

PACY (Physically Active Children and Youth) Western Region Project Support Program

The PACY Western Committee is a regional partnership dedicated to the provincial goal of decreasing the number of children and youth not active enough to achieve health benefits by 10 per cent by 2003.

Purpose

The purpose of the PACY Western Committee is to identify, support and promote initiatives that increase opportunities for physical activity for children and youth.

Objectives

1. To allocate funds to physical activity initiatives in the Western Region by January 2000.
2. To share learnings from the initiatives with other partners, provincial PACY groups, and stakeholders/interested parties in 2001
3. To make recommendations to the provincial PACY committee by January 2001
4. To provide support to initiatives and interested parties by the proposed deadline.
5. To provide support to the funded initiatives.
6. To reflect on the learning s of the PACY Western working group.

Highlights

- Aug. 1999 - PACY Western Program Support Project criteria developed.

Funding Criteria

- Must take place in western Region
 - Must be an existing not for profit community group/organization/coalition
 - Must provide youth centred positive environments that encourage and support the principles of physical activity
 - Have a promotional strategy aimed at the target/community
 - Increase the capacity of individuals /communities to engage in physical activity resulting in sustained changes to the environment
 - Work with other people/organizations
 - Address physical activity, and may also address other lifestyle issues such as stress, nutrition/tobacco
 - Consider the broad factors that influence the ability of children and youth to participate in physical activity
 - Involve participants in assessment/planning/implementation/leadership
 - Be easily accessible for the target group
 - Include an evaluation component to determine the extent to which objectives have been met
 - Involve schools where appropriate
 - Document progress
 - Combine diverse, but complementary approaches, such as policy, support, environments/behavior change
 - Greater consideration given to those projects which involve parents - through planning/participation/support
- September 1999 - Program applications distributed to organizations throughout the Western Region.
 - September 1999 - Four community presentations made in the western region about PACY and about physical activity.
 - November 26, 1999 - Deadline for submission of applications. PACY receives 24 project applications from a variety of organizations including community resource centres and local partnership organizations.

- January 2000 - Evaluation of the applications completed by the PACY Western committee. Of the 24 applicants, seven were selected for funding
 - Shelburne County Active Team (SCAT) - \$6,000
A coalition of local schools, recreation departments, youth-centred community organizations and the Community Health Board was formed to develop resources to support programs and events that involve physical activity, and to promote/encourage physical activity among children and youth in Shelburne County.
 - Playground Activity Leaders - Coldbrook School - \$2,350
To train students as playground leaders to support fair play and encourage a wide variety of safe and age appropriate peaceful physical activities at noon, recess and after school.
 - Sports for Kids - Digby Boys and Girls Club - \$3,000
To purchase equipment and assist with access to community facilities and increase involvement of youth in sport opportunities such as floor hockey, basketball, badminton and volleyball.
 - Fun P.A.C.K. (Physically Active Community and Kids) - New Ross Family Resource Centre - \$5,000
Provide leadership training opportunities for students to assist in physical activity initiatives with younger children. Also, provide information sessions on issues affecting youth, and on the purchase of equipment to further develop physical activity programs.
 - Youth Sport Project - The New Minas Youth Centre - \$3,000
Provide increased opportunity for physical sport and play for youth ages 11-18 and to introduce healthy lifestyle components.
 - Community Youth Project - Chester and Area Family Resource Centre - \$2,500
Develop a youth facility offering a wide variety of recreational and physical activity opportunities.
 - Healthy Youth, Healthy Environments - The Women's Place, Middleton - \$3,960
Provide opportunities for young girls to experience physical activity, and increase environmental awareness.

Schedule

- I. April 2000 - Information Sharing Session with PACY groups. Funded partners meet to share project ideas and information. PACY committee worked with the groups to identify common concerns and needs.
- II. April 2000 to November 2000 - PACY committee maintains contact with funded project leaders to identify areas where support or assistance is needed with their initiatives.
- III. November 2000 - PACY Story Sharing Session. Information distributed to organizations working with children and youth inviting them to attend a one day information session with representatives from the PACY funded projects. Representatives share learnings with those in attendance. Participants are also provided with information on such issues as grant funding and the Health Promotion Clearinghouse (web based resource).
- IV. November 2000 - Evaluation of PACY projects completed by PACY committee

Outcomes

The PACY Western committee is currently completing an evaluation of its effectiveness, and preparing a report on the outcomes. It is anticipated that the report will be complete by March 21, 2001.

The PACY committee will assess future directions on the basis of the findings in the report.

Partners

Nova Scotia Sport and Recreation Commission: South Shore and Valley Region
Public Health Services
Heart & Stroke Foundation of Nova Scotia
Heart Health Partnership
Sharing Strengths
Annapolis Valley Regional School Board
South West Regional School Board