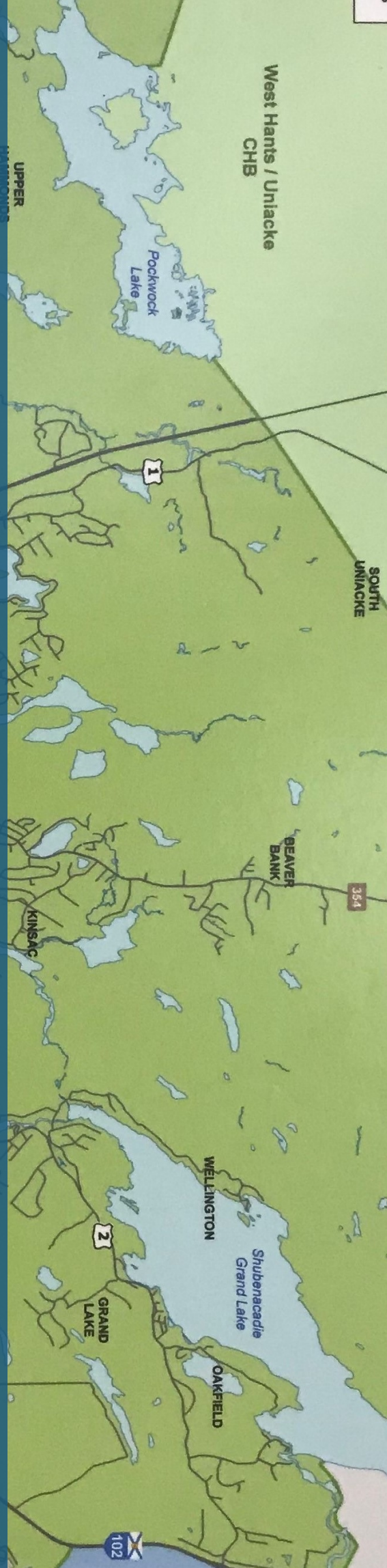


# Food For Thought: A Community Food Conversation

Hosted by the Cobequid  
Community Health Board

November 18, 2019



# Overview

On November 18, 2019, a group of 15 food-related stakeholders met at the Sackville Public Library in Sackville, NS to map the food-related assets in the Cobequid Community Health Board area, as well as to understand and discuss the barriers and opportunities for building community food security.

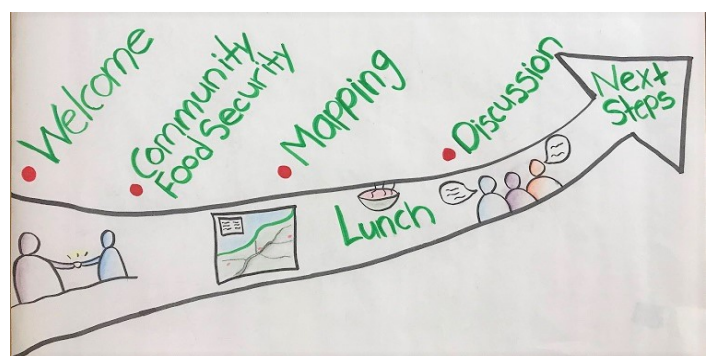
The facilitation plan was inspired by, and used tools from, the Halifax Community Food Assessment Toolkit (see workshop resource list). The session included a group activity and discussion on the 6 As of Community Security (see workshop resource list), a group food asset mapping activity, as well as reflection and discussion about community food security gaps and opportunities, based on the maps. Food assets included, but were not limited to, food-related programs and services such as retail (e.g. grocery stores), emergency food programs (e.g. food banks), community gardens, school food programs, community kitchens, etc.

Participants heard about the food work being done by the Municipality and the Halifax Food Policy Alliance. They also had the opportunity to network and learn more about the food work that they are each doing.

The following summary represents highlights from the flip charts and notes that were taken during the discussion that took place after the group food asset mapping.

## Cobequid Community Health Board Area includes:

- Sackville
- Bedford
- Lucasville
- Fall River
- Hammonds Plains
- Waverley to the East
- Beaver Bank
- Hants/HRM line in
- Stillwater Lake
- Elmsdale area



## Community Food Security

Community Food Security exists when all community residents have access to enough safe and nutritious food through a sustainable food system that maximizes community self-reliance and social justice while meeting cultural requirements.



