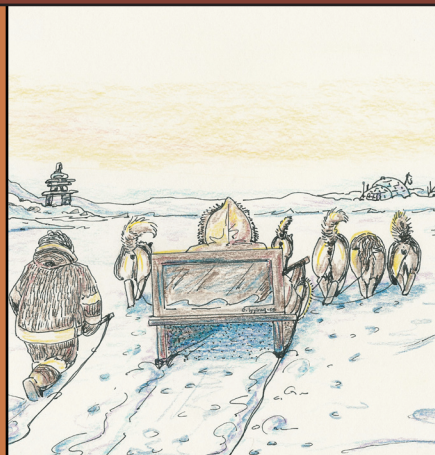
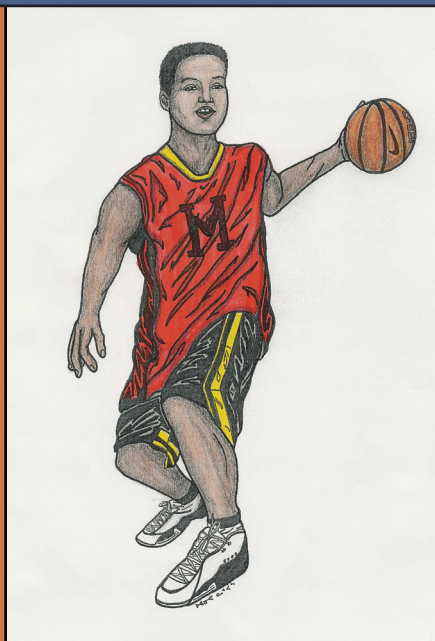


# Come Meet the Challenge!



## Physical Activity and Nutrition Initiatives in Aboriginal Communities



## Resource Guide

National Indian & Inuit Community Health Representatives Organization



# **Come Meet the Challenge!**

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**Resource Guide 2006**



National Indian & Inuit Community Health Representatives Organization

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### **Physical Activity & Nutrition Initiatives in Aboriginal Communities – Resource Guide**

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"We were strong and healthy in those days."

~ Simon Arnaviapik, Inuit<sup>1</sup>

[Remembering his days as a hunter.]

... I thought, "When I take care of myself,  
I take care of a member of the tribe."  
And that was quite a thought, you know.  
~ Diane's story [Tlingit]<sup>2</sup>



### The Song My Paddle Sings

... August is laughing across the sky,  
Laughing while paddle, canoe and I,  
Drift, drift,  
Where the hills uplift  
On either side of the current swift.

The river rolls in its rocky bed;  
My paddle is plying its way ahead;  
Dip, dip,  
While the waters flip  
In foam as over their breast we slip.

And oh, the river runs swifter now;  
The eddies circle about my bow.  
Swirl, swirl!  
How the ripples curl  
In many a dangerous pool awirl!

And forward far the rapids roar,  
Fretting their margin for evermore.  
Dash, dash,  
With a mighty crash,  
They seethe, and boil, and bound, and splash.

Be strong, O paddle! be brave, canoe!  
The reckless waves you must plunge into.  
Reel, reel,  
On your trembling keel,  
But never a fear my craft will feel.

We've raced the rapid, we're far ahead!  
The river slips through its silent bed.  
Sway, sway,  
As the bubbles spray  
And fall in tinkling tunes away.

And up on the hills against the sky,  
A fir tree rocking its lullaby,  
Swings, swings,  
Its emerald wings,  
Swelling the song that my paddle sings.

~E. Pauline Johnson  
(1861–1913) [Mohawk]<sup>3</sup>

<sup>1</sup> "Remembering Old Times" quoted on pg. 90 of from Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

<sup>2</sup> Pg. 128 in Brian Maracle (1993) *Crazywater: native voices on addiction and recovery*, Viking, Toronto.

<sup>3</sup> Pages 31–32 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

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We hope that all this work by so many different people will help you to "meet the challenge" of starting and sustaining successful physical activity and healthy eating initiatives in your community!

**Karen McCulla**  
*Researcher/Writer*

**Judi Jacobs**  
*Project Coordinator*

## Meaning of words

### Physical activity terms

**physically active:** Physically active individuals engage in athletic, recreational or occupational activities that require physical skills and utilize strength, power, endurance, speed, flexibility, range of motion or agility.

**physically inactive:** For adults, equivalent to an energy expenditure of less than three kilocalories per kilogram of body weight per day (KKD). For youth, energy expenditure of less than 6–8 KKD.

**regular physical activity:** at least 30 minutes of moderate physical activity, for example brisk walking, at least 3 or 4 times per week.

### Weight-related terms

**Body Mass Index (BMI):** Body Mass Index (BMI) is a number calculated from a person's weight and height.

BMI = weight (kg) divided by squared height (m). For details about how to calculate BMI, see <http://www.cdc.gov/nccdphp/dnpa/bmi/>

BMI is a reliable indicator of body fatness for people. For adults 20 years old and older, BMI is interpreted using standard weight status categories that are the same for all ages and for both men and women. For children and teens, on the other hand, the interpretation of BMI is both age- and sex-specific.

**underweight:** BMI of less than 18.5.

**normal weight:** BMI of 18.5 to 24.9.

**overweight:** BMI of 25.0 to 29.9.

**obese:** BMI of 30.0 or more.

**morbidly obese:** BMI of 40.0 or more.





## Introduction

### Traditional lifestyles

Before contact with Europeans, Inuit and First Nations people traditionally lived a very active lifestyle in tune with the natural environment, and ate healthy food from the land, water and air.



[T]he traditional life-style was hard and strenuous, but people were vigorous and healthy.

~ Lesley Paulette<sup>1</sup>

We, the Inuit here in Labrador, right to this day still have the traditional ways of our forefathers. Right to this day we eat what our forefathers used to eat, food with no price tags on it, food created for us ever since the earth was created.

~ Martin Martin<sup>2</sup>

## Contact with Europeans & impact of colonization

### History Lesson

Out of the belly of Christopher's ship  
a mob bursts  
Running in all directions  
Pulling furs off animals  
Shooting buffalo  
Shooting each other  
left and right...  
Red coated knights  
gallop across the prairie  
to get their men  
and to build a new world

Pioneers and traders  
bring gifts  
Smallpox, Seagrams  
and Rice Krispies

Civilization has reached  
the promised land...

~ Jeannette C. Armstrong [Okanagan]<sup>3</sup>

<sup>1</sup> Page 75 in "The family-centred maternity care project" in Mary Crnkovitch (ed.) 1990. "Gossip: a spoken history of women in the North" Canadian Arctic Resources Committee, Ottawa.

<sup>2</sup> "We, the Inuit, are changing" pg. 43 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

<sup>3</sup> Pg. 226-7 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

Everything started to change when Europeans arrived. Every aspect of culture and lifestyle was eventually affected.

... When I got out of Mission school  
I had to ask what the Indians were saying.  
I couldn't understand them.  
We were only allowed to speak English at school.  
I almost forgot my own language.  
It's Shuswap, my language.  
~ Mary Augusta Tappage [Shuswap]<sup>1</sup>

Aboriginal people suffered overwhelming losses and what one poet calls  
“unspeakable grief”.

When I speak  
I choose the words gently  
asking the whys  
dangerous words  
in the language of the newcomers  
words releasing unspeakable grief  
for all that is lost...  
~ Jeannette C. Armstrong [Okanagan]<sup>2</sup>



We mourn the ones at Wounded Knee. Our traditions  
buried in one grave.  
~ Annharte [Anishnabe]<sup>3</sup>

Just compare the different lifestyle we live today with the one our ancestors many  
hundred years ago lived... Thinking only about physical activity and nutrition, on the  
surface, we can see that we literally sit a lot more (this is called a “sedentary lifestyle”).

Waking up  
From what was literally  
A nomadic life the night before  
To a lifestyle where Inuit hunters  
Spend all their precious time  
Sitting in front of a computer...  
~ Alooook Ipellie [Inuit]<sup>4</sup>

---

<sup>1</sup> Page 39 in “Tyee–Big Chief” in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

<sup>2</sup> From pg. 233 in “Threads of old memory” pg. 231–233 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

<sup>3</sup> Page 191 in “One way to keep track of who is talking” pg. 190–1 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

<sup>4</sup> From “Waking Up” pg. 319–321 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.



Desk work, computers, TV, video games, the internet... All of this involves sitting rather than physical activity. And often, while we sit, we eat many unhealthy, fatty and sugar-filled processed foods that are very fattening and low in nutrients.

Before the [Army] Base came [to Kuujjuaq], we didn't even know there was such a thing as pop. Maybe once a year we'd get a bit of candy at the party after the Hudson Bay boat came in. So we had good teeth. We weren't spoiling our teeth with sugar the way it is today. None of us even knew what a dentist was all about.

~ Dorothy Mesher [Inuit]<sup>1</sup>

... that was something dead and delicious in that town

growing more foul each day

I call it fast food  
though it don't move much  
until I touch my paw to it  
I drool again over that thought...

~ Annharte [Anishnabe]<sup>2</sup>



<sup>1</sup> Page 31 in "Kuujjuaq: memories and musings" 1995. Unica Publishing, Duncan, BC.

<sup>2</sup> Page 187 in "Cotote trail" in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.



People before us were much stronger than we are and they could run much faster. They lived on ptarmigan, caribou, fish, seal – all the wild food. They could even smell the caribou from far away. We can't do that anymore. We are polluting ourselves with all these junks around.

~ Peter Morgan [Inuit]<sup>1</sup>

So those are some of the changes we see on the surface. We sit more; and we eat less country food and more junk food. But it goes much deeper than that.

## Overeating as an addiction

As a direct consequence of colonization, Aboriginal people have suffered from cultural disruption and degradation, and many are survivors of family violence, alcoholic parents, residential schools, sexual abuse, neglect, or a combination of these traumatic events. Many have deep rage buried inside them.

... if Columbus was looking for a turkey  
he came to the right place

he'd get the deserved treatment  
join our healing process

*Do you feel like a wounded  
buffalo raging within?*

mine's ready & raring to stampede  
right over a cliff

~ Annharte [Anishnabe]<sup>2</sup>



---

<sup>1</sup> Page 178 in Steltzer, Ulli (1982). *Inuit: The North in Transition*. University of Washington Press, Seattle.

<sup>2</sup> From pg. 193 in "Discovery is a hard act to follow" in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.



Many survivors of trauma use addictive behaviours like smoking, alcoholism, drug abuse, gambling, etc. – as a way to “bury” their emotional pain.

But did you ever stop to consider that overeating and binge eating are addictions as well?



... i don't have a home  
i live in a room  
making medicine bags nd  
wonderin if the silver strands  
nd gems i'm putting in them will do the trick  
i escape temporarily at nite catching  
my breath at donut & pizza shops  
where nobody talks nd everyone just eats  
munching nd chewing nd swallowing down  
hunger in the nite  
hah! despair wouldn't have the nerve to come  
waltzing through the door here  
it would be devoured whole  
in one fat gulp  
... i'm there every nite  
shakin over another cup of coffee  
tired nd numb from another day of torture...  
~ Wayne Keon [Ojibway]<sup>1</sup>

We need to acknowledge and honour the fact that to this day, people are carrying the emotional burdens of those losses and that emotional pain referred to above. We cannot simply “count calories” or “promote physical activity” in a vacuum, ignoring the social and political context within which people have become addicted to food, deeply depressed and despairing. That would only add insult to injury.

<sup>1</sup> From pg. 222–223 in “i’m [sic] not in charge of this ritual” in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.

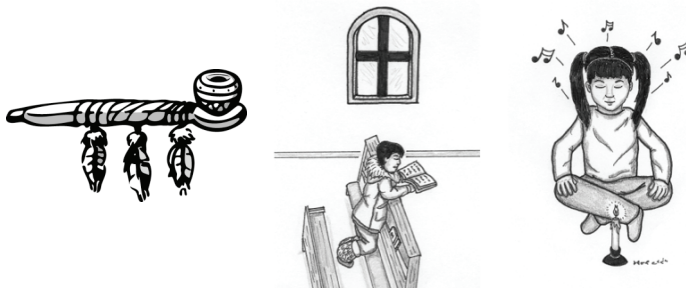


... In our circumpolar world  
A yearning not quite like any  
Other hunger is growing  
Along with a desire  
To break away from the grasp  
Of colonialism

So we may once again squire dignity  
Within our hearts and minds  
And replenish our souls with pride

~ Alooook Ipellie [Inuit]<sup>1</sup>

Clearly, food addicts need counselling and therapy to address the root causes of their addictions, not simple weight loss advice and nutrition education. Even just hearing this link between “lifestyle” and “emotional pain” may be enough to start some people on a healing journey. Just having someone sympathetic to encourage them to talk through their problems and make the links between personal and cultural loss and their existing behaviour patterns can be very empowering.



For many people, a spiritual connection is what is missing. Making that connection through cultural activities, prayer, or meditation is what brings many people onto a healing path.

## Depression as a factor

As well, many people understandably suffer from depression (for the same reasons mentioned above) and simply do not have the energy to be physically active (or even to get out of bed sometimes)... Some will need referral and medication before any kind of meaningful and regular physical activity can be expected.

However, studies show that moderate physical activity – as little as 30 minutes per day, spread out over two or three short sessions – can have a significant positive impact on mood. So physical activity should be promoted as both a way to prevent depression and as part of the treatment plan to manage depression.



---

<sup>1</sup> Page 322 in “Journey toward possibilities” pg. 321–323 in Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto.



## “What if I myself am overweight, inactive, and eat a poor diet?”

Many of us reading this resource guide may feel uncomfortable about advising others about their physical activity and eating habits. Why? Because we ourselves may not be physically active. We may be overweight or obese. We may be binge eaters. We may not eat a balanced diet.



This is a dilemma for many health and wellness workers. We may be suffering the same emotional pain. We have many issues we need to work on ourselves. We are only human, after all.

However, as community workers, we have a responsibility to share what we learn with others. Maybe some of them will be ready to make the changes they need to make to protect their health. Maybe what we share with them will motivate them to re-look at their lives. People who challenge us or make rude comments about the way we live our lives are obviously stuck in a negative place and they are using others as an excuse not to change themselves. Don't take it personally. Each person is free to take or leave what we offer... And each of us – health workers included! – will take steps to change when we feel the time is right for us. That is our right.

## There is much we can achieve

Cultural loss. Colonization. Abuse and violence. Addiction. Depression. Our own limitations as community workers... It may at first seem that we are powerless to make a difference in our communities! But please don't despair!



Even with all these problems, there is still a lot that we can do:

- Some people are burying their pain. They need support, love and counselling.
- Some are simply unaware that their choices about food and lack of physical activity can cause serious health problems. They need education and awareness.
- Some others know, but lack the motivation and discipline to do it alone. They need encouragement and access to a structured program.
- A few have made their healing journey, know all about it, have the necessary motivation, and are living healthy lives every day. They may not seem to need us. But we need them! They are role models who can help us to reach out to others and provide the continued support or encouragement they need to make consistently healthy choices...

**Indian Woman**

I am a female...

I am an Indian Woman...

I am the keeper  
of generations...

I am the strength  
of nations...

I am the giver of life  
to whole tribes...

I am a sacred trust  
I am Indian woman.

~ Jeanette C. Armstrong, Okanagan<sup>1</sup>



Speaking on National Aboriginal Diabetes Awareness Day in May 2005, Assembly of First Nations National Chief, Phil Fontaine said:

We need to ensure that (we) have the infrastructure and resources to make healthy choices the easy choices. It is easy for me to go to the gym across the street in downtown Ottawa. In many communities, however, safe walking trails, better playground equipment, and sports facilities are needed to make physical activity as accessible on reserves as it is in urban areas. There are already good examples of how to make this happen in our communities.

It is also important to remind ourselves that the power is within all of us ... I take a personal stand on health by running and staying fit and I encourage First Nations everywhere to make physical activity a part of their routine.



And here are some wise words from an Inuk in Ivuvik:

We used to only travel by dog-sled, but now we have skidoos and can travel faster. But we still enjoy dog-sledding. It's the same with our food. We eat store foods, but we still enjoy country foods. It's important to balance the old and the new, and bring them together for a good life.<sup>2</sup>

---

<sup>1</sup> pg. 229-230 from Moses, Daniel David & Goldie, Terry (eds) (1998). *An anthology of Canadian Native Literature in English*, sec. ed, Oxford University Press, Toronto

<sup>2</sup> Quoted on page 22 of "Community programs for healthy Inuit babies: Guidelines" 1995, Pauktuutit, Ottawa.

The goal of this resource guide is to encourage health care providers in Aboriginal communities to “come meet the challenge” by promoting healthy lifestyles in Aboriginal communities through physical activity and healthy eating.

This guide offers health care providers and community workers (e.g., CHRs, nurses, youth workers, recreation workers):

1. background information and suggestions related to developing physical activity and nutrition programs;
2. details of some promising practices in physical activity and nutrition programs;
3. a resource directory of various physical activity and nutrition programs;
4. a directory of associations and/or organizations that may offer support to the development of physical activity and/or nutrition programs in Aboriginal communities.

