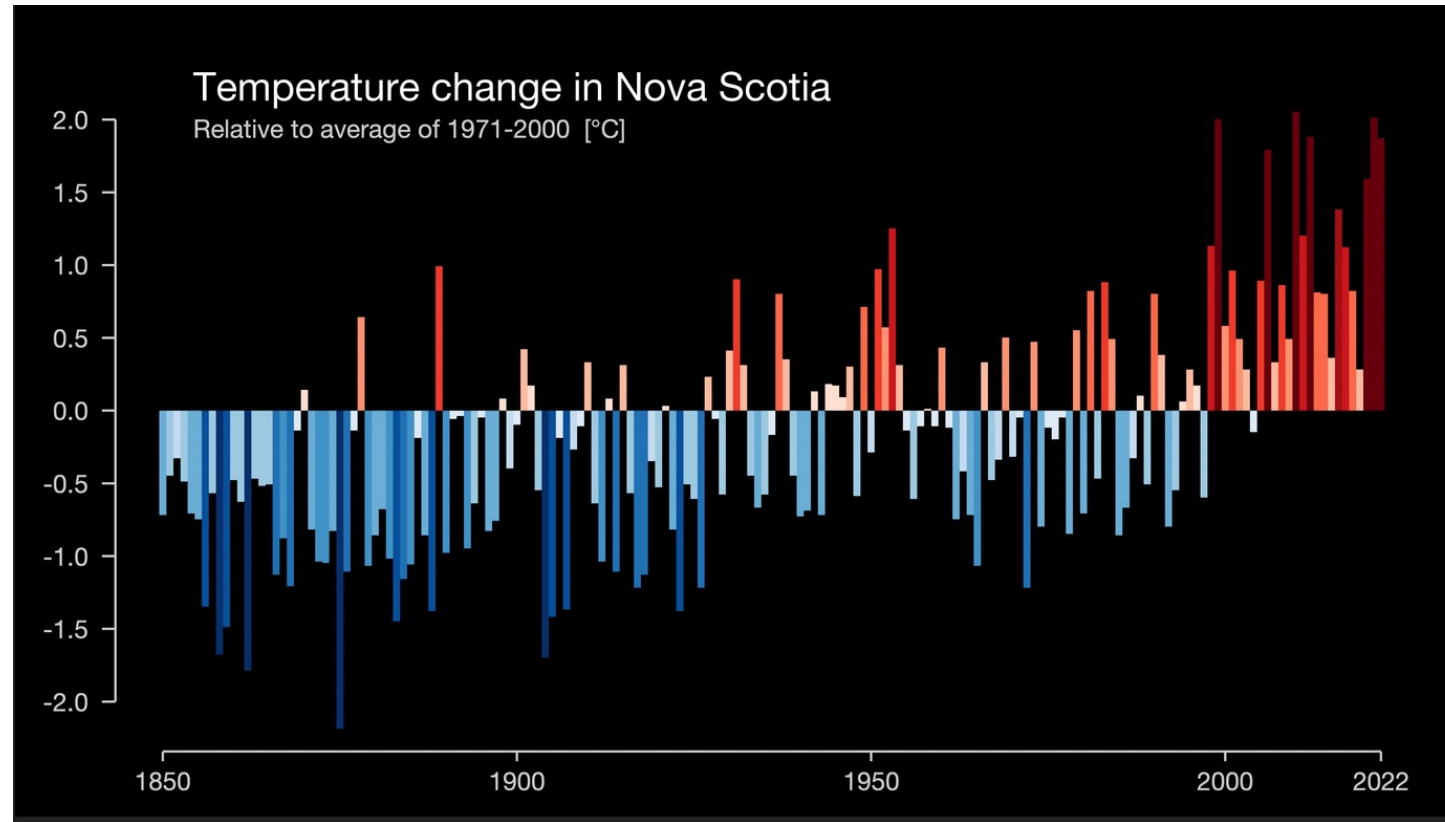


Albert Lea and the Blue Zone concept

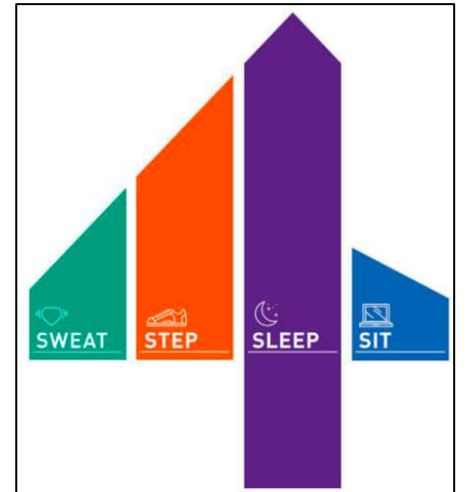
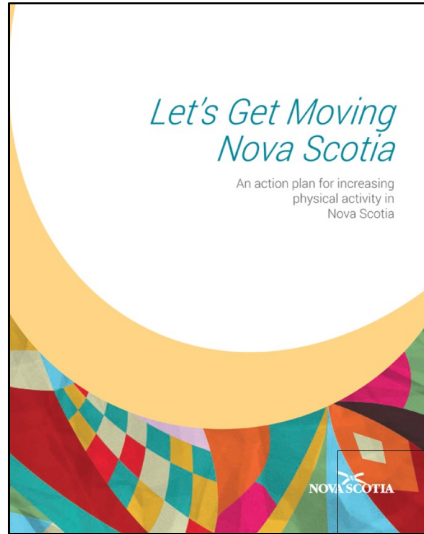


