

# Health and Healthy Living

Our government has made great strides to curb health care costs and better use the approximately \$3 billion that is spent annually. We have accomplished this while making significant improvements to mental health and addictions, home and community care, and primary health care.

By continuing to work for people and families living in Newfoundland and Labrador, we will maintain the delivery of quality services and improve access to care.

## Mental Health

Since the release of our Mental Health and Addictions Action Plan, there has been a 68 per cent reduction in the number of people waiting for counselling services. Budget 2019 includes continued investments to remove barriers to treatment and make it easier for people to access services and supports closer to home. This includes:

- ▶ \$8.9 million to start construction in spring 2019 on a new adult mental health and addictions facility and expand community-based supports province-wide.
- ▶ \$1 million to start construction on a six-bed mental health unit at the Labrador Health Centre in Happy Valley-Goose Bay.
- ▶ \$1.3 million for the Gathering Place to support them in delivering services.
- ▶ \$914,000 to launch mobile crisis intervention teams on the west coast and in the central region.

- ▶ WorkplaceNL will also provide presumptive Post-Traumatic Stress Disorder coverage for workers who experience a traumatic event or multiple events at work, as of July 1, 2019.

## Better Services; Better Outcomes

- ▶ \$4.9 million for 15 new drug therapies through the Newfoundland and Labrador Prescription Drug Program.
- ▶ \$2.5 million to implement the Autism Action Plan, which improve services and supports. This will increase to \$5 million annually in 2020-21.
- ▶ \$370,000 to offer midwifery services for expecting families starting in Gander this spring.
- ▶ \$250,000 to provide a free, comprehensive eye exam to children starting Kindergarten this fall.
- ▶ Continued expansion of primary health care teams.
- ▶ Lifting the age cap for those currently enrolled in the Insulin Pump Program.

## Healthy Living

Through **The Way Forward**, our government is working with our community partners to increase physical activity and healthier communities. Budget 2019 includes:

- ▶ \$9.3 million for the Labrador Wellness Centre, with construction expected to begin in 2019.

- ▶ \$3.2 million for construction of the Placentia Regional Wellness Centre.
- ▶ \$1.79 million for the Community Healthy Living Fund, including funding to support community groups, recreation committees and organizations offering physical activity, healthy living and wellness programs.
- ▶ \$1.8 million to prevent and reduce tobacco and vaping use. This approach includes public education and awareness, legislation, enforcement, cessation supports, and community-based and school initiatives through funding for the Newfoundland and Labrador Lung Association Smokers' Helpline, Provincial Smoking Cessation Program for Individuals with Low Income, Alliance for the Control of Tobacco and other evidence-based prevention and cessation initiatives.
- ▶ \$940,000 for provincial recreation and sport partners to provide capacity to deliver programs, leadership and training at community, regional and provincial levels.
- ▶ \$861,000 to support athletes competing at the Canada Games and other high performance sport initiatives.
- ▶ \$810,000 to support physical activity and recreation programs including projects such as Participation Nation, training and leadership development initiatives and Find Your Fit physical activity campaign.
- ▶ \$730,000 for the Labrador Travel Subsidy Program to support teams to travel to provincial championships and to support the development of Labrador coaches and officials.
- ▶ \$677,600 to support Youth Wellness initiatives, including funding for Healthy Students, Healthy Schools and the Healthy School Planner.
- ▶ \$580,000 for provincial sport organizations to administer and deliver sport programs for youth.
- ▶ \$571,200 to support sport development initiatives, including Canada Sport for Life, coaching, the Intra-Provincial Travel Subsidy and the National Championship Travel Subsidy.
- ▶ \$400,000 to support physical activity initiatives targeted at school-aged youth through Active Schools and ParticipACTION.
- ▶ \$200,000 for the Carrot Rewards Program, which rewards users with loyalty reward points for participating in healthy active living awareness and education activities and physical activity challenges.
- ▶ \$130,000 for Eat Great and Participate to support healthier eating and access to healthy food and beverage options in recreation, sport and community facilities.



**New Mental Health and Addictions Hospital**  
**\$8.9 million**



**Lifting age cap for those already enrolled**  
**Insulin Pump Program**



**Prevent and Reduce Tobacco and Vaping Use**  
**\$1.8 million**