Ideally, this guide will:

- be used by health care providers to start or improve physical activity and healthy eating programs in Aboriginal communities across Canada;
- increase awareness of the positive effects of physical activity and healthy eating;
- help more Aboriginal community members get physically active and eat better;
- reduce obesity in Aboriginal communities.

We hope that this directory will continue to grow as more Aboriginal physical activity and nutrition programs are developed and implemented. Please send NIICHRO updated information (e.g., feedback on successes/challenges, ideas for promising practices, etc...) so that NIICHRO can consider including this information if/when we update the directory. Together, we are encouraged to *Come Meet the Challenge* by contributing to healthier Aboriginal communities in Canada.



## How to use this Resource Guide

This Guide has 6 parts:

- Part 1: Facts about Physical Activity and Healthy Eating**
- Part 2: Identify & Address Barriers to Physical Activity and Nutrition Programs**
- Part 3: How to Develop a Successful Program**
- Part 4: Examples of Successful Programs**
- Part 5: Resources by Target Group**
- Part 6: Physical Activity and Nutrition Contacts**

We encourage you to get the basic background information about physical activity and nutrition from Part 1. Then, read Parts 2 and 3 while thinking about how you can apply your learning to your own community. The detailed Appendices that accompany Part 3 should be especially useful as you start moving to community action.

Part 4 will hopefully inspire you with ideas that have brought success in existing programs. Finally, Parts 5 and 6 are detailed listings of resources for use with various target groups (e.g. Elders, people living with diabetes, girls, etc.) and useful contacts in each province and territory.

**Caution:** For medical reasons, people with health concerns should get a medical check-up before participating in any type of physical activity. Start slowly, and build up strength, stamina and flexibility over several weeks and months.



## Part 1: Facts about Physical Activity and Healthy Eating

### Test your knowledge

Before reading the sections below, test your general knowledge about physical activity and healthy eating by answering these quick quiz questions. Check your answers in the small print below the quiz.

1. About .... % of First Nations adults, .... % of youth and .... % of children are overweight or obese.
2. The most common physical activity done by First Nations adults is .....
3. About ..... % of First Nations adults and .... % of youth get “sufficient” physical activity.
4. More women than men are physically active. True or false?
5. About .... % of First Nations adults always or almost always eat a healthy diet.
6. About .... % of First Nations adults “often” eat traditional foods (e.g. fish, game).

### Answers:

1. 73% (nearly three-quarters) of adults, 42% of youth and 58% of children. These are very serious statistics! (Physically active children and youth are less likely to be overweight or obese, and less likely to become involved with risky behaviours like smoking, delinquency, alcohol and drug use.)
2. walking.
3. 21% (only one in five) of adults and 45% of youth.
4. False: more men are physically active.
5. 35%.
6. 59%.

## Statistics: First Nations Regional Longitudinal Health Survey

The First Nations Centre at the National Aboriginal Health Organization (NAHO) has released the "First Nations Regional Longitudinal Health Survey (RHS) 2002/03: Results for Adults, Youth and Children in First Nations Communities."

[www.naho.ca/firstnations/english/regional\\_health.php](http://www.naho.ca/firstnations/english/regional_health.php)

(Note: There is no equivalent information for Inuit or Métis communities yet.)

### First Nations Adult Survey Highlights (RHS 2002/2003)

- Nearly three-quarters (73%) are considered either overweight (37%), obese (31%), or morbidly obese (5%). (Most adults with diabetes are classified as obese.)
- Among physical activities, adults report participating in: walking (90%), fishing (43%), berry picking or other food gathering (38%), swimming (38%), bicycling (35%), and hunting or trapping (32%).

- Overall, only one in five (21%) claim “sufficient” physical activity (defined as at least 30 minutes of physical activity resulting in increased heart rate and breathing on 4 or more days of the week).
- More men than women (27% vs. 15%) get “sufficient” physical activity.
- About one-third (35%) of respondents always or almost always eat a nutritious and balanced diet compared with more than half (53%) who only sometimes do. The remaining 12% either rarely (9%) or never (3%) do.
- Three out of five (59%) adults often consume traditional protein-based foods, such as game and fish. This is higher (71%) in small communities. There are no gender, age, income, or education related differences found in the consumption patterns for traditional foods.



## First Nations RHS 2002/2003: Youth Survey Highlights

- About four in ten (42%) youth are overweight (28%) or obese (14%).
- Although the vast majority (90%) of youth participate in physical activity once a week or more often,<sup>1</sup> only about half (45%) are considered “sufficiently active” – engaging in 30 minutes of moderate-to-vigorous activity most days of the week.



**Note:** Regular physical activity is important for healthy growth and development. International guidelines for youth require a much higher level of activity than adults (6-8 KKD, versus 3 KKD<sup>2</sup>). This level of physical activity can be achieved by playing team sports for an hour or a half an hour of running, combined with an accumulated hour of walking throughout the day.

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<sup>1</sup> Examples of the most commonly used physical activities were not mentioned in the summary results for youth.

<sup>2</sup> KKD = kilocalories per kilogram of body weight per day.



**Did you know:**

Girls who are active in sports are 90% less likely to use drugs and are 80% less likely to have an unwanted pregnancy. There is growing evidence that physical activity programs have positive impacts on youth at risk, particularly children and youth living in poverty, new immigrants and young girls.

*(Canadian Association for the Advancement of Women and Sport and Physical Activity, 2006, [www.caaws.ca](http://www.caaws.ca))*

## First Nations RHS 2002/2003: Children's Survey Highlights

- More than half (58%) of children were either overweight (22%) or obese (36%) according to international body mass index standards.
- Among physical activities, children's participation rates show: walking (87%), running (73%), swimming (69%), bicycling (68%), berry picking or food gathering (38%), skating (38%) and dancing (33%).
- Half (50%) of children aged 3-5 years participate in physical activity every day compared to 37% of older children, aged 9-11 years old.



There are more statistics (by province) for the general Canadian population (adults and youth) in Appendix 1 if you're interested.

## What are the benefits of physical activity?

There are many health benefits of regular physical activity. At least 30 minutes of moderate physical activity, for example brisk walking, is enough to bring many of these effects. By increasing the level of activity, the benefits will also increase.

**Before reading the list below, try to list at least 3 or 4 major benefits of physical activity for the individual:**

.....

.....

### For the individual, regular physical activity:

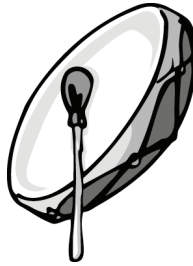
- reduces the risk of dying prematurely;
- reduces the risk of dying from heart disease or stroke, which are responsible for one-third of all deaths;
- reduces the risk of developing heart disease or colon cancer by up to 50%;
- reduces the risk of developing Type 2 diabetes (which affects First Nations people three to five times more than the general Canadian population) by 50%;<sup>1</sup>
- helps to prevent/reduce high blood pressure (hypertension), which affects one-fifth of the world's adult population;
- helps control weight and lower the risk of becoming obese by 50% compared to people with sedentary (inactive) lifestyles;
- helps to prevent/reduce weak bones (osteoporosis), reducing the risk of hip fracture by up to 50% in women;
- reduces the risk of developing lower back pain;
- promotes psychological well-being, improves self-esteem;
- reduces stress, anxiety and feelings of depression and loneliness;
- improves sleep;
- helps prevent or control risky behaviours, especially among children and young people, like tobacco, alcohol or other substance use, unhealthy diet or violence;
- helps build and maintain healthy bones, muscles, and joints and makes people with chronic, disabling conditions improve their stamina; and
- can help in the management of painful conditions, like back pain or knee pain.
- Other ideas: .....

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<sup>1</sup> Two of the biggest risk factors for Type 2 diabetes – physical inactivity and obesity – are high among Aboriginal peoples.

### For the community, regular physical activity:

- reduces health care costs;
- promotes better performance in schools;
- decreases worker absenteeism and turnover, and increases productivity;
- increases participation in sports and recreational activities which can improve relationships in the community and may in turn promote community involvement and engagement in other projects; and
- can support cultural activities (e.g. hunting, drum dancing) and cultural regeneration.
- Other ideas: .....



### What are the benefits of healthy eating?

Before reading the list below, try to list at least 3 or 4 benefits of healthy eating:

.....

.....

.....

.....



### Regular healthy eating promotes:

- longer life;
- less heart disease and cancer;
- less illness and better ability to fight infections;

- shorter duration of illness when it does take place;
- improved digestion;
- higher energy levels and more stamina;
- loss of body fat (if needed);
- improved sleep;
- better concentration;
- better self image;
- improved appearance: softer skin, less acne, better hair;
- regular bowel movements;
- improved athletic performance;
- better performance in school or at work;
- lower total cholesterol: higher “high density lipoprotein” (HDL) cholesterol (the “good cholesterol”); lower “low density lipoprotein” (LDL) cholesterol (the “bad” cholesterol).
- less severe pre-menstrual syndrome (PMS) and delayed menopause (women);
- decreased risk of prostate disease (men); and
- many social and family benefits (e.g. feelings of unity when good food is shared).
- Other ideas: .....

## What are the benefits of a traditional diet?

Before reading the list below, try to list at least 3 or 4 benefits of a traditional diet:

.....	.....
.....	.....

### Culture

A community that shares its food is a good community. The more you give, the more you get. It keeps us rich.

~ Mina Tulugak, Puvirnituk<sup>1</sup>

Knowledge of the local environment, its dangers, its beauty, its animals and plants, is part of Aboriginal culture. Sharing food is part of Aboriginal culture, as are the beliefs concerning the respect due to all animal life. Teaching these things to children is one way culture is passed from one generation to the next.

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<sup>1</sup> Personal interview with Merryl Hammond, January 1997.

Mark you there yonder?  
There come the men  
Dragging beautiful seals  
To our homes.

Now is abundance  
With us once more,  
Days of feasting  
To hold us together...

Joyfully  
Greet we those  
Who brought us plenty!  
~ Anonymous<sup>1</sup>



## Physical Activity

Enjoying traditional food promotes physical activity such as: hunting, fishing, gathering, cleaning, preparing, and cooking. A study in an Inuit community found that full-time and part-time hunters were leaner and more physically fit than non-hunters.

## Nutrition

- Foods from the land and sea once provided everything for people.
- Today, a mix of store-bought and traditional food is common for most people, but traditional food remains an important source of many nutrients.
- Many of the nutritional benefits of traditional foods include:
  - Fewer calories – helpful for weight control;
  - Lower in saturated fat – better for the heart;
  - More iron – better for muscles and blood;
  - More zinc – better for wound healing and fighting infection.

## Taste

Food from animals that roam free and plants that grow in the wild are much tastier than store-bought food.

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<sup>1</sup> Quoted in Edmund Carpenter (ed.) 1972. Anerca. J.M. Dent & Sons, Toronto. (Pages not numbered.)

## Low Cost

In addition to tasting better and being more nutritional, country foods are cheaper than food from the store.



## Self-esteem

People who are self-sufficient and can provide food for their families and community members have improved self-esteem. They feel a connectedness to the land and their culture. Out there, they are fully in control of their lives, autonomous, self-determining, and free.



## Spirituality

Hunters, fishers and gatherers of berries often feel a connectedness to the land, their culture, and their ancestors. In this sense, the food we eat may even promote spirituality.

This land is just like our blood because we live off the animals that feed off the land.

~ Louis Caesar, Fort Good Hope<sup>1</sup>

Animals that are on the land belong to the land and were created by God for people to eat, for the people to hunt and have the animals for food. That's the only way I see it.

~ Tom Uvloriak, Nain<sup>2</sup>

Can you think of any other benefits of a traditional diet to add here?

.....



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<sup>1</sup> Quoted on page 5 of Hugh Brody, 1987. *Living Arctic: Hunters of the Canadian North*. Douglas & McIntyre, Vancouver.

<sup>2</sup> Quoted on page 62 of Hugh Brody, 1987. *Living Arctic: Hunters of the Canadian North*. Douglas & McIntyre, Vancouver.



## Part 2: Identify and Address Barriers to Physical Activity and Nutrition Programs

### Identify Barriers to Physical Activity and Nutrition Programs

What barriers (obstacles) have you faced – or might you face – in trying to start a physical activity or nutrition program in your community?

.....

NIICHRO's research of various Aboriginal communities has shown that the following barriers affect physical activity and/or nutrition programs:

- **poor community motivation**
- **lack of funding**
- **costs of healthy foods**
- **issues with transport & access**
- **not enough staff support**
- **inadequate facilities/resources**
- **contaminants in traditional food.**

According to the Canadian Community Health Survey (CCHS), the majority of Canadians fully intend to be active in the next six months, and this is true nation-wide. Despite this intention Canadians report a number of barriers to physical activity including: lack of energy and motivation; lack of time; long-term illness or disability; high cost; lack of perceived skill or ability; fear of injury.

Canadians view the following to be important in helping them to live active lifestyles: provision of information on physical activity; support in personal planning; affordable supportive services; convenient transportation; services to link up participants; specific instruction or coaching.

Did your list of barriers differ a lot from the NIICHRO list? From the CCHS list above? If so, please think about how you can overcome those specific barriers.

In the sections below, we will think about how to overcome the barriers identified by NIICHRO. Hopefully, that will give you some good ideas to apply in your community.

## Address Barriers to Physical Activity and Nutrition Programs

### Poor Motivation

- Give education and interventions regarding healthy living from a young age.
- Reinforce the concept that it is never too late to start living healthy.
- Engage community support and “buy-in”.
- Involve key stakeholders: band, council, health staff, schools, community centers, grocery stores, recreation centres, etc.
- Engage key role models for the individual: family, friends, co-workers, etc.
- Encourage delivery of consistent messages.
- Address the question of “Why Should I?” regularly: for example refer to the “Benefits of Physical Activity”, “Benefits of Healthy Eating”, and “Benefits of Traditional Foods” (see Part 1).
- Connect physical activity and healthy eating programs to other initiatives (e.g., programs to promote culture/heritage, programs to connect with elders, prenatal programs, etc...)
- Make programs easily accessible: location/transport, cost, timing, etc.
- Use positive reinforcement throughout the program; highlight, recognize and reinforce people’s accomplishments.
- Encourage internal/intrinsic motivations (e.g. being active for the benefits of good health), but also consider the use of extrinsic perks and incentives for involvement (e.g. door prizes; challenges with grand prizes, etc.)
- Provide a framework for people to set goals, take on challenges and find success (e.g., set individual/community goals, challenge another community, chart and publicize successes, start a walking club, etc.).
- Other ideas: .....



## Lack of Funding

Look and ask... you might just find that there is funding available to you.

- Ask your colleagues: funding may be available for diabetes programs, education programs, or other programs that can be used to support your efforts.
- Ask for support from:
  - the associations who provide support to you and your fellow health providers: NIICHO, ANAC, etc.
  - public service agencies in your community
  - private companies/agencies in your community
  - provincial/territorial government agencies
  - federal government agencies
  - public service agencies outside of your community
  - private companies/agencies outside of your community
  - other sources of funding to approach: .....



## Costs of Healthy Food

The cost of healthy food (e.g. fresh fruits and vegetables) can be a barrier to healthy eating practices.

- Encourage people to eat traditional foods.
- Teach about good budgeting and affordable options.
- Encourage community members to form bulk buying clubs, cooking clubs, etc.
- Teach about safe food storage and handling (to avoid fresh foods from becoming spoiled or rotten).
- Negotiate support from grocery stores and/or program supporters (those providing funding) to supplement community members with costs of healthy foods.
- Other ideas: .....



## Transport and Access Problems

Transport problems are often related to funding. If possible, get funding for transport. If this is not possible:

- Encourage people to walk.
- Ask community members to volunteer to bring participants to the program.
- Use transport that is already being provided. If people are being transported to a central location for other reasons (e.g. prenatal clinic; Elders' gathering), connect your program to these opportunities.
- Offer programs that don't need a central location; that people can use from wherever they are.
- Provide programs that don't need a common time for people to meet, e.g. a drop-in exercise club.
- Other ideas: .....



## Not Enough Staff Support

- Look for opportunities to collaborate: request the support of a diabetes worker, nutritionist, community nurse, etc.
- Request additional funding to hire additional staff.
- Invite volunteers to be involved.
- Create programs that require less staff support.
- Start small, publicize successes, and soon other staff will join in when they see that you are both serious and successful.
- But... please don't burn yourself out!
- Other ideas: .....

## Inadequate Facilities/Resources

- Consult with local officials about getting needed equipment for the whole community to use.
- Apply for funding.
- Ask for donations from the store or co-op (e.g. exercise equipment).
- Use facilities/ resources intended for other purposes: for example, church hall, hotel lobby, school/ meeting rooms, airport hangar, etc.
- Share existing resources (e.g. can Elders use equipment at youth centre during the day while youth are in school? Can adults use the school gymnasium at night?)
- Use the outdoor environment itself: for example, walking trails, roads, waterways, yards, etc.
- Use everyday resources: for example, use cans of soup or water bottles as weights for arm exercises; towel or blanket for exercise mat.
- Involve the community in fund-raising efforts.
- Other ideas: .....



