

March 2018



Background Report: Health and Services



Background Report 9 of 9
**Prepared by West Hants Planning
and Development Department**

Executive Summary

Compared to residents of the Province of Nova Scotia, residents of the Municipality of the District of West Hants (West Hants) reported a lower degree of perceived physical and mental health, a higher rate of being overweight or obese, and a more frequent occurrence of respiratory disease.

There are a limited number of nursing homes and senior living apartments in West Hants, even though the population is aging.

Accessibility and affordability may be determining factors in residents being able to access the available health services and a healthy lifestyle.

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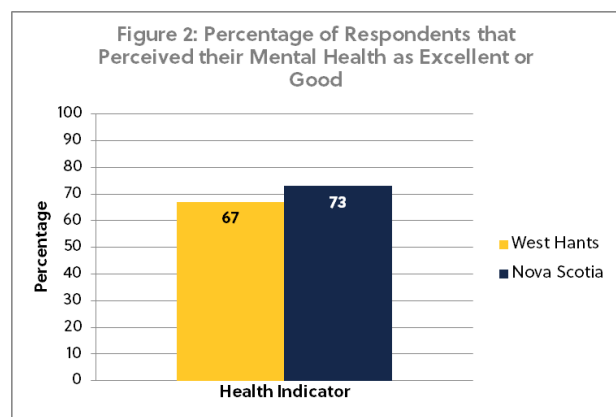
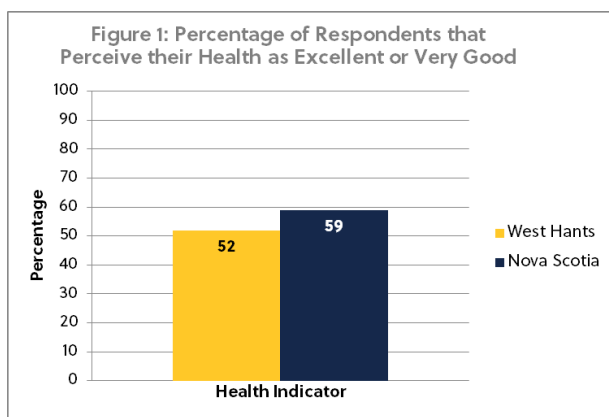
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1. Community Health

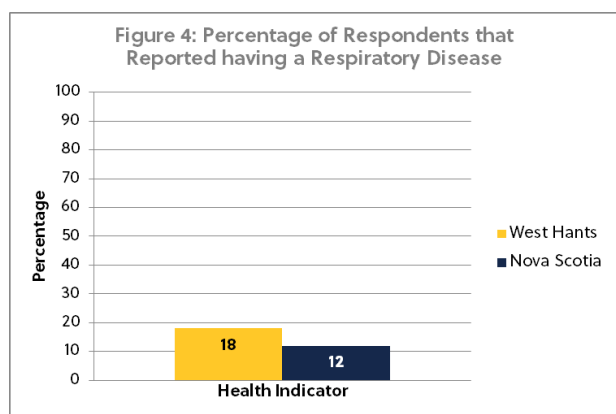
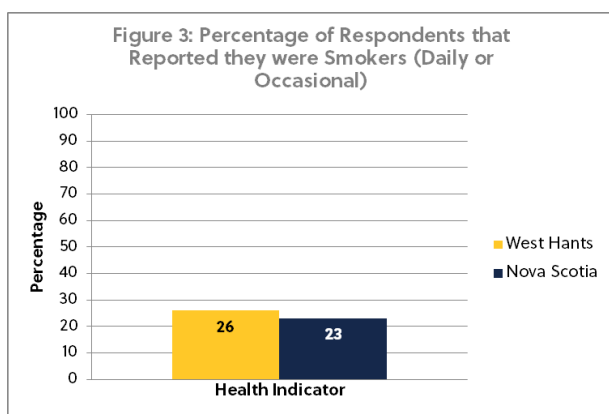
The *West Hants' Vital Signs* (2014) report revealed the top three (3) health concerns of residents of West Hants and Windsor. These were chronic conditions (such as arthritis or diabetes), stress and access to health services and information.

