



*Active Kids, Healthy Kids*  
A Nova Scotia Physical Activity Strategy  
for Children and Youth

**PROGRESS REPORT**  
**FEBRUARY, 2003**

Based on the report submitted by the Working Group on Physical Activity for Children and Youth

Funded and supported by   Office of Health Promotion, Recreation and Sport  
Nova Scotia Department of Health, Public Health Services  
Nova Scotia Department of Education, English Program Services

More information on the Active Kids, Healthy Kids initiative, including research, background information, and reports, can be found on the Nova Scotia Sport and Recreation website at <http://www.gov.ns.ca/src/activekidshealthykids/strategy.htm>.

## 1. Policy and Program Development

**Goal:** *To initiate and coordinate government leadership and planning to implement the Active Kids, Healthy Kids strategy.*

#	Proposed Activities	Progress Report - Feb 2003
1	Inform and involve other provincial government departments and agencies about the strategy and its implications.	<p>In addition to presenting the overall strategy at the regional and community level, presentations were made to</p> <ul style="list-style-type: none"> <li>• Alliance for Healthy Eating and Physical Activity</li> <li>• Round Table on Child Care</li> <li>• Early Childhood Management Group, Department of Community Services</li> <li>• Provincial sport and recreation groups</li> </ul>
2	Advocate and support a comprehensive Department of Education policy on community access to schools that will increase opportunities for physical activity.	The Department of Education is discussing province-wide community use of schools policy with school board superintendents.
3	Implement the Department of Education's <i>Time to Learn Strategy</i> recommendations pertaining to instructional time for physical education for students in grade primary to grade 9.	
4	Encourage and work with the Department of Community Services on measures to increase appropriate physical activity in daycare and child-care settings.	
5	Coordinate Nova Scotia input on proposed federal/national physical activity policies and initiatives.	
6	Manage communication, implementation, and evaluation of the strategy.	<p>a. Brochure, posters, banners and other promotional materials are being designed.</p> <p>b. AKHK Strategy Group - Michael Arthur, Catherine Drosbeck, Rick Tully, Frank Covey, and Heather Christian - meet twice a month, as well as provide consultation services.</p>
7	Provide input on the role of physical activity in the chronic disease prevention strategy being developed by the Unit for Population Health, Dalhousie University and the Department of Health.	Attended the Nova Scotia Chronic Disease Prevention Strategy planning conference and are serving on several subcommittees as a result.
8	Identify and disseminate information on evidence-based interventions and best practices.	As a result of meetings with provincial sport and recreation groups, a directory or resource listing provincial programs and services will be created for community organizations e.g. Walk to School Kit, Learn to Ski, Tennis programs, Jump Rope for Heart, Sport Futures, High Five, Fitness leaders, etc
9	Implement actions to attract additional funding from other stakeholders in government, non-government, and corporate sectors.	

## 2. Active Communities

**Goal:** *To mobilize and build the capacity of families, schools, local government, and community organizations to increase the number of children and youth who are active enough for health benefits*

Community capacity is defined as building sustainable skills, resources, and commitments to physical activity through the development of **collaborative efforts** between municipal governments, health organizations, school boards, youth groups, sport and recreation groups, and others.

#	Proposed Activities	Progress Report - Feb 2003
1	Coordinate development and implementation of six regional plans on physical activity with participation by partners in recreation, health, education, as well as other interested people and organizations.	Regional Action Plans: <ul style="list-style-type: none"> <li>• SRC Regional Representatives are the lead on regional action plan development.</li> <li>• A template was developed to provide guidance to regional reps.</li> <li>• Regional groups include representatives from municipal recreation, health, school boards, and other interested agencies. This multi-sectoral planning takes significant time and energy.</li> <li>• Plans are due February 1, and will be reviewed against the strategy principles.</li> </ul>
2	Provide training to service providers on listening to and including young people in planning and leading programs and services.	Youth Inclusion <ul style="list-style-type: none"> <li>• In October funded Heartwood to sponsor three regional and one provincial conference on youth inclusion.</li> </ul>
3	Assist provincial non-government groups with physical activity initiatives.	
4	Encourage post-secondary training programs to include physical activity in their curriculum: e.g., early childhood, medicine, nursing, allied health professionals, teacher education, recreation, kinesiology, nutrition, health education.	
5	Sponsor a provincial forum to identify strategies to reduce barriers to participation by people with limited incomes.	
6	Identify need for youth fitness or physical activity programs.	Youth Fitness <ul style="list-style-type: none"> <li>• Working with and provided funding to Nova Scotia Fitness and Lifestyle Leaders to research and develop a youth fitness program that will certify grade 11 and 12 students.</li> </ul>

