

Action

Plan

Summary

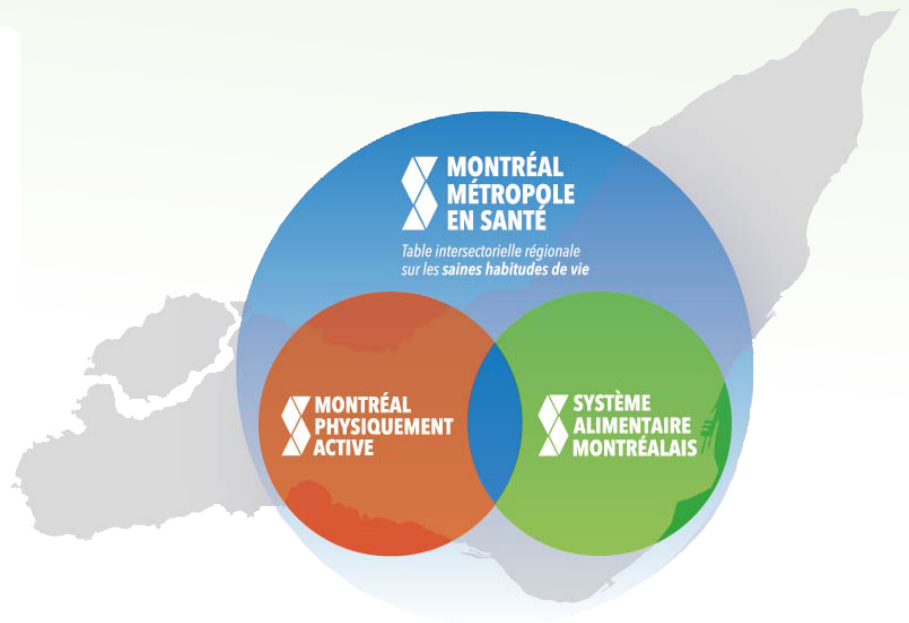
Know How to Take Care +

Project

2024

Who we are

Montréal – Métropole en santé (MMS) is the coordinating organization for Montreal partners working to promote a physically active lifestyle and access to healthy food.



As the **regional intersectoral table** for healthy living (the *table intersectorielle régionale en saines habitudes de vie*, or TIR-SHV) in the Montreal area, our mission is to support networks of stakeholders who join forces to foster healthy habits among all Montreal residents.

Our work in **community engagement and consultation** facilitates the implementation of diverse, inspiring, and inclusive collaborative projects with project leaders and partner networks across the region.

MMS comprises **two networks**: Montréal physiquement active (MPA) and the Conseil du système alimentaire montréalais (CSAM).

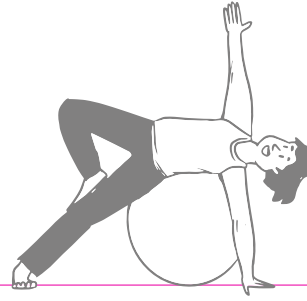
www.montrealmetropoleensante.ca

To learn more about our networks and their projects, we invite you to visit our website

Please note that a glossary includes all the underlined and clickable terms in the document.

GLOSSARY p.39

What is



Know How to Take Care +?

Know How to Take Care + is a participatory research action project aimed at designing and implementing more equitable and inclusive services in the areas of sports and physical activity (SPA) and food.

 **The project**
on our website

 **Video presentation of the project**

The project's first phase involved research and planning through a participatory process with organizations and target populations.

During these stages, we analyzed the strengths and weaknesses in **diversity, equity, and inclusion (EDI)** of our partner organizations' targeted programs. This analysis enabled us to offer actionable steps for organizational changes towards more inclusive governance.

We also conducted a **gender-based analysis and intersectionality (GBA+)** to understand the needs of **immigrant and/or racialized families** and individuals who identify as **2SLGBTQ+**. This helped us design SPA and food interventions more tailored to their realities.

We organized several participatory workshops, enabling research participants to familiarize themselves and engage with the results, and contribute to an action plan. This plan, developed by the team and the project advisory committee, incorporates a multi-level logic model.

The project's second phase involves implementing this action plan, conducting a participatory evaluation of the project's process and impacts, and engaging in knowledge mobilization activities.



