

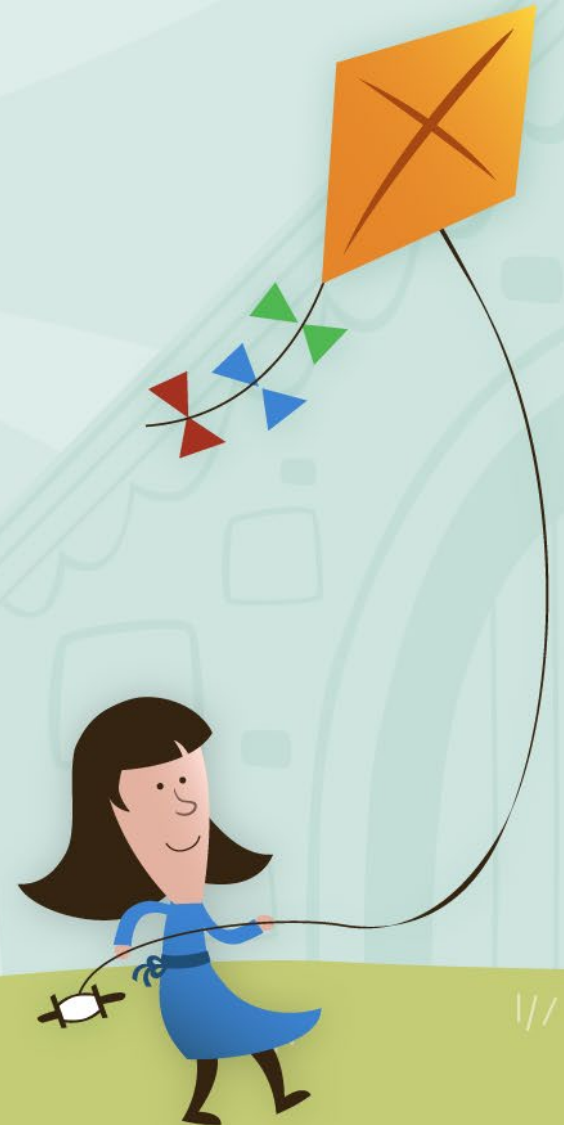
# Healthy Start for Active Kids

## Program Update – June 2019



# Objective of Program:

To provide a professional learning opportunity for individuals working with children aged 0-5 for delivery of quality early years active play and healthy eating programming





## 2 Great Programs

“Married” together for 1 evidence based best practice program delivered in NB

# How do they differ: (and bring value to each other 😊)

## Healthy Start

- 12+ years – health and wellness initiative
- Integrates nutrition and healthy eating as a core component as well as physical activity
- Has up to date website, newsletters, booster session opportunities, manual and activity kit
- Has core funding from PHAC until March 2020 for a part time coordinator
- An online Healthy Start course and webinars are also available.

## Active Kids Toolkit

- 12+ years physical activity/physical literacy program
- Inclusive physical activity (for ages as young as 0 and adapted for children with varying disabilities)
- Includes 2 different sized activity kits (equipment)
- Funding for delivery from SD to the NB Gymnastic Association



## What both offer:

- Both support health and wellness objectives for children and families
- Both focus on SDH, reducing inequities and reaching vulnerable and underserved communities
- Professional learning opportunity for early years practitioners
- Deliver parent programming
- Provide quality, evidence-based resources and toolkits
- FREE of charge for participants
- Materials in French and English





# Value of the “Married” program

- Support health and wellness objectives for children and families in NB
- Early years is a critical age for development – aligns with many NB strategies (EECD curriculum, Wellness, Sport and Recreation, 10 year education plan, poverty)
- Standardized delivery and evaluation/monitoring, continuous improvement
- Evidenced based resources (Hop, Leap, Food Flair, AKT) including NB made resource NB PLAYS! Preschool
- Healthy Start program provides a strong nutrition component and is complementary to the physical activity/physical literacy of the Active Kids
- Best of both worlds! And only 1 program delivered in NB (which was developed and is delivered for NB’ers)



## Current Situation:

- 1 program “Healthy Start for Active Kids” with possibility of having a menu of options (i.e.: Full day physical literacy or nutrition workshop)
- RSFS and NBGA sharing coordination of the program
- Team successfully trained 18 facilitators (in both languages) from most parts of the province in May 2019
- RSFS and NBGA Request for Proposal for a host organization with capacity to coordinate the delivery of the HSAK program and to engage in a multi-year service agreement with funding agency starting October 2019



# Next Steps

- Promote the program within your networks
- Requests for workshops can be sent to RSFS and NBGA (in the interim of not having a delivery organisation)
  - **Gabrielle Lavoie** [rsfs.lepage@sasktel.net](mailto:rsfs.lepage@sasktel.net) or on website: <https://healthystartkids.ca/training/healthy-start-for-active-kids-workshops-new-brunswick/>
  - **Nathalie Waddell** [activekids-jeunesactifs@gym.nb.ca](mailto:activekids-jeunesactifs@gym.nb.ca)
- Establish and confirm advisory committee for HSAK (and update Terms of Reference)
- Establish a subcommittee (of members from the advisory committee who will be reviewing proposals \*Must not intend to submit a proposal)





QUESTIONS? 😊