1.1 Health Indicators

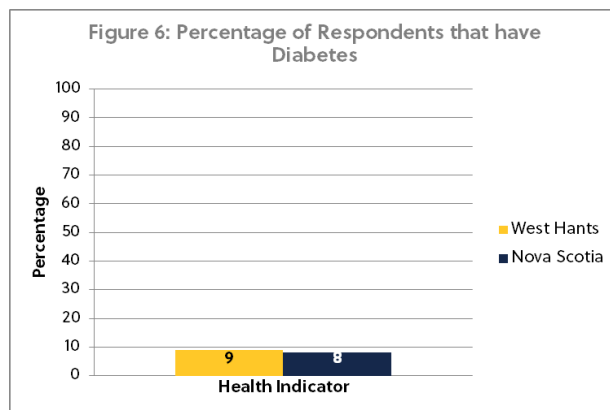
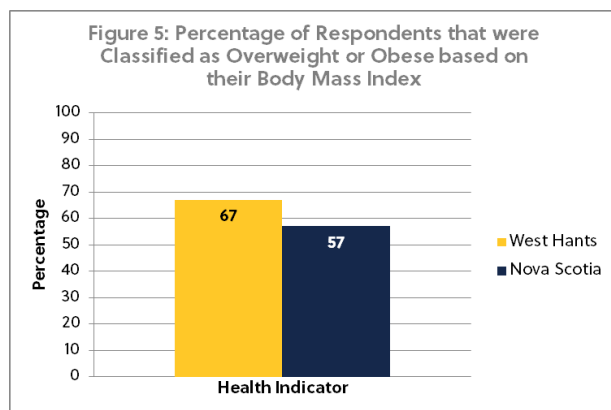
According to the *Canadian Community Health Survey* (2009) 52% of the population of West Hants age 12 and above perceived their own health to be excellent or very good. This is below the Provincial percentage of 59% (Figure 1). Approximately 67% of the West Hants population age 12 and above identified their own mental health as being excellent or very good, compared to 73% of Nova Scotians (Figure 2).



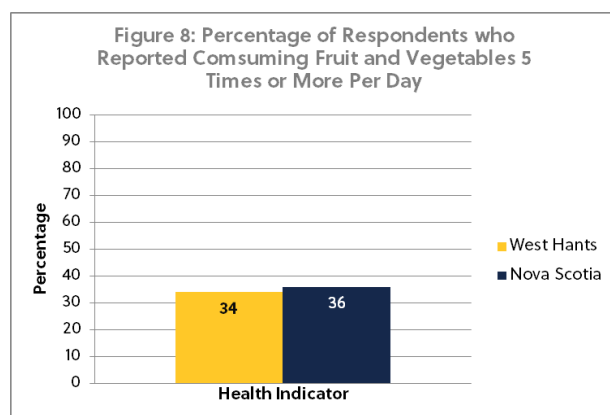
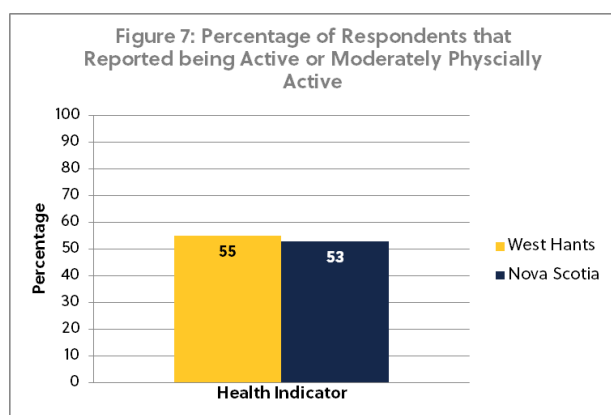
A higher percentage of West Hants residents reported that they were smokers (daily or occasional) compared to Nova Scotia's (Figure 3). Similarly, a higher percentage of West Hants residents reported having a respiratory disease than those across Nova Scotia (Figure 4). These results may or may not be correlated, however it is reported by the Nova Scotia Health Authority that in Canada smoking causes 9 out of 10 cases of Chronic Obstructive Pulmonary Disease (COPD) which is one of the surveyed respiratory diseases.



More of West Hants residents (ages 18 and above) surveyed were classified as overweight or obese based on their Body Mass Index, compared to Nova Scotians (Figure 5). This could be due to West Hants being a more car dependent area and individuals consuming fewer fruits and vegetables. Comparatively, the population of West Hants with diabetes is close to the percentage of Nova Scotian's with diabetes (Figure 6).



The percentage of West Hants residents (ages 12 and above) that reported being active or moderately active during leisure time (Figure 7), and who reported consumption of fruits and vegetables at or above 5 times per day is similar to the population of Nova Scotia (Figure 8).



Additionally, 91% of respondents reported being satisfied with life and 71% felt a sense of belonging. This is slightly below the Provincial responses of 92% and 76%, respectively.

There are four (4) Nova Scotia Health Authority Management Zones in the province. West Hants is within the Central Zone. The Central Zone is comprised of five (5) Community Health Networks (CHN). CHN 5 contains 6% of the population of the Central Zone (Figure 9) all within West Hants, Windsor and the community of Mount Uniacke. CHN 5 does not include the community of Hantsport (Figure 10). In a 2010 survey of the CHN 5 residents, 62% reported a stressful daily life, and 72% reported experiencing stress at work.

