

Healthy Eating in Municipal Settings

Healthy Eating on the Menu for Municipal Units in Digby County



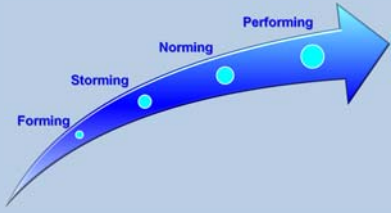
October 2012 – **Municipal candidates were given fact sheet** highlighting key statistics for overweight/obesity rates, importance of offering healthy foods in recreation & municipal settings, and the role of municipalities.



April 2013 – HEMS Committee **sought support from 3 Municipal Councils** to develop healthy eating policies for:
 (1) The Municipality of Digby
 (2) The Town of Digby
 (3) The Municipality of Clare



Sept 2013 – May 2013 - The Policy Committee **developed healthy eating policy drafts** for: (1) The Municipality of Digby, (2) The Town of Digby, and (3) The Municipality of Clare.
 Committee experienced the **stages of team development**
 ❖ **Forming**: eagerness, socialization, focusing discussion on safe topics
 ❖ **Storming**: resistance, conflict, personal values and emotion
 ❖ **Norming**: relief, innovative, cohesion
 ❖ **Performing**: effective, focus on production



July 2013 – The Digby/Clare Municipal Healthy Eating Policy Committee composed of public health staff, municipal councilors, recreation and municipal staff **met for the first time.**



Healthy Eating In Municipal Settings (HEMS) Committee

- o Recreation Director, Municipality of Clare
- o Municipal Physical Activity Leader, Digby Area Recreation
- o South West Health, Public Health Services
- o Department of Health & Wellness
- o Municipal Councilors, Municipality/Town of Digby & Municipality of Clare



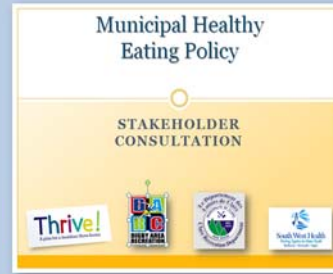
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April 2014 – **Policy stakeholder consultations** were facilitated with municipal staff in Digby & Clare including: CAO's, administrative assistants, recreation staff & municipal councilors.

Objectives of stakeholder consultations were to:

- (1) Increase municipal employees' understanding of draft policy.
- (2) Enhance internal ownership of the policy by engaging municipal employees in the policy development process.
- (3) Obtain feedback & advice to assist in finalizing the draft policy.



Wall of Success



Clare Freshmart booklet highlights foods that meet the municipal healthy eating policy to assist with implementation



Clare Recreation Committee enjoying a healthy working dinner



Colonie Jeunesse Acadienne summer camp staff enjoy some healthy fruit smoothies



Healthy Canada Day snacks in Digby



BBQ scallops at Digby Scallop Days



Healthy cooking class in Digby

May 2014 – The policy committee **developed & facilitated healthy eating policy presentations for the Committee of the Whole** in the Municipality of Digby, the Town of Digby, and the Municipality of Clare.



Outcome

Municipal Healthy Eating Policies adopted by:

- ❖ Municipality of the District of Digby
- ❖ Town of Digby

Municipality Healthy Eating Guidelines adopted by:

- ❖ The Municipality of the District of Clare

July – August 2014 – Municipal Council decisions made.

- ❖ July 16th 2014 – Municipality of Clare passed Municipal Healthy Eating Guidelines
- ❖ July 21st 2014 – Municipality of Digby passed Municipal Healthy Eating Policy
- ❖ August 5th 2014 – Town of Digby passed Municipal Healthy Eating Policy



Next Steps

1. Policy Implementation, Monitoring & Evaluation
2. Ongoing Support for Municipalities
3. Communication of Policy