



## Project Summary

Healthy Start/Départ santé (HSDS) promotes healthy eating and physical activity in the early years in Saskatchewan and New Brunswick. HSDS' objectives are strongly linked to the priorities of both provincial governments in NB and SK.

Over prolonged operation, HSDS aims to instill long-lasting healthy behaviours in all children, resulting in a healthier population and reduced health care costs.

### Program Objectives

- Training of educators
- Program adaptation
- Partnership engagement
- Continuous improvement and evaluation

### Program Components

- Early years' practitioners workshops and mentorship
- Free resources
- Early years' practitioners online course

### Community-led Partnerships

HSDS has developed over 40 partnerships with provincial and national organizations in the following fields:

- Health & Wellness, Health Promotion
- Academic Institution or Research
- Sports and Recreation
- Government or Education Institution, Health Region
- NGO, Early Years' Coalitions

### Overall Reach in Saskatchewan and New Brunswick - 2013-17

- 178 communities visited
- 420 sites travelled to
- 2,166 early practitioners trained
- 10,754 children supported to make healthier choices
- 5,000 visitors per year on HSDS Web site
- 16,073 parents reached through social medias and newsletter
- 32,300 individuals reached

## Looking Ahead

Delivery options	Human Resources	Partnership
Community based implementation through an NGO	<b>Saskatchewan</b> Estimated cost \$150K-\$200K / year	
	<ul style="list-style-type: none"> <li>• Two full-time coordinators</li> <li>• Part-time communications specialist</li> </ul>	<ul style="list-style-type: none"> <li>• Network of Community trainers</li> <li>• Network of FRC</li> <li>• Early years community partners</li> </ul>
	<b>New Brunswick</b> Estimated cost: \$90K/year	
	<ul style="list-style-type: none"> <li>• 1FTE coordinator</li> <li>• Communications support specialist</li> </ul>	<ul style="list-style-type: none"> <li>• Network of Community trainers</li> <li>• NB Family Resource Centres</li> <li>• In partnership with Wellness Branch, Dept. Social Development &amp; NB Gymnastics Assoc.</li> <li>• MACS-NB / HEPAC</li> </ul>
Integration in the provinces' Early Childhood curriculum delivered by licensed colleges	<ul style="list-style-type: none"> <li>• Department of education personnel</li> <li>• Educators in existing training institutions</li> </ul>	<ul style="list-style-type: none"> <li>• Licensing agreement</li> <li>• Educational institutions</li> <li>• Departments of education</li> </ul>
National Web site - online training	<ul style="list-style-type: none"> <li>• Content developers</li> <li>• Web programmers</li> <li>• Workshops facilitators</li> </ul>	<ul style="list-style-type: none"> <li>• Third party delivery</li> <li>• Universities and colleges</li> </ul> Estimated cost: \$50K/year

## Next Steps

HSDS is exploring current Federal/provincial funding agreements for early learning and childcare to further expand its reach.

Government support is required to embed healthy behaviours within the early childhood educator curriculum delivered by licensed institutions.

After 7 years of operation in two provinces, HSDS has proven its effectiveness and its viability for growth. The stage is set to explore various long-term sustainability scenarios.

*Healthy Start is brought to you by:*



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