

## **POLITICAL COVERAGE**

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- **Michael Savage, MP Dartmouth-Cole Harbour, speaking in the House of Commons Thursday, October 7, 2004:**

I want to now focus briefly on two issues that are of personal interest to me and I believe national interest as well. As health care takes an increasingly large share of our government spending, we as a nation would do well to remember that a great deal of care, in fact a great deal of health, takes place far from the hospital rooms. The sustainability of our cherished health care system will increasingly rely on our ability to safeguard the health of Canadians before they get sick and our ability to allow people to recover from illness in their own homes.

Let me tell the House about health promotion Nova Scotia style. **A recent study conducted by Dr. Sally Walker and Dr. Ronald Coleman on behalf of the Heart and Stroke Foundation in Nova Scotia indicated that increased physical activity would save the province of Nova Scotia millions of dollars. In my municipality alone the inactive lifestyles of individuals cost the taxpayer more than \$23 million. Some 200 residents of the Halifax regional municipality die prematurely each year because of physical inactivity.**

I come from Atlantic Canada where we have the highest incidences of chronic disease. Poor nutrition, lack of physical activity, high levels of smoking and stress lead to intolerably high levels of cardiovascular and cerebrovascular disease, cancers and diabetes which some people consider epidemic. We need to understand the importance of a national wellness strategy, a strategy that must include governments, medical professionals and non-profit organizations such as cancer, heart and others. It should include teachers. It should include us all.

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- **Stephen McNeil, MLA Annapolis, speaking in the Nova Scotia House of Assembly  
Friday, October 15, 2004:**

Mr. Speaker, I hereby give notice that on a future day I shall move the adoption of the following resolution:

Whereas the Heart and Stroke Foundation of Nova Scotia consistently raises the significance of the health promotion strategies in Nova Scotia as a way of addressing chronic illnesses and wait times; and

**Whereas the Heart and Stroke Foundation of Nova Scotia made the important connection between chronic illness and regional planning with the recent release of its report, *The Cost of Physical Inactivity in Halifax Regional Municipality*; and**

Whereas the report states that to create environments supportive of improved health, the government and the Office of Health Promotion must take a comprehensive approach to health promotion by engaging Service Nova Scotia and Municipal Relations, Transportation and Public Works, and Environment and Labour, among other departments, in the development implementation of healthy public policy;

Therefore be it resolved that all members of this House acknowledge the great work of the Heart and Stroke Foundation of Nova Scotia and wish them continued success as they help us bring awareness to health promotion strategies for the province.

Mr. Speaker, I request waiver of notice. Mr. Speaker: Mr. Speaker: There has been a request for waiver. Is it agreed? It is agreed. Would all those in favour of the motion please say Aye. Contrary minded, Nay. The motion is carried.

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• **Hugh Millward, Vice-Chair, Regional Planning Committee**

**Tuesday, December 7, 2004:**

The approach we're recommending is a balanced approach to growth in HRM. I'd like to stress that our choice of plan was not based only on cost, although that was certainly important, but it's also based on benefits and quality of life. And the plan we're recommending best achieves what residents said they want.

...

**The recommended plan promotes walkable, mixed-used communities where people can be more active in their daily lives. A recent study by the Heart and Stroke Foundation [of Nova Scotia] shows that a 10 per cent reduction in inactivity could result in savings of one and two-thirds million dollars annually in HRM, plus over 3 million dollars in productivity gains.**

...

The regional plan would improve community and neighbourhood design through design guidelines. Streetscaping, community character and pedestrian friendly environments are important to the success of the process development approach.