

Community Health Boards Release Annual Report

By Maurice Rees

The seven Community Health Boards (CHBs) in Cumberland, Colchester and East Hants along with their CHB colleagues across Nova Scotia are proud to announce the release of their 2025-2026 Annual Report, marking the first year of progress under the 2025-2029 Community Health Plan. The report was officially launched on April 15, 2026. A listing of the seven local CHBs with contact coordinates is at the end of this article.

This milestone report reflects the collective efforts of 34 CHBs working alongside communities, organizations, and partners to improve health and well-being across the province. Grounded in extensive community consultation, the Community Health Plan identifies five key health priorities: Access to affordable basics of living; Healthy active living and social connection; Natural and built environments; Local access, information, and navigation and Mental wellness.

Over the past year, CHBs have made meaningful progress across all priority areas, supporting community-led solutions and strengthening partnerships at the local level.

A key highlight of the report is the impact of Wellness Fund grants, which have supported a wide range of grassroots initiatives throughout each zone. These investments have helped bring community-driven ideas to life by improving access to resources, fostering social connection, and promoting healthier environments.

The report offers inspiring examples of collaboration with community partners, demonstrating how collaboration continues to be a cornerstone of CHB success. These stories reflect the creativity, resilience, and commitment of communities working together to address local health promotion needs.

In addition to community-based work, CHBs have played an important advocacy role on issues that influence health and well-being. Over the past year, this has

included: Community engagement activities related to Basic Income; Advocacy on alcohol sales and packaging, including support for alcohol warning labels and advising against expanding alcohol availability in non-NSLC retail settings and Requesting updates to Health Canada's website to reflect the most current Guidelines on Health and Alcohol.

The Annual Report also highlights the ongoing professional development of CHB members, supporting their ability to effectively engage with communities and contribute to meaningful change.

As part of the 2025 biennial CHB conference, the report also recognizes recipients of the Dr. Robert Strang Community Health Champion Award, celebrating individuals and groups who have made outstanding contributions to community health across Nova Scotia.

"This report is part of our commitment to report back to community on the great work being done," said Shawna Comeau, Chair of the Provincial Council of CHB Chairs. "We would also like to thank all the community groups and volunteers for their tremendous efforts in making healthier communities for Nova Scotia while using our Community Health Plans as a guide."

Community members, organizations, and partners are encouraged to explore the report to learn more about the work happening in their communities and across the province.

Here is a listing of the Community Health Boards in Cumberland, Colchester & East Hants:

Along The Shore CHB:
Chair: Betty Jennings. To learn more about this CHB or to apply to become a member contact: Mandy Moore, CHB Coordinator, 902-890-4383, AmandaM.Moore@nshealth.ca

East Hants CHB: Chair: Amanda Canning. To learn more about this CHB or to apply to become a member contact: Becky McManus-Cyna, CHB Coordinator, 902-266-4290, Rebecca.Mc-

Manus-Cyna@nshealth.ca
South Colchester CHB:
Chair: Stacey Harrison;
Vice Chair: Ian Gulliver.
To learn more about this CHB or to apply to become a member contact: Becky McManus-Cyna, CHB Coordinator, 902-266-4290, Rebecca.McManus-Cyna@nshealth.ca

Truro and Area CHB: Co-Chairs: Audrey Balsor and Paula Withrow. To learn more about this CHB or to apply to become a member contact: Becky McManus-Cyna, CHB Coordinator, 902-266-4290, Rebecca.McManus-Cyna@nshealth.ca

North Shore CHB: (FORMERLY Wallace, Wentworth, Pugwash and Area & North Shore Area Community Health Boards). Co-Chairs: Valerie Brown and Becky Scott. To learn more about this CHB or to apply to become a member contact: Colleen Dowe, CHB Coordinator, 902-397-0376, colleen.dowe@nshealth.ca

Springhill, Oxford, Amherst and Region (SOAR) CHB: Chair: Jessica Campbell. To learn more about this CHB or to apply to become a member contact: Colleen Dowe, CHB Coordinator, 902-397-0376, colleen.dowe@nshealth.ca

Southampton, Parrsboro, Advocate and Region (SPAR) CHB: Chair: John Brownlie. To learn more about this CHB or to apply to become a member contact: Colleen Dowe, CHB Coordinator, 902-397-0376, colleen.dowe@nshealth.ca

Shoreline Journal

We are proud to provide coverage of community events.
For coverage of your event contact Maurice Rees at 902-647-2968

Join an Agency, Board or Commission Deadline May 12TH

Nova Scotians interested in making a difference by volunteering on one of the dozens of agencies, boards or commissions across the province are invited to apply.

Applications are open for agencies, boards and commissions that provide advice and services in a variety of areas, including health, policing, agriculture, education, culture, the environment, transportation, labour, professional regulation and more.

"Volunteers are the heart of our communities here in Nova Scotia," said Dave Ritcey, Minister responsible for the Voluntary Sector. "Joining an agency, board or commission is a great way to make a difference, gain experience and support what matters to you."

The spring application deadline for current opportunities is May 12. Applications for many other positions are accepted year-round.

The Government of Nova Scotia is committed to promoting diversity and equity through its agencies, boards and commissions.

People are encouraged to self-identify if they are from an underrepresented or underserved community when applying. These communities include Indigenous people, African Nova Scotians, other racially visible people, people with disabilities, the 2SLGBTQIA+ community and other groups.