Départ Santé

Healthy Start

Bouge - mange bien.

Be active - Eat well.

Sustaining Healthy Start…
…Beyond 2020

REGINA, SK

September 26, 2018

Introduction

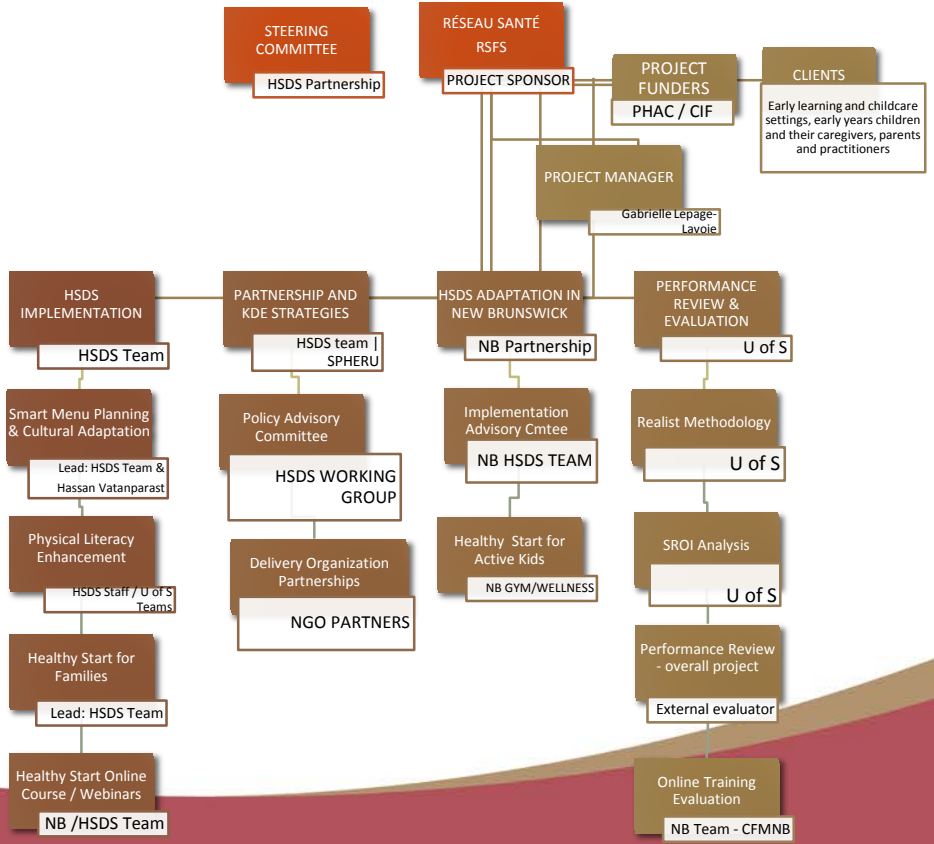
- Agenda
- Housekeeping
- Goals for the day
- Consultations
- Lunch
- Action Plan

ROUNDTABLE OBJECTIVES

GOALS FOR THE DAY

- TELL YOU THE HSDS STORY
- CONSULT YOU
- PRODUCE AN ACTION PLAN

The Healthy Start Program Phase 3 Overview



The Healthy Start Program

épart Santé Health Start

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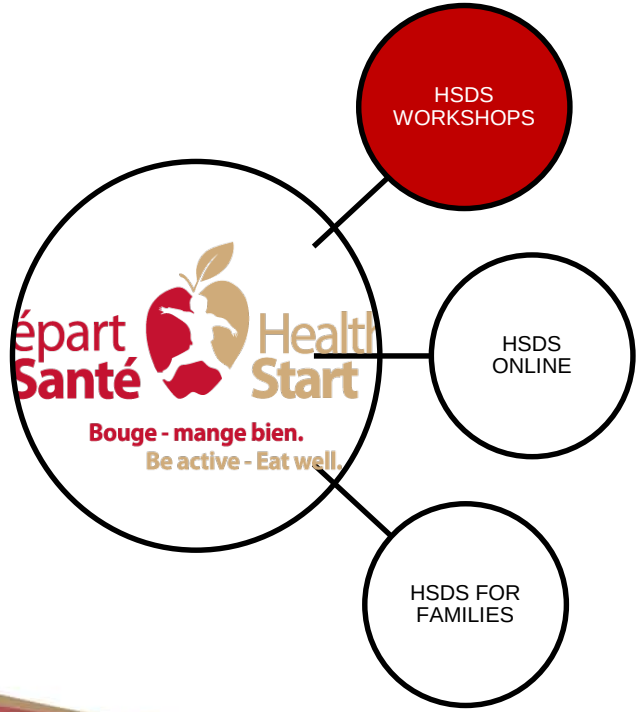
- HEALTHY START WORKSHOPS
- HEALTHY START ONLINE
- HEALTHY START FOR FAMILIES