Figure 9: Community Health Networks within Nova Scotia Health Authority Central Zone

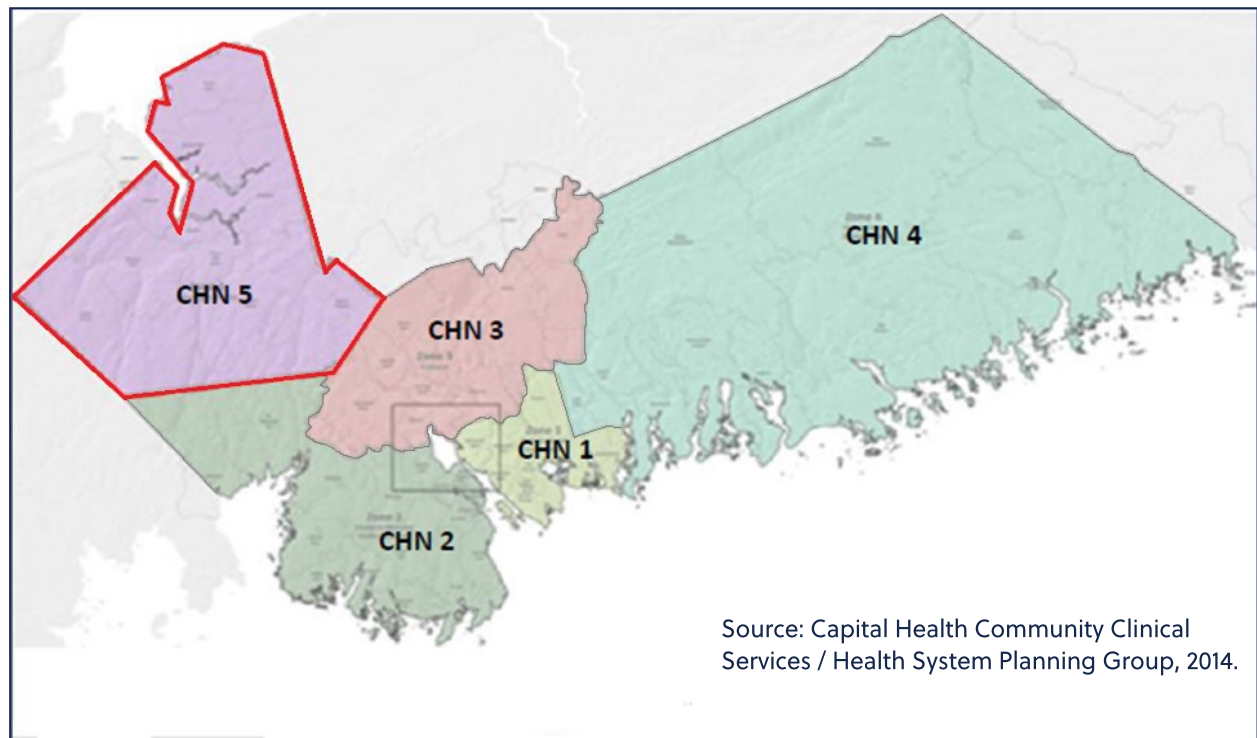
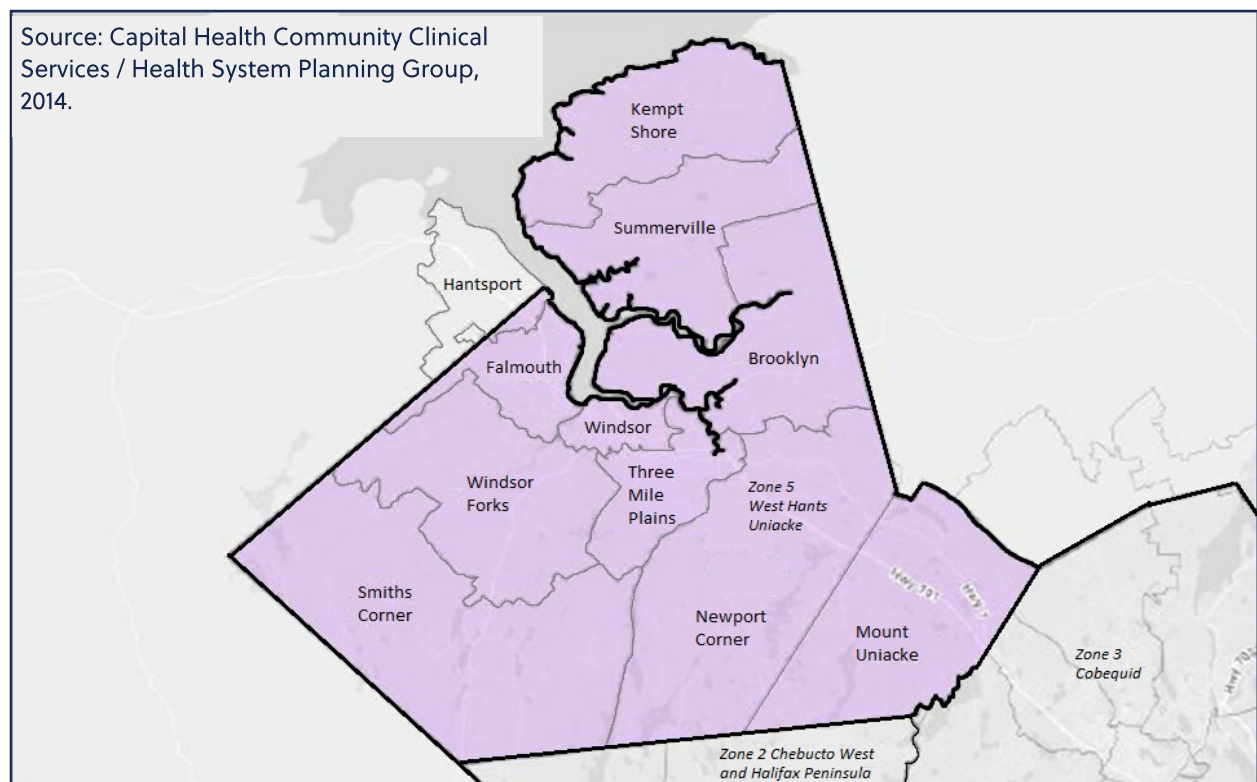


