

# BRAINSTORM



# TAKING ACTION IN MY COMMUNITY

<ul style="list-style-type: none"> <li>* Encourage YAPC in advocacy for healthy families <i>Com Wulker</i></li> </ul>	<ul style="list-style-type: none"> <li>* REPORT TO YAPC → ADEQUATE LIVING SPACE + GOOD FOOD</li> </ul>	<ul style="list-style-type: none"> <li>* Healthy cooking + parenting classes - TALK TO BOSS, GET #</li> </ul>
<ul style="list-style-type: none"> <li>* FORM A FOOD SECURITY STEERING COMMITTEE <i>Edna</i></li> </ul>	<ul style="list-style-type: none"> <li>* Start a girls' volleyball team in Pelly Crossing <i>Edna</i></li> </ul>	<ul style="list-style-type: none"> <li>* OUTDOOR CAMP for SINGLE PARENTS + KIDS → Get # and support <i>S. Smith</i></li> </ul>
<ul style="list-style-type: none"> <li>* Community garden in every community → ALL SEASONS FOOD SECURITY <i>Jan Kelly</i></li> </ul>	<ul style="list-style-type: none"> <li>* Speak to LORNA to get info re health risks of power drinks → CONTROLLED ACCESS TO ENERGY DRINKS <i>LORNA</i></li> </ul>	<ul style="list-style-type: none"> <li>* EXPAND RHEAL LEADER PROGRAM <i>Deanna Stoll</i></li> <li>* FORM A FITNESS COMMITTEE <i>Deanna Stoll</i></li> </ul>
<ul style="list-style-type: none"> <li>* CREATE AN ONLINE HUB for CONNECTION: PEOPLE, IDEAS → Speak to IT. people @ college <i>Kate Stinks</i></li> </ul>	<ul style="list-style-type: none"> <li>* CREATE EASY-ACCESS SKI PLAYGROUNDS IN ALL RURAL COMMUNITIES → Visit communities, locate playgrounds → Include BABIES + TDTS → reach out to PARENTS <i>Talonna Stinger</i></li> </ul>	<ul style="list-style-type: none"> <li>* SUPPORT DEVELOPMENT OF KIDS' COOKING CLUBS → Develop skills, bring kids together, learn about healthy food choices → START PARTNERSHIP PROGRAM</li> </ul>
<ul style="list-style-type: none"> <li>* POSITIVE ADULT ROLE MODELS FOR KIDS → Start with myself, recruit participants in Teslin</li> </ul>	<ul style="list-style-type: none"> <li>* HEALTHY SNACK/ SNACK PROGRAM → Kids would be involved in planning/creating → Get help with proposal → Raise funds</li> </ul>	<ul style="list-style-type: none"> <li>* OFFER COOKING CLASSES FOR PARENTS THROUGH WHOLE CHILD PROGRAM <i>Janice</i> → Communicate in newsletter → Build on kids' cooking classes</li> </ul>
<ul style="list-style-type: none"> <li>* GET wild meat into Boys + Girls Club → Get support from potential partners + game hunters → Learn rules/facts</li> </ul>	<ul style="list-style-type: none"> <li>* Increase capacity of Yukon kids for bike riding → Talk to relevant people!</li> </ul>	<ul style="list-style-type: none"> <li>* YOUTH WELLNESS PROJECT FUNDED IN EVERY YUKON COMMUNITY for the NEXT FISCAL YEAR <i>Steph Coe</i></li> </ul>
<ul style="list-style-type: none"> <li>* ACTIVE SCHOOL TRANSPORTATION</li> </ul>	<ul style="list-style-type: none"> <li>* GET FUNDING for an ACCURATE STUDY RE: STATE OF OBESITY IN CHILDREN + YOUTH IN YT</li> </ul>	

# ACHIEVING HEALTHY WEIGHTS for CHILDREN

DELIBERATIVE DIALOGUE #2 • DECEMBER 8, 2011

## RISK FACTORS for CHILDHOOD OBESITY

WHAT WE KNOW ABOUT IT IN CANADA:

- FACTORS:
  - Genetic
  - Non-genetic
- 26% OVERWEIGHT
- 8% OBESE
- OVERWEIGHT CHILDREN → OVERWEIGHT ADULTS
- CHRONIC DISEASES!
- INCREASING

### PHYSICAL ACTIVITY

Weight  
Physical activity

38% of children youth don't meet Canada's Physical Activity guidelines!