Source: <https://www.bluezones.com/blue-zones-results-albert-lea-mn/#>

No more business as usual



Source: <https://showyourstripes.info/c/northamerica/canada/novascotia>



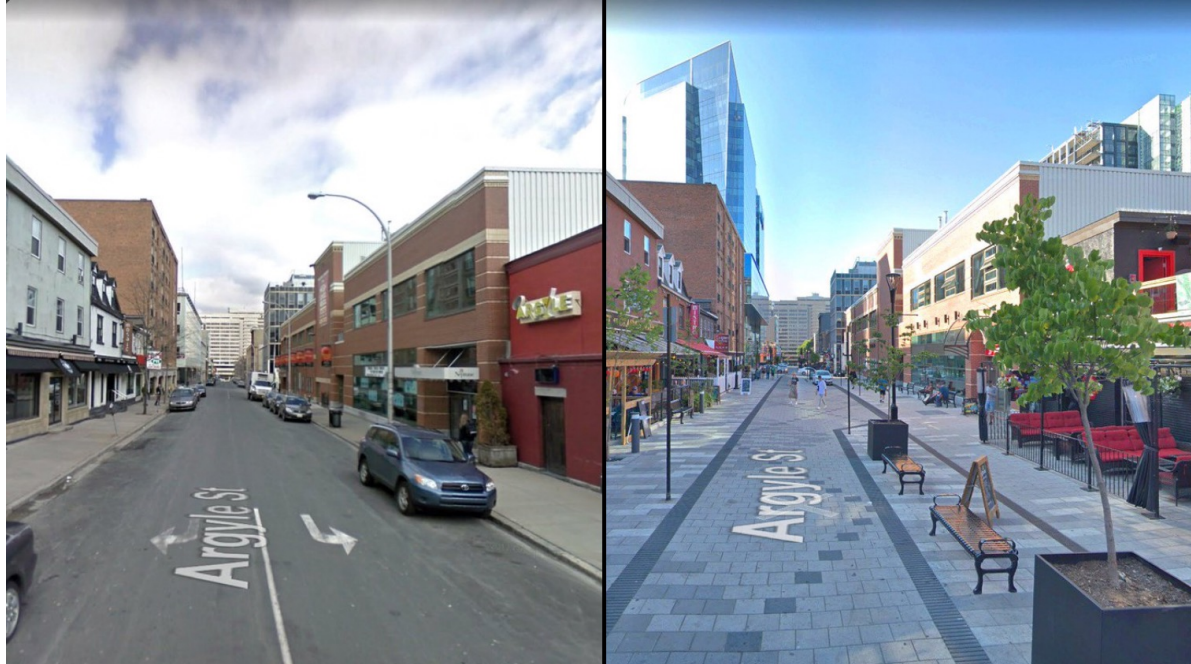


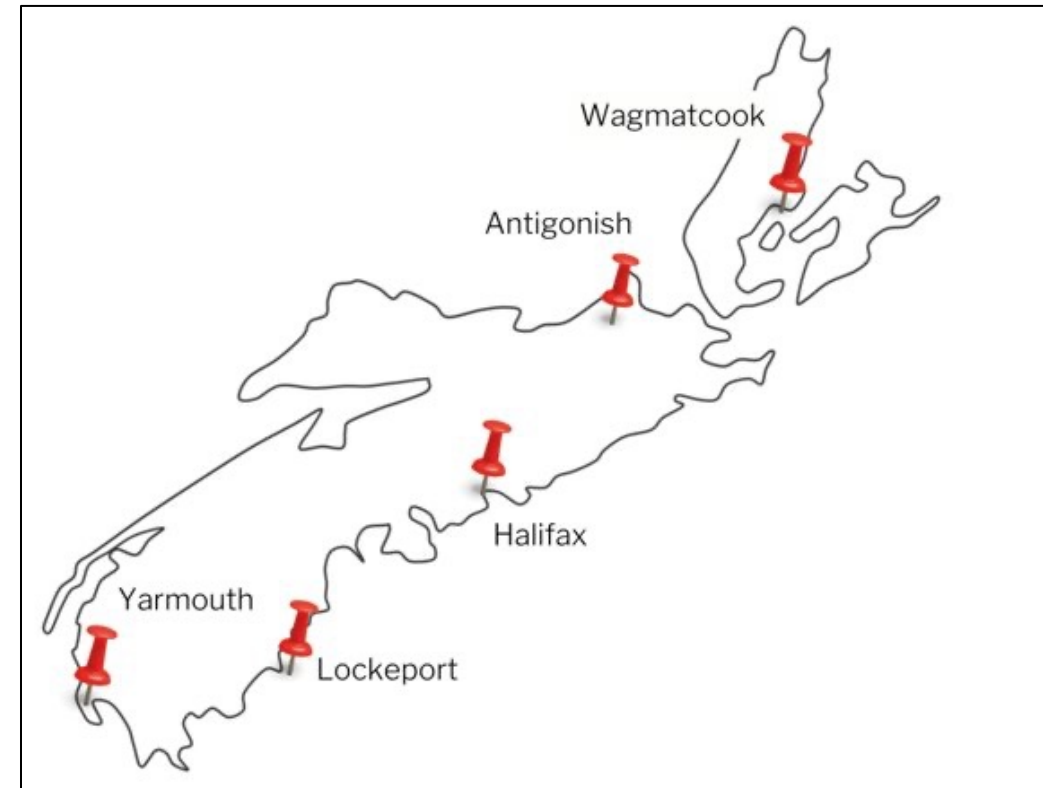
Image credit: Brett Ruskin, CBC

“When we visited communities... we found that the walking experience on many Main Streets was often unpleasant, with design and development at a scale that felt like it prioritized automobiles over the human experience”

Source: Nova Scotia Main Streets Initiative
Community workbook

Communities on the Move

- Communities, Culture, Tourism and Heritage (CCTH) selected four communities in Nova Scotia to participate in the project
- Communities submitted plans to improve low barrier physical activity through infrastructure investments, enhanced programming, etc
- Process and outcome evaluation is underway by Dalhousie University and Research Power Inc.