## Contaminants in Traditional Foods

- A contaminant is a substance found in a place where it should not be.
- Industrial contaminants (from industries in southern communities and from the USA) may or may not be harmful, depending on the type and amount.
- Contaminants cannot be seen, smelled or tasted in traditional food, but scientific tests have shown them to be present right across Canada.
- Levels of some contaminants are highest in the Arctic, due to wind currents and the extreme cold climate.
- Ask a nurse or nutritionist to find out about the contaminant levels in traditional foods in your particular region, and eat according to Health Canada and local guidelines. (This is especially important for pregnant and breastfeeding women, and young children.)
- While being cautious about contaminants, bear in mind that traditional foods are full of essential nutrients like protein, vitamins, minerals and omega fatty acids. For many families, traditional food is an affordable source of excellent nutrients.
- Remember that many store-bought foods also contain harmful chemical additives (e.g. colouring, preservatives) and contaminants.
- Support your local research networks to provide data to influence policies to reduce contaminant levels.
- Consult the Centre for Indigenous Peoples' Nutrition and the Environment (CINE) at McGill University (514-398-7544) for more information.
- Other ideas: .....

## Part 3: How to Develop a Successful Program

### Key Tips Before You Begin

#### Community assessment

Before you begin, assess the strengths and needs in your community.

- Which age groups would most benefit from a program?
- Which resources (people and equipment etc.) are available to assist?
- Will a focus on physical activity or nutrition be more attractive, or both?



#### Vision

Let a solid vision guide your work. It may help you to start with a draft “vision statement” like the ones below, and then invite program participants to revise the statement at a later date.



#### For example:

“This program will not only offer education and support, but friendship and acceptance.”

“Working together, we will rediscover our cultural and spiritual strengths while building our physical strength.”

“Sharing recipes; sharing wisdom.”



## Acceptance and respect

Some health and community workers are judgmental or blaming. For example, they may think overweight people are “lazy” or “undisciplined”. Negative labels like that help nobody. People will sense this, and will avoid the program as a result. Examine your attitudes carefully before starting out: approach people from a place of absolute acceptance and respect. Remember the root causes of food addiction. (Please re-read the Introduction where we discussed cultural disruption and colonization.) Accept that you, too, have lots of room to improve.

Remember that not one of us is perfect: let us each focus on improving the balance in our own lives rather than judging others. For example, ask yourself: Do I need to get more sleep? Do I watch too much TV? Is my relationship with my mother / son / partner etc. as healthy as it could be? Am I living in harmony with my culture? etc.

## Empower the community

Get community involvement and “buy-in” from the earliest stages. Specifically, involve people from your target group (see below) before making plans. That way, it will be “their program”, not yours! Our goal is always to develop new capacities and skills in community members, and to promote empowerment.

For example, invite people to attend a community consultation meeting; go on local radio and do a phone-in show to get ideas and suggestions from a broad group of people; train community members to do a community survey.



## Choose your target group

Choose your target group(s) carefully by considering their unique characteristics, needs and interests.

For example, target groups may be youth, Elders, pregnant women, people with diabetes, overweight children, etc.

## Set goals

Goals should be specific (measurable, time/resource-constrained) and realistic. Vague goals cannot be evaluated, and unrealistic goals cause disappointment!

For example:

By the end of the series of 12 “community kitchen, fitness and weight control” sessions, participating women will have lost at least 5 kg each.

By the end of this 6-week “Walk & Talk” program, at least 8 members will be walking together for at least 30 minutes per session, at least 3 times per week.

## Adapt

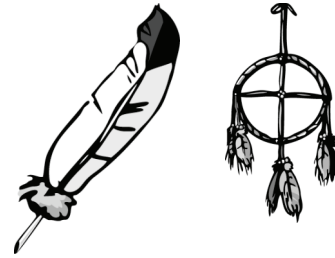
Adapt programs/ideas to meet the needs of your target group and their interests.

For example, adapt a program to connect youth and Elders; incorporate Hip-Hop dancing to attract female youth; introduce skateboarding or snowboarding to attract youth; provide childcare to make your program accessible for young parents.



## Be culturally aware, respectful and responsive

For example, offer the program in your native language; integrate cultural elements such as drum-dancing, traditional games, country foods, etc.



## Play versus Program

Encourage community members (particularly children/youth) to “play” as opposed to using structured programming all of the time.

## Identify barriers

Don’t fear potential barriers, but rather identify and address them up front and plan to create opportunities for success (see Part 2).

## Use supports

Use available resources, agencies, people, facilities, equipment, etc. If you are unsure of what is available, ask!

## Be flexible

Keep plans flexible and show participants that you are open to their ideas for improvements, etc.

## Evaluate often

Make it a routine to get feedback and evaluations from participants and, equally important, non-participants: what would attract them to the program? What is keeping them away right now?

## Say thanks

Thank organizers, participants, those providing facilities / resources and financial assistance, etc. At the same time, do not expect to be thanked yourself! Some people are not as sensitive to this point as they should be!

## Believe

Believe in the program you design together with community members. Your enthusiasm and faith in the program will go a very long way!

Can you add other ideas from your experience of starting community programs? .....

## Developing a Physical Activity and/or Nutrition Program

*While keeping in mind the key tips above, consider the following aspects of program development.*

### Do a Community Assessment

Each community is unique and presents unique demands. Make a community assessment before you develop a program plan that will fit for the needs of your specific community. As mentioned above, to build commitment and increase participation, try to involve members of your target group in this process.

Please use Appendix 2 to guide you.

### Make a General Program Outline

Consider your community assessment, and develop a general outline for your proposed program. A general outline would include:

- General goal/objective of program
- General strategy for program
- Organizers (e.g. key stakeholders and/or planning committee)
- Target Audience/Participants.

Please complete Appendix 3.

### Start a Planning Committee

Using your general outline, it is now time to engage key stakeholders to serve on the program planning committee. Planning committee members might include:

- Public health nurse and other health staff
- School staff: physical education teachers and guidance counselors
- Recreation director
- Women's resource group representative
- Aboriginal resource group representative
- Community health group representative
- Government agency (e.g., culture, heritage and tourism) representative
- Student or youth representative
- Local business person
- Local media representative
- Parent advisory group representative
- Town/municipality/Band council representative

Please see Appendix 4 for a sample letter of invitation you could adapt for your planning committee. Once your committee members have agreed to participate, plan the agenda (see Appendix 5 for a sample agenda).

Finally, host the planning meeting:

- set up the meeting place (get key, arrange chairs and table, refreshments, etc.);
- make copies of the agenda or write it on a flipchart;
- bring any resources (e.g. flipchart, pens and note paper, photos from previous events, sample handouts, etc.)
- chair the meeting
- take minutes/notes (or appoint a secretary to do this).

## Develop a Detailed Plan

Working with the planning committee over several meetings, you will develop a much more detailed plan.

Please see Appendix 6 for a skeleton plan you can adapt.

## Get Funding/Financial Assistance

Some possible options for funding might include:

- Community Band/Council/Hamlet
- Local Health Authority
- Community Groups
- Local Businesses
- Co-ops or stores
- Schools
- Recreation Groups
- Aboriginal resource groups
- Women's resource groups
- Canadian Association for the Advancement of Women and Sport and Physical Activity
- Government Agencies/Organizations/Offices
- Social Service Groups
- Lottery/Gaming Board

Note: Refer to Part 6 in this Guide for contacts across Canada.

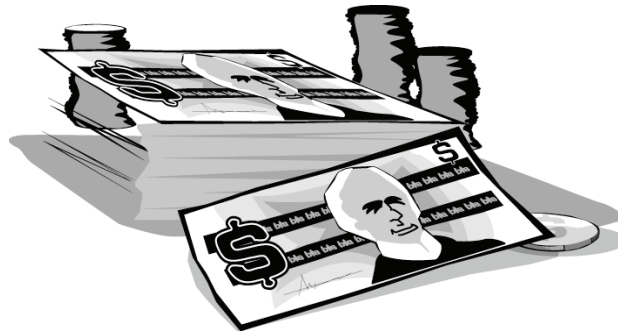
When requesting funding / financial assistance:

- explain the vision, purpose, goals and objectives of your program;
- explain why you thought they might be interested in supporting the program;
- explain what kind of assistance you hope to receive from them;
- invite them to attend a planning meeting;
- acknowledge how their support will be recognized in the program.

Please see sample letter to request funding in Appendix 7.

Another option for applying for funding / financial assistance is to apply for a **grant or dedicated funding**. Various resources are available to support individuals and organizations in making grant or funding applications. At the time of the publication of this document, some of those resources include:

- Community Foundation of Ottawa:  
[http://www.communityfoundationottawa.ca/site/site\\_en/who/index.htm](http://www.communityfoundationottawa.ca/site/site_en/who/index.htm)
- Alberta Lottery Fund – Applying for a Grant  
<http://albertalotteryfund.ca/grants/>
- RBC After school Grants Program  
<http://www.rbc.com/community/donations/after-school/selection.html>
- Walter and Duncan Gordon Foundation  
<http://www.gordonfn.org/Apply.cfm?cp=58>
- Bell Community Sport Fund  
<http://www.truesportpur.ca/index.php/category/98>
- Canadian Tire Jump Start Program – Giving All Kids a Chance to Play  
<http://www.canadiantire.ca/jumpstart/>
- Canadian Women’s Foundation  
<http://www.cdnwomen.org/eng/9/9b.asp>
- Dove Self-Esteem Fund  
<http://www.dove.ca/doveselfesteemfund/>
- Ministry of Health Promotion, Ontario  
<http://www.mhp.gov.on.ca/english/news/122005.asp>





## Evaluate your program

Your planning committee will, of course, be busy planning and worrying about “the big day” or the actual launching of the program. However, do make time to plan for effective program evaluation as well, so that you can learn from experience and build on your successes in the future.

In an ideal world, we would evaluate:

- baseline measures (before the program)
- immediate outcome measures (immediately after program implementation)
- short-term outcome measure (about a month after)
- medium-term (3 – 6 months after) and long-term (1 – 2 years after) outcome measures.

Evaluation measures might include:

- quantitative measures (e.g. participation statistics by age, gender, etc., costs, number of kilograms lost in weight reduction program, number of kilometres walked/jogged, etc.)
- qualitative measures (e.g. comments and reflections from participants, planning committee members, photos, video slips, anecdotes, success stories, etc.)

Evaluation results can be used to:

- describe and justify the program to sponsors, financial supporters, community leaders, participants, etc.;
- promote and encourage yet further support for the program (e.g. from sponsors, non-participants, etc.);
- identify areas of strength and areas for improvement.

**Please see several different sample evaluation forms you could adapt for participants and planning committee members in Appendix 8.**

## Part 4: Successful Programs: Examples

### 1. Sandy Lake Health & Diabetes Project (SLHDP)

#### Goals

The original goals of the project were to determine the prevalence and risk factors for diabetes in the Sandy Lake (Ontario) community, and to develop a culturally appropriate strategy for primary and secondary prevention of the disease and its complications. It is a model for community-based primary prevention programs in diabetes, and incorporates the principles of participatory research.

#### Description

This program was a joint effort of the SLHDP, the Sandy Lake Health Authority, and the Sandy Lake Education Authority under the umbrella of the Sandy Lake First Nation Band Council. Specific aspects of this community-based intervention program include:

- radio programs to highlight healthy lifestyle activities;
- home visits to promote healthy food preparation;
- a strategy directed at the Northern Store with healthy food labeling;
- the development of walking trails and walking clubs;
- school prevention program for diabetes including morning snack program, and
- participation in community events.

Currently, all the people involved in the day-to-day operations of the SLHDP are Sandy Lake community members. However, having an ongoing collaboration with academic health professionals from outside the community provides additional support (ongoing research funding, the development of new interventions, etc.). For more information on the SLHDP, including publications, please see [www.sandylakediabetes.com](http://www.sandylakediabetes.com).

#### Radio programs

##### Weekly Radio Show

Wednesdays at 3pm, we hold the 'Diabetes Radio Show' on local radio. The purpose is to educate and raise awareness about diabetes and other health issues. A script is prepared prior to the show and is spoken in both English and Oji-Cree. Listeners are encouraged to call in and ask questions about health and diabetes. The SLHDP maintains records of the age and sex and questions or comments of all the callers. This information is used to give a picture of the number of active listeners and to suggest topics for future shows. In addition, 8 – 10 randomly selected people are polled on the day following the show to assess to the demographics of the listeners and the amount of concrete information that is actually reaching the listeners.

## Youth Radio Show

This program takes place on Friday evenings when many youth listeners tune in. Every show relays messages about nutrition, healthy living, and other youth issues through announcements, contests, translation, and word scrambles. As an incentive for participation, prizes are given out which are donated through the Brighter Futures Program, School Nutrition Program, community members, organizations, and businesses.

## Home Visits

One of the first interventions that was developed by the SLHDP was a home visit program that involved a series of focused educational visits aimed at all members of the household. The series of 5 visits included cooking demonstrations that focused on healthier alternative recipes of commonly used foods. These included basic information about diabetes, its complications and risk factors, low fat preparation of a canned meat product called 'klik' and low fat, high fibre recipes for the traditional bread 'bannock'; taste tests of sugar-free and regular soda, and the potato chip and pretzel smash to visually demonstrate the lower fat content of pretzels.

The Home Visit staff also collected baseline and follow-up information about a wide range of health and diabetes-related information from all household members. This data included current health behaviours (both diet and physical activity), knowledge of diabetes, measurements of height, weight and percentage body fat, family history of diabetes, and an assessment of "readiness to change" various health behaviours. Each of these measures was taken during the initial visits and after the home visit interventions were completed. This information was used to determine the impact of this particular intervention approach.

## Grocery Store Strategy: Healthy Food Choice Program

The Northern Store is the only grocery store in Sandy Lake and is known as the main meeting place. Working in collaboration with the store, the SLHDP developed the "Healthy Food Choice" (HFC) Program that includes purple shelf labels for foods and beverages that are low in fat, low in sugar and/or high in fibre. The labels are written in both in English and Oji-Cree.

The SLHDP supports this shelf-labeling program by training an in-store staff person to monitor the labels and periodically assesses whether new foods offered in the store should be added to the list of healthy choices or not.



## Sandy Lake Community Walking Trails

Historically, the Sandy Lake people were walkers, whether they were checking traps and snares during the summer or tracking down a moose on snowshoes in the winter. Modern conveniences have drastically decreased the physical activity levels of all community people. So the idea of building a walking trail was presented to the people and the response has been very positive. There were 717 people who participated in the inaugural walk for the launch of the “Community Walking Trails” in September 1999.

One of the biggest barriers to staying fit and walking during the summer months is the dust in the air from the main roads. Thanks to a group of people and other community partners, there is now a complete network of trails across the community of Sandy Lake. These trails provide the opportunity to become physically active on a regular basis to prevent and manage diabetes and other illnesses.



## Walking Clubs/Programs

### 100 km Walking Club

The trails are used year round for the SLHDP sponsored Walking Club. Walking Club participants have two months to complete the 100kms of walking. Each participant is given a record sheet to keep track of kilometers walked. On the back of each record sheet is an extensive list of common routes or destinations with the corresponding distance of that path. Upon completion of the 100km, prizes and a certificate are awarded.

### Poker Walks

A couple of times a year the SLHDP sponsors a fun “Poker Walk”. Participants are given a playing card at each of the three stations that are set up within the walking trail. The participant with the lowest score at the end of the trail is the winner.

## Diabetes School Prevention Program

Eighteen culturally relevant and age-appropriate lessons were developed to be taught in grades 3 and 4. The lessons focus on:

- healthy eating;
- physical activity;
- diabetes education.

The four components of the program include:

COMPONENT	DESCRIPTION
<b>Classroom Curriculum</b>	17 lessons on healthy eating and physical activity. Focus on identification of healthy foods, skill building, behavior modeling, and food preparation.
<b>Family</b>	Information booths during school parents' night events Letters sent home on healthy eating and physical activity Weekly radio show topics Articles in the local newsletter
<b>Peer</b>	Angel Cooking Video Club (kids cooking club) Diabetes Kids interviews on the Sandy Lake Youth Radio show Youth Radio Show, which focuses on healthy lifestyles, is now offered in collaboration with Sandy Lake's Brighter Futures Project
<b>Environment</b>	Board of Education Policy: no pop or chips on school grounds School morning snack program Healthy food promotion in local stores Community-wide SLHDP diabetes prevention activities

### Morning Snack Program

This collaboration with several community partners provides students at both the elementary and high schools with a chance to eat all the food groups and supplements on a daily basis. This program is a supplement and reinforcement to the Sandy Lake School-Based Diabetes Prevention Program and is not intended to take away the responsibility of parents for feeding their children breakfast in the morning.

The foods offered include a cereal, cheese, milk, yogurt, fruit cups, various fruits, and 100% orange juice. As a result of this program, teachers have commented that students have become more receptive and energetic in the classroom and as a result have reported improvements in their work.



### Special Community Events

The SLHDP educates the community about healthy behaviours by setting up booths and activities at annual community events. These events include "Walk to Work and School Day", Sports Tournaments, Treaty Day Celebrations, Muddy Water Music Festival, Health Fairs, Parent/Teacher Night, and more recently for the Nutrition Awareness Week.