Figure 10: Communities within Community Health Network 5 (CHN5)



In 2013, the incident rates for sexually transmitted infections (chlamydia, gonorrhea, and infectious syphilis) were highest in CHN 5 for several age groups compared to all other CHN's in the Central Zone.

1.2 Birth and Death Rate

On a typical day in Nova Scotia in 2013, 23 live births occurred, 24 deaths occurred and 12 marriage ceremonies took place. In Hants County (2013) the birth rate per 1,000 of the estimated population was 9.7 which is above the Provincial rate of 8.9. The death rate for the same area was 9.1 which is slightly below the rate of 9.4 of the Province. As documented in the *Vital Statistics Report* (2013), Nova Scotians are most likely to pass away in hospital (58%), and half of those who did pass away were aged 80 years or over.

1.3 Crime and Safety

The Royal Canadian Mounted Police (RCMP) keeps records of the number of crimes reported per year. In 2013 the most common crimes in CHN 5 was theft under \$5,000 (24%), mischief (18%), and assaults (14%). Generally, reported crimes have decreased in this area over the years. Comparing 2015 to 2013, there were 76 fewer incidents of property crime, including theft from motor vehicle and mischief. There were also 11 fewer incidents of impaired operation of a motor vehicle over the same period. However, in 2015 there were 12 more incidents of drug trafficking than in 2013.

2. Health Services

The Hants Community Hospital located in Windsor serves Windsor, West Hants and portions of East Hants. Presently, it offers an emergency department (open 24-hours a day), blood collection clinic, x-ray diagnostic imaging, and physiotherapy. There are 42 acute care beds which allow for short-term treatment for injury, illness, or recovery from surgery, and two (2) beds for respite care.

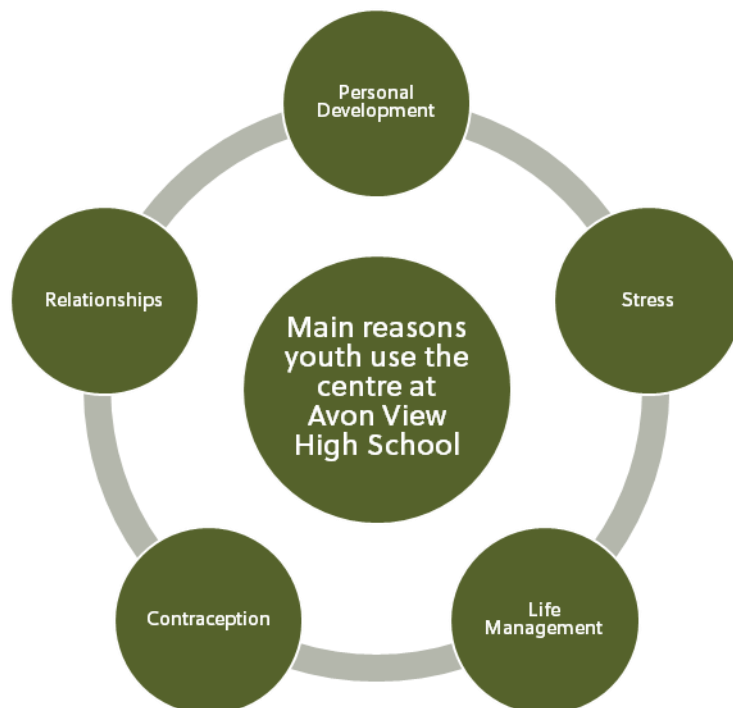
There are three (3) main health centres in the area (Figure 11), and approximately 14 family doctors operating in CHN 5. There is a youth health centre located in Sackville which provides services to youth within CHN 5, and smaller health and resource centres within West Hants Middle School and Avon View High School (Figure 12).

