

# What's New



July 2007

## Welcome to *Healthy U*

This regular *Healthy U* e-Newsletter provides you, our partners in health, with some highlights of our *Healthy U* activities. Please follow the links for more information, or visit our website.

[www.healthyalberta.com](http://www.healthyalberta.com)

Everyone deserves the chance to lead an active, vibrant life, and the resources provided by *Healthy U* are designed to do just that; provide great information on healthy eating and active living. *Healthy U* is for all ages. There are different resources aimed at a variety of age groups, from children, to families, to older adults.

## *Healthy U* Programs and Activities

### Community Choosewell Challenge

- The 2007 *Community Choosewell Challenge* is up and running with 124 participating communities spreading the messages to eat right and be active! To view community spotlights check out <http://www.healthyalberta.com/AboutHealthyU/260.htm>.
- **What's next?** Watch for regional workshops and forums offered to participating *Community Choosewell Challenge* coordinators. Choosewell communities are also receiving a unique opportunity to apply for \$5000 in seed grants to undertake innovative work around decreasing the barriers of eating right and being active for target populations. For more information, or to apply for these grants through the APRA, contact Victoria Poschadel or Teresa Ruggiero at (780) 415-1745 or at [ccc@arpaonline.ca](mailto:ccc@arpaonline.ca).

### *Healthy U* Crew

- The north and south *Healthy U Crews* have taken to the roads for the summer months, already attending several events in the months of May and June, such as the Little Britches Parade & Rodeo, the Calgary International Children's Festival, the Provincial Kickoff to Seniors Week, and the St. Albert International Children's Festival.
- Check out the website <http://www.healthyalberta.com/AboutHealthyU/265.htm> for event highlights, crew bios, and the summer schedule.
- **What's next?** Watch for the north *Healthy U* Crew at these next events:
  - Sunday, July 1 @ The Alberta Legislature Canada Day Celebrations
  - Friday, July 13 – Sunday, July 15 @ Cold Lake First Nations Treaty Days
  - Friday July 20 – Sunday, July 22 @ The Grand Prairie Street Performers Festival
- And the south *Healthy U* Crew at these upcoming events:
  - Thursday, July 21 @ Rum Runner Days in Blairmore
  - Monday, July 25 – Thursday, July 28 @ The Medicine Hat Annual Exhibition & Stampede
  - Friday, August 10 – Sunday, August 12 @ The Olds Fair and Rodeo

## Healthy Weights for Children Campaign

### The Case for Healthy Kids

- *The Case for Healthy Kids* is being shipped to a Regional Health Promotion coordinator, teacher, or community worker near you! These professionals will find the resources very useful in advising parents, caregivers, children and youth in making healthy choices.
  - This new resource has been designed to provide the best information available in Alberta to help young people eat healthy and be physically active.
- ⇒ **Questions regarding the Case for Healthy Kids?** Email [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca).

### Coming This Fall

- Be sure to check out the new television advertising campaign this fall, which promotes the benefits of healthy eating and active living to children and youth.

## New Resources

### “A Fresh Look at Healthy Workplaces”

- This new resource goes beyond information regarding only exercising and eating right, to encompass a multitude of aspects related to workplace wellness. Everything from personal health practices, to overcoming addictions, to office ergonomics is covered in this easy to follow resource.
- A healthy work environment can increase job satisfaction, improve morale, reduce injuries, and increase productivity.
- **Interested in ordering this resource?** Email [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca). Due to a limited quantity, our distribution is restricted to a maximum of 500 copies per organization/company. Organizations can also print additional copies off the website <http://healthyalberta.ca/Documents/EmployeeGuideWEB.pdf> or request permission to reprint this resource.
- Feel free to share this resource and ordering information with local employers in your community.

**Fact: People are healthier when they feel their lives are in control.**

### Recipe Cards

- Last year *Healthy U* made available illustrated recipe cards to organizations. Recently a second set of illustrated recipe cards has been created.
- There are five new delicious recipes and they include: Banana Carrot Bread, Breakfast Parfait, Curry Chicken, Fast Pizza Style Fish, and Sweet Potato Fries.
- These recipe cards will be made available through regional health authorities, literacy programs, and cooking programs in July and August.