WORKSHOPS FOR EARLY YEARS PRACTITIONERS

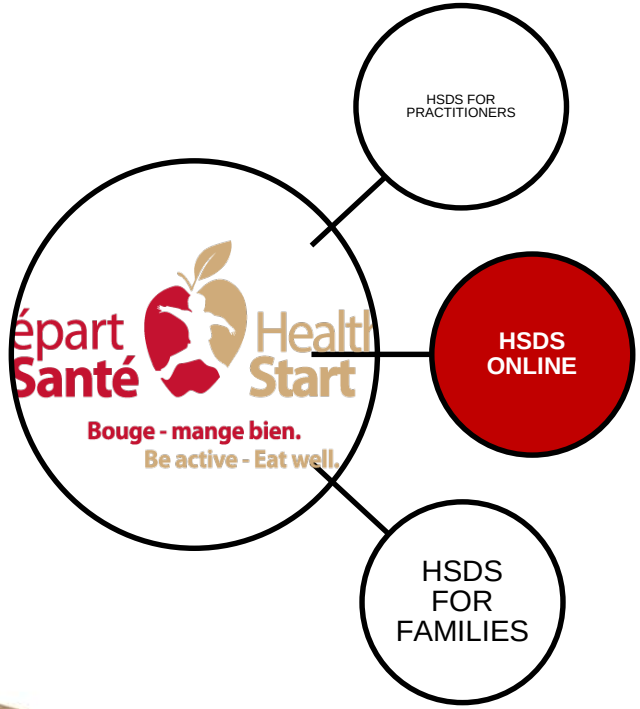


HEALTHY START PROGRAM

- **Target:** Childcare centres or homes and Prekindergarten
- On site or regional trainings – 6 hours
- Refresher Training - additional site visit or *Booster Session*
- Free LEAP resources, toolkit (APE Kit)
- Support and monitoring

HSDS Training Workshop

HEALTHY START ONLINE



HEALTHY START PROGRAM

- 6-hour e-learning course
- Includes a learning guide, LEAP, activities
- Community of practice
- Webinars
- Childcare centres & homes, Prekindergarten programs

HSDS Online

https://clic.umoncton.ca/d2l/home/111325

Départ Santé Healthy Start

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Healthy Start Wellness Training

La formation Mieux-être - Départ Santé

Welcome

The Healthy Start interactive activities in this training module are suggested to increase your knowledge and awareness around healthy behaviours. We encourage you to take notes in your Learning Guide as it is your own personal working tool. You can try the activities as many times as you want. Repetition is key to understanding.

Required Course Documents

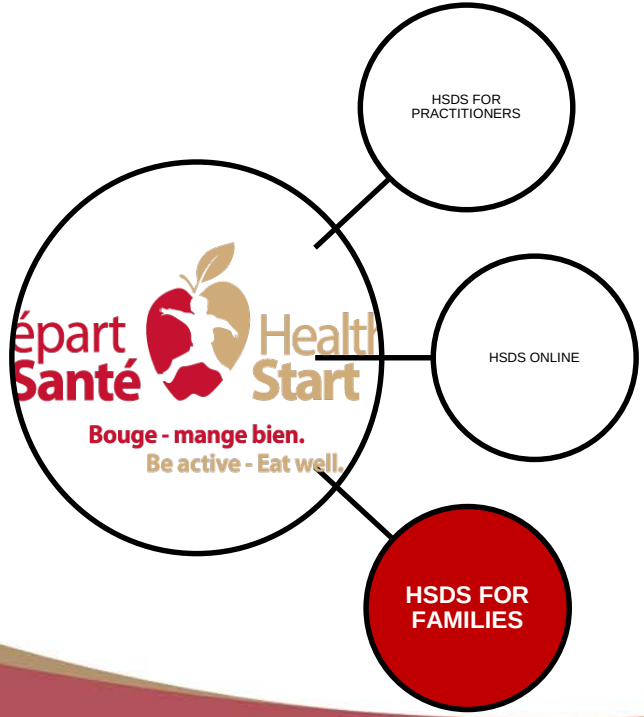
- Learning Guide. Please open the Learning Guide and save it on your computer so you can refer to it as you go through the module.
- HOP
- Food Flair