### FOOD CHOICES + EATING PATTERNS

- Snacking dinner while watching TV
- Family dinners
- Sugary drinks
- SUGAR ADDED
- Skipping breakfast
- poor odds of obesity!
- Academic achievement
- Substance abuse
- Obesity

### ENVIRONMENTAL FACTORS

- Adequate night-time SLEEP
- Sedentary behaviours
- Screen time
- obesity ↑

### BUILT ENVIRONMENT

- Not built for walking

### LOW INCOME

- Lack of access to healthy food

### PARENTAL OBESITY

- More risk of their kids being obese



COMPLEX INTERACTION OF FACTORS!  
Can't just focus on one area  
Need to co-create solutions!



Girls more likely to be overweight  
Rural kids more overweight than urban

# COMMUNITY STORIES

What's working W.E.L.L!

SOME STORIES TO LEARN MORE ABOUT...

### GIRLS NIGHT OUT F.A.R.O

Girl-directed support group for girls 11-14

SAFE SPACE FOR GIRLS

CRITICAL THINKING

LEARNING

IMPROVE MENTAL + PHYSICAL HEALTH

FEW AMENITIES OR RESOURCES in the COMMUNITY → YOUTH ARE BORED!

Combat boredom by hosting FUN activities with women mentors

WORKSHOPS

DISCUSSIONS

DINNERS

SOCIAL ACTIVITIES

BONDING

ORGANIZING TRIPS TO WHITEHORSE

Get girls out of COMFORT ZONE - EXPAND HORIZONS

### CROSS COUNTRY YUKON

Promote love of x-c skiing

Identify community interest, available equipment/resources

CROSS-COUNTRY LENDING LIBRARY

loans of gear to communities

REAL LEADER PROGRAM

visiting coaches → build local coaching expertise

HUGE ENTHUSIASM!

200 YOUTH PARTICIPATED LAST YEAR

THIS YEAR: ESTIMATE 300+ KIDS IN 17 COMMUNITIES

+ RPAY → CRITICAL PARTNERSHIP!

ALL WALKING TOGETHER!

PARENTS

TEACHERS

FIRST NATIONS

SCHOOLS

### WHOLE CHILD PROGRAM WHITEHORSE

Support for families → ALL programming at ALL schools is open to EVERYONE!

FREE

REACHING FAMILIES WITH FEWEST RESOURCES TO PARTICIPATE

DRINK ON YUKON! TEEBEE POWER!

ER + OUTREACH WORKER HAVE BEEN THERE SINCE THE BEGINNING

STRONG PARTNERSHIPS

CONNECTORS

NO BARRIERS, NO STIGMA

ALL ARE WELCOME!

STRONG CORPORATE MEMORY

FEWER MISTAKES

FAMILY PROGRAMS AT 3 SCHOOLS SWIMMING • GYM • CRAFTS • MORE!

OPEN TO ALL!

COOKING • CHILD CARE • ETC! • Each school has its own activities

- VANTUXT GWILCHIN CULTURE CAMP
- CARMACKS GREENHOUSE
- HEALTHY WEIGHTS PROJECT
- CARCROSS SINGLETRACK TO SUCCESS PROJECT

### WHAT MAKES THESE STORIES SUCCESSFUL?

ACCESSIBILITY

INCLUSIVE

PARTNERSHIPS

EXPERTISE

WILLING TO VOLUNTEER

PASSION

COMMUNITY SUPPORT

POWER OF POSSIBILITY

COMMUNITY LEADERSHIP PEOPLE!

RELATIONSHIPS

TAILORED TO COMMUNITY NEEDS

LOCAL COORDINATOR

SAFE SPACE

SUCCESS BREEDS SUCCESS

FUN!

START SMALL

RIPPLE OUT

IT'S ALL ABOUT PEOPLE!

# Where do we go from here?

- ⑥ Looking for partners for PHASE 2 APPLICATION for INNOVATION STRATEGY

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- ⑥ WOULD LIKE A LIST OF RESOURCE PEOPLE TO CONNECT WITH / SHARE KNOWLEDGE
  - People with different skills, expertise

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- ⑥ Looking to develop a useful, practical, attractive website for this project

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- ⑥ FOLLOW UP ON PEOPLE'S ACTION ITEMS → want to stay connected, grow the network, learn from each other
  - Join Healthy Living + Recreation Retreat in 2012?

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- ⑥ LINK PEOPLE BY TELEHEALTH TO CONTINUE THESE CONVERSATIONS
  - Maybe develop theme-based webinars with a schedule?

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- ⑥ UPDATE LIST OF OFF-MARKET ACCOMMODATION

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- ⑥ YOUTH ENGAGEMENT in these initiatives

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- ⑥ CONSIDER ANNUAL OR BI-ANNUAL GET-TOGETHER to keep the discussion going + keep learning from each other