



**PROCEEDINGS OF
HEALTHY EATING IN RECREATION AND SPORT
SETTINGS PROVINCIAL GATHERING**

NOVEMBER 1, 2010

Best Western Chocolate Lake, Halifax, NS

Funded by



Message from the Planning Committee

It isn't often that a gathering such as this takes place. This provincial event represented the first for the recreation and sport sector and brought together a range of diverse talent, interests and expertise from across Nova Scotia. Energy infused every discussion group, flip charts were filled, opinions expressed, values articulated and perspectives shared. And throughout we shared one special commonality – a commitment to healthy eating in recreation and sport settings throughout Nova Scotia.

The Planning Committee is proud to have played a role in organizing such an important occasion. It provided everyone present with a chance to listen, learn, and take part in developing what the next steps should be to advance healthy eating in recreation and sports settings. But most of all, it gave us the chance to work alongside people from across the province who hold this issue so close to their hearts.

Sincerely

Planning Committee

Gerard MacIsaac,, Nova Scotia Department of Health and Wellness
Michelle Amero, Nova Scotia Department of Health and Wellness
Rikki Andrews, Public Health Nutritionist, Capital District Health Authority
Kelley Cavan, Public Health Nutritionist, Pictou County District Health Authority
Dawn Stegen, Nova Scotia Department of Health and Wellness

The Planning Committee would like to thank Colleen Strickland from the Nova Scotia Department of Health and Wellness for managing registration and the staff of the Best Western Chocolate Lake for their exceptional customer service. Also, a big thank you to the World Café facilitators- Kim Barro, Anne-Marie Smith, and Kenda MacFadyen

BACKGROUND

Throughout Nova Scotia, there are great examples of healthy eating policies in a variety of settings including schools, hospitals and child care. Recreation and sport settings are often the cornerstone of many communities. They are home to some of the largest populations of youth outside the school setting. They are also important gathering places for parents and older adults. Recreation and sport facilities and settings already play a vital role in keeping Nova Scotians healthy by providing safe, public spaces for physical activity. When healthy food and beverage options are also available at these facilities, it can have a strong impact on the health of the community.

The Healthy Eating in Recreation and Sport Settings Provincial Gathering was organized to:

Provide **recreation, sport and healthy eating stakeholders the opportunity** to come together to learn more about the potential for collaboration, address issues and challenges, and **provide comments and advice on how to make the healthy choice the easy choice in recreation and sport settings throughout Nova Scotia.**

The Gathering was held on November 1, 2010 at Best Western Chocolate Lake, Halifax, Nova Scotia.

Any person with a role and responsibility related to healthy eating or publicly funded recreational and sport settings were invited to participate. In fact, every effort was made to attract delegates from a broad range of roles and perspectives to enrich the discussions of the day and strengthen the community of interest in healthy eating in recreation and sport settings. Each member of the planning committee was asked to encourage appropriate levels of participation from their respective sectors. Approximately 75 people attended.

Only 10% of the municipal recreation departments were represented at the provincial gathering as many recreation directors and coordinators were registered for a healthy eating in recreation settings workshop taking place at the November 17, 2010 Recreation Nova Scotia conference. The remainder of this document summarizes the ideas and opinions of those attending the Provincial Gathering.

APPROACH

Key to the success of the gathering was having people with a broad scope of experience and responsibility, from managers to front line staff and volunteers, attend and participate in this event. For the morning portion, the Planning Committee identified a number of topics and speakers that would 'Set the Stage' for why we are talking about healthy eating and how the recreation and sport settings fit into the 'Big Picture'.

The following presentations were made:

- **The Importance of Healthy Eating and Physical Activity**, Dr. Robert Strang, Chief Public Health Officer, Nova Scotia Department of Health and Wellness (DHW)
- **Supportive Environments**, Dr. Sara Kirk, Canada Research Chair in Health Services Research
- **The Recreation Setting**, Gerard MacIsaac, Regional Representative, DHW
- **Healthy Eating Nova Scotia**, Michelle Amero, Healthy Eating Coordinator, DHW
- **Current Initiatives in NS and other jurisdictions**, Rikki Andrews & Kelley Cavan, Public Health Nutritionists, Capital District Health Authority and Pictou County District Health Authority

The powerpoint presentations are attached in Appendix I.

A World Café approach was used for the afternoon, which was instrumental to overall design as it provided stakeholders with a forum to express their opinions on this issue, provide advice and feedback on approach and next steps.

