

## Moving Towards Phase 3

February 2017 Vol. 1 No.1

### HSDS 2017 Symposium

On January 18th, the Healthy Start / Départ Santé team brought together nearly 100 participants, half of which joined in online for the 2017 HSDS Symposium to celebrate their achievements in Phase 2 and to share future plans. The day was packed full with 15 amazing presenters each sharing about how they were uniquely involved with Healthy Start. In the morning, we heard a panel of HSDS participant testimonials deliberate on “How has Healthy Start impacted me, my centre, and my community?”

Dr. Anne Leis and Dr. Stéphanie Ward presented on the impact of the initiative on the health of young children, sharing preliminary results of the HSDS evaluation. After lunch, the Healthy Start team energized the crowd, leading participants with a very fun and engaging *ABC for Fitness Chant* (from the *in motion* FitBreak resource)!

The Symposium also provided an opportunity to explore how the project contributed to and wishes to continue the important work of influencing policy and investing in the early years. Dr. Nazmi Sari, (U of S Department of Economics), presented his results on the cost analysis of implementing Healthy Start. Dr. Hassan Vatanparast (U of S), and Naomi Shanks (Saskatchewan Ministry of Health), initiated a strong discussion on how to connect research, practice and policy.

community, health and government stakeholders to advance our priorities and to sustain the HSDS initiative and vision: for *healthy, active young children*.

This was a great day and the HSDS team would like to thank everyone who contributed to the presentations, who made many valuable suggestions to help the project succeed even further and most of all for being there with us in-person or online! For more information and to consult all the Symposium presentations, please check the link below:

<https://healthystartkids.ca/healthy-start-symposium-2017/>



Naomi Shanks, Ministry of Health / Dr. Hassan Vatanparast, College Pharmacy and Nutrition

### PHAC Phase 3 Approval

The Public Health Agency of Canada (PHAC) IS\* team is moving forward with the following steps in finalizing the Phase 3 project funding:

- The first step was to amend the RSFS contribution agreement so that current work can continue until March 31, 2017.
- Next, approve PHAC Phase 3 work plans and detailed budget approval. No timeline for this has been given, but we are aiming for March 31, 2017. As such, official work will not commence until agreements are signed off.



Roger Gauthier and his grandson, Victor.

Finally, the Phase 3 plans for the long-term sustainability of HSDS was launched! Cultural adaptation, parent engagement and online

training are some of the main themes that will guide our work. We will continue to engage early years’

\*photo credits: Kristen McEwen, SPHERU

- The project must also provide another REB or Health Canada ethics review and approval for all new evaluation work. More information to follow.
- The HSDS Management team will be sharing specific information on how the Phase 3 funding will be allocated amongst project partners upon confirmation of work plan and budget approvals.

*\*IS – Innovation Strategy on Achieving Healthy Weights in Canadian Communities; PHAC*

### Stay tuned! Upcoming HSDS Partnership Meetings

**Phase 3 Steering Committee meeting** – we will organize a meeting for general Phase 3 planning. We are interested in expanding the membership to include key stakeholders (Francophone, early years Indigenous and New Canadian representation as well as partners representing SK/NB Colleges); *slated for early April 2017.*

**HSDS advisory working groups:** we look forward to expanding our multisectoral and interdisciplinary partnership by recruiting various experts to examine project enhancement particularly around *cultural adaptation, physical literacy, menu planning, ECE online training development, policy influence*, etc. Meetings will take place between the months *early March and April 2017.* N.B Please contact me if you are interested or if you wish to suggest new partners. Everyone is welcome.

## HSDS Phase 3 Evaluation

The University of Saskatchewan HSDS Evaluation team will continue to support the project performance measurements in Phase 3. Dr. Nazeem Muhajarine will lead a team to assess what worked and what can be improved in implementing a health promotion intervention in the early years. This evaluation will also aim to better understand why and how HSDS is successful, for whom and in which context through a **Realist Methodology** lens.

Dr. Nazmi Sari will conduct the second phase of his economic assessment to determine the **Social Return on Investment** (SROI) of the HSDS intervention. Building on part 1 of his findings which determined the HSDS costs, the next step will pursue the analyses further, map benefits and costs and evaluate the SROI.

And in New Brunswick, a team of researchers lead by Dr. Stéphanie Ward, through the Centre de formation médicale (Université de Sherbrooke, University of New Brunswick) will support the **evaluation of the HSDS online training development**. She will be developing the modules with the Université de Moncton *Groupe des Technologies d'Apprentissage* team. The NB team will evaluate the new online training modules to measure success, maintenance and adoption levels of the initiative in both provinces.

*\*photo credits: Kristen McEwen, SPHERU*

## KDE Plan & Partnership Engagement

A central component of the HSDS initiative is to engage collaborators, supporters and stakeholders framed by an early year's ecological model – which ensures we make connections that will ultimately impact or improve the health of young children. Recently, the project met with our U of S – Saskatchewan Population Health and Research Unit (SPHERU) partners. In phase 3, there will be ongoing collaboration to plan and support the dissemination of the HSDS project results from Phase 2 (implementation and evaluation). In addition, we will be exploring the assessment of the HSDS Knowledge, development and exchange (KDE) framework that was implemented over the last four years in Phase 2. We hope to involve a Masters Public Health student to support some of this work. Thank you to Gabriela Novotna at the University of Regina and Nazeem Muhajarine for initiating this collaboration.

## Saskatchewan Investment

The HSDS project is looking to explore other potential sources of funding in SK and in NB to support key pieces of our project objectives. More information to follow.

## New Brunswick Partnership

This initiative could not have accomplished what it has without the ongoing support from the New Brunswick partners and researchers. Some of whom need to be mentioned: the *Centre de formation médicale du N-B* (l'Université de Sherbrooke, Université of Moncton) with Dr. Mathieu Bélanger and Stéphanie Ward; the Ministry of Social Development, Wellness Department, lead by Lori Johnstone; the Active Kids/ Jeunes actifs partnership with Nathalie Colpitts Wardell; the NB Family Resource



Dr. Stéphanie Ward, NB

Centres and their coordinator Nathanael Patriquin. We look forward to further strengthening our relationships with these and new partners. The Healthy eating and physical activity Coalition (HEPAC) and the *Mouvement*

*Acacien* (MACs), have confirmed interest in future collaboration. On the physical activity front, the Kinesiology department at the UNB, and Physical Literacy NB will support our new collaboration with the Ministry of Education, Early Childhood Education and with the NB Colleges for online training development.

This is all for now! On behalf of the Réseau Santé and the HSDS team in Saskatoon, I would like to sincerely thank you all for your important contribution to Healthy Start / Départ Santé. Gabrielle Lepage-Lavoie [rsfs.lepage@sasktel.net](mailto:rsfs.lepage@sasktel.net)