



Create More Opportunities to Eat Well and be Active



- Objective: Support food policies in public institutions
- Actions:
 - Expand food policies in publically funded institutions (including sport and recreation settings)
 - Create a policy requiring new physical activity and sport facilities that receive provincial funding to adopt healthy eating policies

NOVA SCOTIA

Healthy Eating in Recreation Sport Settings HERSS



- Advisory Committee
 - Policy Sub Committee
 - Nutrition Criteria Sub Committee
 - Recreation Facility Association of Nova Scotia, Sport Nova Scotia, Recreation Nova Scotia, Community Links, The Alliance for Healthy Eating and Physical Activity, Recreation Depts (Directors and MPALS), Department of Health and Wellness, District Health Authorities, Department of Agriculture, Healthy Eating Nova Scotia, and Public Health Agency of Canada



Traditional Concession



Work Happening Across Canada

- Stay Active and Eat Healthy (BC)
- Healthy Eating and U (Alberta)
- Support Healthy Eating at Work or Play (SK)
- Move to Healthy Choices (MB)
- Eat Smart! (On)
- Project Healthy Menu (QU)
- Healthy Foods in Recreation Facilities: It Just Makes Sense (NB)
- Healthy Rink Initiative (PEI)
- Eat Great and Participate (NL)
- Sports Nutrition for the Yukon Athlete (YK)
- Healthy Choice Framework (NWT)



Sport and Recreation- \$140,456.75 (total)

- Cole Harbour Place (HRM)- Healthy Vending
- Kings RDA (Healthy Eating in Recreation Settings Committee)- Play Strong, Eat Healthy (Berwick/Kentville, Canning/Wolfville, Kingston/Greenwood, Annapolis County, Windsor/West Hants)
- Lunenburg County Multi-Purpose Centre Corporation- Lunenburg County Lifestyle Centre
- Municipality of Clare (Healthy Eating in Recreation Settings Committee)- Play Strong, Eat Healthy (Digby/Clare)
- Rath Eastlink Community Centre (Truro)- Implementation of Healthy Eating Policy
- Sackville Sports Stadium (HRM)- Healthy Vending



Municipalities- \$80,248.45 (total)

- Inverness- Healthy Snacking in the Workplace
- Guysborough- Healthy Eating Policy
- Bridgewater- Healthy Eating in Recreation and Municipal Settings
- Lunenburg- Implementation of Healthy Eating Policy in Lunenburg Arena
- Springhill- Gettin' Healthy Springhill (combined efforts for NSCC Cumberland Campus, All Saints Springhill Hospital, and Dr Carson and Marion Community Centre)
- ❖ Post-Secondary Institutions- \$75,000 (total)
 - ❖ Acadia University- Multi-sectoral Partnership to Develop Healthy Eating Policy at Acadia
 - ❖ Saint Mary's University- Healthy Eating on Campus



Guidelines Developed

- Healthy Eating in Recreation and Sport Settings Guidelines created
 - Stakeholder feedback session held in winter 2014
 - Revisions made based on feedback
 - Currently going through internal review process
 - Launch late fall 2014



HERSS Guidelines

- Purpose:
 - To support those who work, participate and support activities in recreation and sport settings to make changes to the food environment to make it supporting of eating well



Public Opinion Polling

Commissioned Thinkwell Research to conduct research into public perceptions about access to healthy foods and beverages in recreation and sport settings

Highlights of Results

- Nova Scotians most likely to say they occasionally purchase food or drink in this setting
- For drinks, frequent and occasional purchasers most likely to buy bottled water, soft drinks and tea/coffee/hot chocolate
- Pizza, hamburgers, hotdogs and French fries are them most commonly purchased food items
- Feel there is few or some options for healthy foods and beverages
- 66% felt this setting should provide more healthy food and beverage options



Baseline Assessment

- Collecting information on the current “as is” food environment in recreation and sport settings prior to the release of the guidelines
- Research activities:
 - Online survey of current recreation and sport setting food provision practices
 - Recreation and sport setting food environment audit
 - In-depth interviews with facility managers



RFANS Equipment Replacement Grants

- The goals of this program are:
 - Support a cultural shift towards healthy foods and beverages in recreation and sport settings
 - Increase access to, consumption and promotion of healthy foods and beverages
 - Decrease access to unhealthy foods and beverages
 - Create an environment that promotes overall health
 - Support efforts in healthy eating policy development and implementation
- Since March 2014, more than \$158,000 has been given out to 26 recreation and sport organizations all with a commitment to increase access to healthy foods and beverages

