

Chronic Disease Innovation Fund Project Summaries 2018

WESTERN ZONE

Initiative	Organization	Summary
The Girl Strong Program	Annapolis Valley Chapter of Autism Nova Scotia	The program offers workshops to help girls on the autism spectrum identify and understand their emotions, recognize anxiety and its triggers and to provide strategies which will include basic social skills, relaxation techniques and practical self-regulation exercises. By providing girls on the spectrum with these tools it will not only reduce their anxiety levels but will also better equip them to form relationships, participate in their community and succeed in school - skills that can be carried over into their adult lives.
Freedom to BE FIT (Belonging and Engaging in Fitness, Inclusion and Training)	Free Spirit Therapeutic Riding Association	The program builds upon an existing therapeutic riding program to help combat obesity in at risk youth in the Annapolis Valley. Partnering with School's Plus, this project will work to boost self-esteem, increase physical literacy and knowledge around healthy, active lifestyles. Each student will participate in therapeutic riding as well as a program to promote healthy, positive lifestyles.
From Surviving to Thriving	Family Service of Western Nova Scotia - Freeman House	This program will help community agencies support marginalized people in Lunenburg County in accessing healthy lifestyle programs and activities. Community agencies will help clients identify their own healthy lifestyle goals and strategies. This work will increase community capacity in understanding chronic disease prevention.

NORTHERN ZONE

Initiative	Organization	Summary
Finding Your Happy	East Hants Family Resource Centre	The program is aimed at, but not limited to, groups of new mothers, and uses simple, sustainable actions which could prevent or halt depression, loneliness, isolation and stress. Participants are introduced to new daily habits, including meditation, journaling, yoga, daily cardio exercise, and conscious acts of kindness (paying it forward).
WRAP® AROUND Nova Scotia (WANS)	Self-Help Connection	See below: Joint Projects.

EASTERN ZONE

Initiative	Organization	Summary
Eat More Fruit & Vegetables Antigonish	Antigonish Food Security Association	The purpose of the project is to support low income families in Antigonish town and county to increase their intake of vegetables and fruit and provide social support through a subsidized vegetable and fruit food box program, community garden and slow cooker food preparation / nutrition / cooking program.
Addressing Social Isolation and Inclusion in the Strait Richmond Area	Dr. Kingston Memorial Community Health Centre	The program will look at ways to address and reduce the harmful effects of social isolation. This will include incorporation of life-style counselling (including the use of yoga and mindfulness), community kitchens/communal dining opportunities, and group walking/exercise programming. Part of this activity will include developing comfortable places for people of all backgrounds to meet and interact to feel a sense of inclusion and community acceptance.

<p>Reducing Barriers to Healthy Eating and Physical Activity in a Marginalized Community</p>	<p>L'Arche Antigonish</p>	<p>The program will help build knowledge and expertise about healthy food choices, nutrition, and outdoor exercise tailored to the population of L'Arche. Some tools to help achieve these goals include accessible, adapted, outdoor equipment, as well as an expansion of the local food box program. These will be used to deliver healthy eating and physical activity plans.</p>
<p>Keep Well Antigonish</p>	<p>Antigonish Town and County Crime Prevention Senior Safety</p>	<p>This exercise/wellness program is aimed at seniors and includes exercise and fitness sessions and education on wellness. Participants will also learn about other programs in the community and activities of interest to seniors.</p>
<p>Youth Transformation - From Surviving to Thriving</p>	<p>Educational Program Innovations Charity Society - EPIC</p>	<p>The will help youth in Cape Breton Regional Municipality overcome social and educational challenges. Activities include tutoring and mentoring with youth volunteers in Glace Bay, New Waterford and Sydney Mines. The program will engage youth as volunteers in community service, expand services for marginalized youth, and develop a community workplan for a youth-generated initiative.</p>
<p>Community and Culture Food Program</p>	<p>New Dawn Meals on Wheels - Volunteer Resource Centre</p>	<p>Everyone is welcome, but there is a particular focus on new immigrant families, to promote education on healthy eating, cooking, food security and the concept of community meals. Together with the Cape Breton Island Centre for Immigration (CBICI), programs will celebrate culture and diversity, help foster a healthy, vibrant community.</p>
<p>WRAP® AROUND Nova Scotia (WANS)</p>	<p>Self-Help Connection</p>	<p>See below: Joint Projects.</p>

CENTRAL ZONE

Initiative	Organization	Summary
Team Inspiration	Burnside Cheer Parents Association (BCPA)	Team Inspiration-BCPA has a vision to offer a special needs cheer program for athletes with sensory, intellectual and/or physical disabilities. Male and female athletes of all ages and abilities will learn stunting and tumbling skills, and develop fundamental movement skills like jumping, running, balancing, skipping and components of physical fitness like strength, agility, power, cardiovascular endurance, muscular endurance, flexibility and coordination. Athletes will also improve their self-esteem as they achieve goals and learn new skills.
Dartmouth North Walking Program	Dartmouth Family Centre	The Dartmouth Family Centre will offer a community-based, weekly walking program for adults of all ages and abilities with chronic health conditions that limit their ability to participate in physical activity. This drop-in, physical activity program offered within walking distance will help reduce social barriers experienced by participants.
Vegetable Soup Challenge	The Deanery Project	It's simple. The purpose of the Vegetable Soup Challenge is to get people eating more vegetables. This program provides gardening education, encourages healthy eating, offers social networking opportunities in communities, and supports mental and physical wellness. Awareness will be raised about food security among diverse groups.
Powerchair Soccer Program	Cole Harbour Soccer Club	This program gives powerchair athletes an opportunity to experience the game of soccer, while working to change the culture of local sporting clubs to become more inclusive. The basic skills of power soccer will be taught to youth and adults.
The Mood Walks Project	Hike Nova Scotia	Promoting physical activity in nature is a way to reduce chronic health issues, and improve physical and mental health for youth experiencing, or at risk for, mental illness. The program will identify and train leaders and provide resources to develop hiking groups.
Growing Together	Hants County Senior Safety Program Association	Community gardening will help seniors, youth and others to gain access to healthy food, increase social interaction and community involvement. Participants will plant and tend the garden, and prepare freezer meals and preserves with their harvest.



Newcomer Access & Inclusion Project	PAC Autism NS Society (Autism Nova Scotia)	This program will support newcomer families living with autism. There is an immediate and growing need to provide autism supports and services in translation, or through interpreters.
WRAP® AROUND Nova Scotia (WANS)	Self-Help Connection	See below: Joint Projects.

JOINT PROJECTS

Initiative	Organization	Summary
First Nations Food and Fitness Initiative	Union of Nova Scotia Indians (UNSI)	This joint initiative across all zones aims to improve the health outcomes for First Nations people living with chronic disease and those at risk of developing chronic disease by increasing physical activity and building capacity for food security and healthy eating among First Nations youth, family members, extended families, elders and other community members.
WRAP® AROUND Nova Scotia (WANS)	Self-Help Connection	This is an innovative, province-wide initiative to increase community capacity to support mental health and wellness at the local level. Individuals will be trained in the Wellness and Recovery Action Plan - WRAP®. They will be supported to develop and facilitate self-help groups using a peer support model.