The Provincial Gathering was organized to:

- increase awareness and understanding of the concept of healthy eating in recreation/sport settings, the variety of options and approaches, and the benefits
- provide stakeholders with a forum to express their opinions on this issue
- explore the opportunities available to support healthy eating in recreation/sport settings
- provide advice and feedback on approach and next steps

The detailed agenda is attached in Appendix II.

The remainder of this document presents the results of the Provincial Gathering.

RESULTS

After hearing the presentations, participants were asked to get into small groups and share what resonated with them about what they heard?

Results from these discussions:

- Where do we begin – start with those who are ready and open to change – starts with families
- Partners – we are in this together
- Need to create supportive environments
- Economics and value for society
- Keep the social determinants of health in mind
- Acknowledge the complexity of the issue - work to bring the puzzle pieces together
- Bold steps through policy are needed
- (It's) encouraging to see other sectors have success – schools, day cares.... It will make it more feasible for the sport and recreation setting
- At the basic level we are supporting 'families'

World Café

Table groups were asked to address the question **“What is possible when it comes to increasing access to healthy eating in the recreation/ sport setting and who should be involved? “**

Results from these discussions:

- **Programs:** Integrate into existing programs, align with HIGH FIVE, MPAL.
- **Marketing and Communication:** Increase awareness of the issues with all people, promote the amount of physical activity required with food choice (how much exercise is required to burn the calories in a bag of chips, plate of french-fries, etc)., address misconceptions concerning unhealthy foods, show what is possible, promote through community events.
- **Incentives:** Establish a 'cash for fryers' program - an incentive program for facilities to convert and or remove their fryers. Make it fun and easy for operators and customers through competitions and challenges, update facility plans for kitchens or canteens that allow for healthier cooking, provide grants to help transition and support implementation, offer awards program, offer free healthy snacks as part of recreation programs, encourage new fund raising approaches for sports teams.
- **Facilities:** Make healthy food a condition of funding for new facilities, promote the growing of food at recreational facilities, have options & encourage healthy choices, have healthy options only, start with public facilities run by provincial government.

- **Accreditation:** Brand facilities that meet a certain standard as healthy eating establishments.
- **Policy:** Develop a collective vision (healthy eating will be the norm), amend and create municipal by-laws that support healthy living in a broad way – smoking, healthy eating, active lifestyle, built environment, etc., policy should be the middle or last step in this process, address sport and recreation sponsorship, take away unhealthy options or introduce/add healthy food (NUDGE).
- **Resources:** Develop a user friendly tool kit, similar to *Loving Care* and *Baby Steps*, produce fact sheets on new fund raising approaches, provide tendering policy information – how to amend agreements for tendering already in place.
- **Champions and People of Influence:** This is the place to start, get stakeholder buy in, support a grassroots movement. Involve/engage youth in the conversation, involve parents (help them have a voice); involve town councils: take people where they are at – baby steps with multiple strategies and approaches; involve provincial sport organizations – encourage them to make a commitment to the issue through policies and services; expand the school healthy eating policies reach and influence to school sporting events and clubs using schools for sporting events; use the NUDGE approach – make the choice easy, have a team of champions/speakers/ resource people that stakeholders can contact for advice, guidance and support. People need to feel inspired
- **Partnerships:** Work together, collaborate, coordinate the approach, make packaging easier to understand (industry partnership); align with MPAL (municipal physical activity strategy), partner with government, wholesalers, facility managers, food services, business and families.
- **Knowledge Exchange, Dissemination and Education:** Share learnings and success stories, provide food handling courses; be creative, bold and edgy.

The following are the key suggestions arising from discussions on “**What are the three key next steps in moving forward?**” If interested in being involved in moving a suggestion forward, participants were invited to express their level of interest, whether it be to support, advise, or commit (highest level of commitment).

Policy, Regulatory Cross Compliance

Circle of Support: Wanda NSFA, Sandi Carmichael, Robin Norrie, Marissa Van Engelen, Kerry Copeland

Advice and Feedback: Dave Molloy, Larry Maxwell, Darren Leyte, Rhonda Lemire, Rick G, Jackie Spiers, Tina Swinamer, Trudy Reid, Meg Cuming, Annick Arseneau, Michelle Murton, Paul Corbin

Committed: Kate G, Rikki-Lee, Sharon Young, Lindsay Corbin

Notes:

- Range of opportunities/sample policies/accreditation (e.g.); Policy for publicly funded settings (current and future); coordinating food policy with tendering policy;

- Considers healthy eating expectations when applying for provincial, municipal, federal grants (will actually need grants and funds). Could be hard or soft e.g. provide idea of how you will have access to healthy eating at your facility or would you be willing to attend a healthy eating session;
- Create a municipal wellness by-law.