Community Intervention staff also use community bulletin boards, newsletters, and flyers to communicate health messages. Recent education campaigns have included: nutritional information and how to read food labels; the importance of healthy body weight and how to calculate your "Body Mass Index" (BMI); the role of physical activity in preventing and controlling diabetes; etc.

There are a number of additional program components currently being considered. These projects include:

- physical activity programs aimed specifically at elementary school children and high school students;
- a community kitchen emphasizing low fat, low sugar, and high fibre recipes;
- a program which would focus on educating pregnant women and new mothers about the importance of healthy eating and the importance of physical activity for both themselves and for their young children.



### For More Information on the Sandy Lake Health and Diabetes Project

**Website:** [www.sandylakediabetes.com](http://www.sandylakediabetes.com)  
**Email:** [rodiddler@knet.ca](mailto:rodiddler@knet.ca)  
**Telephone:** 807-774-1216  
**Fax:** 807-774-4513  
**Address:** Box 36, Sandy Lake, Ontario, P0V 1V0.



## 2. Community Kitchen & Recipe Sharing

(National Aboriginal Diabetes Association)

### Goals

- Enable community members to come together to learn about nutrition and how to plan and prepare healthy, affordable meals for their families.
- To teach how to prepare traditional recipes using local foods.
- To share recipes for healthy foods and traditional foods.
- To demonstrate and encourage safe handling of food.
- To support people living with diabetes, their caregivers and supporters to work together to manage diabetes through nutrition choices.
- To bring community members together to share in a nutritious meal.

### Target Groups

Community members, particularly those living with diabetes and/or living with health concerns related to nutrition.

### Leaders/Organizers

- Local CHR/CHW
- Diabetes Educator
- Dietician/Nutritionist
- Health Provider
- Recreation Coordinator
- Educator.

### Location

- Local health centre if there are kitchen facilities big enough to accommodate a group.
- Local school if there are kitchen facilities.
- Community hall can be rented or donated free of charge.
- Participants can take turns to hold a community kitchen in their own homes.

### Time

One way to determine the best time to hold a community kitchen is to do a general survey of potential participants (e.g. phone survey). Do this to find out whether they are interested in attending and their times of availability.



## Advertising

- Personal contact using invitations (a very good approach!)
- Announcements on the local radio station
- Notices in the local newspaper/newsletter
- Posters in the community (e.g. grocery store, post office, etc.)

## Potential Costs

- Hall rental
- Hire a cook
- Purchase food
- Purchase materials (e.g. teaching manual, cookbooks, cooking utensils)

## Evaluating a Community Kitchen Project

1. What did you really like about the program?
2. What was the most interesting thing you learned?
3. What didn't you enjoy?
4. How can we improve the program?
5. Do you have other comments?

Program leaders will also want to assess the impact of their programs by:

- taking baseline measures BEFORE THE PROGRAM: understanding of nutrition, healthy eating habits, traditional food use, safe food practices, etc...
- taking outcome measures AFTER THE PROGRAM: on the same topics.

## Other related activities

- Exchange healthy recipes
- Organize 'healthy choices' shopping excursions
- Co-operative purchases of nutritious food
- Community gardening projects

## Example of a Community Kitchen project in an Algonquin community in Quebec

- Three to five people prepare 5 recipes consisting of one entrée, two main courses and two desserts.
- Afterwards, every person returns home with enough portions to feed their own family.
- Cost is \$1.00 per person payable on the same day of the activity.

- Time required: one planning meeting before each session (to answer questions such as: What is the menu? Who is going to shop? Who is going to cook certain menu items? ...)
- There is one Community Kitchen held each month.
- All people living with diabetes, their caregivers and/or family members can participate.
- Helps people who are having difficulty eating balanced meals.
- Helps those who are suffering from isolation and want to change their lifestyle.
- Helps people save on their time, effort, and money.
- Helps people take charge of their life.
- Promotes good nutrition.
- Mutual support is available in a family-oriented atmosphere.



### **For More Information on Community Kitchen Projects and Recipe Sharing**

#### **National Aboriginal Diabetes Association, Resource Directory: Sharing Successes, Community Diabetes Programs**

**Website:** [www.nada.ca](http://www.nada.ca)

**Email:** [diabetes@nada.ca](mailto:diabetes@nada.ca)

**Telephone:** 1-877-232-NADA (6232)

**Fax:** 204-927-1222

**Address:** 174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

#### **Centre for Indigenous Peoples' Nutrition and Environment (CINE)**

**Website:** [www.cine.mcgill.ca](http://www.cine.mcgill.ca)

**Email:** [cine.macdonald@mcgill.ca](mailto:cine.macdonald@mcgill.ca)

**Telephone:** 514-398-7544

**Fax:** 514-398-1020

**Address:** CINE, Macdonald Campus of McGill University, #21,111 Lakeshore Rd,  
Ste-Anne-de-Bellevue, Quebec, Canada, H9X 3V9

**Turtle Island Native Network, Spotlight on Food and Health**

**Website:** [www.turtleisland.org/culture/culture-food.htm](http://www.turtleisland.org/culture/culture-food.htm)

**Email:** [infocom@pro.net](mailto:infocom@pro.net)

**Address:** 1-1986 Glenidle Road, Sooke, British Columbia, V0S 1N0

**Nutrition Labeling: First Nations and Inuit Focus**

**Website:** [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/education/fni-pni/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/education/fni-pni/index_e.html)

### 3. Role Model & Recognition Programs

#### Goal

To promote physical activity and healthy living through the use of role models and recognition programs.

#### Description

Good role models:

- show us what is possible;
- encourage us to strive for similar goals or for our own unique goals;
- teach us aspects of what it takes to achieve one's goals.

Role models and recognition programs may exist within the scope of the local community and/or within the scope of the greater Aboriginal community.

#### How to use role models and recognition programs in the local community

- Highlight and recognize successes of members of the community who have achieved significant accomplishments (measured by various standards including achievement of personal goals).
- Highlight and recognize the efforts of members of the community who have contributed significant efforts towards community health.
- Highlighting and recognition might involve initiatives such as:
  - weekly / monthly recognition in local newspapers, newsletters, radio programs, posters, etc.;
  - requests / offers for public speaking / presentations;
  - weekly / monthly incentives and / or awards for achievements / efforts.

#### How to use role models and recognition programs in the greater Aboriginal community:

- Aboriginal individuals who have achieved significant accomplishments.
- Aboriginal individuals who have contributed significant efforts.
- Aboriginal individuals who have been recognized for significant accomplishments and / or efforts.
- Highlighting and recognizing might involve initiatives such as:
  - acknowledgement in newspapers, radio, posters, etc.;
  - requests / offers for public speaking presentation.
  - promotion of awards and achievements.

## Examples from the Greater Aboriginal Community

### Tom Longboat Award & National Aboriginal Coaching Awards:

Canada has produced a long line of Aboriginal sports heroes, from **Tom Longboat** at the turn of the century to the Toronto Maple Leafs' **George Armstrong** in the sixties, and more recently **Alwyn Morris**, **Ted Nolan** and **Angela Chalmers**. To recognize the ongoing commitment and outstanding achievements of amateur Aboriginal athletes, the **Aboriginal Sport Circle** has re-established the prestigious **Tom Longboat Award**, which recognizes the year's top male and female Aboriginal athletes at both the regional and national levels. Likewise, certified Aboriginal coaches are being recognized for their commitment to the development of Aboriginal athletes through the newly established **National Aboriginal Coaching Awards**.

### National Aboriginal Achievement Award (Sports)

In 1993, the National Aboriginal Achievement Foundation established the National Aboriginal Achievement Awards in conjunction with the United Nation's International Decade of the World's Indigenous peoples. The awards recognize career achievements by Aboriginal professionals in diverse occupations. Now entering their twelfth year, these awards have become a Canadian institution.

#### **Sharon Firth from Gwich'in First Nation, Northwest Territories**

Sharon Firth was the first Aboriginal woman to compete internationally in a major cross-country ski competition. She competed in four Winter Olympic Games and won 37 Canadian National Championship medals. Sharon Firth is now a Youth Program Advisor for the Government of the Northwest Territories. Firth is a highly regarded role model who delivers motivational speeches to schools throughout the NWT. She gives much credit to the role of elders in her life. She has been awarded the John Semmelink Memorial Award from the Canadian Ski Association in 1972, the Commissioner's Award from the Government of the Northwest Territories in 1981, the Order of Canada in 1987. She was inducted into the Canadian Ski Museum and Skiing Hall of Fame in 1990 and she received the Queen's Golden Jubilee Medal in 2002. She is working to restart the Territorial Experimental Ski Training Program, which was phased out in the 1980s. Sharon Firth lives in Yellowknife, Northwest Territories and won the National Aboriginal Achievement Award, Sports, Category, in 2005.

### CAAWS Most Influential Women in Sport and Physical Activity Award

The Canadian Association for the Advancement of Women in Sport and Physical Activity (CAAWS) gives annual awards for the Most Influential Women in Sport and Physical Activity. In 2005, the winner was Theresa Ross of Inuvik, Northwest Territories.

**Theresa Ross of Inuvik, Northwest Territories**

Theresa Ross is known as a leader in recreation, sport, physical activity and culture in the Northwest Territories. She has supported and delivered recreation, sport, and physical activity and culture opportunities in her home community of Inuvik. Through her many roles on volunteer boards and as a Recreation Leaders' Program Instructor, with Aurora College, Theresa continues to have a significant and positive influence on the delivery of recreation and physical activity services across the North.

After serving for three years as a Board member for the Canadian Parks and Recreation Association (CPRA), Theresa was elected in 2005 to serve as its President for 2006/2007, serving this past year as president-elect. During her tenure on the Board, she has not only championed the recreation, sport, physical activity and cultural needs of isolated communities in Canada, but she has also been successful at seeing the establishment of a Northern Director position on the Board of Directors. She actively elicited support through CPRA for the development of a Northern Strategy for Everybody gets to play™, a program geared towards eliminating barriers to participation in recreation, sport, physical activity and culture.

**National Aboriginal Role Model Program**

The National Aboriginal Role Model Program highlights the accomplishments of First Nations, Inuit and Métis youth. It is designed to encourage Aboriginal youth to pursue their dreams. This program is hosted by the National Aboriginal Health Organization and funded by Health Canada. Twelve Aboriginal role models, 13 to 30 years of age, are chosen each year through the LEAD YOUR WAY program. The 12 role models are available to visit Aboriginal communities to attend celebrations, school functions, workshops and conferences. The role models will share their stories and experiences with other Aboriginal youth in the hopes of inspiring others to pursue their goals. Jordin Tootoo was a National Spokesperson for the National Aboriginal Role Model Program. He assisted in launching the role model program and encouraged Aboriginal youth aged 13 to 30 to nominate their role models from their communities.

**Jordin Tootoo, Rankin Inlet, Nunavut**

Jordin Tootoo is the first Inuk athlete to make it to world-class professional hockey. On October 9, 2003, he played his first shift for the Nashville Predators of the National Hockey League. Tootoo is Rankin Inlet's biggest sports star ever and a role model for Inuit young people. A mural of him hangs in the local youth centre. The Nunavut government features Tootoo and four local teenagers on an inspirational poster encouraging young people to stay in school and set goals.

**For More Information on the Aboriginal Role Model Program**

**Website:** [www.naho.ca/rolemodel](http://www.naho.ca/rolemodel)

**Email:** [leadyourway@nahoc.ca](mailto:leadyourway@nahoc.ca)

**Telephone:** 1-877-602-4445, (613) 233-1543 ext. 548

**Fax:** (613) 233-1853

**Address:** National Aboriginal Role Model Program, NAHO,  
220 Laurier Ave. West, Suite 1200, Ottawa, Ontario, K1P 5Z9.



## 4. NIICHRO Survey of Communities

In the development of this resource guide, NIICHRO made efforts to survey Aboriginal communities across Canada with regards to best practices in physical activity and nutrition. Among the survey results collected, the following programs are worthy of highlighting.

### Get Hooked on Nutrition: Quarterly Nutrition Newsletter

- Led by:** Regional Nutritionist.  
**Targeted to:** Population at large.  
**Concept:** Quarterly nutrition newsletter; people can write in with requests, questions, recipes, etc.).  
**Strengths:** Low maintenance; broad audience.  
**Challenges:** Cannot be sure of how many are being reached and how information is being used.

### Nutrition at Your Fingertips: CD Compilation

- Led by:** Regional Nutritionist.  
**Targeted to:** CHR/Ws, nurses, doctors, health providers, educators.  
**Concept:** CD compilation with information, fact sheets, recipes, handouts, etc.).  
**Strengths:** Easy to distribute, use, access.  
**Challenges:** Cannot monitor use.

### Food Mail Program

- Led by:** Indian and Northern Affairs Canada and supported by Canada Post.  
**Targeted to:** Population of remote, isolated communities north of the 55<sup>th</sup> parallel.  
**Strengths:** Supportive of healthy eating/nutrition; wide impact.  
**Challenges:** Costly (fuel); needs more focus on nutrition education.

### KRG Food Coupon Program

- Led by:** Kativik Regional Government.  
**Targeted to:** Low income families and individuals.  
**Concept:** Coupons/discounts for purchase of healthy foods; supported by government funds; could also be supported by private/business funds.  
**Strengths:** Can only be used for purchasing healthy foods.  
**Challenges:** Difficult to monitor.

### For more information on these programs, contact:

Mandy Graham, Inuit Regional Nutritionist: Planning and Programming Agent

**Phone:** 819-964-2222 ext 267

**E-mail:** [mandy.graham@ssss.gouv.qc.ca](mailto:mandy.graham@ssss.gouv.qc.ca)

## Part 5: Resources by Target Group

*There are many different resources included in the various sections of this part. We encourage you to scan as many as possible. Even if a particular program is not available in your region, it may inspire you to start something similar.*

### Canada's Guidelines for Physical Activity and Nutrition

Health Canada has provided guidelines for Canadians in their efforts to maintain a healthy standard of physical activity and healthy eating. These guidelines are outlined in the following guide books that can be ordered from Health Canada and are available on-line.

#### Canada's Physical Activity Guide to Healthy Active Living

There are four age-targeted Guides – for children, youth, adults, and older adults.

<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

#### Canada's Physical Activity Guides for Children and Youth

[http://www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/)

There is a series of support resources that go with the Guides, including:

- Family Guide to Physical Activity for Children
- Teacher's Guide to Physical Activity for Children
- 'Gotta Move!' Interactive Magazine for Children
- Physical Activity Chart & Activity Stickers for Children
- Family Guide to Physical Activity for Youth
- Teacher's Guide to Physical Activity for Youth
- 'Let's Get Active!' Interactive Magazine for Youth

#### Canada's Physical Activity Guides for Adults

<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

#### Canada's Physical Activity Guides for Older Adults

<http://www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html>

## Canada's Food Guide to Healthy Eating

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fg\\_rainbow-arc\\_en\\_ciel\\_ga\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/fg_rainbow-arc_en_ciel_ga_e.html)

Resources include:

- History of the Food Guide
- Guiding Canadians Towards Healthy Eating – National Nutrition Leadership
- Canada's Food Guide to Healthy Eating & Using the Food Guide
- Food Guide Facts – Background for Educators and Communicators
- Canada's Food Guide to Healthy Eating – Focus on Preschoolers – Background for Educators and Communicators
- Food Guide Facts: Background for Educators and Communicators
- Canada's Food Guide to Healthy Eating – Focus on Children 6-12 years – Background for Educators and Communicators
- Food Guide Facts: Background for Educators and Communicators



## Aboriginal – General

**Category:** Organization: Nutrition & Environment  
**Title:** Centre for Indigenous Peoples' Nutrition and Environment (CINE)  
**Affiliation:** Located on McGill University's Macdonald Campus  
**Target:** Aboriginal People, Canada

**Description:**

CINE was created in response to a need expressed by Aboriginal Peoples for participatory research and education to address their concerns about the integrity of their traditional food systems. CINE is an independent, multi-disciplinary research and education resource for Indigenous Peoples, created by Canada's Aboriginal leaders.

CINE receives many requests from Aboriginal communities in Canada (and the United States) for research on their food systems and the environment. They offer valuable information and statistics regarding the value of traditional foods, proper nutrition, and physical activity in Aboriginal communities. They produce posters and videos. CINE also offers online community short courses and/or face-to-face courses for health providers (and/or interested individuals) on traditional food, nutrition, health and/or the environment.

**Website:** [www.cine.mcgill.ca](http://www.cine.mcgill.ca)

**E-mail:** [cine.macdonald@mcgill.ca](mailto:cine.macdonald@mcgill.ca)

**Telephone:** 514-398-7544

**Fax:** 514-398-1020

**Address:** CINE, Macdonald Campus of McGill University, #21,111 Lakeshore Rd, Ste-Anne-de-Bellevue, Quebec, Canada, H9X 3V9.

**Category:** Organization/Resource: Healthy and Traditional Eating  
**Title:** Turtle Island Native Network, Spotlight on Food and Health  
**Affiliation:** Aboriginal-owned News and Information Network  
**Target:** Aboriginal Communities (primarily North American)

**Description:**

An Aboriginal-owned news and information network. The extensive network offers links to a variety of types of cultural information and has developed a number of web pages dedicated to Aboriginal food and health. Among other things, the Turtle Island Spotlight on Food and Health provides links to: First Nations recipes, preparing traditional foods, Native cooking, Aboriginal food suppliers, top ten berries, top ten reasons to eat caribou, urban Aboriginal community gardens, etc.