### “FoodSmart: Your Guide to Eating Well”

- This comprehensive guide book, developed at a grade 6 reading level, includes definitions of some cooking terms, pantry stocking, grocery shopping, meal planning and preparation, food safety, and Canada’s Food Guide information.
- The guidebook also includes both sets of recipe cards. This booklet will be useful for a variety of audiences, including those with lower literacy and cooking comprehension levels, beginner cooks, immigrant populations, collective kitchens, seniors and more.
- These guidebooks will be distributed through regional health authorities in July and August.

### “You! Fun Ways to Stay Healthy!”

- This new, free, magazine is aimed at 7 to 10 year olds (grades 1- 4) with fun activities for eating healthy and cool ideas for staying physically active.
  - Each page features games, quizzes, and activities designed to inform and inspire children to make healthy food choices and to be physically active.
- You may have already seen this publication because samples of the first issue were sent to Physical Education/Health teachers in elementary schools in March. The second issue of the magazine is now available for distribution as well.
- To download pdf versions of these magazines, visit [www.healthyahttp://www.healthyalberta.com/AboutHealthyU/280.html](http://www.healthyalberta.com/AboutHealthyU/280.html).

=> Questions regarding these resources? Email [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca).

## Other News

### The Website

- Didn’t get a chance to watch the television ads *Born to Eat* and *Born to Move* targeted to children 7 to 10 that promote healthy eating and active living? It’s not too late! You can still check the out these entertaining commercials on the web at: <http://www.healthyalberta.com/AboutHealthyU/500.htm>
- ***In the News*** – A recent article on the website explores the important relationship between regular physical activity and maintaining mental health.

**Fact:** Studies have shown that individuals [with clinical depression] who are physically active are less likely to be depressed at a later point in time, maybe five to 10 years later.

- **Recipes Collection** – Check out the delicious new recipes posted under the *Healthy Eating* section of the website. Recipes include new favourites, such as Tofu Chocolate Cupcakes, Egg Salad Pitas, Moose or Venison Burgers, Teriyaki Surf & Turf Salad, and Vegetables with Garlic & Ginger (Yataklete Kilkil).

## Healthy School Communities Award

- With 74 nominations from all over the province, the selection committee had their work cut out for them. Six individuals, with a shared interest in the health of children and youth, comprised the committee. The awards were presented at an awards ceremony on June 4, 2007.
- Award recipients are as follows:
  - Individuals and groups: Nampa Public School Staff (Nampa); Doug Gleddie (Ever Active Schools); and St. Patrick's Elementary School Wellness Committee (Medicine Hat).
  - Associations and organizations: École St. Cecelia Junior High School (Edmonton); Norwood School (Edmonton); and School, Family, Community Health, Education Program (Wetaskiwin).
  - Authorities: Prairie Rose School Division No. 8 (Dunmore); Comprehensive School Health Team – David Thompson Health Region (Red Deer); and Black Gold Regional Schools (Leduc).
- Honourable mention to:
  - Individuals and Groups - Lyndi Karbonik (Principal, Riverdale Elementary School, Edmonton)
  - Associations and Organizations – Canadian Diabetes Association (Brooks and District)
  - Authorities – Health Promoting Schools Collaborative (Calgary)

## Watch for...

### Coming this Fall

- Watch for an exciting new TV advertising campaign. This time the target audience is older adults.

### Nutrition Guidelines for Children and Youth

- Check the Healthy U website [www.healthyalberta.ca](http://www.healthyalberta.ca) in July for the online version of the Nutrition Guidelines for Children and Youth.
  - The Guidelines will provide advice for facilities/organizations to provide healthy food choices in childcare facilities, schools, special events, recreation centres, and in the community.
  - Alberta will be the first province to develop nutrition guidelines for all facilities where children and youth are cared for, taught, and gather for recreation.
- **What's next?** These guidelines will be undergoing stakeholder consultations between July and October and will be finalized and distributed early in the New Year.

**For more information** on *Healthy U*, the What's New *Healthy U* newsletter, or to be added or removed from the email distribution list, please contact: [health.u@gov.ab.ca](mailto:health.u@gov.ab.ca).