# Highlights By Theme

## Clustering of Food Assets

- Participants observed the clustering of assets, leaving gaps in food assets for large areas of the Cobequid CHB area. Furthermore, community members living in more rural parts of the CHB area had to travel further to access food assets.
- The impact of the gaps and clusters was noted as something that could be explored more deeply.

*"Can current resources be more connected?"*

*"How do we make all the systems work together?"*

~Table notes



## Coordination and Awareness of Existing Food Resources

- Participants spoke about the need for enhanced coordination, collaboration and increased awareness of existing resources available from service providers. They also spoke about the need to have a central registry of food assets.
- It was also noted that having the ability to move surplus food resources to areas where they are needed could help to reduce food waste and reach more people.

# Highlights

## By Theme Cont.

### Transportation and Accessibility

- Participants felt that access to food assets would be very difficult without access to transportation, creating a reliance on cars, cabs, buses and other forms of transit, which is an added expense. They also noted that people in some areas were almost solely reliant on a car for food access.
- Being able to transport heavy bags of groceries, such as canned goods, on public transportation was also seen as a challenge.
- There was an interest expressed in better understanding the role of health equity in Municipal planning, as well as the process for planning around housing, business zoning, and bus routes to meet the population needs related to community food security.
- Participants also raised questions about the accessibility of some food assets that require specific skills or costs, such as community gardens that would require gardening skills as well as access to the start-up costs.
- They also noted that there appeared to be a gap in culturally diverse food assets included on the maps. This raised questions about the availability of culturally appropriate foods.

*"Things are centered in clusters. Outside of a cluster area, there are very little resources, without transportation access is very difficult."*

~Table notes

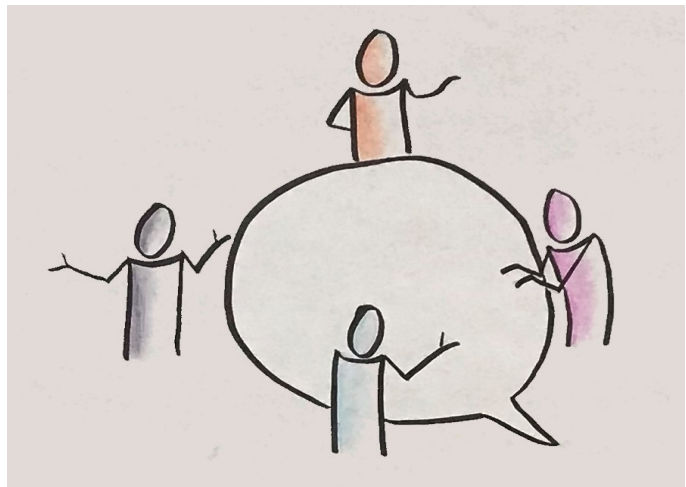


# Highlights

## By Theme Cont.

### Food Insecurity and Youth

- The need to support youth experiencing food insecurity, as well as some of the additional challenges that this created for them (e.g. employment & mental health impacts) were highlighted.



*"Business is part of the community. They have access to funds, space, and knowledge. They also employ community members. They employ the community, staff may have food security issues."*

~Table notes

### Additional Opportunities

- Participants spoke about the need to explore opportunities to engage additional food stakeholders around food security, including local businesses.
- The group acknowledged that the data mapped was based on the information known to participants at the session and that other people may be able to add to and provide additional context to the maps.
- It was also noted that more information about the food assets such as their hours and season(s) of operation could provide additional context to the data.

# Next Steps & Opportunities

## Bridge the Gap

Bridge the Gap (BTG) is a collaboration between service providers, community agencies, the faith community, and the Cobequid Community Health Board. The group meets with the purpose of sharing and collaborating around a variety of issues such as youth, transportation, housing, and food security. The BTG community network based in Bedford but encompasses all communities in the Cobequid region.

The food security sub-group of BTG is currently exploring opportunities to learn about, connect, collaborate and coordinate approaches to food security in the Cobequid Community Health Board area. Given the synergy between the Cobequid Community Food Conversation and BTG, the findings and interested participants from the Community Food Conversation could further support and amplify this work.

BTG meets regularly and the next meeting is scheduled for January 13th, 2020. For more information, including meeting dates or to be added to the email list, contact [Andrea.Parker@nshealth.ca](mailto:Andrea.Parker@nshealth.ca).

