

ACHIEVING HEALTHY WEIGHTS for CHILDREN

DELIBERATIVE DIALOGUE #2 • DECEMBER 8, 2011

The purpose of this gathering was to build on the momentum of the dialogue hosted by Public Health Agency of Canada on June 28th, to share stories on community wellness initiatives that may be relevant to other Yukon communities, form connections and build relationships that will lead to working together on healthy weights, spark action by individuals and groups in the room and identify areas for follow-up.

The following factors affect weight in children as identified in group discussion.

- Parents behaviours in the home
- Video games
- Price of healthy foods
- Access to healthy foods
- Not having time to cook
- Not knowing how to cook
- Addictions
- Trauma
- Social pressures and eating disorders
- Social media
- Stress for kids
- School environment (and school lunches, throwing food away, going to the store and buying unhealthy foods)
- Change in children's physical activity levels- not walking to school, less playing with other kids in the neighbourhood
- Challenges reading food labels
- Sleep



Some areas for intervention

- Stop eating in front of TV
- Eat together as a family
- Reduce/eliminate sugar sweetened beverages
- Teach families to prepare meals in advance
- Build routines and awareness for people to make a conscious effort.
- One hour of physical activity per day
- Be a motivated and encouraging role model

Some challenges for implementing intervention

- Picky Eaters
- Low income
- Level of Education
- It's a complex lifestyle issue not just food and physical activity
- Multigenerational effects
- Parenting skills, and trauma causing the loss of these skills
- Solution needs to be done co-operatively and may never be completely solved

Low cost/ no cost ideas for intervention	Good Ideas that require more resources	Wildest ideas for intervention
Family geo-caching, hiking, neighbourhood block party	Teach kids to grow and cook food	Adult play grounds
Walking School Bus – kids walk the last two blocks to school	Food Pantry training for parents and youth- meal planning and budgeting for healthy foods	Recreation Facilities (like CGC) in all communities with free access, childcare and meals
Community Shopping list with someone going in to town	30 minute of physical activity for all kids in school every day	Use geothermal energy to grow bananas in the Yukon
Dining with Dad classes	Firearm classes for women Trans-Yukon trail system	Sedentary behaviour zapper (shocking collars)
Fun, smart family day on a regular basis (kitchen-based)	Learn about composting (including new techniques such as bokashi), gardening, teaching where food comes from and knowing what local sources of food are available	Start circus training and establish a Yukon circus
Fitness challenges at school or work (uses available resources, self reporting, no prizes-purely motivational)	Cooking classes/community dinner (central location in evenings, daycare provided, cook healthy foods, teach reading labels, fun activities like dancing and music)	Community food bank- includes dry storage, community gardening, and wild game and is free.
Yukon traditional activities: On-the-land gathering/hunting from small children to grandparents	Daily physical activity in schools	Edible landscape
Outdoor evening programming (i.e. midnight sledding)	Regular community dinners and activity (no bingo)	Community “play day” one time a week (no work, no school)



The following were identified as the key elements for activity/program success.

- **Community Involvement:** Every group identified that programs that involve capacity building within the community, build sustainability within the community, build partnership in and outside the community are key to successful interventions.
- **Leadership:** Every Group identified that having a passionate and motivated leader with a vision to move forward is an important aspect of successful interventions. Recognition and appreciation are one way to keep leaders motivated.
- **Accessibility:** Most groups identified that programs need to be accessible to everyone and that barriers need to be identified and addressed for interventions to be successful.
- Groups also identified that programs need to be fun, original, and start small and build slowly.

What next? Where do we go from here and how can we keep the momentum growing?

- Create a listing of resource people, which people can use for particular expertise (inventory of skills and knowledge in the Yukon)
 - DD2 steering committee will create a list of the people at DD2
- Make Wellness Strategy website as a resource, attractive
 - Paula Pasquali , Yukon Government
- Send out deliverables and follow up from DD2
 - Jan Langford, Yukon Government
- Create a food security group and work on having a food policy for the Yukon
 - Arctic Institute of Community –Based Research (AICBR) will submit proposal
- Keep connected...people from this meeting and then grow the network
 - Everyone
- Recreation and Parks Association of the Yukon's annual Healthy Living Retreat a way to stay connected -October 2012
 - Recreation and Parks Association of the Yukon
- Expand on groups that want to work on ideas together, and keep up the discussions
 - Everyone
- Host theme-based webinars (through Yukon College?)
 - Health Promotion will explore
- Update inventory of vacant low cost housing and accommodation (off market)
 - Yukon Anti-Poverty Coalition will explore
- Where are the youth voices? Share the responsibility and engagement with youth
 - Health Promotion and AICBR will explore
- Get together again- annual/bi-annual get together to learn from each other, plan, do, evaluate, and discuss
 - Steering Committee will discuss
- Find funding to figure out where we're at in the Yukon with obesity rates-do an accurate study – Yukon Government
- Kate Swales-peer reviewed research abstracts- happy to send out on a monthly basis if people are interested (kswales@yukoncollege.yk.ca)