Figure 11: Health Facilities available to West Hants Residents

Type	Name	Location	Serves
Hospital	Hants Community Hospital	89 Payzants Drive, Windsor	Community
Health Centres	Windsor Collaborative Practice	25 Wentworth Road, Windsor	
	Hants Shore Community Health Centre	5638 NS-215, Newport	
	Hantsport Collaborative Practice	27 Main Street, Hantsport	
Youth Health Centre	Cobequid Youth Health Centre	40 Freer Lane, Lower Sackville	Youth
Hants Youth Health and Resource Centres	Avon View High School	225 Payzants Drive, Windsor	
	West Hants Middle School	8009 Highway 215, Newport	

There is also an 811 phone service run by the Province which allows residents in need of non-emergency medical attention speak directly with a registered nurse.

Figure 12: use of the Avon View High School Youth Centre



2.1 Care Facilities

There are three (3) nursing homes within the area of West Hants, providing a combined total of approximately 250 beds for long term care (Figure 13). For a more independent living environment there are two (2) senior housing facilities in Windsor. There are also four (4) residential care homes, two (2) of which provide assisted living to adults with special needs, one (1) which accommodates adults with physical challenges, and one (1) which supports seniors with Alzheimer's disease or dementia.

Approximately 19% of West Hants residents are over the age of 65 and an additional 2,600 people will be 65 years or older within the next ten (10) years. This could mean more senior independent living environments and long term care facilities will be needed.

Figure 13: Care Facilities in West Hants and Surrounding Area

Type	Name	Location	Number of	Serves
Nursing Homes	Windsor Elms Village for Continuing Care Society	174 Dyke Road, Falmouth	107 + 1 respite bed	Seniors
	Haliburton Place	89 Payzants Drive, Windsor	31 + 1 respite bed	
	Dykeland Lodge	124 Cottage Street,	111	
Senior Housing	Gladys M. Manning Memorial Home	40 Manning Drive, Windsor	102 apartments	Adults with special needs
	MacLeod House	20 Empire Lane,	28 units	
Residential Care Facilities	Victoria Park Guest House	350 King Street, Windsor	15	Individuals with
	King's Meadow	5466 Hwy 14, Windsor		
	Kendall Lane	73 Kendall Lane,		Seniors with Alzheimer's disease
	Rose-Marie Care Home	58 Main Street, Hantsport		

2.2 Community Supports

Homecare in Nova Scotia

The Nova Scotia Health Authority has a Continuing Care Services helpline which connects residents of Nova Scotia with the appropriate continuing care services. There is funding available through the Department of Health and Wellness for services such as home care, care givers, equipment, and long-term care among others.

Other services available include the Victorian Order of Nurses (VON) and Northwood Homecare which offer assistance and programs to residents and seniors within their homes.

Food Banks

There are two (2) food banks which serve the residents of West Hants and Windsor. The Matthew 25 Windsor District Food Bank is open on Tuesdays and Fridays from 12pm to 3pm, and the Hantsport and Area Community Food Bank is open from 9am to 12pm on the second Wednesday of the month in Hantsport.

In an average month the Hantsport food bank helps about 65 people, however during the month of December it can increase to approximately 75 people from Hantsport and the surrounding area. The Windsor food bank states they serve at least 400 individuals and families per month. The food banks aim to provide families three (3) to five (5) days of food.

People wishing to use the food bank must call and place an order. The administrators at the food bank cross reference the information provided for the order with the Feed Nova Scotia membership database and client registry history. The resident will then be notified when the order can be picked up. Residents may use Matthew 25 food bank once every six (6) weeks and the Hantsport Community food bank once per month.

Other

Other resources within Windsor which provide services to Windsor and West Hants include non-profit organizations such as Harvest House, New Boundaries, the Family Resource Centre, and the Hants Learning Network Association. Information on what each organization does is provided in Figure 15.

Figure 14: Employees of West Hants donating to the food bank



Figure 15: Other Community Supports and Services

Harvest House	<ul style="list-style-type: none">•designed to complement churches by offering guidance and fellowship•provides services such as a drop in, soup kitchen, recovery, shelter, and cafe night
New Boundaries	<ul style="list-style-type: none">•assists adults with intellectual disabilities•serves 35 clients•provides vocational, social and life skills
Family Resource Centre	<ul style="list-style-type: none">•offers programs which aim to enhance positive family environments and address the needs of families living in West Hants
Hants Learning Network Association	<ul style="list-style-type: none">•assists adults and families with literacy and skills to access further education or employment opportunities•offers free classes and tutoring for adults

Public Transportation

Dial-a-Ride (WHDAR) is a charitable organization which serves residents of West Hants by providing a door-to-door option to get to medical appointments and personal errands for those without access to a car or who are unable to drive themselves. Eight (8) volunteer's drivers use their own vehicles and have access to two (2) wheelchair accessible vans to transport residents. The service is provided on an as-needed basis.

The Windsor Senior Citizen Bus Society, formed in 1985, uses a 36-passenger bus to provide day trips for residents who live in local senior residences.

Kings Transit has one stop at the border between West Hants and Kings County, which allows users to travel to multiple stops throughout the Annapolis Valley as far as Weymouth. The Hantsport Municipal Planning Strategy (HMPS) has specific policies to continue participating in this service.