## Halifax Food Policy Alliance

On Tuesday, Dec 3, 2019, the Halifax Regional Council endorsed the HRM Food Charter in principle and committed to supporting the development of a Food Action Plan with the Halifax Food Policy Alliance (HFPA).

A Food Action Plan will:

- use a food lens to coordinate policy & action
- support diverse participation particularly among underrepresented voices
- maximize resources within and across community, business and local government
- build on existing successes

The HFPA is currently working on a Food Action Plan engagement framework. As this work moves forward, there will be opportunities for local-level engagement where community-level knowledge, connections, and experiences can inform the Food Action Plan. To learn more about the HFPA and the food charter or to subscribe to HFPA updates, events and opportunities, visit: [halifaxfoodpolicy.ca](http://halifaxfoodpolicy.ca). You can also follow the HFPA on facebook at: [www.facebook.com/halifaxfoodpolicyalliance](http://www.facebook.com/halifaxfoodpolicyalliance)

## Workshop Resources

The Halifax Food Action Website (including the Community Food Assessment Toolkit & the 6As of Community Food Security)

- <https://www.halifax.ca/about-halifax/regional-community-planning/halifax-food-action>

The Halifax Food Policy Alliance

- [halifaxfoodpolicy.ca](http://halifaxfoodpolicy.ca)



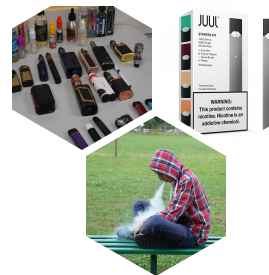
GRADE	EVALUATION	DESCRIPTION
A	Exceeds Expectations	Government laws and action surpasses recommendations by tobacco control advocates that will help reduce accessibility and/or attraction of vaping products to minors.
B	Meets Expectations	Government laws and action meet recommendations by tobacco control advocates that will help reduce accessibility and/or attraction of vaping products to minors.
C	Below Expectations	Government laws and action do not meet recommendations by tobacco control advocates that will help reduce accessibility and/or attraction of vaping products to minors.
D	Unacceptable	Limited action to reduce accessibility and/or attraction of vaping products to minors.
F	Failure	No government laws or action to reduce accessibility and/or attraction of vaping products to minors.

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# Report Card on Vaping Policy








Grading Period: 2019 - 2020



The Cobequid Community Health Board's goal is to create healthy communities for healthy generations. We are concerned about youth vaping. Nova Scotia has the second highest prevalence of youth vaping in Canada. Lessons learned from tobacco controls tells us we must have comprehensive laws and regulations to decrease the appeal of vaping products to children and youth, and prevent nicotine addiction. We have evaluated and graded the state of vaping policy in Cobequid in four key tobacco control areas: affordability; accessibility; advertising; and smoke-free places.

# OVERALL GRADES

“When you have a product that is tech-heavy, trendy, looks cool and delivers all kinds of appetizing flavours, then of course, you are going to get more youth attracted to that.”  
 Mohammed Al-Hamdani , Executive Director, Smoke-Free Nova Scotia