Tool kits, Supports and Resources

Circle of Support: Katie Harvieux, Jackie Spiers, Alyson Cox, Wanda NSFA, Stephanie Outhet,

Advice and Feedback: Leigh Barnes, Sandy Mair-Dodman, Rhonda Lemire, Sharon Young, Darren Leyte, Keely Fraser, Annick Arseneau, Janice Rand, Kerry Copeland, Tammy Stokvis, Joanne Llewellyn, Debby Smith, Melissa Barry

Committed: Kate Graves, Rikki-Lee, Kelley Cavan, Paul Corbin, Laurene Rehman, Mary Daly

Notes:

- Share learnings, issues and concerns. Examples include sharing vending machine contracts, independent leases with food service providers, etc.
- Develop tool kits and have them readily available to help implement change. Include spectrum of readiness and willingness;
- Tool kit needed (concentrate on new facilities) – use good work already being done across Canada and adapt to our NS reality; needs to provide examples of how to have the conversation
- Backgrounders on the issues, documents, web site, success stories;
- Adapt resources from other jurisdictions – put energy into implementation rather than ‘reinventing the wheel’

Consultation/Collaboration/Conversations

Circle of Support: Jackie Spiers, Keely Fraser, Sandi Carmichael, Ellen Palmer, Robin Norrie, Sherry Jarvis, Katie Harvieux, Margo Riebe-Butt

Advice and Feedback: Rick G, Meg Cuming, Laurene Rehman, Wanda NSFA, Annick Arseneau, Dave Molloy, Janice Rand, Joyce Kerr, Helen Pitman, Joanne Llewellyn, Tina Swinamer, Kelley Cavan, Kerry Copeland, Paul Corbin, Lindsay Corbin, Leigh Barnes, Sharon Young

Committed: Gerard M, Rikki-Lee, Rhonda Lemire, Trudy Reid, D Provo, Larry M, Mary Daly

Notes:

- Broaden the discussion to involve local people involved in food service;
- Facilitate support for ongoing collaboration;
- Concentrate on community partners;
- Resolutions at events such as the Recreation NS AGM - to work together to implement healthy food policy;
- Consultation/conversation with provincial and municipal organizations including but not limited to the UNSM, Hockey NS, RFANS, 4-H, Girl Guides, the public (especially youth);
- Build relationships between recreation, sport and nutrition stakeholders; integrate messages, effort and promotion of healthy eating and active living;

- Begin dialogue with facility users. For example, petition or other initiatives/actions to build grass roots support;
- Host regional gatherings;
- Make the conversations relevant for those engaged and set into local work plans.

Readiness – working with those who are ready

Circle of Support: No names identified

Advice and Feedback: Wanda NSFA, Trudy Reid, Keely Fraser, Lindsay Corbin, Kelley Cavan, Rhonda Lemire, Tammy Stokvis, Melissa Barry

Committed: Gerard M, Rikki-Lee, Larry M, Leigh Barnes, Annick Arseneau, Joanne Llewellyn, Mary Daly, Paul Corbin, Sarah White, Debby Smith, Shelley Moran, Kate Graves

Notes:

- Assess who is ready;
- Pick a few facilities or target facility types (e.g.) arenas, to make wholesale change to become examples – something for others to aspire to;
- User buy in (facility managers and customers), using leaders to show that it can be successful

Social Marketing/Communications

Circle of Support: Wanda NSFA, Jody Conrad, Jack Lalane, Mary Daly, Annick Arseneau

Advice and feedback: Laurene Rehman, Trudy Reid, Joyce Kerr, Melissa Barry, Sandy Mair-Dodson

Committed: Lindsay Corbin, Rhonda Lemire, Sarah White, Kerry Copeland, Rikki-Lee, Kelley Cavan

Notes:

- Identify community champions and existing opportunities;
- Communicate successes and highlight champions in e bulletins and newsletters;
- Use sport and recreation celebrities as spokespeople and role models.

