

What's New



October 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

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

Premier's Award for Healthy Workplaces

- Applications are now being accepted for the third annual Premier's Award for Healthy Workplaces. As part of the *Healthy U @ work* initiative, 10 Alberta employers will be recognized for their commitment to improving the health of their employees. The award is designed to recognize employers that provide strategies, initiatives, policies and/or programs that promote support and enhance a healthy workplace and the efforts of workers to remain healthy at work and beyond. The initiatives **must** include (but are not limited to) **both** physical activity or active living and health eating components that are part of *Healthy U*.
- The award program is open to all Alberta workplaces, including businesses, municipalities, schools, health regions, not-for-profit organizations and government departments. The award features four categories based on the number of employees in the workplace.
- Award applications are due on December 14, 2007 at 4p.m. Visit <http://www.healthyalberta.ca/AboutHealthyU/263.htm> to apply.

2006 Premier's Award Winners Announced

- On September 13, the Premier's Award for Healthy Workplaces was presented to 10 workplaces from across the province for their commitment to improving the health of their employees.
- All healthy workplace award recipients have initiatives that promote physical activity/active living, healthy eating, smoking cessation, stress management, and occupational health and safety. The 2007 winners are highlighted below.
- Award of Distinction Winners:
 - Health Boards of Alberta Services (36 employees - small workplace category)
 - Intuit Canada Limited (318 employees - medium workplace category)
 - Alberta Blue Cross (730 employees - intermediate workplace category)
 - Flextronics Canada Inc. (650 employees - intermediate workplace category)
 - Albion Sands Energy Inc. (1,250 employees - large workplace category)

- Award of Merit Winners:
 - Municipal District of Greenview No. 16 (77 employees - small workplace category)
 - Alberta Milk (36 employees - small workplace category)
 - Standen's Ltd. (495 employees - medium workplace category)
 - Canadian Pacific Railway (4,379 employees - large workplace category)
 - Syncrude Canada Ltd. (4,728 employees - large workplace category)

Alberta Healthy School Community Wellness Fund

- Alberta Health and Wellness has partnered with the Alberta Coalition for Healthy School Communities and the School of Public Health, University of Alberta, to manage the Alberta Healthy School Community Wellness Fund. The fund supports projects that promote healthy school communities and aim to improve the health and wellness of school-aged children and youth.
- The next round of funding is now available and proposals are invited for projects that support healthy choices, such as active living, healthy eating, and positive social environments in school communities.
- Six projects have been selected to receive funding from applications received in June 2007: Wainwright Wellness Forever, On Track: A Healthy School Community Collaboration Project, Creating Sustainable Active Leadership, The Battle River Project, Healthy For Life: Cool Moves, Teaming UP 4 Healthy Learners. Full descriptions of these initiatives can be found at <http://www.healthyalberta.ca/AboutHealthyU/628.htm>.
- Information on the Healthy Alberta School Community Fund, including the application forms and work plan templates for both the large and small grant categories is available at the Alberta Coalition for Healthy School Communities website at www.achsc.org.
- For more information contact Rachel Rose, project co-ordinator, at 780-432-2537, or Rachel.Rose@ualberta.ca.

Community Choosewell Challenge

- The 2007 *Community Choosewell Challenge* is now into its final two-month stretch! In an effort to support the development of sustainable healthy living initiatives, the *Community Choosewell Challenge* team has provided a series of *Aim to Sustain* workshops for community leaders, as well as an annual forum to celebrate successes and share best practices. Funding has also been provided for all communities to market and promote their healthy living initiatives.
- **What's Next?** Keep an eye out for brand new healthy living messages posted in all *Choosewell* Communities. Recipients of the seed funding for "Reducing the Barriers to Healthy Living" will soon be announced to allow them to put their new healthy living plans into action. For more information on the Community Choosewell Challenge, contact Victoria Poschadel or Teresa Ruggiero at 780-415-1745, or at ccc@arpaonline.ca.

