

February 27, 2020

Healthy Futures Webinar Series

Supporting vibrant, healthy communities through policy

Municipalities can improve the quality of life and well-being of their residents by using policy to create bright, vibrant communities where healthy choices are easier.

RMA, AUMA, and the [Alberta Policy Coalition for Chronic Disease Prevention \(APCCP\)](#) are pleased to host a series of educational webinars on using policy to support community health and well-being. Policy topics explored during this series will include smoking and vaping, active travel, healthy eating, and a health-in-all-policies approach.

The second webinar in the series, [Health in All Policies: The Importance and Impact of a Health-in-All-Policies Approach for Municipalities](#), takes place from 2:00 - 3:00 pm on Friday, March 13 (click on the link to register). Health starts where we live, learn, work, and play. Consequently, municipalities have a very important role to play in supporting citizens' health and well-being. The [Alberta Public Health Association](#) will present on how municipalities can develop and implement a health-in-all-policies approach. This approach integrates and articulates health considerations into policymaking across sectors to improve the health of everyone in the community, and recognizes that health is created by a multitude of factors beyond healthcare. Please join us to learn more about the what, why, and how of the health-in-all-policies approach.

The third webinar in the series, [Walk, Bike, Wheel: Helping Communities Thrive Through Active Travel Policy](#), takes place from 2:00 - 3:00 pm on Wednesday, April 8 (click on the link to register). The transportation system we share matters greatly to the health and well-being of our communities, both now and into the future. In recent decades, active travel has emerged as a promising strategy for promoting health and building vibrant, sustainable, and equitable communities. However, municipalities across Alberta often face tough challenges when it comes to expanding options for active travel. This webinar will introduce active travel as an important public health, environmental, and economic issue, as well as provide innovative examples of what municipalities can do to support active travel in their communities.

The fourth and final webinar, [Food Matters! How Municipalities Can Build a Stronger Community Through Healthier Eating Environments](#), takes place on Friday, May 8, from 2:00 - 3:00 pm (click on the link to register). In this webinar, participants will learn about the different components of a healthy eating environment, the evidence-based actions municipalities can pursue, and the successes and solutions different cities and towns have achieved to improve their constituents' quality of life.

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BULLETIN

If you missed the first webinar in the series, Smoking and Vaping: Policy Options For Municipalities, you can access the recording and presentation [here](#).

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