1

Research

- GBA+ analysis of barriers and facilitants to sport and physical activity and nutritious food.
- Analysis of EDI forces and weakness

2

Action plan

- Feasibility analysis of facilitators and suggestions for research
- Development of logic models
- Consultation and identification of action strategies

3

Knowledge & skills mobilization

- Events
- Discussions with populations
- Inclusive governance training
- Inclusion charters

4

Implementation

- Carrying out activities offered to participants
- Inclusive governance
- Inclusive communication
- Advocacy

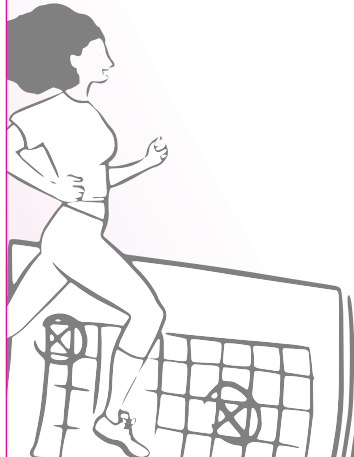
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Follow-up & evaluation

- Participatory evaluation of the process
- Impact assessment

This project was made possible by the sustained involvement of numerous partners throughout both the m and action plan design phases. An advisory committee, comprising 10 governmental, non-governmental, and academic organizations, oversaw the entire project.

Several community organizations also provided invaluable assistance during the recruitment of target populations. A comprehensive list of these organizations can be found at the end of this document.



Access to results



Intervention Objective

Promote inclusive governance and improve the provision of partnership-based and local physical activities

Activities

Issues

Lack of activities near residential areas

Physical inactivity during winter and cold weather

Lack of spaces perceived as inclusive for SPA

Cost of sports and physical activities

Year-round family-oriented thematic and sociocultural walking workshops*

Queer-friendly outdoor activities (yoga, walking, games, dance, self-defence)

Coupons for access to indoor sports and physical activities facilities

Implementation of an Inclusion Charter and a complaint management system

Target groups

Immigrant and/or racialized families from 2 disadvantaged regions**

Individuals identifying as 2SLGBTQ+

* Thematic and sociocultural walking workshops: walking sessions combined with cultural activities such as :
dance and music;
walks to museums;
neighborhood walks;
out-of-town forest walks;
visits to community gardens.

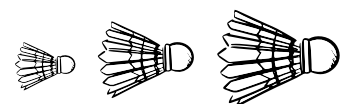
** Target regions are: Montréal-Nord, St-Michel

*** Subgroups: people with disabilities (chronic pain, ADHD) and those experiencing symptoms of stress, anxiety, or depression.



Intervention Objective

Improve the dissemination of information on existing affordable physical and sports activities



Target groups

Immigrant and/or racialized families from 3 disadvantaged regions*

Individuals identifying as 2SLGBTQ+**

Populations affected by social inequalities in health

Populations with functional limitations

Activities

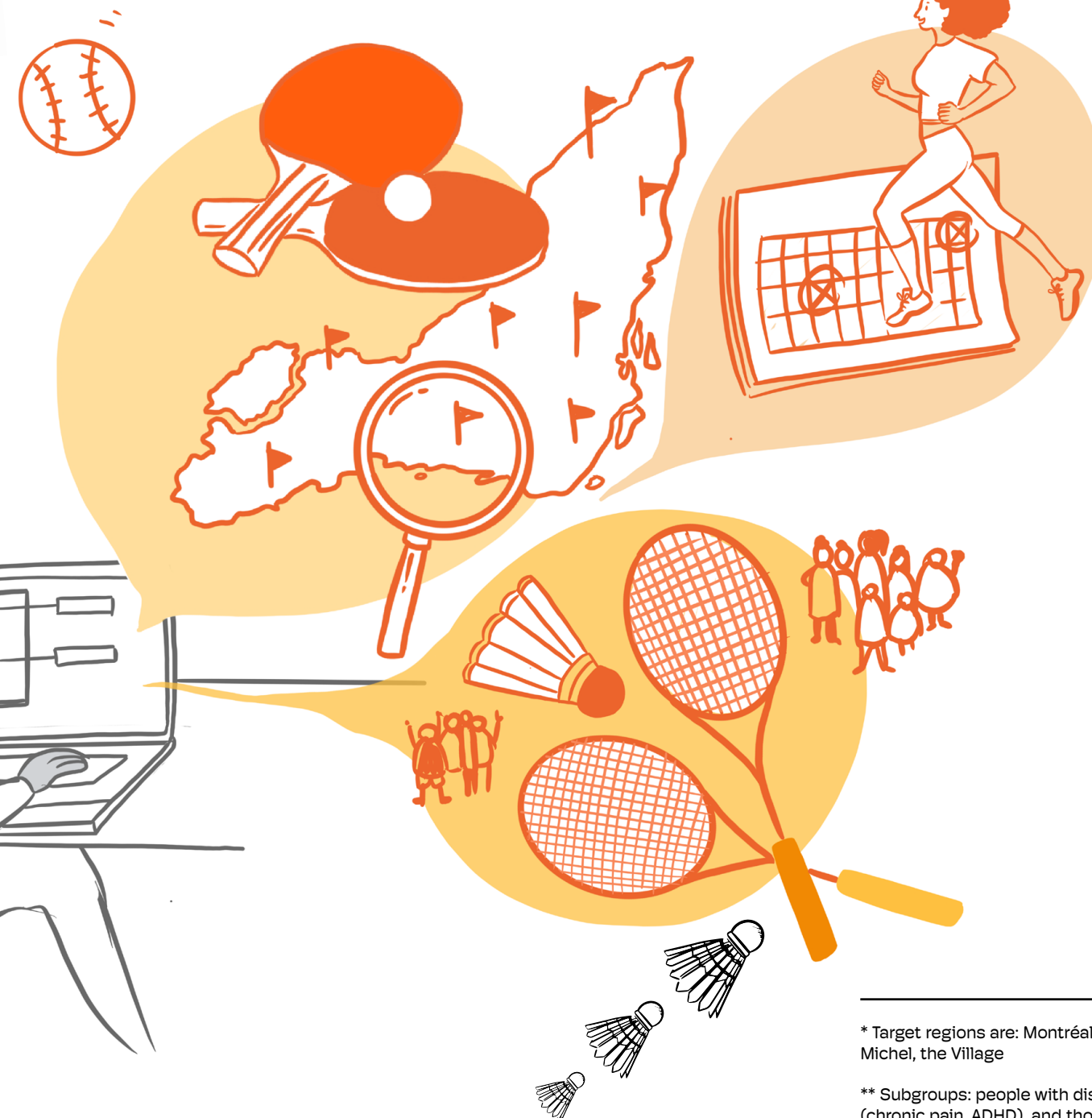
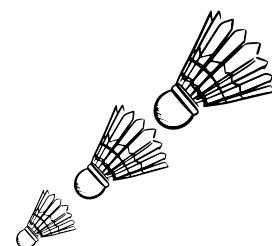
Issues