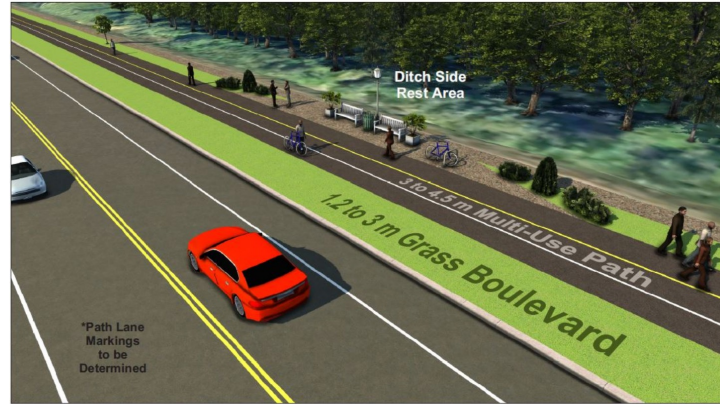


Proposed infrastructure changes

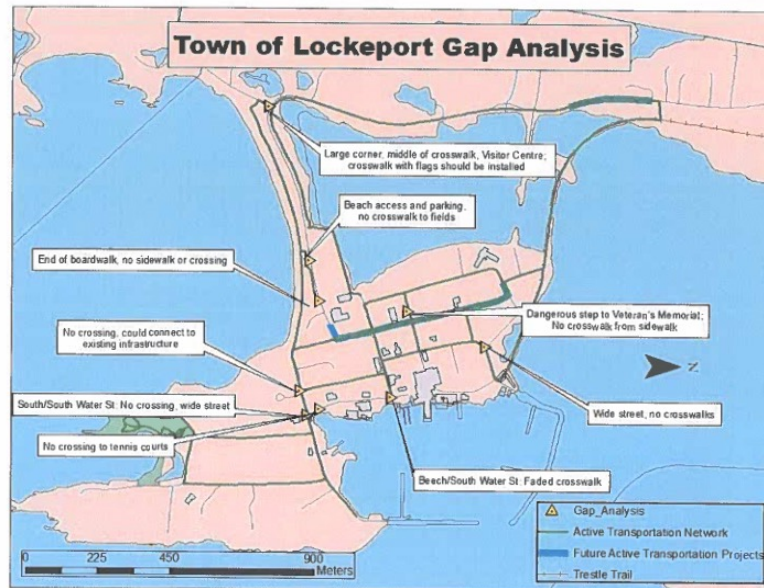
Canada

MUNICIPALITY OF THE COUNTY OF ANTIGONISH

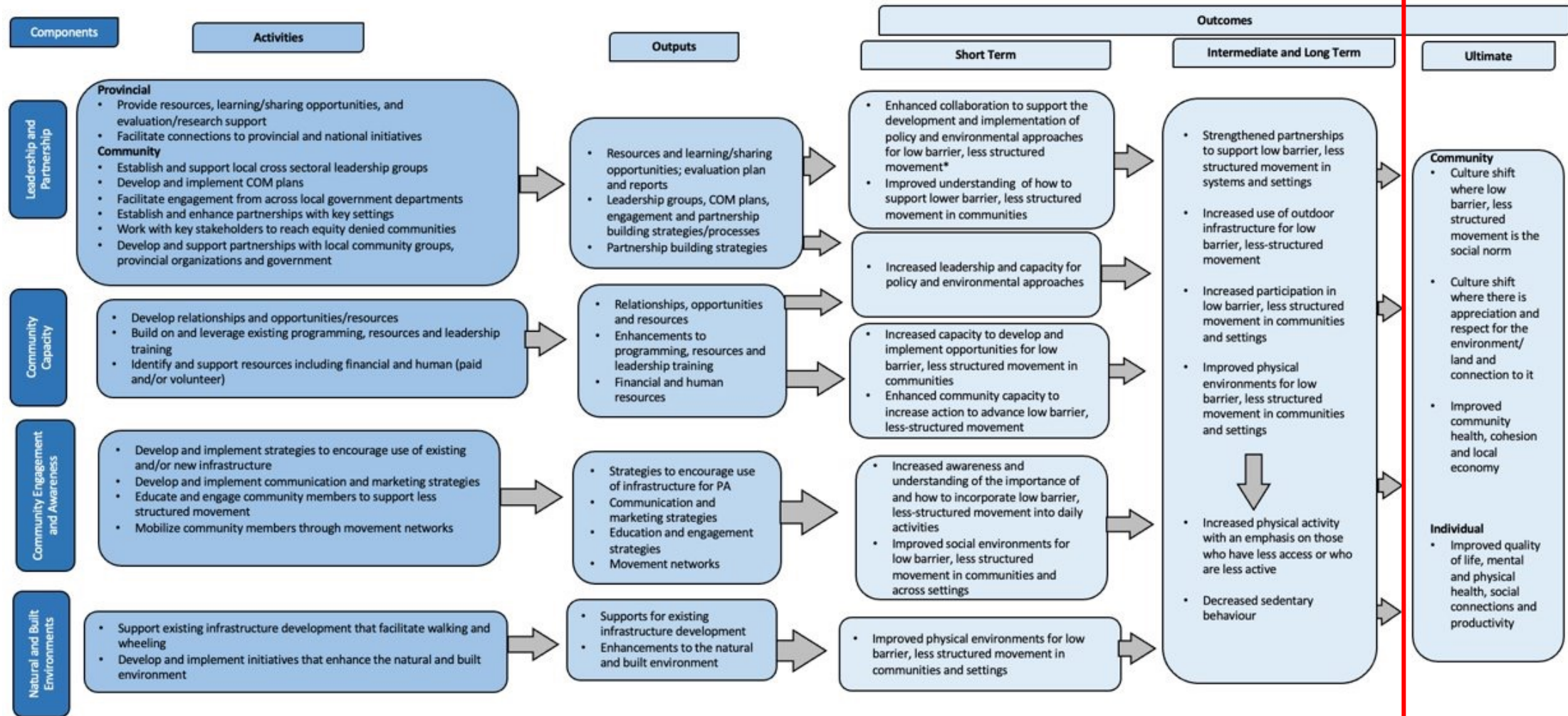
NOVA SCOTIA
NOUVELLE-ÉCOSSE



Active Transportation - Corridor Conversion



CoM Evaluation Logic Model



*Low barrier, less structured movement refers to movement that can easily fit into daily life in small amounts (at minimum). It may occur in any of the domains of physical activity. Examples can include gardening, active play, cycling, walking and reducing sitting time by standing.

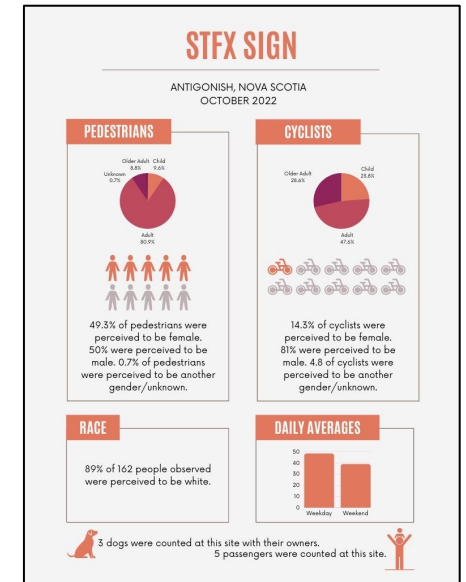
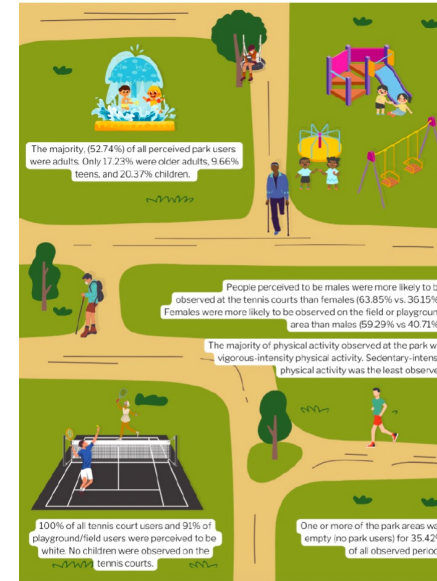
Baseline data collection: 2022

Fall

- Walking, wheeling and cycling counts at key community locations in three communities
- Park and playground systematic observations

Winter

- Community Assessment Tool – gathers information on the built and natural environment, social environment, leadership and partnerships and policy and planning



Phase 2 Data Collection: 2023

Spring

- Baseline data collection (4th community)
- Community survey
- Community and manager track forms launched

Summer

- Accelerometry Measures
- Semi-Structured Interviews
- Repeat walking, wheeling, and cycling at key locations, park and playground systematic observations

Fall

- Community leadership survey



Stock photo

Key outcomes

- Increased leadership and capacity for policy and environmental approaches
- Improved physical environments for low barrier, less structured movements in communities and settings
- Increased participation in low barrier, less structured movements in communities and settings
- Decreased sedentary behaviour



Image credit: UpLift Partnership

Thank you!

The Community On The Move
Evaluation is funded by Communities,
Culture, Tourism and Heritage

Sarah Moore, PhD
Dalhousie University



Stephanie Heath, MSc
Research Power Inc



Thanks also to the communities and our team of Evaluation
Assistants!



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