CONCLUDING REMARKS & NEXT STEPS

Participants were reminded that the Provincial Gathering was intended to provide a forum for initial and exploratory conversations to address issues and challenges, and provide comments and advice on how to make the healthy choice the easy choice in recreation and sport settings throughout Nova Scotia.

Michelle Amero and Dawn Stegen offered closing remarks to participants.

At the completion of the Provincial Gathering, participants were asked to reflect on:

- a) aspects of discussion feeling most positive about
- b) hopes for where this goes from here
- c) the approach to the Provincial Gathering

Comments were compiled and included as Appendix III.

This document, summarizing the results of the Provincial Gathering was compiled by the Planning Committee. It was sent electronically to all who participated in the Provincial Gathering.

Supportive Environments, Dr. Sara Kirk



Setting the stage: The need for supportive environments

Sara FL Kirk PhD
 Canada Research Chair
 in Health Services Research
 Applied Research Collaborations for Health (ARCH)



Key messages

- Efforts aimed at individual behaviour change to promote healthy, active lifestyles have had limited impact
- Our current environments actively discourage healthy active lifestyles
- Supportive environments are needed where people live, learn, work and play



Why act now?

- The creation of supportive environments and the development of healthy public policy are two key goals of the Ottawa Charter
- 25 years later, how close are we to making the healthier choice the easier choice?



Hands up if you...

- Don't smoke?
- Eat 5 or more portions of fruit or vegetables each day?
- Do 30 minutes or more of moderate to vigorous physical activity five or more times a week?
- Maintain a healthy body weight?

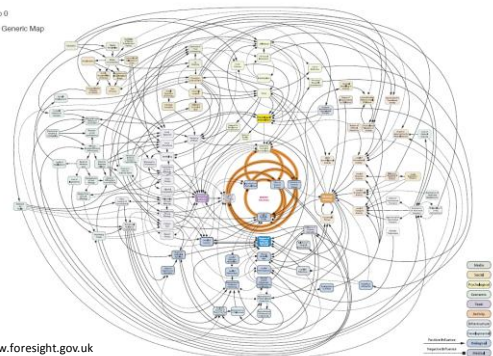


Healthy Lifestyle Characteristics

- Not smoking
- Eating 5 or more fruits and vegetables each day
- Regular physical activity
- Being a healthy weight
- Only 3% of US adults followed all 4 common, modifiable lifestyle characteristics

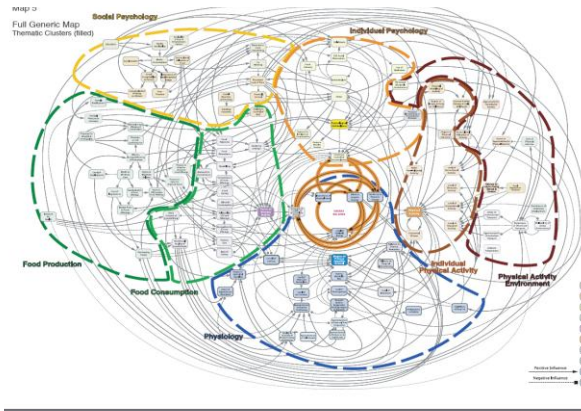


Map 0
Full Generic Map



www.foresight.gov.uk

(Reeves and Rafferty 2005)



Does the key to our future lie in our past?

- Hunter-gatherer existence required large amounts of daily physical activity to obtain food
- Instinct to eat food when available and store as fat (energy) for lean times
- Essential survival mechanism for an unpredictable food supply
- Physical activity *driven by* the need to eat



Our current physical environment...



Our current food environment...

BIG... CHEAP... AND EASY!



Eating is now driving the need to be physically active...



Working our buns off...

Eating the most popular meal at McDonalds



1440 Calories

Walking slow/medium/brisk 8/6/5 hours



1414/1479/1409 Calories



Why recreational settings?

