

## **Save the Trans Canada Trail - The NS Department of Health & Wellness**

The Department of Health & Wellness has several areas of responsibility, including Physical Activity, Sports & Recreation. On their website (as at November 2011) the high level responsibilities and goals of this function are described.

“ The Physical Activity, Sport and Recreation responsibility centre provides leadership by developing healthy policy, supporting the sport and recreation delivery system at all levels and building and maintaining effective collaborations amongst partners. With the help of the many resources available, we support the development of physical activity, sport and recreation opportunities in the province.

Some of our responsibilities include:

- Developing policies and strategies to provide overall direction in key areas
- Providing financial investments through a variety of grant programs to municipalities, community groups, provincial organizations, schools and others
- Providing leadership to community and organizational development initiatives
- Contributing to multi-sectoral, inter-departmental and inter-governmental initiatives with partners at the provincial/territorial and federal levels
- Undertaking research and monitoring to keep track of our progress towards achieving goals

Over half of Nova Scotians are not active enough to achieve health benefits. More than ever, Canadians are spending increased time in cars and in front of TVs, computers and video games. Fewer children walk to school and labour-saving devices such as snow blowers and escalators further limit physical activity.”

“Our most compelling goal is to achieve a ten per cent increase in the number of Nova Scotians who are active enough to achieve health benefits by 2010, a target that has been set by the Ministers responsible for sport and recreation across the country.”

<http://www.gov.ns.ca/hpp/past/>