





Expanding Food Policies in Publicly Funded Institutions

Direction #3 – Create More Opportunities to Eat
Well and Be Active



“Affordable and appealing options must be
available in the places we live, learn, commute,
work and play before we can expect healthy eating
and physical activity to become part of our daily
routines.”



- Healthy eating behaviours translate into lower health care costs**
- School food and nutrition policy has had a modest impact on NS youth consumption of sugar-sweetened*** beverages
- Impact might have greater but for the presence of an "obstructive community culture"****

*Kuhle, Kirk et al (2011); **Kirk et al (2012); ***Fung et al (2013); ****McIsaac et al (2013)



Supporting food policies in public institutions

- Makes healthy food the "default" option
- Decreases the pressure on people to continually resist less healthy foods
- Address (for example):
 - Infant feeding
 - Marketing and advertising
 - Portion size
 - Procuring local food
 - Fundraising
 - Role modeling



Policies currently in place

- Food and Nutrition Policy in Nova Scotia Public Schools (2006)
- Food and Nutrition Standards for Regulated Child Care Settings (2011)



New and emerging food policy work

- Healthy Eating in Recreation and Sport Settings
- DHA/IWK Healthy Eating
- DHW Healthy Eating Policy
- Environmental Scan on the current food environment in post-secondary institutions



Healthy Eating in Recreation and Sport Settings

- To support a cultural shift towards healthy food and beverages in the sport and recreation setting
- Held stakeholder feedback sessions on draft guidelines in winter 2013
- Revisions being made and launching guidelines in late fall 2014



DHA/IWK Healthy Eating

- Provincial committee working on draft healthy eating policy
- Representation from all DHA's and IWK
- Building on great work that has already been happening on the DHA's and at the IWK



DHW Healthy Eating Policy

- Create a supportive environment for healthy eating for DHW employees and visitors through increased access to healthy foods and beverages during work hours and events
- Applies to all catering, vending, fundraising and gifts
- To be consistent with work we support in other settings



Universities and Colleges

- Working group established
 - Representation from most universities and colleges, Council of University Presidents (CONSUP) and Department of Health and Wellness
- Environmental Scan complete
 - A look at the current food environment
 - 14 post-secondary institutions were contacted and 12 responded