ENACT Study:

- Parents and youth reported being over-scheduled in ways that limited options for healthy meal preparation
- Ironically, healthy eating was often sacrificed due to the scheduling of leisure-time physical activities



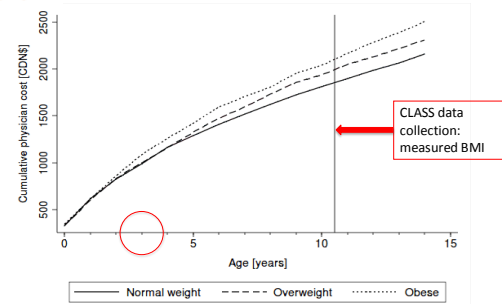
International evidence

British Heart Foundation:

- Less healthy foods promoted in such a way as to undermine healthy eating and active living messages
- Vending machines included items that would not be allowed to be sold in school vending machines
- Average calorie content of the top food items available in vending was 203Kcals



The consequences of inaction



Kuhle et al, 2010: Use and cost of health services among overweight and obese Canadian children, IJPO (in press)

Shifting the balance

- Model the behaviours we want people to adopt through a supportive environment
- Shift emphasis from profitability of food provision to health as priority
- Make healthier choices the easier (and cheaper) choices – a supportive environment is key



Acknowledgements

Funding Sources:

- Dalhousie University (Research Establishment Grant) and the IWK Health Centre, Halifax (Scholar Award)
- Canadian Institutes for Health Research, Canada Foundation for Innovation, Nova Scotia Health Research Foundation, Heart and Stroke Foundation of Canada

ARCH team:

- Tarra Penney, Jessie-Lee Langille, Meaghan Sim, Greg Hayward, Libby Dean, Michelle Poirier

Email: Sara.Kirk@dal.ca

www.archonline.ca

Recreation Sector, Gerard Maclsaac

HEALTHY EATING WITHIN A RECREATION SETTING



Healthy Eating Opportunities and Influencers

- Canteens operated by Groups @ venues owned by them
- Canteens operated by Groups @ venues owned by others
- Award Banquets and other celebrations
- Pre and Post Game/Event meals
- Group/Team meals while traveling together
- Meals/Snacks provided as part of a program or activity such as day camp, sports camp, music camp.
- Meals/Snacks used as rewards
- Food products used as a fundraising item
- Foods served at a fundraising event.

Community, Recreation, Cultural and Sport Facilities and Settings

"Spaces, places and occasions where and when people of all ages and abilities participate in sport, recreation, physical activity and cultural activities operated and/or supported by municipalities or not for profit organizations."

- Sport Organizations
- Municipal Recreation
- Service Clubs
- Church organizations
- Sport Specific Facilities
- Curling clubs
- Golf courses
- Educational Institutions
- YM-YWCA's
- Youth Centres
- Cultural Facilities
- Performance Centres
- Community Events and Special Occasions

Healthy eating within a recreation setting	FACILITY	PROGRAMS	SPECIAL EVENTS	Banquets	PARENTS / VOLUNTEER	TRIPS / ROAD GAMES	STAFF										
Sport Organizations																	
Municipal Recreation																	
Service Clubs																	
Sport Specific Facilities																	
YM-YWCA's																	
Youth Centres																	
Cultural Facilities																	
Performance Centres																	
Community Events / Special Occasions																	



Healthy Eating in Nova Scotia: A Provincial Approach to Healthy Public Policy, Michelle Amero



Overview of Session

Healthy Eating Nova Scotia A Provincial Approach to Healthy Public Policy

Michelle Amero, MSc, PDt
Coordinator, Healthy Eating
Nova Scotia Department of Health Promotion and Protection

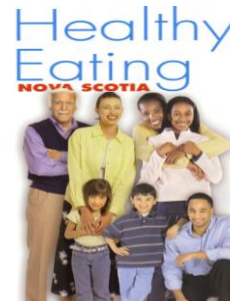
- Healthy Eating as a Priority
- *Healthy Eating Nova Scotia* strategy
- Policy examples



Development of a Healthy Eating strategy...

Provincial Healthy Eating strategy

- Rates of diet-related chronic conditions among highest in Canada
- Impact on healthcare costs and quality of life for Nova Scotians
- History of limited coordination and investment in healthy eating



Healthy Eating Nova Scotia



- Provincial planning framework
- Population health approach
- Focus on coordinated, evidence-based action, decisions, and resource allocation
- Developed and implemented collaboratively by many stakeholders

Healthy Eating Nova Scotia



- Priority Areas:**
- Breastfeeding
 - Children and Youth
 - Fruit and Vegetable Consumption
 - Food Security

Healthy Eating Nova Scotia

Healthy Eating Nova Scotia

Healthy Eating Nova Scotia



Key Settings:

- Community
- Schools
- Workplaces
- Health care
- Child care
- Home/family

Policy Development So Far...



