

### **Health Promoting Schools**

- \$ Funding will be available to partnerships of school boards and district health authorities to support Health Promoting Schools programs that focus on healthy eating and physical activity in schools.
- \$ To receive the funding, it must be demonstrated that both healthy eating and physical activity have been considered, recognizing that programs need to build on current strengths.
- \$ Funding: \$500,000

### **Public Health Nutritionists**

- \$ Each district health authority has received funding to hire an additional public health nutritionist. The positions will be phased in over the 2005-06 fiscal year.
- \$ Public Health Nutritionists will support implementation of all priority areas of the Healthy Eating Nova Scotia strategy in their communities which includes breastfeeding promotion, fruits and vegetables consumption, children and youth including healthy foods in schools, and food security.
- \$ Funding: \$360,000

### **Breakfast Programs**

- \$ The new breakfast program funding will ensure that all children at the elementary level will have access to breakfast before they start their school day.
- \$ Nova Scotia Health Promotion and the Department of Education are working together with other partners including the Breakfast for Learning Advisory Council to determine the most effective way to offer this program.
- \$ New funding is intended to assist, not replace, existing support.
- \$ Funding: \$750,000

### **School Food and Nutrition Policy for Nova Scotia Public Schools**

- \$ A provincial school food and nutrition policy for all public schools in Nova Scotia is being developed.

- \$ The provincial policy will apply to grades primary through 12 and will begin implementation in the 2005-06 school year.
- \$ Policy components include foods served or sold in canteens, cafeterias, vending machines and fundraising, as well as time to eat and food security.
- \$ Policy consultations will take place in September and October.

### **Healthy Eating Nova Scotia Strategy**

- \$ The strategy was developed by the Healthy Eating Action Group of the Alliance for Healthy Eating and Physical Activity, of which Health Promotion is a member.
- \$ Priorities include breastfeeding, children and youth, fruit and vegetable consumption and food security. Evidence shows that these efforts will have long term implications on promoting health and reducing overweight and obesity.

### **Food Security**

- \$ The formal definition of food security says that a society is **A**food secure@when all people at all times can acquire safe, nutritionally adequate and personally acceptable foods that are accessible in a manner maintaining human dignity.
- \$ A report is expected this fall from the Atlantic Health Promotion Research Centre, in collaboration with the Nova Scotia Nutrition Council, that identifies a model for ongoing food costing in Nova Scotia. The document will also include a Building the Case for Food Security and a policy lens to be used across organizations to assess the impact of policy decisions on food security. The report is called **A**Working Together for Ongoing Food Costing and Policy Solutions to Build Food Security@.
- \$ A grant is being provided to Mount Saint Vincent University (on behalf of the Nova Scotia Food Security Projects Steering Committee) for a variety of initiatives including hiring a coordinator to plan and support ongoing work related to food security in Nova Scotia.

### **Breastfeeding**

- \$ Exclusive breastfeeding for the first six months of life is proven to contribute to a myriad of health benefits, including weight loss for the mother, and reduced risk of overweight and obesity in the baby.
- \$ Increasing the initiation and duration of breastfeeding is a healthy eating priority for Nova Scotia Health Promotion.
- \$ Funding: \$70,000

### **Physical Activity Grants**

- \$ The goal of these grants is to increase the percentage of Nova Scotians who are active enough for physical and mental health benefits from 48 to 58 per cent by the year 2010.
- \$ This grant is one way that Nova Scotia Health Promotion supports community initiatives that increase participation in organized forms of sport, physical recreation and active transportation.
- \$ For more information or to apply, call 1-866-231-3882.
- \$ Funding: \$500,000

### **Sport Participation Opportunities for Children and Youth**

- \$ This is a collaborative effort between Sport Canada, Education and school boards, led by Health Promotion.
- \$ A sport animator will work as a liaison between schools and communities, providing opportunities for kids and their families to participate in sport. The sport animator will have expertise in sport and excellent organizational and facilitation skills.
- \$ There will be one Sport Animator in each participating school board, to be hired for the 2005-06 school year.
- \$ Funding: \$486,000 from the federal government and \$1.2 million from the province over three years, and a \$14,000 contribution from each participating school board.

### **Physical Activity and Healthy Eating Research**

- \$ In 2001 research was conducted with Nova Scotian students in grades 3, 7 and 11 to determine their levels of physical activity and their BMI. This information formed the basis for the development of the Active Kids, Healthy Kids Strategy.
- \$ This research will be repeated in 2005-06 to measure progress since the initial research and will introduce a dietary intake component to the study.
- \$ Funding: \$452,000