**Website:** [www.turtleisland.org/culture/culture-food.htm](http://www.turtleisland.org/culture/culture-food.htm)

**E-mail:** [infocom@pro.net](mailto:infocom@pro.net)

**Address:** 1-1986 Glenidle Road, Sooke, British Columbia, V0S 1N0.

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**Category:** Resource: Nutrition  
**Title:** Nutrition Labeling: First Nations and Inuit Focus  
**Affiliation:** Health Canada  
**Target:** First Nations and Inuit

**Description:**

The Nutrition Labeling Toolkit for Educators - First Nations and Inuit Focus will help you understand the new food labels. The Toolkit will also help you show others in your community how to use food labels so they can make healthier choices in the grocery store. The Nutrition Labeling Toolkit for Educators - First Nations and Inuit Focus contains:

- Nutrition Labeling – Get the Facts!: These six fact sheets are background information; they are not to be used as handouts. They help you understand what nutrition labeling is all about so that you can then explain it to others.
- Ready-to-go Presentation: This ready-to-use package has resources to share nutrition information about food labels with people in your community. The package contains ideas to help you plan and do a presentation on nutrition labeling. The presentation has basic information on nutrition labeling and some activity ideas to practice using nutrition labels.
- Consumer Tear Sheet: This is a colorful handout with key messages on Nutrition Facts table and nutrition claims. You can give this to people.
- Questions-and-Answers Sheet: Common questions with answers - more background information for you.
- Ready-to-Use Nutrition Facts labels: These are examples of Nutrition Facts labels that you can use in preparing your own presentation on food labels.
- Nutrition Facts Posters: These posters show the new Nutrition Facts table. They can be put up in the health centre, community centre, school or store.

There is also a resource on “Talking with your Community About Nutrition Labeling”. This resource provides guidance on planning and holding a learning session, making a presentation, and more activities to use with your community.

**Website:** [www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/education/fni-pni/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/education/fni-pni/index_e.html)

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**Category:** Organization: Sport  
**Title:** Aboriginal Sport Circle  
**Affiliation:** Canadian Heritage  
**Target:** Aboriginal People, Canada

**Description:**

The Aboriginal Sport Circle is Canada's national voice for Aboriginal sport, which brings together the interests of First Nations, Inuit and Métis peoples. Established in 1995, the Aboriginal Sport Circle was created through a national consensus-building process, in response to the need for more accessible and equitable sport and recreation opportunities for Aboriginal peoples.

**Website:** [www.aboriginalsportcircle.ca](http://www.aboriginalsportcircle.ca)

**E-mail:** Rod Jacobs [rjacobs@aboriginalsportcircle.ca](mailto:rjacobs@aboriginalsportcircle.ca)

**Telephone:** 613-938-1176

**Fax:** 613-938-9181

**Address:** Aboriginal Sport Circle, Roundpoint Building, RR3, Akwesasne Mohawk Territory, Cornwall Island, Ontario, K6H 5R7

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**Category:** Event/Information/Programs: Physical Activity  
**Title:** North American Indigenous Games (NAIG)  
**Affiliation:** North American Indigenous Communities and Sport Organizations  
**Target:** Indigenous People of North America

**Description:**

The vision for the North American Indigenous Games (NAIG) has been to improve the quality of life for Indigenous Peoples by supporting self-determined sports and cultural activities which encourage equal access to participation in the social, cultural and spiritual fabric of the community in which they reside and which respects Indigenous distinctiveness. The vision of NAIG, from the very beginning in Southern Alberta, was one of interest and concern about what was happening among the young people in all Indigenous communities. The dream became a reality in 1990 with the first Games in Edmonton, Alberta. Since then, every three years Indigenous Peoples from across North America come together to celebrate their cultural heritage and sporting achievements at the North American Indigenous Games.

Seven museums from across the continent have created a website to honour the Games by exploring the traditions and histories of sporting events and games of yesterday and today. For teachers and sport/recreation coordinators, it's a chance to explore some of the games and sports. A range of educational activities based on traditional North American Aboriginal games has been developed by the Winnipeg School Division No. 1, the Woodland Cultural Center and the Ojibway & Cree Cultural Centre. Activities are available on-line and can be printed. To find even more educational activities and information on traditional games, consult the Learning Material Bibliography (provided on the website below) which includes books and on-line resources.

**Website:** [www.naig2006.com](http://www.naig2006.com) - 2006 NAIG  
[www.virtualmuseum.ca/Exhibitions/Traditions/English/teachers\\_corner.html](http://www.virtualmuseum.ca/Exhibitions/Traditions/English/teachers_corner.html)

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**Category:** Event: Physical Activity  
**Title:** Arctic Winter Games  
**Affiliation:** Supported by: Sport North Federation, Sport Yukon, Arctic Winter Games Corporation of Alaska, Greenland Sports Federation, Northern Alberta Sport Governing Bodies, Canadian Federal Government, numerous corporate sponsors

**Target:** Northern and Arctic Athletes/Coaches

**Description:**

The Arctic Winter Games is a high profile circumpolar sport competition for northern and arctic athletes. The Games provide an opportunity to strengthen sport development in the participants' jurisdictions, to promote the benefits of sport, to build partnerships, and to promote culture and values. The Games celebrate sport, social exchange and cultures. The Games provide an opportunity for the developing athlete to compete in friendly competition while sharing cultural values from northern regions around the world.

**Website:** [www.awg.ca](http://www.awg.ca)

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**Category:** Program: Physical Activity  
**Title:** Kahnawake Onake Paddling Club  
**Affiliation:** Kahnawake, Quebec  
**Target:** Mohawks of Kahnawake

**Description:**

The Onake Paddling Club began in 1972 with the idea of providing a healthy and safe environment for the community in the area of canoeing. Over the past 30 years, several hundred community members have participated with the club. Primarily a "sprint flatwater racing club", the Onake Paddling Club now offers the community a wide variety of canoeing options such as: sprint flatwater, marathon canoeing, recreational and competitive dragonboat, outrigger and more.

Onake's history includes Olympic gold and offers community members the ability to reach for their own gold and achieve their own goals: hitting the water, paddling well, being part of a team, and watching children connect with the water, each other and themselves. The club feels that it provides an opportunity for the echoes of the past to be carried into the future.

**Website:** [www.onake.com](http://www.onake.com)  
**E-mail:** onlake72@hotmail.com  
**Telephone:** 450-635-2841 (seasonal) 450-632-6601  
**Address:** P.O. Box 498, Kahnawake, Quebec, J0L 1B0

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**Category:** Program: Physical Activity  
**Title:** Native Tribal Canoe Journey  
**Affiliation:** Pacific Northwest  
**Target:** Pacific Northwest Aboriginal People

**Description:**

The Pacific Northwest is home to several Native Tribal Canoe Journeys. Journeys begin from various locations of Washington, British Columbia, and sometimes Oregon and Alaska. For the community / tribe that hosts the end of journey events, it might involve

extensive planning and preparation, considering that there could be up to several thousand people who will be gathered in the destination village or tribal community. For canoe journey participants, preparation might involve monthly meetings to attend, tides tables to consult, routes, take-off times, landing locations to plan, canoe building and repair activities, fund-raising efforts, gear and supplies to gather and prepare, regalia to make, paddles to carve, Canoe Blessing Ceremonies, dinners, raffles, canoeing practice, cold water safety training, invitations that are personally delivered to scores of participating Native Tribes and First Nations, and many other preliminary activities. The canoe journey experience is a mixture: excitement to be there, exhilaration to be on the water communing with nature, spiritual renewal, tests of endurance, hard work, fun, food and celebration. It is a JOURNEY, with plenty of opportunity for personal growth.

**Website:** <http://community-2.webtv.net/bkchar/KANOOZ/>

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**Category:** Program: Physical Activity  
**Title:** Aboriginal Youth F.I.R.S.T. (Futures in Recreation and Sport Training) Initiative

**Affiliation:** Province of British Columbia Sports Branch and Aboriginal Sport and Recreation Association of BC

**Target:** Aboriginal Youth of British Columbia

**Website:** [www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST](http://www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST)

**Description:**

The Aboriginal Youth F.I.R.S.T. (Futures in Recreation and Sport Training) Initiative has four programs:

- 1) **Sport Excellence Program:** is designed to increase the number of aboriginal youth participating in sport; immerse athletes in a specialized, competitive training environment; provide a complete training environment for Aboriginal youth through expert guidance and coaching; and offer athletes and coaches the experience to advance to higher competitive opportunities.
  - **Contact:**  
Patrick Chenier, Associate Director, Aboriginal Sports and Recreation Assoc. of British Columbia  
250-544-8172, [patrick.chenier@asra.ca](mailto:patrick.chenier@asra.ca)
- 2) **Urban – Vancouver Program:** is designed so that participants in this program develop leadership and employment skills through sport, recreation and life skills training designed to meet the needs of youth living in urban settings.
  - **Contact:**  
Karen Lepine, Program Co-ordinator, Urban Native Youth Association  
604-254-7732, [youthrec@unya.bc.ca](mailto:youthrec@unya.bc.ca)
- 3) **Rural – Northwest Program:** is an initiative of the Province of BC, Municipality of Terrace, provincial and community partners. The goal of the program has been to strengthen the capacity and authority of Aboriginal communities through a community development process that provides leadership training and skill development to youth leading to employment opportunities. The Program has 5 components: Aquatics, Backcountry Guiding, Community Development, Leadership Training and Adventure Tourism.



- 4) **Outdoor Leadership Program:** is designed to provide life skills and leadership training to Aboriginal youth in aquatics and backcountry guiding. Youth receive training to become Lifeguards, Swim and Lifesaving Instructors, Scuba Diving Instructors, outdoor leaders and backcountry guides. Since its inception in 1993, the Aboriginal Outdoor Leadership Program has benefited over 50 Aboriginal communities throughout BC.

- **Contact:**

Wayne Smith, Outdoor Leadership Program Coordinator

250-361-1513, [waynewsmith@shaw.ca](mailto:waynewsmith@shaw.ca) [www.youthfirst.ca](http://www.youthfirst.ca)

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**Category:** Organization: Physical Activity

**Title:** Aboriginal Sport and Recreation Association of British Columbia

**Affiliation:** Province of British Columbia Sports Branch

**Target:** Aboriginal people in British Columbia

**Description:**

The Sports Branch of BC is working to increase recreation and sport opportunities to Aboriginal people in British Columbia by providing support to Aboriginal organizations in three areas: sport performance, sport participation and capacity/sustainability.

Through sport, physical activity and recreation, the Aboriginal Sport and Recreation Association (ASRA) strengthens the emotional, mental, physical and spiritual aspects of community and individual life for the Aboriginal youth and people of British Columbia. Through partnerships with other Aboriginal organizations, government and sport and recreation organizations, ASRA supports and guides the delivery of sport opportunities for Aboriginal athletes, ensuring access to and participation in the sport of their choice.

**Website:** [www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST.htm](http://www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST.htm)

**Telephone:** 250-356-1168, Chris Graham: Aboriginal Programs  
250-544-8172, Alex Nelson: ASRA

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**Category:** Program: Physical Activity

**Title:** Iqaluit Fitness Society

**Affiliation:** Atii Fitness Centre (Nunavut)

**Target:** Inuit, Northern Communities

**Description:**

The Iqaluit Fitness Society held its first open house on March 28, 2005 at the Coman Arctic Building, a warehouse directly across from the airport. Atii is a non-profit and affordable fitness centre that offers group exercise programs, fitness training, and traditional Inuit games training. The centre is accessible to Iqalungmiut.

The new Atii Fitness Centre will provide a permanent space for regular group exercises, such as aerobics and kick-boxing as well as traditional Inuit games training, for which there is currently no regular practice space.

**Website:** [http://www.nunatsiaq.com/archives/40402/news/nunavik/40402\\_02.html](http://www.nunatsiaq.com/archives/40402/news/nunavik/40402_02.html)

**E-mail:** [iqaluitfitness@yahoo.ca](mailto:iqaluitfitness@yahoo.ca)

**Address:** Airport Road, Iqaluit Fitness Society, Coman Arctic Bldg., Iqaluit, NU,  
Canada, X0A 0H0

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**Category:** Program: Physical Activity  
**Title:** Aboriginal Women on the Move  
**Affiliation:** Cycling to End Family Violence; The National Aboriginal Circle Against Family Violence; Listuguj Mi'gmaq First Nation Government – Chief and Council; BGL Communications  
**Target:** Awareness for All  
**Description:**  
Aboriginal Women on the Move – Cross Canada Cycle Tour is about making a difference and getting people involved. “We want to learn and hear about the realities of family violence being faced by our women and families, we want to learn and hear about how the cycle of violence is being broken in families and in communities. Let’s talk and share and problem-solve. It is not about the bike... it is not about the cycling, the bikes and the cycling are simply the modes we are using to raise awareness and bring attention to the social and health issues of family violence, then taking it one step further... Let’s do something about it.”  
**Website:** [www.aboriginalwomenonthemove.org/index2.html](http://www.aboriginalwomenonthemove.org/index2.html)  
**E-mail:** Sheila Swasson: [sheila\\_swasson@globetrotter.net](mailto:sheila_swasson@globetrotter.net)  
**Address:** Cycling to End Family Violence, Haven House, P.O. Box 99, Listuguj, Quebec, G0C 2R0, Attention: Sheila Swasson

## Aboriginal People Living with Diabetes

**Category:** Resource Directory: Diabetes  
**Title:** National Aboriginal Diabetes Association, Resource Directory: Sharing Successes, Community Diabetes Programs  
**Affiliation:** National Aboriginal Diabetes Association (NADA)  
**Target:** Aboriginal people living with diabetes  
**Description:**  
Created by NADA in 2001 through collaborative efforts with the National Indian & Inuit Community Health Representatives Organization, this 127-page resource directory supports work in diabetes prevention and education. The directory offers a summary of diabetes related programs across Canada by province. It also offers a “How To” section including:

- How To Set Up a 100 Mile Walking Club;
- How To Set Up a Community Kitchen;
- How To Set Up Awareness Activities (Wampum Belt long distance walk, National Sneaker Day, Poker Walk Challenge, & Ecological Garden);
- How to Plan an Exercise Program for Persons with Type 2 Diabetes;
- How to Develop Diabetes Support Groups.

Listing of community diabetes programs and activities is on NADA’s website.

**Website:** [www.nada.ca](http://www.nada.ca)  
**E-mail:** [diabetes@nada.ca](mailto:diabetes@nada.ca)  
**Telephone:** 1-877-232-NADA (6232)  
**Fax:** 204-927-1222  
**Address:** 174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

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**Category:** Program: Aboriginal Diabetes  
**Title:** Aboriginal Diabetes Initiative  
**Affiliation:** Government of Canada – Canadian Diabetes Strategy  
**Target:** Aboriginal people living with diabetes

**Description:**

The Aboriginal Diabetes Initiative (ADI) is designed to provide a more comprehensive, collaborative and integrated approach to decreasing diabetes and its complications among Aboriginal peoples. The program is overseen by a national steering committee with representation from the national Aboriginal representative organizations (Assembly of First Nations, Inuit Tapiriit Kanatami, Métis National Council, Congress of Aboriginal Peoples, Native Women's Association of Canada) as well as the National Aboriginal Diabetes Association (NADA). The program is divided into two components, each with a separate framework and funding formula:

- First Nations On-reserve and Inuit in Inuit Communities Program
- Métis, Off-reserve Aboriginal and Urban Inuit Prevention and Promotion Program

**Website:** [http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/diseases-maladies/diabete/index_e.html)

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**Category:** Resource Books: Diabetes  
**Title:** The Pathway to Wellness: A Handbook for People Living with Diabetes  
 The Pathway to Wellness: Diabetes in Aboriginal People – A Handbook for Community Health Workers  
**Affiliation:** National Aboriginal Diabetes Association  
**Target:** Aboriginal people living with diabetes

**Description:**

NADA in partnership with Rosella Kinoshameg, Aboriginal Nurses Association of Canada and a dedicated Advisory Committee developed the *Pathway to Wellness* Handbooks. The *Handbook for People Living with Diabetes* is a diabetes information resource targeted to Aboriginal individuals of all ages and backgrounds. It is based on information provided in the 1998 Clinical Practice Guidelines for the Management of Diabetes in Canada. The *Handbook for Community Health Workers* was created to promote quality community-based diabetes care and management. Both handbooks are available for download on the NADA website.

**Website:** [www.nada.ca](http://www.nada.ca)

**E-mail:** [diabetes@nada.ca](mailto:diabetes@nada.ca)

**Telephone:** 1-877-232-NADA (6232)

**Fax:** 204-927-1222

**Address:** 174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

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**Category:** Resource Activity Workbook: Diabetes  
**Title:** Healthy Living Activities for Grades 4-6  
**Affiliation:** National Aboriginal Diabetes Association  
**Target:** Aboriginal youth living with diabetes, parents, educators & caregivers

**Description:**

The activity workbook is a resource targeted to parents, educators and caregivers of grade 4-6 students. The workbook was created to support the teaching of healthy eating and active living in an effort to prevent Type 2 diabetes. The 50-page activity book is available for download on the NADA website.