Healthy U Crew

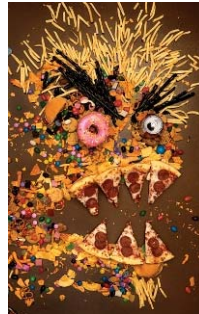
- The north and south *Healthy U* Crews have wrapped up their summer 2007 tour. Over the course of the summer, crew members spread the message of healthy eating, active living and proper hand washing by meeting more than **19,000** Albertans at 21 different events!
- Be sure to check out all the fun pictures and event highlights from every stop on the *Healthy U* Crew tour this summer, online at <http://www.healthyalberta.com/AboutHealthyU/548.htm>.

- Please note: Some of the materials that were given out by the *Healthy U* Crew over the summer are still available. If you are interested in ordering any of these resources please send an e-mail to health.u@gov.ab.ca.

Healthy Weights for Children Campaign

Create A Movement

- A new public awareness campaign called *Create A Movement* has been launched to encourage Albertans to take aggressive action to lead healthier lives. The campaign aims to encourage young people and their parents to eat healthy and be more active to reduce their risk of obesity and chronic disease.
 - The campaign includes a series of television, radio, public transit, print and cinema advertisements directed at young people and parents.
 - A website www.createamovement.ca is designed to engage and motivate youth to take action on the challenges of healthy living, as well as link them to reliable information on healthy eating and physical activity.
- ⇒ You can watch all of the commercials on the website, as well as special webisodes that can only be found on the web.
- ⇒ These two posters will be distributed to school and recreation centres around the province later this fall.



New Resource

Healthy Eating and Active Living for 13 – 18 Year Olds

- This new booklet continues where the last resource, *Healthy Eating and Active Living for 6-12 Year Olds*, left off. The resource explains to teens what it means to be physically active, eat healthy, make healthy lifestyle choices and have a positive self-image.

Fact: The long bones in the legs and arms are important calcium storage sites. Our ability to store calcium has a time-limited offer. Youth need the calcium from almost 400 litres (1,600 cups) of milk or fortified soy beverage, every year, for bones to last a lifetime.

- **Interested in ordering this resource?** Email health.u@gov.ab.ca.

Other News

Advice for Older Adults – Be Active. Enjoy Life Longer. Before the Grim Reaper gets you!

- Two new ads, along with practical tips, are currently airing on CTV and Global to promote healthy eating and active living in adults 55+. Check out these entertaining commercials on the web at: <http://www.healthyalberta.com/AboutHealthyU/500.htm>.

The Website

- **Feature Topic: Prime Time Nutrition, Healthy Eating for Old Adults** – A new website article describes how older adults have different nutritional needs than younger people, including the fact that older adults need the same number of nutrients without the high calorie count they consumed in their younger days.

FACT: Along with calcium, vitamin D is important for bone health and to reduce the risk of osteoporosis and fractures in older adults. For much of the year in Canada the sun is too low in the sky to allow us to make adequate amounts of vitamin D in our skin.

- **Recipes Collection** – Check out the delicious new recipes posted every month under the *Healthy Eating* section of the website. Recipes include new favourites, such as oat and apple granola, Greek-style eggs, and stir-fried chicken with mushrooms.

Watch for...

Nutrition Guidelines for Children and Youth

- The nutrition 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 is the first province to develop nutrition guidelines for all facilities where children and youth are cared for, taught, and gather for recreation.
- Consultation on the guidelines will end October 31, 2007. We encourage you to provide your feedback. Check out the Healthy U website at www.healthyalberta.ca for the online version of the Nutrition Guidelines for Children and Youth, the workbook and the on-line survey.
- **What's next?** Final guidelines are due out early in the New Year.

Fact: The Centre for Science in the Public Interest (CSPI) rates provinces according to their policies for nutrition standards in schools. Alberta is the only province to receive "B" rating, the highest of the all the provinces. The report can be found online at:

http://www.cspinet.org/canada/pdf/junkfoodscanada_1007.pdf

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.