### 3. Active School Communities

**Goal:** *To increase physical and social environments that support active, healthy lifestyles among children and youth through collaboration of teachers, students, parents, administrators, and community leaders in sport and recreation, health, and other interested sectors.*

An active school community is one

- in which all citizens, including teachers, students, parents, administrators, and community leaders, work together to create physical and social environments that support active, healthy lifestyles.
- that supports policy, environment, and initiatives that encourage physical activity in the home, the school, and the community.

Examples of active school community initiatives include

- after-school programs
- transportation, e.g., active, safe routes to school
- physical environments, e.g., playgrounds
- intramural activities
- supportive curriculum, e.g., physical education
- youth leadership

#	Proposed Activities	Progress Report - Feb 2003
1	Implement one three-year pilot project per school board to demonstrate school and community collaboration to increase physical activity. A Mi'kmaq site is under discussion with the board.	<b>Progress as of Feb 3, 2003</b> <ul style="list-style-type: none"> <li>• In September 2002 , hosted an orientation session for the eight sites with representatives from each school, school board, municipality, and District Health Authority. (The sites are listed below.)</li> <li>• Catherine Droesbeck is the lead contact on Active School Communities (ASC). The AKHK Strategy Working Group and regional staff are also providing consultation and facilitation services, and helping with evaluation of action plans.</li> <li>• Currently, there are discussions with representatives of the Aboriginal community about on-Reserve sites. Department of Indian and Northern Affairs have committed \$10,000.</li> <li>• Cusack Elementary School planned and launched their project at a January 2003 event for students, parents, officials and the media.</li> <li>• Currently, an estimated 200 people (municipal staff, district health authorities, school administration and teachers, parents and students) are involved in planning, developing and implementing eight projects.</li> <li>• A conference is being planned for May 22 and 23 for representatives involved in the eight sites.</li> </ul>

## Pilot Sites - Active School Communities

Pilot Site	School(s)	Municipality/Other	DHA	Contact
1	Evelyn Richardson School	Municipality of the District of Barrington	DHA 2	Richard Britten (902) 723-3800 (t) (902) 723-3801(f) <a href="mailto:ermes@swrsb.ednet.ns.ca">ermes@swrsb.ednet.ns.ca</a>
2	Kingston Elementary, Pine Ridge Middle Schools	Municipality of the County of Kings, Village of Kingston	DHA 3	Kelly Rice (902) 765-2800 (t) (902) 765-2800 kingsvil@ns.sympatico.ca
3	J.L. Ilsley High School	Halifax Regional Municipality	DHA 9	Linda Lunn (902) 479-4612 (t) (902) 479-4635 (f) jli@staff.ednet.ns.ca
4	Hebville Academy	Municipality of the County of Lunenburg	DHA 1	Danny Eddy Carroll Randall (902) 542-8280 (t) (902) 541-8290 (f) deddy@swrsb.ednet.ns.ca
5	Hants North/feeder schools	Municipality of East Hants	DHA 4	David Brown (902) 758-2715 (t) dbrown@easthants.ca
6	Cusack-Cornwallis School	Cape Breton Regional Municipality	DHA 8	Kevin Deveaux (902) 562-6871 (t)
7	East Antigonish Academy	Municipality of the County of Antigonish	DHA 7	Marlene Melanson (902) 863-1141 (t) (902) 863-5751 marlene.melanson@antigonishcount y.ns.ca
8	Ecole Stella-Maris	Municipality of Clare	DHA 2	Joanne Le Marche (902) 769-3655 (t) (902) 769-3713 (f) leisure@municipality.clare.ns.ca
9	Waycobah First Nation Secondary School	Band Council Dept of Indian and Northern Affairs	N/A	John Hendsbee, Principal. Waycobah First Nation Secondary School P.O. Box 209 W hycocomagh, Nova Scotia. B0E 3M0  902-756-3002/3012 (p) 902-756-2017 (f) thendsbees@ns.sympatico.ca
10	Pictou Landing First Nation School & Pictou Landing First Nation Community	Band Council Dept of Indian and Northern Affairs	N/A	Irene Endicott, Principal 902-755-9944
11	Membertou Elementary School & Membertou First Nation Community	Band Council Dept of Indian and Northern Affairs	N/A	Darrell Syms, Physical Education Teacher 902-756-2984