TAKING ACTION IN MY COMMUNITY

<p>★ Encourage YAPC in advocacy for healthy families <i>(Lynn & D. Johnson)</i></p>	<p>★ REPORT TO YAPC → ADEQUATE LIVING SPACE + GOOD FOOD <i>(D. Johnson)</i></p>	<p>★ Healthy cooking + parenting classes → Talk to BOSS, GET \$</p>
<p>★ FORM A FOOD SECURITY STEERING COMMITTEE <i>(Lynn)</i></p>	<p>★ Start a girls' volleyball team in Pelly Crossing <i>(Lynn)</i></p>	<p>★ OUTDOOR CAMP for SINGLE PARENTS + KIDS → Get \$ and support <i>(S. Dicks)</i></p>
<p>★ Community garden in every community → ALL SEASONS FOOD SECURITY <i>(Jan Kelly)</i></p>	<p>★ Speak to LORNA to get info re health risks of power drinks → CONTROLLED ACCESS TO ENERGY DRINKS <i>(Lynn)</i></p>	<p>★ EXPAND RHEAL LEADER PROGRAM <i>(Lynn & Matt)</i></p>
<p>★ CREATE AN ONLINE HUB for CONNECTION: PEOPLE, IDEAS → Speak to I.T. people @ college <i>(Kate Swabs)</i></p>	<p>★ CREATE EASY-ACCESS SKI PLAYGROUNDS IN ALL RURAL COMMUNITIES → Visit communities, locate playgrounds → Include BABIES + TOTS → reach out to PARENTS <i>(Lynn & Matt)</i></p>	<p>★ SUPPORT DEVELOPMENT OF KIDS' COOKING CLUBS → Develop skills, bring kids together, learn about healthy food choices → START PARTNERSHIP PROGRAM <i>(Lynn & Matt)</i></p>
<p>★ POSITIVE ADULT ROLE MODELS FOR KIDS → Start with myself, recruit participants in Teslin <i>(Lynn)</i></p>	<p>★ HEALTHY SUPPER/ SNACK PROGRAM → Kids would be involved in planning/creating → Get help with proposal → Raise funds</p>	<p>★ OFFER COOKING CLASSES FOR PARENTS THROUGH WHOLE CHILD PROGRAM → Communicate in newsletter → Build on kids' cooking classes <i>(Lynn & Matt)</i></p>
<p>★ HEALTHY HOME CLASSES → Plan + coordinate, find funding, resources, partners</p>	<p>★ Increase capacity of Yukon kids for bike riding → Talk to relevant people!</p>	<p>★ YOUTH WELLNESS PROJECT FUNDED IN EVERY YUKON COMMUNITY for the NEXT FISCAL YEAR <i>(Stacy COP 14)</i></p>
<p>★ Get wild meat into Boys + Girls Club → Get support from potential partners + game hunters → Learn rules/facts</p>	<p>★ ACTIVE SCHOOL TRANSPORTATION</p>	<p>★ GET FUNDING for an ACCURATE STUDY re: STATE of OBESITY IN CHILDREN + YOUTH in YT</p>

Action Plans

- Participants at the deliberative dialogue were given templates to create action plans.
- 25 action plans were collected at the end of the day.
- Everyone signed their name next to their idea making a commitment to move forward.

The Deliberative Dialogue was hosted by:

- Arctic Institute of Community-Based Research
- Recreation and Parks Association of the Yukon
- Council of Yukon First Nations
- Ta'an Kwäch'än Council
- Yukon Government Health and Social Services
- Yukon Government Community Services

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For more information or copies of this document please contact info@aicbr.ca