Lack of information on free, affordable, and local activities

Develop an interactive information tool on SPA offered in Montreal

Develop and implement a communication strategy tailored to populations facing social inequalities

Offer knowledge mobilization workshops on SPA offerings and chronic disease prevention



* Target regions are: Montréal-Nord, St-Michel, the Village

** Subgroups: people with disabilities (chronic pain, ADHD) and those experiencing symptoms of stress, anxiety, or depression.

Intervention Objective

Engage with government bodies to establish structured interventions which facilitate access to SPA for vulnerable populations

Activities

Issues

- High cost of sports and physical activities
- Low use of active mobility in disadvantaged boroughs

- Support Montreal boroughs in adjusting pricing for physical activities and sports programs
- Support an economic accessibility program for physical activities and sports
- Support investments in active mobility and public transit infrastructure in underserved boroughs

Target groups

- Montreal boroughs
- City of Montreal
- Quebec government bodies



Intervention Objective

Promote inclusive governance of the *Carte Proximité* and improve access to and consumption of healthy and culturally appropriate foods

Issues

Difficulty in passing down food cultures to children

Stigmatization in food services and lack of complaint management processes associated with the *Carte Proximité*

Lack of *queer-friendly* community kitchens

Lack of culturally appropriate foods in food services

Seasonality of the *Carte Proximité*

Activities

Offer intercultural and intergenerational cooking workshops, including visits to local farms

Offer *queer-friendly* cooking workshops including visits to local farms

Evaluate the year-round implementation of the *Carte Proximité* in a store with culturally appropriate offerings, in one borough

Implementation of the *Carte Proximité* Inclusion Charter



Target groups

Immigrant and/or racialized families from 3 disadvantaged regions*

People identifying as 2SLGBTQ+**

* Target regions are: Montréal-Nord, St-Michel, St-Henri
** Subgroups:
1. *Carte Proximité* users
2. people with disabilities (chronic pain, ADHD) and experiencing symptoms of stress, anxiety, or depression

Intervention Objective

Improve the dissemination of information on food services

Activities

Issues

Lack of information on existing food services

Lack of information on accessing the Carte Proximité

Develop and implement a communication strategy for existing tools tailored to priority populations (maps, directories, etc.)