2.3 Emergency Services

Emergency Health Services

Emergency Health Services (EHS) paramedics are usually the first responders to health emergencies within Nova Scotia. They are dispatched from the communication centre in Halifax Regional Municipality (HRM) and operate the ground ambulance and emergency helicopter service. There is one EHS paramedic base located in the Windsor-West Hants Joint Industrial Park.

Police

West Hants is served by the Windsor detachment of the Royal Canadian Mounted Police (RCMP), located in the Windsor-West Hants Industrial Park. It serves areas of West Hants and the Mount Uniacke area of East Hants.

Fire Departments

Five (5) volunteer fire departments serve West Hants: Brooklyn, Hantsport, Summerville, Walton, and Windsor. Over 150 members of the community volunteer at one of these departments. Additionally, a substation of the Windsor Fire Department, located in Vaughan, serves Southwest Hants, and a small area near the East Hants boundary is serviced by the Mount Uniacke District Fire Department.

Regional Emergency Management Organization

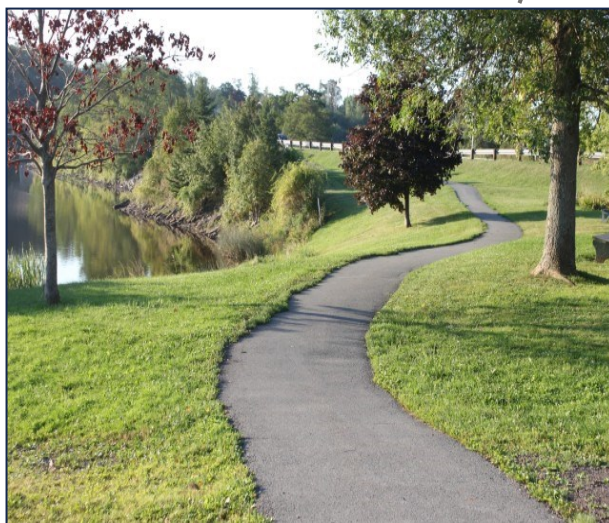
The Regional Emergency Management Organization (REMO) for Hants County is organized by West Hants and Windsor. REMO has developed an Emergency Response Plan and has determined the roles and responsibilities of its members. The Emergency Operations Centre (EOC) is located on the lower level of the West Hants Municipal building, with the alternate Centers in Windsor Town Hall and the Hantsport Public Works office.

3. Recreation Facilities

Recreational facilities can provide a place for residents to improve both their mental and physical health. Within West Hants there are two (2) Provincial Parks, Smileys and Falls Lake, and two (2) Park Reserves, Cheverie Salt Marsh and St. Croix Recreation Site. Park Reserves are Crown land which is designated and protected by the Province as having potential to become a Provincial Park.

The Municipality owns and/or manages approximately 199 hectares (492.5 acres) of parks and open space land (Figure 16). Much of the Municipally owned parkland has been received through the parkland dedication provisions of the West Hants Subdivision By-law. The Subdivision By-Law specifies a 5% parkland (or cash in lieu of) transfer from anyone subdividing a property into multiple pieces of land. This ensures that new housing developments set aside land for public recreational or open space use. Of the open space designated parcels, 21 sites are developed and maintained as recreation sites, with some having trails and Municipally owned water access. There are two sites that are specific water access areas: Bramber Beach and Falmouth Boat Launch (Figure 17).

Figure 16: Falmouth Mini Park and Causeway Trail



Through the Land Use By-law, parks and playgrounds are permitted in any zone provided any maintenance or storage building accessory to the park or playground does not exceed 200 ft² (18.58 m²) in floor area.

Through the West Hants *Parks and Open Space Plan* (2016) a decision making toolkit was created to be used to guide decisions about the parks and open space network in West Hants. Five (5) parks were identified as needing investments or upgrades through this plan. These include: Falmouth Mini Park and Causeway Trail, Avondale Wharf and Waterfront, Irishmans Road Recreation Site, Eldridge Road Recreation Site, and St. Croix Recreation Site. Policy recommendations from the Plan include changing the dedication of parkland to 10% for subdivision in Growth Areas, instead of the 5% required in all areas through subdivision now. When comparing the parkland designation requirement of

West Hants to other municipalities, the Municipality of the District of Chester, Kings County and Windsor all require 5% whereas the Municipality of the District of East Hants and the Town of Wolfville require 10% dedication. Additional recommendations will be considered as part of the Municipal Planning Strategy review.