Content Browser

Bookmarks | Recently Visited

- Introduction
- Healthy Eating
- Physical Activity
- Conclusion

Healthy Start for Families



HEALTHY START PROGRAM

Delivery options:

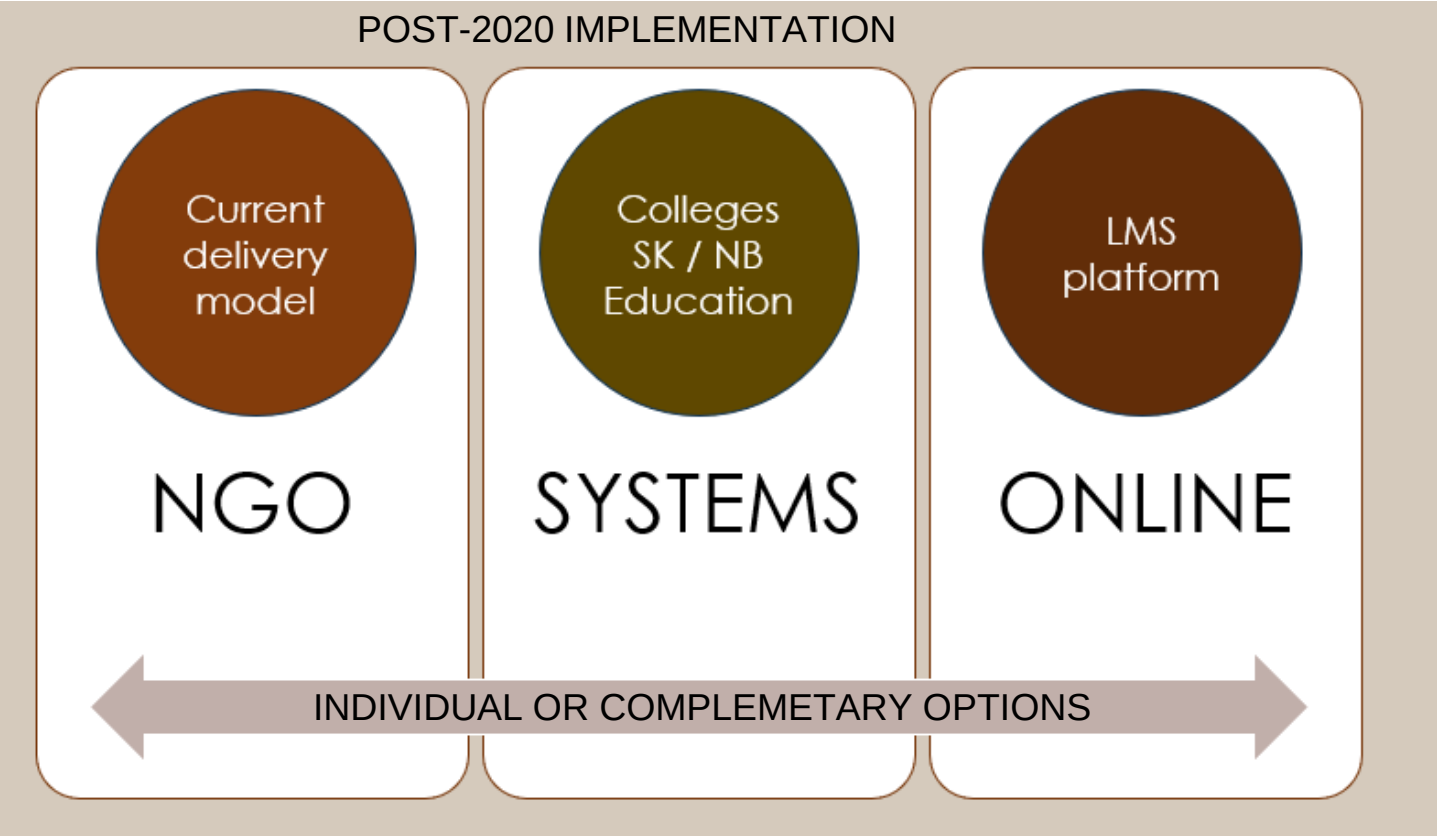
- Childcare Setting
- Family Resource Centres
- In-home visits (i.e. KidsFirst)