- *Food and Nutrition Policy for Nova Scotia Public Schools*
- *Draft Food and Nutrition Policy for Regulated Childcare*
- *HPP's Workplace Healthy Eating Policy*

Healthy Eating Nova Scotia

Key Policies So Far...



- *Food and Nutrition Policy for NS Public Schools*
 - Applies to all schools grades primary-12 across the province
 - Full implementation was required in June 2009
 - Continuing to support policy implementation, monitoring, and evaluation through supports to school boards and schools
 - Comprehensive policy which includes directives related to foods and beverages served and sold, pricing, special functions, promotion & advertising, fundraising, portion sizes, food safety, etc

Key Policies So Far...



- *Draft Food and Nutrition Policy for Regulated Childcare*
 - Policy will apply to all regulated childcare facilities including family home daycares
 - Public consultation occurred in the Spring of 2010; revisions are currently being made to the draft policy
 - Comprehensive policy which includes components related to foods and beverages served, breastfeeding, special functions, fundraising, food safety, promotion & advertising, special dietary considerations, etc

Key Policies So Far...



- *HPP's Workplace Healthy Eating Policy*
 - Policy applies to all HPP workplaces and sites and includes catering, vending, conferences, fundraising, gifts, and special functions
 - Staff consultation took place during the policy development process and will continue to support policy implementation
 - Comprehensive policy which includes directives related to foods and beverages served, special functions, fundraising, food safety, nutrition education, food packaging, special dietary considerations, etc

Emerging areas



- Healthy Eating Framework in the District Health Authorities
- Healthy Eating in Universities and Colleges
- Healthy Eating in Recreation Settings

A Path Forward....



- Positive outcomes so far in settings- schools, childcare, workplaces
- Opportunity to strengthen partnerships
- Opportunity to increase access to healthy foods and beverages in other settings including recreation

Thank you!

www.gov.ns.ca/hpp

Current Initiatives, Provincially and Across Canada, Kelley Cavan and Rikki Andrews

Healthy Eating in the Recreation Setting Current Initiatives

November 1st, 2010

Rikki Lee Andrews and Kelley Cavan,
Public Health Nutritionists



Why Recreation Facilities?

- Where they live
- Where they learn
- Where they work
- Where they play ...



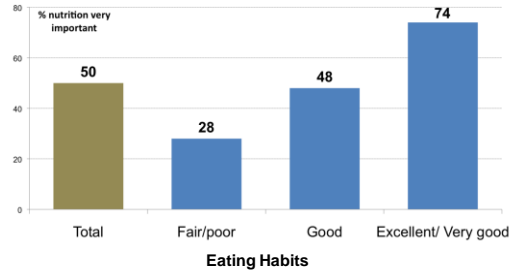
"People are looking for the healthier options and they are glad to see fruit at our canteen" ~ Canteen Manager, Willie O'Ree Arena, Fredericton

What is the Role of Recreation Facilities?

- Meet customer demand
- Become recognized as a leader in health promotion
- Contribute to community awareness of healthy eating
- Contribute to increased wellness of facility staff and volunteers



Importance of Nutrition by Eating Habits, 2008



Q. How important are each of the following factors when choosing the food you eat?
Nutrition?

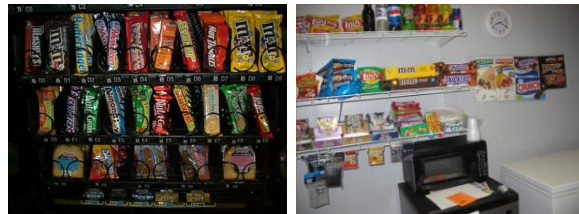
Q. In general how would you rate your eating habits?;

Top Foods Wished For

- Fresh fruit
- Fruit with yogurt dip
- Bagels
- Sandwiches
- Fruit smoothies
- Vegetables and dip
- Low fat muffins
- Cheese and crackers



Traditional Vending & Concessions ~ Where's the Choice?



Main Findings of the Research

- Not on radar
- Varied food service
- Open to change
- Some changes already
- Little dependence on revenue
- Main challenges to change



Revenue Potential With Healthy Foods

- A **baked potato with salsa**, selling for \$2.00, cost \$0.19 wholesale; a similar portion of **French Fries**, selling for \$2.00, cost \$0.30 wholesale
- A **bagel with cream cheese**, selling for \$2.00, cost \$0.51 wholesale; a **hot-dog and bun** had the same selling price and wholesale cost
- A **cereal bar** selling for \$1.25, cost \$0.42 at wholesale; whereas a **chocolate bar** selling for \$1.25 cost \$0.59 wholesale



"The hours we are open dictated what we could do and couldn't do. We sold what made a profit. We kept with the lean hamburgers and sold bottled water. I got the vending machine guy to bring in a milk machine and to add peanuts and smart chips to the vending." ~ Manager, Rogersville Arena

Next Steps ...