SUBJECT	GRADE	COMMENTS AND RECOMMENDATIONS
<p><b>Pricing</b></p> 	<p><b>F</b></p>	<p>Tobacco control has taught us that the most cost effective way to reduce nicotine addiction is to increase the prices and taxes of tobacco products. Price and tax measures show a reduction in demand of tobacco products that are especially effective at reducing youth and young adult tobacco initiation. Taxes also encourage cessation for those living with a nicotine addiction. A recent scan of prices for one particular brand in HRM revealed the lowest price for a pack of 4 JUUL pods was found in Dartmouth, while the highest in South End Halifax. Prices for vaping products are unregulated and lack excise tax.</p> <p><b>Recommendations</b></p> <ul style="list-style-type: none"> <li>• Advocate for an excise tax on vape products and standardized prices across the province</li> <li>• Prohibit sales promotion of vaping products, such as buy-one-get-one free or holiday specials</li> </ul> 
<p><b>Accessibility</b></p> 	<p><b>F</b></p>	<p>The tobacco industry uses retail space to normalize and promote nicotine addiction, targeting lower income areas and vulnerable populations (e.g. Indigenous, 2SLGBTQ+, Newcomer). Greater access to vaping products supports nicotine experimentation, addiction and undermines quit attempts by those addicted to nicotine. Selling products within a licensing system is proven to prevent sales to minors, evasion of tobacco excise taxes, compliance with tobacco-related laws, and promote safe manufacturing practices. The Cobequid CHB is concerned about vaping products being sold close to schools. There are seven vaping stores in Cobequid. There is currently no licensing system and no inspection of vaping retail locations. Vaping stores are located in areas with higher material and social deprivation . Without stronger regulation, the vaping retail environment will continue to attract youth.</p> <p><b>Recommendations</b></p> <ul style="list-style-type: none"> <li>• Advocate for a provincial license to sell vaping products and routine inspections to ensure regulatory compliance at point of sale.</li> <li>• Identify 'high risk' areas for youth access to vaping products and direct complaints to Dept. of Environment [902-424-7773]</li> </ul>
<p><b>Advertising</b></p> 	<p><b>D</b></p>	<p>The tobacco industry, who is a major investor in the vaping industry, is attracting a new generation of youth to products that contain high amounts of nicotine. Vaping is eroding tobacco control and for the first time in years, we are beginning to see tobacco smoking rates increase.</p> <p>Flavoured e-juice is appealing to youth. In Canada, flavours are a primary reason youth experiment with vaping products. Flavours decrease the risk of a product, making them more likely to experiment with vaping products. Youth are especially attracted to fruit, candy and menthol flavours. Although the research for flavoured vaping products is developing, we have many years of tobacco research that show similar trends and findings.</p> <p>Nova Scotia has been a leader in restricting access to flavoured tobacco products, such as menthol (Bill 90).</p> <p><b>Recommendation</b></p> <ul style="list-style-type: none"> <li>• Ban all flavoured vaping products</li> </ul> 
	<p><b>D</b></p>	<p>According to the Nova Scotian <i>Smoke-Free Places Act</i>, smoke is inclusive of tobacco, vape and cannabis smoke. Halifax Regional Municipality has protected communities by implementing designated smoking areas (DSAs). There are ten DSAs in the Cobequid area. Although much of Cobequid is protected by smoke-free legislation, there are areas that could be improved.</p> <p><b>Recommendations</b></p> <ul style="list-style-type: none"> <li>• Support youth health centers and school administrators to have 100% smoke-free schools</li> <li>• Advocate for Cobequid to become 100% smoke-free (remove or phase out remaining DSAs)</li> </ul> 



# Report Card on Vaping Policy

**2019/2020**

## INTRODUCTION

The Cobequid Community Health Board's goal is to create healthy communities for healthy generations. We are concerned about youth vaping. Nova Scotia has the second highest prevalence of youth vaping in Canada. Lessons learned from tobacco controls tells us we must have comprehensive laws and regulations to decrease the appeal of vaping products to children and youth, and prevent nicotine addiction. We have evaluated and graded the state of vaping policy in Cobequid in four key tobacco control areas:

pricing;

accessibility;

advertising and;

smoke-free places.



**Topic:** Vaping Policy  
**Pricing**  
**Grading Period:** 2019-2020

**OVERALL GRADE**



## COMMENTS

Prices for vaping products are unregulated and lack excise taxation.

Tobacco control has taught us that the most cost effective way to reduce nicotine addiction is to increase the prices and taxes of tobacco products. Price and tax measures show a reduction in demand of tobacco products that are especially effective at reducing youth and young adult tobacco initiation. Taxes also encourage cessation for those living with a nicotine addiction.

The table below outlines price by location for JUUL pods (an e-cigarette device) throughout Halifax Regional Municipality (HRM). The lowest price for a pack of 4 JUUL pods was found in Dartmouth, while the highest in South End Halifax. Prices for vaping products are unregulated and lack excise tax. During the pricing scan, retailers consistently promoted the sale of a “starter kit” containing a mod device with a selection of cartridges.