Family Education Sessions (3)

- Adapted from Healthy Together©
- LEAP - HOP™ Family
- Culturally adapted activities
- Fun, play-based experiential learning

HSDS for Families

HSDS DELIVERY OPTIONS



DELIVERY SCENARIOS

Saskatchewan

- Transfer to a community-based organisation
- Delivery of workshops
- Delivery of online training
- Estimated cost $150-$200 K / year

New Brunswick

- Transfer to a community-based organisation
- Delivery of workshops
- Estimated cost $90 K/ year

DELIVERY SCENARIOS

Saskatchewan

- Transfer to a College course
- Collège Mathieu
- Sask Polytech / SIIT
- Online training option – Early Years Portal
- Cost to be determined

New-Brunswick

- Transfer to community college
- Online delivery within Dept of Education (Wellness Module)
- Cost to be determined

DELIVERY OPTIONS

Saskatchewan

- Learning Management System by an NGO
- Delivery of online course
- Estimated cost $50K/year

National Site

- Example – Ontario *Best Start*
- Transfer of the online plateform to a national early years organization

ROUNDTABLE CONSULTATIONS

BRAINSTORMING QUESTIONS

ROUND 1 & ROUND 2

WHAT THE PROGRAM HAS DONE AND IS DOING

- Share your experiences with the initiative, and what you have heard

ROUND 1 & ROUND 2 - small group discussion and plenary

- *Wonders and aha's - comments, recommendations or suggestions*
- *What are the implications in YOUR work?*
- *How does HSDS implementation and evaluation influence policy?*

BRAINSTORMING QUESTIONS

ROUND 3 – KNOWLEDGE EXCHANGE

Small group discussion and plenary

- Wonders and aha's - comments, recommendations or suggestions on **KDE**?
- What are the best practices or mechanisms for **dissemination**?
- What are some successful KT strategies to consider for the various target groups – EY practitioners, parents, remote and underserved populations, for diverse populations?
- What works best? Other ideas or suggestions?

BRAINSTORMING QUESTIONS

ROUND 4 - SUSTAINABILITY

Large group discussion & plenary

- Brainstorming suggestions on what worked elsewhere, other success factors in public health, what is recommended, what is realistic?
- Comments, recommendations or suggestions for long-term sustainability
- How do we sustain HSDS after March 2020?
- What are some best practices that you are aware of or experienced? What are some key success factors

KEY FACTORS FOR SUCESSFUL SCALE UP

1. ***Overall Readiness****:* Is the intervention ready for scale up?

2. ***Capacity****:* Is there established organizational infrastructure, with the resources required for scale up? What is the best way to achieve scale up?

3. ***Partnership Development****:* Are there vested partners with sustainable networks who are engaged in the project?

4. ***System Readiness****:* What are the institutional impediments to scale up? What are the type and quality of resources required for scale up?

KEY FACTORS FOR SUCCESSFUL SCALE UP

***5. Community Context**:* Are the sites ready with adequate resources, KDE capacity and evaluation? Is the cultural context within the community supportive of the intervention?

6. Evaluation and KDE: How will the scale up process be evaluated? What are the KDE mechanisms needed to share results?

***7. Cost Factors**:* What are the costs associated with the interventions compared to the costs of no action? How will scale up be sustained?

ROUND 4 - SUSTAINING HEALTHY START / RONDE 4 – LA VIABILITÉ DÉPART SANTÉ

INTSRUCTIONS

- **Brainstorm questions individually**
- **Write down three priority action items**
- **Share one of your action items**

INSTRUCTIONS

- **Session remue-méninge individuelle**
- **Écrire vos trois actions prioritaires**
- **Partagez une de vos idées en grand groupe**

CONCLUDING REMARKS

WHAT WE HEARD

Frédérique – Executive Director
Gabrielle – Program Manager

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ORANGE SHIRT DAY – SEPT 30, 2018