**Website:** [www.nada.ca](http://www.nada.ca)  
**E-mail:** [diabetes@nada.ca](mailto:diabetes@nada.ca)  
**Telephone:** 1-877-232-NADA (6232)  
**Fax:** 204-927-1222  
**Address:** 174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

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**Category:** Program: Diabetes Prevention  
**Title:** Sandy Lake Diabetes  
**Affiliation:** SLHDP, Sandy Lake Health Authority, & Sandy Lake Education Authority  
**Target:** People living with diabetes, parents, educators & caregivers

**Description:**

This program was a joint effort of the SLHDP, the Sandy Lake Health Authority, and the Sandy Lake Education Authority under the umbrella of the Sandy Lake First Nation Band Council. Specific aspects of this community-based intervention program include:

- radio programming to highlight healthy lifestyle activities;
- a strategy directed at the Northern Store with healthy food labeling;
- home visits to promote healthy food preparation;
- the development of walking clubs and walking trails;
- a school-based diabetes prevention program; and
- participation in community events.

**Website:** [www.sandylakediabetes.com](http://www.sandylakediabetes.com)  
**E-mail:** [rodiddler@knet.ca](mailto:rodiddler@knet.ca)  
**Telephone:** 807-774-1216  
**Fax:** 807-774-4513  
**Address:** Box 36, Sandy Lake, Ontario, P0V 1V0

This program is featured in detail in Part 4.

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**Category:** Program: Physical Activity and Healthy Eating  
**Title:** Kahnawake Schools Diabetes Prevention Project  
**Affiliation:** Kahnawake, Quebec  
**Target:** Mohawks of Kahnawake

**Description:**

The Kahnawake Schools Diabetes Prevention Project (KSDPP) is committed to the prevention of Type 2 diabetes among present and future generations in Kahnawake. KSDPP designs and implements intervention activities for schools, families and the Kahnawake community to prevent Type 2 diabetes through the promotion of healthy eating, physical activity and positive attitudes. The main objectives are to increase daily physical activity and healthy eating habits among Kahnawake children. Other important objectives are to mobilize the community, to foster community empowerment and ownership through participation in all aspects of the project and to build capacity within Kahnawake to ensure sustainability of KSDPP goals, objectives and activities in the future.

**Website:** [www.ksdpp.org](http://www.ksdpp.org)  
**E-mail:** [info@ksdpp.org](mailto:info@ksdpp.org)  
**Telephone:** 450-635-4374  
**Fax:** 450-635-7279  
**Address:** KSDPP, P.O. Box 989, Kahnawake Education Centre (2<sup>nd</sup> floor),  
Kahnawake Territory, Mohawk Nation via Quebec, Canada J0L 1B0

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**Category:** Publication: Diabetes and Aging in Aboriginal communities

**Title:** Diabetes and Aging in Aboriginal Communities

**Target:** People living with diabetes; Aboriginal Elderly

**Description:**

*Diabetes and Aging in Aboriginal Communities* is a 132-page manual providing information on the physical, mental-emotional, social and spiritual dimensions of diabetes and methods for addressing these issues. The manual is accompanied by a 28-minute "Voices of our Elders: Diabetes" video, produced by NIICHRO to raise awareness about Type 2 diabetes among elders in First Nations communities. Also available are two "In Touch" magazines, #8 and #14, with researched articles on diabetes and change.

**Website:** [www.niichro.com](http://www.niichro.com)

**Telephone:** 450-632-0892

**Fax:** 450-632-2111

**Address:** NIICHRO, P.O. Box 1019, Roy Montour Lane, Kahnawake, QC, J0L 1B0

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**Category:** Program: Diabetes Prevention and Health Promotion

**Title:** Stay Healthy and Inuulitsivik Health Centre Diabetes Program

**Affiliation:** Inuulitsivik Health Centre

**Target:** Inuit, Northern Communities and Inuit living with diabetes

**Description:**

This education and awareness program was designed for diabetes prevention. Participants meet twice a week for physical training and instruction on how to choose and cook healthy foods. The program addresses health promotion and diabetes prevention and focuses on community wellness, diabetes education, physical activity, remote and rural health, and traditional diet.

**Website:** [http://www.inuulitsivik.ca/cadres\\_anglais/a\\_index\\_e.htm](http://www.inuulitsivik.ca/cadres_anglais/a_index_e.htm)

**E-mail:** [inuulitsivik@ssss.gouv.qc.ca](mailto:inuulitsivik@ssss.gouv.qc.ca)

**Telephone:** 819-988-2957

**Fax:** 819-988-2796

**Address:** Inuulitsivik Health Centre, Puvirnituk, QC, Canada, J0M 1P0

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**Category:** Program: Diabetes

**Title:** Tungasuvvingat Inuit's Urban Inuit Diabetes Awareness & Prevention

**Affiliation:** Tungasuvvingat Inuit

**Target:** Inuit living with diabetes

**Description:**

The objectives for the Urban Inuit Diabetes Awareness and Prevention program are to:

- Raise awareness of diabetes, its risk factors and the value of a healthy lifestyle
- Create culturally appropriate promotional material
- Encourage Type 2 diabetes screening
- Promote Inuit country food.

**Website:** [www.inuitdiabetes.ca/index.html#](http://www.inuitdiabetes.ca/index.html#)

**E-mail:** [diabetes@ontarioinuit.ca](mailto:diabetes@ontarioinuit.ca)

**Telephone:** 613-563-3546 ext.14

**Address:** 111 Empress Street, Ottawa, Ontario, K1R 7G2

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**Category:** Program: Diabetes Prevention and Health Promotion

**Title:** Community Diabetes Education and Prevention Program (NB)

**Affiliation:** New Brunswick Aboriginal People's Council

**Target:** First Nations; Métis – Off-reserve

**Description:**

This program targets Aboriginal people who reside off-reserve in urban and rural communities in New Brunswick. It provides information (specifically prevention and health promotion) related to Type 2 diabetes. Activities include community information sessions, school presentations, grocery store tours, community cooking sessions (community kitchens), gatherings, and physical activity events ("Walking New Brunswick – One Step at a Time"). All are designed to help people learn about how to prevent Type 2 diabetes or live healthier with the disease.

**Website:** <http://diabetes.nbapc.org/main.asp?lid=0>

**E-mail:** [diabetes@nbapc.org](mailto:diabetes@nbapc.org)

**Phone:** 506-458-8422

**Fax:** 506-451-6130

**Address:** 320 St. Mary's St., New Brunswick Aboriginal People's Council,  
Fredericton, NB, E3A 2S4

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**Category:** Program: Diabetes

**Title:** Wabano Diabetes Prevention Program

**Affiliation:** Wabano Centre for Aboriginal Health (Ottawa, Ont.)

**Target:** First Nations, Inuit, Métis

**Description:**

- This health promotion and primary prevention program promotes awareness of healthy lifestyle choices, risk factors associated with diabetes, the importance of diabetes screening, selection and preparation of a healthy balanced diet, and the role of an active, traditional lifestyle in the prevention of diabetes. Services offered include: diabetes prevention and education series;
- community garden;
- youth summer health camp for ages 13-18;
- March break health camp for ages 13-18;
- outreach programming to youth;
- seasonal healthy lifestyle challenges;



- yearly health fair; and
- outreach lunch 'n learn.

**Website:** <http://www.wabano.com/diabetes-prevention.html>  
**E-mail:** [mrice@wabano.com](mailto:mrice@wabano.com); [tteasdale@wabano.com](mailto:tteasdale@wabano.com)  
**Phone:** 613-842-9974; 613-748-0657 ext 212  
**Fax:** 613-748-9364; 613-748-9364  
**Address:** 299 Montreal Rd., Wabano Centre for Aboriginal Health,  
 Ottawa, Ontario, K1L 6B8



## Children & Youth

**Category:** Event: Physical Activity  
**Title:** Girls' Day  
**Affiliation:** Interlake Physical Activity Working Group (2004); Lifestyle Information Network; Anishinaabe Mino-Ayaawin Inc.  
**Target:** Female youth

**Description:**

An 87-page "how-to" guide on planning and promoting physical activity and healthy lifestyle initiatives (Girls' Days) for female youth. Girls' Day is a fun and educational community-based event, to assist girls to become physically active and healthy in a variety of ways. Low involvement in physical activity, combined with poor nutrition, has resulted in the high incidence of low self-esteem and other health problems amongst Canadian girls today. In an attempt to combat these problems, Girls' Days were initiated, focusing on a target group of young women between the ages of ten and eighteen years. Girls' Days are aimed at providing a wide range of enjoyable opportunities for young women in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity.

The Girls' Day events can be tailored to the specific needs of the girls in each community. The Interlake Physical Activity Working Group (IPAWG), a subcommittee of the Interlake Health Promotion Working Group, consists of health, recreation and education representatives. In recognizing the importance of assisting children and youth in the development of active lifestyles, IPAWG created a model for Girls' Day workshops. The initial planning was based on the *On the Move* program, a national initiative designed to create physical activity opportunities for inactive young females.

**Website:** [www.lin.ca/resource/html/lt26.pdf](http://www.lin.ca/resource/html/lt26.pdf) [www.amahealth.ca](http://www.amahealth.ca)  
**Telephone:** 204-957-5057  
**Fax:** 204-947-2908  
**Address:** Anishinaabe Mino-Ayaawin Inc., Interlake Reserves Tribal Council Health,  
 401-286 Smith Street, Winnipeg Manitoba, R3C 1K4

It is the Girls' Day program that is highlighted in the Appendices  
 in this guide.



**Category:** Program: Nutrition  
**Title:** Breakfast for Learning  
**Affiliation:** Canadian Living Foundation; Aboriginal Nurses Association of Canada  
**Target:** Children, Youth

**Description:**

Canada's only national, non-profit organization solely dedicated to supporting child nutrition, the mission of Breakfast for Learning is to ensure that every child in Canada attends school well nourished and ready to learn. There is a strong link between nutrition and learning. Statistics show that 31% of elementary school students and 62% of secondary school students do not eat a nutritious breakfast before heading to school in the morning. One in five children in Canada do not get the five recommended servings of fruits and vegetables required daily. Supporting breakfast, snack and lunch programs across the country, there are over 30,000 volunteers in over 6,900 communities in every province and territory in Canada. Breakfast for Learning provides numerous resources and guides to access research. It is also about community and developing nutrition programs in communities that are right for them. Contact information for the respective provinces and territories is provided on the website.

**Website:** [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)

**Telephone:** 416-218-3540; 1-800-627-7922

**Fax:** 416-733-3453

**Address:** Breakfast for Learning, Canadian Living Foundation, 25 Sheppard Avenue West, Suite 100, Toronto, Ontario M2N 6S7

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**Category:** Program: Nutrition  
**Title:** Making it Happen: Healthy Eating at School  
**Affiliation:** Open Learning Agency: BC Knowledge Network, BC Dairy Foundation, BC Ministry of Health Services  
**Target:** Children, Youth

**Description:**

The program is based on the premise that children/youth need to eat well in order to grow and develop properly. Unfortunately many children/youth are not getting what their bodies need in terms of nutrition. The school environment is a promising setting to help develop healthy ways of living. This program targets the opportunity in schools to support healthy eating. Videos, guidelines, checklists, testimonials, policies and other resources are available on the website.

**Website:** [www.knowledgenetwork.ca/makingithappen/](http://www.knowledgenetwork.ca/makingithappen/)

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**Category:** Program: Sport  
**Title:** Children in Sport  
**Affiliation:** Saskatchewan Sport  
**Target:** Parents, Sport Leaders, Active Living Programmers

**Description:**

Children in Sport is a program designed to ensure that children receive the most positive experience possible from sport. The focus is on learning the fundamental skills before entering into more competitive sports and on providing an opportunity for children to have positive life-long experiences in sport. The focus is on process, not outcome. This program has a variety of resource materials including:

- A Resource Guide for Parents
- An Orientation Guide and Resource Manual for Sports Leaders
- Children in Sport Video, Advertisements & Poster

**Website:** <http://www.sasksport.sk.ca/cis/cis.html>  
**E-mail:** [sasksport@sasksport.sk.ca](mailto:sasksport@sasksport.sk.ca)  
**Telephone:** 1-800-319-GAME; 306-780-9300 (Regina); 306-975-0800 (Saskatoon)  
**Fax:** Fax 306-781-6021 (Regina); 306-242-8007 (Saskatoon)  
**Address:** Sask. Sport Inc., 1870 Lorne St, Regina, Saskatchewan, S4P 2L7;  
Sask. Sport Inc., 510 Cynthia Street, Saskatoon, Saskatchewan, S7L 7K7

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**Category:** Organization: Child Health  
**Title:** Canadian Institute of Child Health (CICH)  
**Target:** Children and Advocates of Children

**Description:**

Founded in 1977, CICH is the only national charitable organization dedicated solely to improving the health of children and youth in Canada. The Institute has had a profound impact on the policies and practices of caring for children through its three core areas of focus: 1) monitoring children's health; 2) educating professionals, caregivers and policy-makers; and 3) advocating for legislation and policies that improve child health. The CICH provides numerous resources re:

- providing a voice for Canada's children;
- healthy pregnancy and childbirth;
- healthy child development;
- safe environments;
- monitoring children's health.

**Website:** [www.cich.ca](http://www.cich.ca)

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**Category:** Resource Activity Workbook  
**Title:** Healthy Living Activities for Grades 4-6  
**Affiliation:** National Aboriginal Diabetes Association (NADA)  
**Target:** Aboriginal youth living with diabetes, parents, educators & caregivers

**Description:**

The activity workbook is a resource targeted to parents, educators and caregivers of grade 4-6 students. The workbook was created to support the teaching of healthy eating and active living in an effort to prevent Type 2 diabetes. The 50-page activity book is available for download on the NADA website.

**Website:** [www.nada.ca](http://www.nada.ca)  
**E-mail:** [diabetes@nada.ca](mailto:diabetes@nada.ca)  
**Telephone:** 1-877-232-NADA (6232)  
**Fax:** 204-927-1222  
**Address:** 174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

This resource is also featured in the section "Aboriginal People Living with Diabetes".

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**Category:** Program: Physical Activity and Healthy Eating  
**Title:** Kahnawake Schools Diabetes Prevention Project  
**Affiliation:** Kahnawake, Quebec  
**Target:** Mohawks of Kahnawake

**Description:**

The Kahnawake Schools Diabetes Prevention Project (KSDPP) is committed to the prevention of Type 2 diabetes among present and future generations in Kahnawake. KSDPP designs and implements intervention activities for schools, families and the Kahnawake community to prevent Type 2 diabetes through the promotion of healthy eating, physical activity and positive attitudes. The main objectives are to increase daily physical activity and healthy eating habits among Kahnawake children. Other important objectives are to mobilize the community, to foster community empowerment and ownership through participation in all aspects of the project and to build capacity within Kahnawake to ensure sustainability of KSDPP goals, objectives and activities in the future.

**Website:** [www.ksdpp.org](http://www.ksdpp.org)

**E-mail:** [info@ksdpp.org](mailto:info@ksdpp.org)

**Telephone:** 450-635-4374

**Fax:** 450-635-7279

**Address:** KSDPP, P.O. Box 989, Kahnawake Education Centre (2<sup>nd</sup> floor),  
Kahnawake Territory, Mohawk Nation via Quebec, Canada J0L 1B0

This resource is also featured in the section “Aboriginal People Living with Diabetes”.

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**Category:** Program: Diabetes Prevention  
**Title:** Sandy Lake Diabetes School Prevention Program  
**Affiliation:** SLHDP, Sandy Lake Health Authority, & Sandy Lake Education Authority  
**Target:** People living with diabetes, parents, educators & caregivers

**Description:**

The Sandy Lake Diabetes School Prevention Program includes 18 culturally relevant and age-appropriate lessons developed for grades 3 and 4. The lessons focus on:

- healthy eating;
- physical activity;
- diabetes education.

Lessons provide traditional themes and are supplemented with stories and illustrations.

**Website:** [www.sandylakediabetes.com](http://www.sandylakediabetes.com).

This resource is also featured in the Sandy Lake section in Part 4.

**Category:** Programs: Physical Activity  
**Title:** North American Indigenous Games (NAIG)  
**Affiliation:** North American Indigenous Communities and Sport Organizations  
**Target:** Indigenous people of North America

**Description:**

Seven museums from across the continent have joined together to create a website that honours the North American Indigenous Games (NAIG) by exploring the traditions and histories of sporting events and games of yesterday and today. For teachers and sport/recreation coordinators, there is an opportunity to explore some of the games and sports. A wide range of educational activities based on traditional North American aboriginal games have been developed by the Winnipeg School Division No. 1, the Woodland Cultural Center and the Ojibway & Cree Cultural Centre. Various activities are available on-line and/or can be printed. To find even more educational activities and information on traditional games, consult the Learning Material Bibliography (provided on the website below) which includes books and on-line resources.