	District	# of Specialty Vape Shops	Price (Pack of 4 JUUL pods)
<b>Cobequid</b>	Waverly-Fall River - Musquodobit Valley	2	\$26.44
	Bedford Basin West	3	\$26.44
	Middle/Upper Sackville - Lucasville - beaver bank	0	-
	Lower Sackville	2	\$26.44
	Bedford - Wentworth	2	\$24.15
	Hammonds Plains - St Margaret's	1	*\$17.25 (pack of 3)
<b>Eastern Shore</b>	Preston-chezze-Eastern Shore	0	-
<b>South Eastern</b>	Dartmouth South - Eastern Passage	2	\$19.96
	Cole Harbour - Westphal	1	\$25.30
	Dartmouth Centre	2	* JUUL compatible
<b>Dartmouth</b>	Harbourview-Burnside-Dartmouth East	3	\$25.30
<b>Halifax</b>	South Downtown	5	\$28.73
	North End	4	* Do not sell JUUL pods
<b>Chebucto West</b>	Armdale	1	\$26.44
	Spryfield - Sambro Loop - Prospect Road	2	-
	Timberlea-Beechville-Clayton Park-Wedgewood	2	\$25.30

## RECOMMENDATIONS

- Advocate for an excise tax on vape products and standardized prices across the province.
- Prohibit sales promotion of vaping products, such as buy-one-get-one free or holiday specials.



## COMMENTS

The tobacco industry uses retail space to normalize and promote nicotine addiction, targeting lower income areas and vulnerable populations (e.g. Indigenous, 2SLGBTQ+, Newcomer). Greater access to vaping products supports nicotine experimentation, addiction and undermines quit attempts by those addicted to nicotine. Selling products within a licensing system is proven to prevent sales to minors, evasion of tobacco excise taxes, compliance with tobacco-related laws, and promote safe manufacturing practices.

The Cobequid CHB is concerned about vaping products being sold close to schools. There are seven vaping stores in Cobequid. There is currently no licensing system and no inspection of vaping retail locations. Vaping stores are located in areas with higher material and social deprivation (See Figure 1.1 & 1.2). Without stronger regulation, the vaping retail environment will continue to attract youth.

Figure 1.1 Deprivation by geographical area

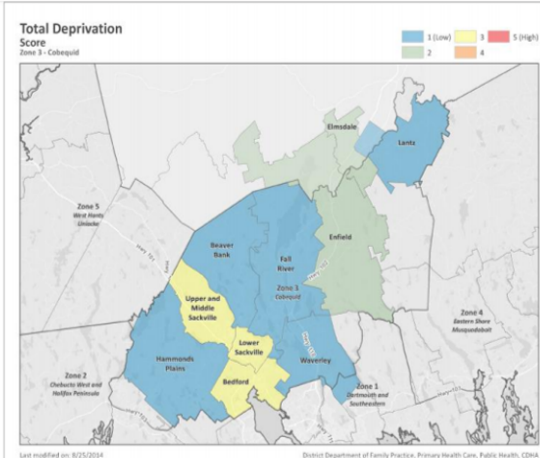
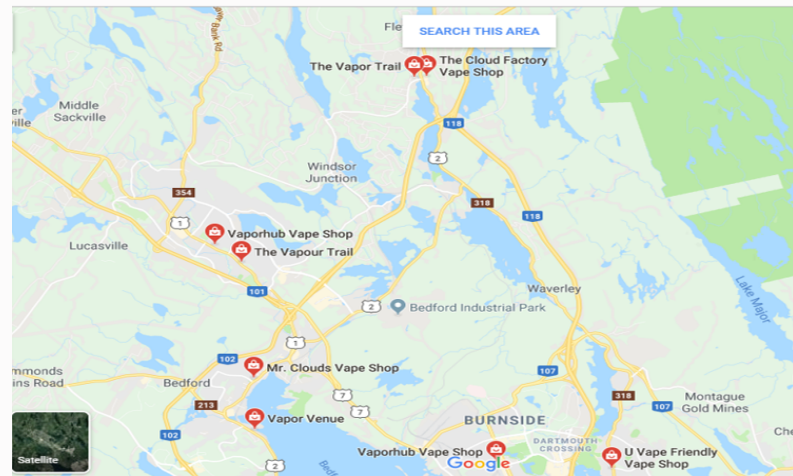


Figure 16: Total deprivation scores for the communities of CHN 3 (5=high/red; 1=low/blue) based on the INSPQ index (Dr. M. Terashima, Dalhousie University; Population Health Status Report, Public Health, CDHA, last modified on: 8/25/2014)

According to the Population Health Status Report (Public Health, Capital Health, 2013):

Figure 1.2 Location of vape shops in Cobequid



## RECOMMENDATIONS

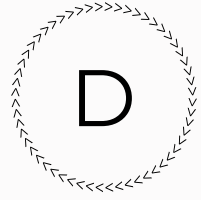
- Advocate for a provincial license to sell e-cigarette products and routine inspections to ensure regulatory compliant at point of sale.
- Identify 'high risk' areas for youth access to vaping products and direct complaints to Department of Environment [902-424-7773]

“When you have a product that is tech-heavy, trendy, looks cool and delivers all kinds of appetizing flavours, then of course, you are going to get more youth attracted to that.”