- What nutrition supports are needed?
- What resource supports are needed? (eg. Toolkit, grants..).
- Fall RNS workshop Nov 17th



Change is not made without inconvenience, even from worse to better" ~Richard Hooker



- 95-year-old fitness legend Jack LaLanne: "Exercise is king, nutrition is queen, but together you have the entire kingdom!"



Appendix II

Healthy Eating in Recreation and Sport Settings Provincial Gathering Agenda, November 1, 2010

10:00	Welcome
10:05	Introductory Remarks, Dr. Strang, Importance of Healthy Eating and Physical Activity for Public Health
10:15-10:25	Appreciative inquiry with a neighbor "What has been your best experience with HE in a setting, including recreation?"
10:25-10:40	Supportive Environments, Dr. Sara Kirk
10:40-10:55	Recreation Sector, Gerard MacIsaac
10:55-11:10	HENS, Michelle Amero
11:10- 11:25	Current Initiatives, Provincially and across Canada, Kelley Cavan and Rikki Andrews
11:25-11:30	Beak
	World Café
11:30-11:40	Intro to principles of World Café, Kim Barro
11:40-12:10	Question 1: What resonates with you about what you've heard?
12:10-12:15	Energizer- Rikki Andrews
12:15-1:00	Lunch
1:00- 1:30	Question 2: What's possible when it comes to increasing access to healthy eating in recreation/sport setting and who should be involved? ...vision, dreams
1:30-1:45	Popcorn Harvest
1:45-2:15	Question 3: Based on what we've just heard in terms of vision, what are 3 key next steps in moving forward?
2:15-2:30	Popcorn Harvest
2:30-2:45	Share back key next steps that emerge
2:45-3:00	Closing remarks – Dawn Stegen and Michelle Amero

Appendix III

Summary of Reflections from the Gathering

Aspects of the Discussion Most Positive

Round table, small group discussions
It's a complex issue requiring comprehensive (multi sectoral) answers
So many common themes and enthusiasm for going forward; time is right
The diversity of people with common purpose
A great group of knowledgeable participants
Great to see that lots already happening in NS
Good interaction
The research presentation – Dr. Sara Kirk
A very positive, sharing environment; met many new and like-minded people; learned about what is already going on - I was surprised at what I didn't know about
The collaborative approach used
Next steps being identified
There are people who stepped up to participate; nice to see it's not action generation without any identification of players to move it forward
Discussions around creating policy and changes that have already been made
Good ideas developed
Information sharing at beginning was very helpful; small discussion was energizing
The need for a healthier environment that makes nutritious choices easier is something that is well recognized - that is very reassuring to see
Perfect balance of presentations and small group discussion; enjoyed not feeling rushed in small group discussion - half an hour was perfect time frame

Hopes on Where We Go from Here

Things will move quickly - not be held back by policy writing but allowed to move forward
Development of a provincial strategy for getting healthy foods into publicly funded settings
Consultation with recreation professionals
Connected to the obesity strategy in a coherent, realistic way
More info to users of facilities
Relationship building between health sector and recreation/physical activity sector; sharing of success stories/champions; tool kits
I am hopeful that the time is right and that a long term, robust strategy can be created. Start slowly with baby steps, consultation and getting participants, groups and other partners on board
Policy development
Regional gatherings
Resolution (template) at provincial association level - UNSM , Sport NS, Recreation NS, etc
Continued collaboration
There is clear communication to facilities that change is needed and that it would go a long way to benefit the sport community and community at large
Make small changes now where possible; build good attitudes and gather grassroots support; learn about methods of success used elsewhere; make healthy food normal
Someone 'owns' it and maintains it so it goes somewhere
Form group to support moving this work forward
Collaborate with university students. Nutrition students need to take food service management courses and create business plan for organizations. This would be a good angle to use in order to select a local recreation facility and create an individualized healthy eating plan that can be adopted if the facility/org desires. Recreation Management students should be addressing this issue as well.