**Website:** [www.naig2006.com](http://www.naig2006.com) - 2006 NAIG  
[www.virtualmuseum.ca/Exhibitions/Traditions/English/teachers\\_corner.html](http://www.virtualmuseum.ca/Exhibitions/Traditions/English/teachers_corner.html)

This program is also featured in the section "Aboriginal – General".

**Category:** Organization: Youth  
**Title:** Aboriginal Youth Network  
**Target:** Aboriginal Youth

**Description:**

The Aboriginal Youth Network's purpose is to communicate about health, education and employment opportunities for Aboriginal youth, as well as provide the latest news and events happening across Canada. The Network provides specific links for nutrition, eating disorders, and body health. There is a quiz for youth to assess their nutrition knowledge and links for youth to ask questions.

**Website:** [www.ayn.ca](http://www.ayn.ca)

**Telephone:** 1-800-459-1884; 780-459-1884

**Fax:** 780-458-1883

**Address:** Box 34007 Kingsway Mall PO, Edmonton, Alberta, T3G 3G4

**Category:** Educational Program: Aboriginal Physical Education  
**Title:** Aboriginal Physical Education: Middle Years (Grade 6-9)  
**Affiliation:** Stewart Resources Centre, Saskatchewan Teachers' Federation (STF), Saskatchewan Department of Education  
**Target:** Aboriginal Youth, grades 6-9

**Description:**

To meet the need for instructional resources that incorporate Indian and Métis content and perspectives, teachers were invited to submit units, in which Aboriginal content or resources were a focus. Twelve units were selected and the writers were invited to a two

and a half day writing workshop sponsored jointly by the Department of Education and the Saskatchewan Teachers' Federation. Teachers were assisted in their efforts to polish their units for publication by resource people from the Department, the STF, and Aboriginal Consultants from Regina, Saskatoon, and Northern Lights School Division.

**Website:** [www.stf.sk.ca/teaching\\_res/library/teach\\_mat\\_centre/tmc/e11322/e11322.htm](http://www.stf.sk.ca/teaching_res/library/teach_mat_centre/tmc/e11322/e11322.htm)

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**Category:** Program: Physical Activity

**Title:** Aboriginal Youth F.I.R.S.T. (Futures in Recreation and Sport Training) Initiative

**Affiliation:** Province of British Columbia Sports Branch and Aboriginal Sport and Recreation Association of BC

**Target:** Aboriginal Youth of British Columbia

**Description:**

The Aboriginal Youth F.I.R.S.T. (Futures in Recreation and Sport Training) Initiative has four programs:

- 1) **Sport Excellence Program:** is designed to increase the number of aboriginal youth participating in sport; immerse athletes in a specialized, competitive training environment; provide a complete training environment for Aboriginal youth through expert guidance and coaching; and offer athletes and coaches the experience to advance to higher competitive opportunities.
  - **Contact:**  
Patrick Chenier, Associate Director, Aboriginal Sports and Recreation Assoc. of British Columbia  
250-544-8172, [patrick.chenier@asra.ca](mailto:patrick.chenier@asra.ca)
- 2) **Urban – Vancouver Program:** is designed so that participants in this program develop leadership and employment skills through sport, recreation and life skills training designed to meet the needs of youth living in urban settings.
  - **Contact:**  
Karen Lepine, Program Co-ordinator, Urban Native Youth Association  
604-254-7732, [youthrec@unya.bc.ca](mailto:youthrec@unya.bc.ca)
- 3) **Rural – Northwest Program:** is an initiative of the Province of BC, Municipality of Terrace, provincial and community partners. The goal of the program has been to strengthen the capacity and authority of Aboriginal communities through a community development process that provides leadership training and skill development to youth leading to employment opportunities. The Program has 5 components: Aquatics, Backcountry Guiding, Community Development, Leadership Training and Adventure Tourism.
- 4) **Outdoor Leadership Program:** is designed to provide life skills and leadership training to Aboriginal youth in aquatics and backcountry guiding. Youth receive training to become Lifeguards, Swim and Lifesaving Instructors, Scuba Diving Instructors, outdoor leaders and backcountry guides. Since its inception in 1993, the Aboriginal Outdoor Leadership Program has benefited over 50 Aboriginal communities throughout BC.

- **Contact:**  
Wayne Smith, Outdoor Leadership Program Coordinator  
250-361-1513, [waynewsmith@shaw.ca](mailto:waynewsmith@shaw.ca) [www.youthfirst.ca](http://www.youthfirst.ca)

**Website:** [www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST](http://www.sbed.gov.bc.ca/SportBranch/AboriginalFIRST)

This program is also featured in the section “Aboriginal – General”.

**Category:** Program: Health  
**Title:** Aboriginal Head Start  
**Target:** Aboriginal children  
**Affiliation:** Public Health Agency of Canada  
**Description:**

Aboriginal Head Start (AHS) in Urban and Northern Communities is a Health Canada-funded early childhood development program for First Nations, Inuit and Métis children and their families. The primary goal of the initiative is to demonstrate that locally controlled and designed early intervention strategies can provide Aboriginal children with a positive sense of themselves, a desire for learning, and opportunities to develop fully as successful young people. There are 126 AHS sites in urban and northern communities across Canada. AHS projects typically provide half-day preschool experiences that prepare young Aboriginal children for their school years by meeting their spiritual, emotional, intellectual and physical needs. All projects provide programming in six core areas: education and school readiness; Aboriginal culture and language; parental involvement, health promotion; nutrition; and social support. Projects are locally designed and controlled, and administered by non-profit Aboriginal organizations. AHS directly involves parents and the community in the management and operation of projects. Parents are supported in their role as the child's first and most influential teacher, and the wisdom of elders is valued.

**Website:** [www.phac-aspc.gc.ca/dca-dea/programs-mes/ahs\\_directory\\_e.html](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/ahs_directory_e.html)  
**E-mail:** [children@www.hc-sc.gc.ca](mailto:children@www.hc-sc.gc.ca)  
**Telephone:** 613-952-1220  
**Fax:** 613-952-1556  
**Address:** Aboriginal Head Start, Tunney's Pasture, Jeanne Mance Building,  
A.L.:1909C2, Ottawa, Ontario, K1A 0K9

**Category:** Program: Role Model  
**Title:** National Aboriginal Role Model Program  
**Target:** Aboriginal Youth  
**Affiliation:** National Aboriginal Health Organization & Health Canada  
**Description:**

The National Aboriginal Role Model Program highlights the accomplishments of First Nations, Inuit and Métis youth. It is designed to encourage Aboriginal youth to pursue their dreams. This program is hosted by the National Aboriginal Health Organization and funded by Health Canada. Twelve Aboriginal role models, 13 to 30 years of age, are chosen each year through the LEAD YOUR WAY program. The 12 role models are



available to visit Aboriginal communities to attend celebrations, school functions, workshops and conferences. The role models will share their stories and experiences with other Aboriginal youth in the hopes of inspiring others to pursue their goals. Jordin Tootoo (the first Inuit hockey player to make the NHL) was a National Spokesperson for the National Aboriginal Role Model Program. He assisted in launching the role model program and encouraged Aboriginal youth aged 13 to 30 to nominate their role models from their communities.

**Website:** [www.naho.ca/rolemodel](http://www.naho.ca/rolemodel)

**E-mail:** [leadyourway@nahoc.ca](mailto:leadyourway@nahoc.ca)

**Telephone:** 1-877-602-4445, (613) 233-1543 ext. 548

**Fax:** (613) 233-1853

**Address:** National Aboriginal Role Model Program, NAHO, 220 Laurier Ave. West, Suite 1200, Ottawa, Ontario, K1P 5Z9

This program is also featured in the section “Role Models and Recognition Programs” in Part 4.

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**Category:** Program: Play

**Title:** Everybody Gets to Play

**Target:** Children in low income families

**Description:**

The Canadian Parks and Recreation Association (CPRA) has launched the *Everybody Gets to Play*<sup>TM</sup> initiative to help make recreation more accessible to children in low-income families. Recreation is essential for building strong bodies, healthy minds, self-esteem, social skills, and community values. It can improve family interactions and academic performance, and can reduce depression, stress, loneliness, and self-destructive and anti-social behaviour. Unfortunately, many children in low-income families do not have the chance to participate. They may not be able to afford user fees or equipment, have safe places to play in their neighbourhoods, be able to travel to and from facilities, feel welcome because they do not conform to social norms, or be aware of existing programs. There are many barriers that stand between children in low-income families and recreation opportunities.

The *Everybody Gets to Play*<sup>TM</sup> initiative helps recreation workers and volunteers mobilize the resources already available in their community. Research and facts about poverty in Canada, the health and social consequences of poverty, and how recreation can improve the lives of children, families and communities. The program provides:

- tools to help build partnerships in the community and plan effective action,
- workshops to build skills, raise awareness and mobilize your community, and
- success stories about programs that have already made a difference.

**Website:** <http://www.cpra.ca/e/initiatives/everybody.htm>

**E-mail:** [cpra@cpra.ca](mailto:cpra@cpra.ca)

**Telephone:** 613-523-5315

**Fax:** 613-523-1182

**Address:** Canadian Parks and Recreation Association, 404 - 2197 Riverside Drive, Ottawa, Ontario, K1H 7X3

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**Category:** Program: Physical Activity  
**Title:** RBC Financial Group, Slave Lake Community Physical Activity Project  
**Target:** Schools and Community of Slave Lake – First Nations and Métis

**Description:**

The Town of Slave Lake has become the hub for a project to bring together schools and the community to promote physical activity and the development of positive personal behaviours among young people in the community. The program has three components:

- a program of interesting physical activities offered outside of school hours;
- an integrated curriculum intervention implemented in the schools to support the learning outcomes of the physical education and health curricula;
- a research program to assess the process and progress of the project, and to offer recommendations for future initiatives.

The program is based on the following principles, agreed to by participants:

- The RBC school & community physical activity project for Slave Lake youth will be based on the principles of integration, and will emphasize respect for and acceptance of diversity. Thus the program will welcome participation by young people from the general community as well as First Nations and Métis youth.
- Through a program of various physical activities carried out in the community, and curriculum activities carried out in the schools, boys and girls will be encouraged to develop their physical skills, affirm their cultural and community identities, and participate in activities that build respect for other cultural traditions.
- It will provide multiple opportunities for participation and involvement by adults in the community (parents, media, the business community, educators, etc.).

It will be a long-term initiative. The proposal will reflect the desire of the community to start a project with long-term benefits.

**Website:**

<http://www.uofaweb.ualberta.ca/olympiceducation/nav03.cfm?nav03=14698&nav02=14429&nav01=14410>



## Elders

**Category:** Publication: Training Manual  
**Title:** Coming Full Circle: Healthy Living and the Aboriginal Frail Elderly  
National Indian & Inuit Community Health Representatives Organization,  
(NIICHRO) 2003  
**Target:** Aboriginal Elders  
**Description:**  
This resource is a training manual for CHRs or caregivers of the elderly. It addresses four areas of health: Mind, Body, Social Self, and Spiritual Self. It presents CHR/caregiver activities and information to promote better understanding of key concepts. At the end of each section, activities are provided for the CHR or caregiver to deliver to their Elders. The activities will maintain a balanced approach to life for frail elders.  
**Website:** [www.niichro.com](http://www.niichro.com)  
**Telephone:** 450-632-0892  
**Fax:** 450-632-2111  
**Address:** NIICHRO, P.O. Box 1019, Roy Montour Lane, Kahnawake, QC, J0L 1B0

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**Category:** Publication: Active Living  
**Title:** Spirit in Motion: Active Living and Aboriginal Older Adults  
**Target:** Aboriginal Elders  
**Description:**  
Spirit in Motion is a 165-page manual produced by NIICHRO to raise awareness, sensitize and equip Community Health Representatives (CHRs) and other front-line workers with tools to promote active living among the Aboriginal elderly population. The manual is accompanied by a 30-minute "Spirit in Motion: Active Living and Aboriginal Older Adults" video, which demonstrates 15 safe exercises accompanied by Aboriginal music. Also available is a 30-minute music cassette with a recording of the soundtrack from the video to accompany a 24-page exercise booklet demonstrating the 15 safe exercises. Finally, the package provides a poster on stretching and two relevant *In Touch* magazines, #12 and #15.  
**Website:** [www.niichro.com](http://www.niichro.com)  
**Telephone:** 450-632-0892  
**Fax:** 450-632-2111  
**Address:** NIICHRO, P.O. Box 1019, Roy Montour Lane, Kahnawake, QC, J0L 1B0

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**Category:** Publication: Diabetes and Aging  
**Title:** Diabetes and Aging in Aboriginal Communities  
**Target:** People living with diabetes; Aboriginal Elders

**Description:**

Diabetes and Aging in Aboriginal Communities is a 132-page manual providing information on the physical, mental-emotional, social and spiritual dimensions of diabetes and ways to address these issues. The manual is accompanied by a 28-minute "Voices of our Elders: Diabetes" video, produced by NIICHRO to raise awareness about Type 2 diabetes among elders in First Nations communities. Also available are two *In Touch* magazines, #8 and #14, with researched articles on diabetes and change.

**Website:** [www.niichro.com](http://www.niichro.com)

**Telephone:** 450-632-0892

**Fax:** 450-632-2111

**Address:** NIICHRO, P.O. Box 1019, Roy Montour Lane, Kahnawake, QC, J0L 1B0

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**Category:** Organization: Activity  
**Title:** Canadian Centre for Activity and Aging (CCAA)  
**Target:** Elderly

**Description:**

The mission of the CCAA is to develop, encourage and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process. Goals of the organization are:

- to become a high-quality national centre supporting physical activity for the aging population;
- to become the national co-ordinating and accreditation institute for CCAA's community-based programs and services for the elderly;
- to support, encourage and disseminate research into an active lifestyle for older adults, and to act as a resource for Health Canada and other national organizations;
- to establish international alliances and promote an open exchange of scientific knowledge, health and community programs to benefit active older adults;
- to educate provincial governments, industry and social agencies on the benefits of an active aging population; and
- to be the national data centre for information on activity and aging.

The Centre operates six research laboratories that specialize in the following aspects of physiological testing and research: cardio-respiratory function; blood chemistry; nutrition; community stress testing; muscle physiology; and strength testing.

**Website:** [www.uwo.ca/actage](http://www.uwo.ca/actage) ; [www.ccaa-outreach.com](http://www.ccaa-outreach.com)

**Email:** [ccaa@uwo.ca](mailto:ccaa@uwo.ca)

**Telephone:** 519-661-1603

**Fax:** 519-661-1612

**Address:** 1490 Richmond Street, London, Ontario, N6G 2M3

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**Category:** Organization: Activity  
**Title:** Get Fit for Active Living  
**Affiliation:** Canadian Centre for Activity and Aging (CCAA) with funding provided by the Good Hearted Living Program and the City of London, Ontario  
**Target:** Elderly

**Description:**

Get Fit for Active Living (GFAL) is an education and exercise program for older adults. This program teaches older adults how to get started on a regular exercise program, and about the importance of healthy, active lifestyle so that they can maintain independence. Canada's Physical Activity Guide for Older Adults is effectively introduced and used by the participants in the program. The program delivers three components: Health Assessment, Exercise, and Education.

- Health assessment: Before beginning the program, all participants are required to complete a health assessment, which includes a stress test and fitness appraisal.
- Exercise: The exercise sessions in the gymnasium include a warm-up, walking and/or aerobics, balance exercises, stretching, mat work and cool down. Strength training may involve the use of hand-held weights, resistance bands or weight training machines. Qualified fitness instructors teach the exercise classes and supervise the weight room.
- Education: The education sessions include getting started (the benefits of physical activity); strengthening and stretching; nutrition for older adults; diseases of older adults; and community exercise program options.

A facilitator's guide and training workshop were developed to allow Get Fit for Active Living to be delivered at other sites including: Chelsey Park Health Club, Horton Street Seniors' Centre, the VON's (Victoria Order of Nurses) HOMME (Helping Others Maintain Middlesex Elders) Program (Middlesex County), and the YMCA-YWCA of London and Woodstock.

**Website:** [www.ccaa-outreach.com](http://www.ccaa-outreach.com)  
**E-mail:** [ccaa@uwo.ca](mailto:ccaa@uwo.ca)  
**Telephone:** 519-661-1603  
**Fax:** 519-661-1612  
**Address:** 1490 Richmond Street, London, Ontario, N6G 2M3

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**Category:** Organization: Activity  
**Title:** Seniors' Fitness Instructor Course (SFIC)  
**Affiliation:** Canadian Centre for Activity and Aging  
**Target:** Community Dwelling Older Adults, Canada

**Description:**

The SFIC was developed to address a need for training and information about appropriate physical activity programs for older adults. It is a certification program for anyone (older adults, young adults and volunteers) who wants to learn how to design and lead effective fitness classes for seniors. The course consists of 36 hours of in-class training, 16 hours field experience, take-home assignments, practical evaluation and annual certification renewal.