Figure 17: Recreation Sites, Trails and Municipally Owned Water Access Points

Name	Location	Recreation Site	Trail	Municipally Owned Water Access	Description
Armstrong Lake Park	640 Armstrong Lake East Road, Vaughan	•	•	•	non-motorized boating, swimming
Avondale Wharf and Waterfront	15 Belmont Road, Avondale	•		•	
Bramber Beach	7728 Hwy 215, Bramber			•	beach walking, fishing
Brooklyn Fire Hall Trail	995 Highway 215, Brooklyn	•	•		
Cheverie Salt Marsh Restoration Trail	6500 Hwy 215, Cheverie	•	•	•	beach walking, clam digging
Chittick Park	19 Chittick Ave, Hantsport	•			
Dr. Silas Rand Park	Riverview Road, Hantsport	•			
Eldridge Road Recreation Site	156 Eldridge Rd, Upper Falmouth	•	•		soccer and softball fields, tennis and basketball courts
Falls Lake Municipal Land Trail	550 Pioneer Drive, Vaughan	•	•	•	boat launch, swimming access, fishing
Falmouth Boat Launch	2058 Hwy 1, Falmouth			•	boat launch
Falmouth Mini Park and Causeway Trail	2127 Highway #1 Falmouth	•	•		
Foundry Field	10 Foundry Road,	•			
Fundy Centennial Park	1 Avon Street, Hantsport	•		•	beach walking/ swimming access
Hantsport Riverbank Cemetery	Riverbank Drive, Hantsport	•			

Hobarts Beach	192 Block Wharf Road, Summerville	•		•	fishing, boat launch
Irishmans Road Recreation Site	151 Irishmans Road, Newport Station	•	•		three (3) soccer pitches, and an archery club
John Wiley Walkway	Smith Crescent, Hantsport	•			
Kempt Quarry Recreation Site	6020 Hwy 215, Kempt Shore	•	•	•	swimming, non-motorized boating
McDade Park	Prince Street, Hantsport	•			
Prince Street Path	Prince Street, Hantsport	•			
Shamrock Ball Field	11 School St, Hantsport	•			
St. Croix Recreation Site	54 Ball Park Road, St. Croix	•		•	international calibre softball fields; fishing – stocked pond
Upper Burlington Planters Trail	No 215 Hwy/ Old Walton Road, Upper Burlington	•	•		

3.1 Privately-owned Recreation Facilities

In addition to public recreation facilities, there are a number of privately-operated commercial recreation facilities in West Hants. These facilities require larger pieces of property, are open to the public, and include businesses such as campgrounds, golf courses, and Martock Ski Hill and On Tree adventure park. In West Hants, new commercial recreation uses in any zone will be considered only by development agreement.

Although there are currently no motocross tracks in West Hants, there is special consideration for their development, and other off-highway vehicle courses, in the Municipal Planning Strategy. To provide considerable buffering for abutting properties, track development is limited to large properties within the General Resource Zone.

3.2 Recreation and Health

The Province of Nova Scotia's *Shift: Nova Scotia's Action Plan for an Aging Population* report stated that physical activity plays a considerable role in allowing elderly residents to live at home longer.

In a 2012 survey on physical activity of West Hants residents, the majority (60%) of residents responded that walking is their most regular form of exercise. The most frequently used facilities for recreation in the Municipality are sidewalks and road shoulders (67%), trails (56%), and parks and green space (47%). Approximately 84% of residents surveyed stated that increasing access to paths, trails and green space amenities would help them be more physically active.

Provincial funding and school partnerships enable West Hants to provide access to facilities and free recreation programs to residents. These programs include snowshoe loans, elementary after school programs and girls middle school sport programs.

Windsor provides access to facilities including the pool at Kings-Edgehill School and the Windsor arena. From June to September there is also free swimming at the Hants Aquatic Centre in Windsor. Along the waterfront in Windsor there is also a skate park and basketball courts for recreational use.

Figure 18: Cheverie Salt Marsh Trail Sign



4. Schools

Schools can be a major contributor to health and wellness from a young age. Schools within Windsor and West Hants were part of the former Annapolis Valley Regional School Board (AVSRB). There are six (6) elementary schools, one (1) junior high, one (1) combined elementary/ junior high and one (1) public high school that serve school-aged children in West Hants (Figure 19). There is also one (1) alternative high school, one (1) private school, and one (1) adult education centre in the vicinity.

Students from the Hantsport School transition to Horton High School in Kings County for grades 9-12. The Uniacke District School, which serves grades P-9 in Mount Uniacke transfers its students into Avon View High School for grades 10-12.

Figure 19: Schools Serving West Hants Students

School	Name	Location	Receiving School
Elementary (grades P-5)	Brooklyn District Elementary	Brooklyn	West Hants Middle School (grades 6-8)
	Dr. Arthur Hines School	Summerville	
	Falmouth District School	Falmouth	
	Three Mile Plains District School	Windsor	
	Windsor Elementary School		
	Windsor Forks District School		

Junior High (grades 6-8)	West Hants Middle School	Newport	Avon View High School (grades 9-12)
Elementary / Junior High (grades P-8)	Hantsport School	Hantsport	Horton High School, Wolfville (grades 9-12)
High School (grades 9-12)	Avon View High School	Windsor	N/A
Alternative High School	West Hants Education Centre		
Adult Education	Windsor Adult High School		
Private School (grades 9-12)	Kings-Edgehill School		

West Hants currently owns and/or manages seven (7) school parks: Falmouth District School, Windsor Forks District School, Three Mile Plains District School, Newport Station District School, Brooklyn District Elementary School, Dr. Arthur Hines Elementary School, and West Hants Middle School.