Mohammed Al-Hamdani, Executive Director  
Smoke-Free Nova Scotia

**Topic:** Vaping Policy  
Advertising (especially flavours)  
**Grading Period:** 2019-2020

OVERALL GRADE



## COMMENTS

The tobacco industry, who is a major investor in the vaping industry, is attracting a new generation of youth to products that contain high amounts of nicotine. Vaping is eroding tobacco control and for the first time in years, we are beginning to see tobacco smoking rates increase.

Flavoured e-juice is appealing to youth. In Canada, flavours are a primary reason youth experiment with vaping products. Flavours decrease the risk of a product, making them more likely to experiment with vaping products. Youth are especially attracted to fruit, candy and menthol flavours. Although the research for flavoured vaping products is developing, we have many years of tobacco research that show similar trends and findings.



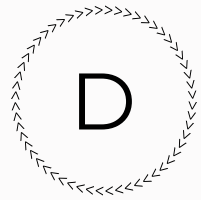
## RECOMMENDATIONS

Nova Scotia has been a leader in restricting access to flavoured tobacco products, such as menthol (Bill 90).

- Ban all flavoured vaping products

**Topic:** Vaping Policy  
Smoke-Free Places  
**Grading Period:** 2019-2020

OVERALL GRADE



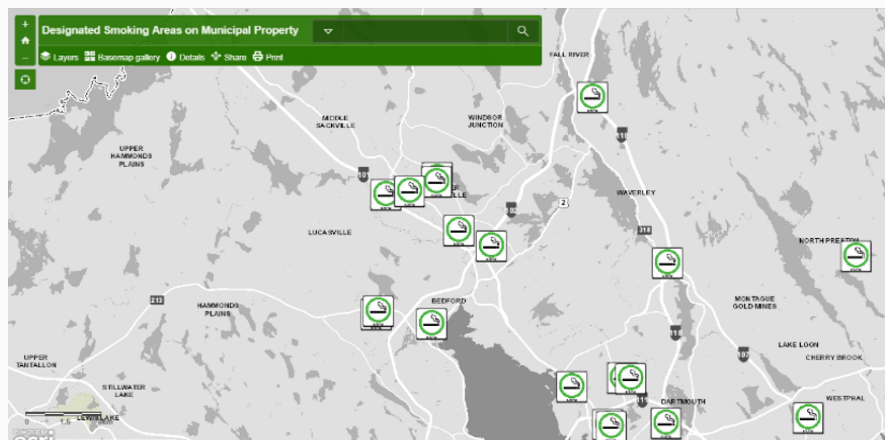
## COMMENTS

Smoke-free places support healthy environments where Nova Scotians can live nicotine free lifestyles and protect Nova Scotians from the harmful effects of second hand smoke. There is no safe amount of second hand smoke exposure. Smoke-free spaces are the only way to protect people from second hand smoke.

According to the Nova Scotian *Smoke-Free Places Act*, smoke is inclusive of tobacco, vape and cannabis smoke. Halifax Regional Municipality has protected communities by implementing designated smoking areas (DSAs). There are ten DSAs in the Cobequid area. Although much of Cobequid is protected by smoke-free legislation, there are areas that could be improved.

## RECOMMENDATIONS

- Support youth health centers and school administrators to become completely smoke-free (smoke free schools)
- Advocate for Cobequid to become completely smoke-free (remove or phase out remaining DSAs)



## OUR GRADING TOOL

GRADE	EVALUATION	DESCRIPTION
A	Exceeds Expectations	Government laws and action surpasses recommendations by tobacco control advocates that will help reduce accessibility and/or attraction of vaping products to minors.
B	Meets Expectations	Government laws and action meet recommendations by tobacco control advocates that will help reduce accessibility and/or attraction of vaping products to minors.
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