## 4. Active Community Environments

**Goal:** *To create safe and accessible physical environments that encourage young people to increase active modes of transportation, such as walking and cycling.*

#	Proposed Activities	Progress Report - Feb 2003
1	Build awareness among municipal planners, engineers, and councillors.	<p><b>Developed Three Year Plan</b></p> <p>A three-year plan has been completed in cooperation with the Ecology Action Centre to increase active modes of transportation, e.g. Walking, cycling, wheeling, skating, scooting, skateboarding and running.</p> <p>1 Two staff of the Ecology Action Centre will visit 25 communities to meet with youth, decision makers, planners, engineers, recreation directors and traffic authorities to support active transportation.</p> <p>2 Assist schools with implementation of active routes to school program.</p> <p>3 Conduct a youth-led cycling tour of selected communities (10-15) during July and August in cooperation with the Youth Conservation Corps (Department of Environment and Labour). They would provide workshops and special events for youth such as bike rodeos, bike safety and maintenance workshops.</p>
2	Host a symposium on active transportation.	
3	Continue trail development initiatives with communities and government departments.	
4	Support active/safe routes to school.	(See Plan above)
5	Establish an interdepartmental committee to improve active transportation.	

## 5. Public Education

**Goal:** *To educate and motivate children, youth, and their families to increase their levels of physical activity.*

#	Proposed Activities	Progress Report - Feb 2003
1	Integrate key physical activity messages into existing parent education initiatives.	The Nova Scotia Alliance for Healthy Eating and Physical Activity, in cooperation with Cancer Care Nova Scotia and the Sport and Recreation Commission are seeking expressions of interest in a short-term project to complete the initial assessment and recommend initiatives to enable professionals in health care, recreation, and education to advise patients/clients about physical activity. Cancer Care Nova Scotia is contributing \$20,000 and the AKHK strategy is contributing \$10,000.
2	Provide training for health care providers, including doctors, on advising patients about physical activity.	
3	Coordinate distribution of Health Canada/Canadian Society for Exercise Physiology guidelines and resource materials on physical activity for children and youth.	SRC received new resource materials from Health Canada on physical activity guidelines for children and youth. A distribution plan is to be developed.
4	Educate sport providers, parents, and children and youth about fair play.	
5	Develop a provincial recognition program for contributions to physical activity for children and youth.	
6	Provide advice and assistance to proposed Health Canada campaign on active living and nutrition.	Heather Christian, Department of Health, provided input on the planning of an Atlantic Canada campaign on Active Living and Nutrition.
7	Coordinate the SummerActive program in partnership with Health Canada.	

## 6. Evaluation and Monitoring

**Goal:** *To evaluate the impact of the various components of the strategy and their effect on the physical activity levels of children and youth in Nova Scotia.*

#	Proposed Activities	Progress Report - Feb 2003
1	Develop and implement an evaluation process for the strategy.	An evaluation framework for the strategy has been developed with the assistance of a consultant.
2	Disseminate information on current physical activity levels of Nova Scotia children and youth.	A revised report from Dalhousie University on the physical activity levels of children and youth was received. The report changed the activity levels of the Grade 7 students.
3	Identify and produce specialized reports from the research data that will help service providers select target groups and interventions.	Met with the researchers and developed a process for generating further reports from the research data , e.g. physical activity and socioeconomic status; physical activity and access to facilities; influence of role models, etc.
4	Prepare proposal for 2005 study on the physical activity levels of Nova Scotia children and youth.	Plans are to replicate the 2001 accelerometer study, in 2005.