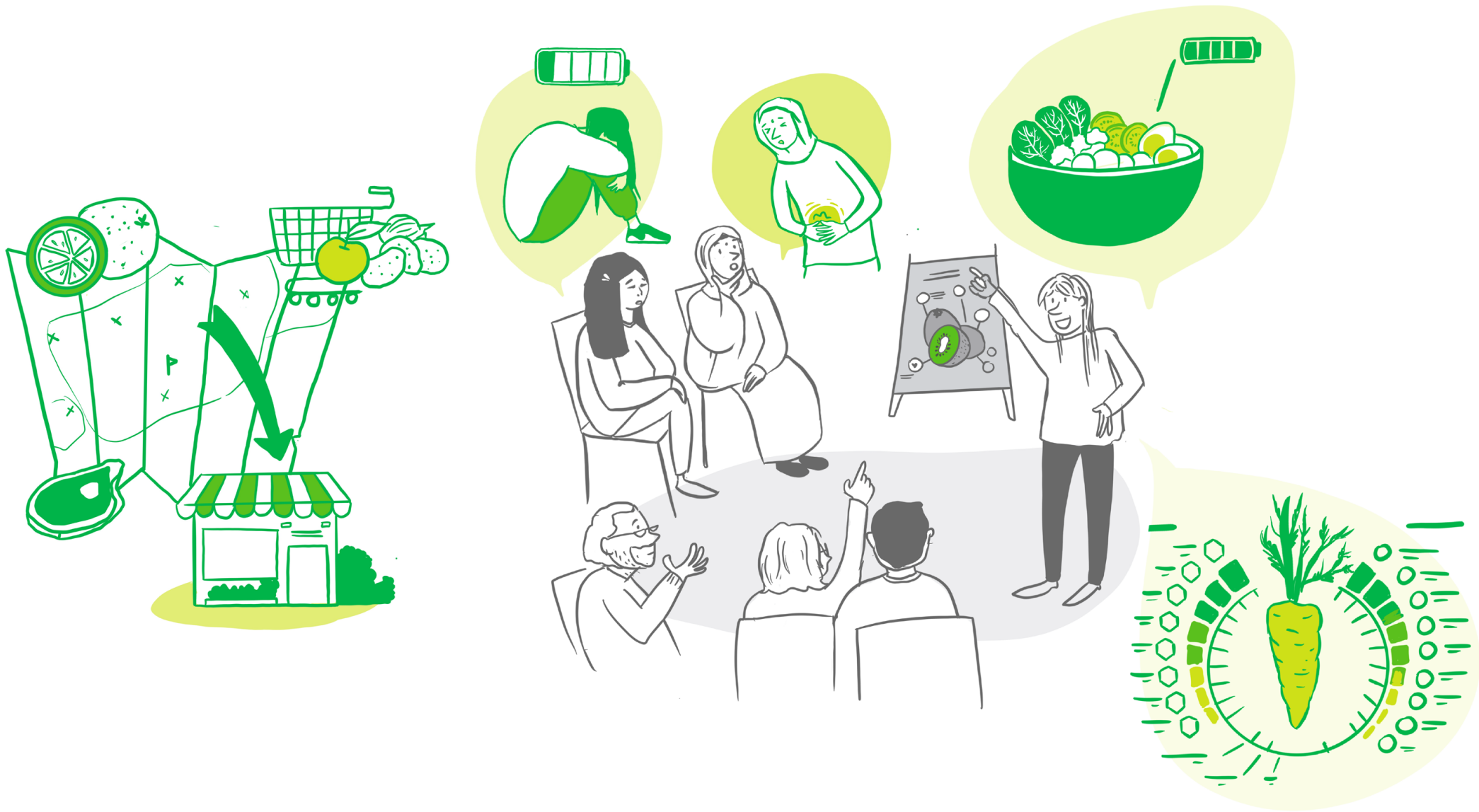
Offer knowledge mobilization workshops on available food services and the health benefits of consuming fresh foods for disease prevention

Target groups

Immigrant and/or racialized families from 3 disadvantaged regions*

Individuals identifying as 2SLGBTQ+**

Populations affected by social inequalities in health



* Target regions are: Montréal-Nord, St-Michel, the Village

** Subgroups:
1. Carte Proximité users;
2. people with disabilities (chronic pain, ADHD) and experiencing symptoms of stress, anxiety, or depression

Intervention Objective

Develop and advocate for programs that facilitate access to healthy food

Activities

Issues

Limited access to food coupons and lack of funding to increase the number of beneficiaries

Need to address the root causes of food insecurity

Food insecurity among children, difficulty in passing down food cultures, and lack of nutritional education for children

Develop advocacy efforts to establish a national, culturally-inclusive food coupon program

Engage with government bodies to enhance income support programs
Organize an event on a guaranteed minimum income

Monitor advocacy efforts for a universal, culturally-inclusive school food program

Target groups

Quebec government authorities

