

# Physical activity policy in the after school time period



A project spearheaded by  
Heart and Stroke Foundation of Canada

- ▶ Continuation from work done in 2013 – policy workshops offered around the province
- ▶ Funded by the Department of Health and wellness and the Public Health Agency of Canada

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## Objectives of project relevant to Thrive

1. To develop and disseminate provincial voluntary standards that encourage physical activity in the after school time period.

- Advisory group formed, first meeting September 30th

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Objectives of project relevant to Thrive con'd

2. Increase knowledge and skills in creating and writing policy to support physical activity

Up to 10 workshops across province

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Objectives of project relevant to Thrive con'd

3. Increase knowledge of after school program providers on how to objectively measure p.a. in their program

Working with Applied Research Collaborative for Health (ARCH)  
Dalhousie University

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Objectives of project relevant to Thrive con'd

4. Increase awareness and use of best practices and evidence to support after-school providers:

- Promote Canadian Active After School Partnership website
- - Add stories to website

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