5. Challenges and Opportunities

Access to health services, recreation facilities and food sources can affect personal health. The Nova Scotia Age Friendly brochure identifies eight domains which influence the health and quality of life for all residents (Figure 20). The West Hants Integrated Community Sustainability Plan (ICSP) also identifies ways to build a sustainable, healthy community where residents of all ages can thrive. These include encouraging people to live within the more concentrated areas, which would help in providing services and encouraging local businesses and food production, and enabling the expansion of affordable public transportation.

Figure 20: Aspects that Affect Health and Quality of Life of all Residents



5.1 Health and Services

Globally, there is a rise in preventable chronic diseases and obesity, influenced by lack of activity and unhealthy diets. To combat this, the Province of Nova Scotia introduced

Thrive! A Plan for a Healthier Nova Scotia: A Policy and Environmental Approach to Healthy Eating and Physical Activity (2012). In the report they identify strategic directions to ensure the healthiest quality of life for Nova Scotians, including providing education and encouraging opportunities to enable healthy eating and physical activity.

The Province's *Better Care Sooner Plan* (2010) identifies strategies to improve emergency care and provide reliable medical service for residents. These include encouraging the use of 811 for non-emergencies, improving access to doctors and providing better care for vulnerable populations. Similarly, the Province's *Together We Can: The Plan to Improve Mental Health and Addictions Care for Nova Scotians* (2012) report has determined that residents living with mental health and addictions need to be diagnosed earlier, be provided better support and be able to receive care even if they live in rural locations.

Without access to a vehicle, residents of West Hants may find it challenging to receive medical care. Many of the family doctors within West Hants are located in Windsor and around the Kempt Shore. Some residents even visit family doctors located within the HRM, creating significant travel time. Additionally, as the main youth centre is located in Sackville, youth within West Hants may not be able to access the available services.

Social Interaction

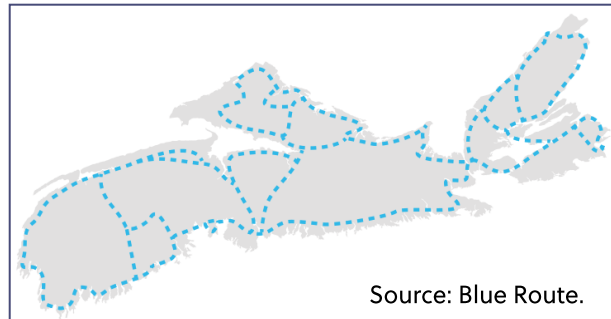
The Nova Scotia Department of Seniors has stated that keeping seniors socially connected is a growing concern. As one quarter of the Province's population will be over 65 years old by 2030, it is important to continue to encourage participation from and utilize this segment of the population. Projects similar to the Happy Community Project, which began in Windsor in 2017 as a citizen-led initiative for residents to be more involved within their communities, could be a way to achieve this. The project identifies happy communities as being built on a strong foundation of social connection, which increases the community's ability to be resilient during hard times. The main goal is to create a positive and happy environment to live in now and for future generations. Projects in Windsor include community markets, youth groups and community breakfasts, with over 200 people volunteering their time so far.

A funding option to assist with community projects and planning includes the Nova Scotia Department of Seniors *Age-Friendly Communities Grant Program*. It can provide up to \$20,000 for an age-friendly initiative. It is available to assist municipalities, non-profit organizations or charities.

5.2 Recreational Facilities

As sidewalks, road shoulders and trails were the most frequently used facilities for recreation and 84% of adults in West Hants stated that increasing access to paths, trails, and green space would help them be more physically active, it would seem that enhancing road and trail infrastructure would provide more possibilities for residents to be active. Partnering with Bicycle Nova Scotia's Blue Route program could be an option to encourage recreational cycling and connect bicycle infrastructure in West Hants with the rest of the Province (Figure 21).

Figure 21: Proposed Nova Scotia Blue Route



5.3 Food Sources

Community health can be directly related to the availability and affordability of food in a community. Food prices continue to rise in Nova Scotia, especially in rural areas, making it more difficult for families to choose nutritious options. Food insecurity is defined as lacking dependable access to affordable, healthy food. In Nova Scotia, one (1) in ten (10) families report being food insecure.

Access to a healthy diet could be challenging to some in West Hants, especially older individuals, due to the location of grocery stores and farmers markets. The main grocery stores are located in Windsor, with smaller farmers markets being located in more rural areas. Diversifying food sources including local community gardens and food production, and offering food programs and cooking classes at schools could provide well-rounded options for families and instill healthy eating practices in children from a young age. For elderly residents, a program such as Meals on Wheels could be helpful. Seniors would be able to receive healthy meals delivered to their home for a small fee. Continuing to support for local food banks would assist residents of all ages.

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