**Website:** [www.ccaa-outreach.com](http://www.ccaa-outreach.com)  
**E-mail:** [ccaa@uwo.ca](mailto:ccaa@uwo.ca)  
**Telephone:** 519-661-1603  
**Fax:** 519-661-1612  
**Address:** 1490 Richmond Street, London, Ontario, N6G 2M3

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**Category:** Organization: Activity  
**Title:** Home Support Exercise Program  
**Affiliation:** Canadian Centre for Activity and Aging (CCAA)  
**Target:** Elderly, Canada

**Description:**

Exercise programming is difficult to deliver to frail older adults living in single dwelling homes or apartments. This segment of the older population often has limited mobility and requires formal and/or informal personal assistance to remain in their homes. Many of these individuals are unable or unwilling to attend exercise classes in the community. Advanced age, health problems, falling and fear of falling, incontinence, and use of in-home health and social services characterize individuals likely to be homebound, leaving their home only with assistance, in case of an emergency, or never. The Home Support Exercise Program (HSEP) was developed for the frail elderly living with limited mobility in the community. It is comprised of 10 simple, yet progressive exercises designed to enable older adults to enhance and/or maintain their functional mobility and independence.

**Website:** [www.ccaa-outreach.com](http://www.ccaa-outreach.com)  
**E-mail:** [ccaa@uwo.ca](mailto:ccaa@uwo.ca)  
**Telephone:** 519-661-1603  
**Fax:** 519-661-1612  
**Address:** 1490 Richmond Street, London, Ontario, N6G 2M3

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**Category:** Organization: Active Living  
**Title:** Active Living Coalition for Older Adults  
**Target:** Elderly, Canada

**Description:**

The Active Living Coalition for Older Adults (ALCOA) strives to promote a society where all older Canadians are leading active lifestyles that contribute to their overall well-being. It is estimated that 60% of older Canadians are “inactive” and are unable to realize the health benefits of active living. ALCOA, in partnership with its member organizations, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces physical activity and active living.

**Website:** [www.alcoa.ca](http://www.alcoa.ca)  
**E-mail:** [alcoa@ca.inter.net](mailto:alcoa@ca.inter.net)  
**Telephone:** 416-423-2163; 1-800-549-9799  
**Fax:** 416-423-2112  
**Address:** 33 Laird Drive, Toronto, Ontario, M4G 3S8

## Girls and Women



**Category:** Event: Physical Activity

**Title:** Girls' Day

**Affiliation:** Interlake Physical Activity Working Group (2004); Lifestyle Information Network; Anishinaabe Mino-Ayaawin Inc.

**Target:** Female Youth

**Description:**

An 87-page "how-to" guide on planning and promoting physical activity and healthy lifestyle initiatives (Girls' Days) for female youth. Girls' Day is a fun and educational community-based event, with the purpose of assisting girls to become physically active and healthy in a variety of ways. Low involvement in physical activity, combined with poor nutrition, has resulted in the high incidence of low self-esteem and other health problems amongst Canadian girls today. In an attempt to combat these problems, Girls' Days were initiated, focusing on a target group of young women between the ages of ten and eighteen years. Girls' Days are aimed at providing a wide range of enjoyable opportunities for young women in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity. The hope is that girls will learn to make healthy and positive choices, thereby improving the quality of their lives.

The Girls' Day events can be tailored to the specific needs of the girls in each community. The Interlake Physical Activity Working Group (IPAWG), a subcommittee of the Interlake Health Promotion Working Group, consists of health, recreation and education representatives. In recognizing the importance of assisting children and youth in the development of active lifestyles, IPAWG created a model for Girls' Day workshops. The initial planning was based on the *On the Move* program, a national initiative designed to create physical activity opportunities for inactive young females.

**Website:** [www.lin.ca/resource/html/lt26.pdf](http://www.lin.ca/resource/html/lt26.pdf) [www.amahealth.ca](http://www.amahealth.ca)

**Telephone:** 204-957-5057

**Fax:** 204-947-2908

**Address:** Anishinaabe Mino-Ayaawin Inc., Interlake Reserves Tribal Council Health, 401-286 Smith Street, Winnipeg Manitoba, R3C 1K4

It is the Girls' Day program that is highlighted in the Appendices  
in this guide.

It was also featured in the Children & Youth section above.

**Category:** Program: Sport  
**Title:** Team Spirit: Aboriginal Girls in Sport  
**Affiliation:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Target:** Aboriginal girls (ages 9-18)

**Description:**

In partnership with the Aboriginal Sport Circle (ASC), CAAWS has received funding from Sport Canada's Sport Participation Development Program. The goal of Team Spirit: Aboriginal Girls in Sport is to increase community-based participation opportunities for Aboriginal girls and young women (ages 9-18) in sports. Over the course of the Project, nine organizations in eight provinces/territories across Canada will receive funding to develop and implement community sport programs for Aboriginal girls and young women, increase their capacity to address the needs and interests of this target group, and raise the profile of female Aboriginal leaders and role models. The Project will also leverage funding to support action in other communities through knowledge generation, communication, and evaluation. The first Team Spirit community program was initiated in Indian Brook, Nova Scotia, in 2004/2005. In 2005/2006, four new community programs were funded:

- The Aboriginal Sports and Recreation Association of British Columbia will provide Aboriginal Girls in Action for local bands and the Greater Victoria urban region.
- The Boys and Girls Clubs of Winnipeg will deliver a "Girls' Night Out" program targeting Aboriginal girls and young women at six clubs across the City.
- Saskatoon's Joe Duquette High School and the University of Saskatchewan will collaborate on a "Hoops and Dreams" basketball program.
- Tallcree First Nation in Alberta will offer a multi-sport program integrating badminton, volleyball and basketball.

Two community programs will also be initiated in both 2006/2007 and 2007/2008. Team Spirit builds upon *On the Move*, CAAWS' national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. *On the Move* advocates for fun-filled, supportive, female only, recreational sport and physical activity programs based on the needs, interests and experiences of girls and young women. Through Team Spirit, CAAWS and the ASC aim to apply the *On the Move* concepts to support the delivery of quality and inclusive community sport opportunities for Aboriginal girls and young women.

**Website:** [www.caaws.ca](http://www.caaws.ca)  
**E-mail:** [caaws@caaws.ca](mailto:caaws@caaws.ca)  
**Telephone:** 613-562-5667  
**Fax:** 613-562-5668  
**Address:** CAAWS, N202 - 801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Organization: Sport  
**Title:** YWCA Canada  
**Affiliation:** YWCA  
**Target:** Women, Teen Girls and their families

**Description:**

The YWCA is an organization committed to positive social change. This involvement has been expressed in various ways and in many communities across Canada, and its roots are firmly embedded in its history and purpose as an organization. The YWCA supports a number of programs including: shelters and non-profit housing; counseling and support; life skills and employment training; child care and camps; women's health and wellness; and programs for young girls. The emphasis of YWCA fitness/wellness programs is the all-round health and well being of women and girls in a welcoming and supportive atmosphere. YWCAs have historically used fitness training as a way of developing self-esteem, confidence and leadership skills. As well as providing up-to-date fitness programs, YWCA Member Associations across Canada focus on wellness in such areas as: pre- and post-natal care, nutrition, parenting, street-proofing, Tai Chi and self-defense, menopause information, the challenges of healthy aging, and much more. Contact information for provincial or territorial YWCA organizations is available on the YWCA Canada website.

**Website:** [www.ywcacanada.ca](http://www.ywcacanada.ca)  
**E-mail:** [national@ywcacanada.ca](mailto:national@ywcacanada.ca)  
**Telephone:** 416-962-8881  
**Fax:** 416-962-8084  
**Address:** YWCA Canada National Office, 75 Sherbourne Street, Suite 422, Toronto Ontario, M5A 2P9

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**Category:** Organization: Sport  
**Title:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Affiliation:** Sport Canada  
**Target:** Women, Teen Girls and their families

**Description:**

The Canadian Association for the Advancement of Women in Sport (CAAWS) is a national not-for-profit organization working in partnership with Sport Canada and with Canada's sport and active living organizations to achieve gender equity in the sport community. CAAWS operates with a strong base of volunteers and a small team of effective and efficient staff. CAAWS works to address the need for gender equity on all levels, from recreational activity to Canadian Government policy. The organization is a great resource about women in sport, chronicling what women in sport have achieved and covers issues such as: Health, Harassment, Leadership, Milestones, Gender Equity and Girls & Activity.

**Website:** [www.caaws.ca](http://www.caaws.ca)  
**E-mail:** [caaws@caaws.ca](mailto:caaws@caaws.ca)  
**Telephone:** 613-562-5667  
**Fax:** 613-562-5668  
**Address:** CAAWS, N202 - 801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Program: Physical Activity  
**Title:** Mothers in Motion  
**Affiliation:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Target:** Mothers

**Description:**

This is a website for women who want to lead healthy lifestyles and want to guide their children to do the same. *Mothers in Motion* recognizes that to have the strength for motherhood, you need to be physically active. Whirlpool Home Appliances has partnered with CAAWS to develop *Mothers in Motion*. The program is committed to supporting individuals to strive to attain or maintain an active healthy lifestyle for themselves and their families. Aspects of the program include:

- focus on mothers of new babies and toddlers, preschoolers, school-age children;
- award programs;
- quizzes and contests;
- ask the dietician.

**Website:** [www.caaws.ca/mothersinmotion/](http://www.caaws.ca/mothersinmotion/)  
**Telephone:** 613-562-5667  
**Fax:** 613-562-5668  
**Address:** CAAWS, N202-801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Program: Physical Activity  
**Title:** VIEWS (Voices Inspiring Equity for Women and Sport & Physical Activity)  
**Affiliation:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Target:** Girls and women

**Description:**

VIEWS is a group of people who have an avid interest in encouraging girls and women to become more involved in physical activity and sport. VIEWS members believe in the value of promoting equity, inclusiveness, fairness and respect for females and make every effort to incorporate this message into their ongoing activities. The VIEWS program is run by the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) and was created in 2002. CAAWS created VIEWS in order to involve female athletes, coaches, volunteers and administrators in spreading the word about the positive benefits of girls and women being involved in sport and physical activity and to increase the number of people speaking on this topic.

Note: VIEWS is not a speakers' bureau; members are already actively involved in public speaking within their own forum. CAAWS does not book speaking engagements, but will recommend VIEWS members if required.

**Website:** <http://www.caaws.ca/views/e/index.htm>  
**E-mail:** [views@caaws.ca](mailto:views@caaws.ca)  
**Telephone:** 613-562-5667  
**Fax:** 613-562-5668  
**Address:** CAAWS, N202-801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Program: Physical Activity  
**Title:** ACTive  
**Affiliation:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Target:** Girls and women

**Description:**

Through the support of Sport Canada and Health Canada, CAAWS has developed the Canadian Strategy Framework and Action Blueprint for Girls and Women through Physical Activity and Sport. The Strategy is called ACTive. ACTive is a Canadian Strategy focused on increasing physical activity and sport opportunities for girls and women. This Strategy is informed by the principles set out in the Brighton Declaration on Women and Sport (1994) and carried forward by the Windhoek Call for Action (1998). Similar strategies have been implemented in England and Australia.

Research has shown that in Canada there are a number of innovative and effective initiatives underway to increase physical activity and sport opportunities for girls and women, with many groups such as municipal recreation departments, sport organizations, health organizations, coaching associations, sport and cultural clubs, Y's, corporate partners and others currently developing and operating specific programs for girls and women. Most activities exist in isolation from one another with no effective network through which to share information, etc. This results in a sense of isolation among groups doing effective work in a variety of settings. ACTive will bring these groups together and form a network that will unite and expand current initiatives.

**Website:** [www.caaws.ca/active/eng/](http://www.caaws.ca/active/eng/)

**E-mail:** [info@ACTivestrategy.ca](mailto:info@ACTivestrategy.ca)

**Telephone:** 613-562-5667

**Fax:** 613-562-5668

**Address:** CAAWS, N202-801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Program: Physical Activity  
**Title:** Girls at Play  
**Affiliation:** Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)  
**Target:** Girls and women

**Description:**

The *Girls@Play* program was created by CAAWS in 2000 to offer a meeting place for active girls. In the beginning the program consisted of a grant program, informative and interactive website and an annual achievement award for youth.

The program was initially sponsored by Nike Canada and managed jointly by CAAWS and Nike. Although the program was developed for girls, primarily in the "tween" (pre-teen) and teenage brackets, females of all ages have been drawn to *Girls@Play*. The program has also been popular with parents who are interested in motivating their daughters to be involved in sport and physical activity.

**Website:** [www.caaws.ca/girlsatplay/](http://www.caaws.ca/girlsatplay/)

**E-mail:** [ariel@caaws.ca](mailto:ariel@caaws.ca)

**Telephone:** 613-562-5667

**Fax:** 613-562-5668

**Address:** CAAWS, N202-801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

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**Category:** Program: Nutrition

**Title:** Canadian Prenatal Nutrition Program (CPNP)

**Affiliation:** Public Health Agency of Canada

**Target:** Pregnant Women

**Description:**

CPNP funds community groups to develop or enhance programs for vulnerable pregnant women. Through a community development approach, the CPNP aims to reduce the incidence of unhealthy birth weights, improve the health of both infant and mother and encourage breastfeeding. CPNP enhances access to services and strengthens inter-sectoral collaboration to support the needs of pregnant women facing conditions of risk. As a comprehensive program, the services provided include food supplementation, nutrition counseling, support, education, referral and counseling on health and lifestyle issues.

**Website:** [www.phac-aspc.gc.ca/dca-dea/programs-mes/cnpn\\_goals\\_e.html](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/cnpn_goals_e.html)

**E-mail:** [DCA\\_public\\_inquiries@phac-aspc.gc.ca](mailto:DCA_public_inquiries@phac-aspc.gc.ca)

**Telephone:** 613-952-1220

**Fax:** 613-952-1556

**Address:** Division of Childhood and Adolescence, Public Health Agency of Canada, Tunney's Pasture, Address Locator: 1909C2, Ottawa, Ontario, K1A 1B4

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**Category:** Organization: Health

**Title:** Canadian Women's Health Network (CWHN)

**Target:** Female

**Description:**

The Canadian Women's Health Network is a network of individuals, groups, organizations and institutions concerned with women's health. The CWHN recognizes the importance of information sharing, education and advocacy for women's health and equality. The CWHN works to build and strengthen the women's health movement in Canada and throughout the world.

The Canadian Women's Health Network (CWHN):

- establishes a visible national presence for women's health in Canada;
- works to change inequitable health policies and practices;
- provides easy access to reliable health information, resources and research;
- produces user-friendly materials and resources;
- promotes and develops links to information and action networks;
- acts as a knowledge broker between and among researchers, clinicians, decision-makers, women and the public;
- contributes women's voices and expertise to health research, planning and policy-making;
- acts as a forum for critical debate on women's health research and policy issues;
- monitors emerging issues and trends affecting women's health;
- encourages community-based participatory research; and
- serves as a vital information link between women and Canada's health system.

**Website:** [www.cwhn.ca](http://www.cwhn.ca)  
**E-mail:** [cwhn@cwhn.ca](mailto:cwhn@cwhn.ca)  
**Telephone:** 204-942-5500  
**Fax:** 204-989-2355  
**Address:** Suite 203, 419 Graham Avenue, Winnipeg, Manitoba, R3C 0M3

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**Category:** Program: Physical Activity  
**Title:** Aboriginal Women on the Move  
**Affiliation:** Cycling to End Family Violence; The National Aboriginal Circle Against Family Violence; Listuguj Mi'gmaq First Nation Government – Chief and Council; BGL Communications

**Target:** Awareness for All

**Description:**

Aboriginal Women on the Move – Cross Canada Cycle Tour is about making a difference and getting people involved. “We want to learn and hear about the realities of family violence being faced by our women and families, we want to learn and hear about how the cycle of violence is being broken in families and in communities. Let’s talk and share and problem-solve. It is not about the bike... it is not about the cycling, the bikes and the cycling are simply the modes we are using to raise awareness and bring attention to the social and health issues of family violence, then taking it one step further... Let’s do something about it.”

**Website:** [www.aboriginalwomenonthemove.org/index2.html](http://www.aboriginalwomenonthemove.org/index2.html)

**E-mail:** Sheila Swasson: [sheila\\_swasson@globetrotter.net](mailto:sheila_swasson@globetrotter.net)

**Address:** Cycling to End Family Violence, Haven House, P.O. Box 99, Listuguj, Quebec, G0C 2R0, Attention: Sheila Swasson

This program is also featured in the section “Aboriginal – General”.

## People Living with Disability or Disadvantage

**Category:** Organization: Active Living  
**Title:** Active Living Alliance for Canadians with a Disability (ALACD)  
**Target:** People living with a disability, educators, family members, health care providers

**Description:**

The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports and enables Canadians with disabilities to lead active, healthy lives. The Alliance provides nationally coordinated leadership, support, encouragement, promotion and information to facilitate healthy, active living opportunities for Canadians of all abilities across all settings and environments.

It is an alliance of individuals, agencies and national associations that facilitates and coordinates partnerships among the members of its network. Any organization, community or individual who embraces the principles and goals of the Alliance is welcome to join the Alliance network.

The ALACD Community Development initiative offers a partnership approach to enhancing provincial and territorial networks for the purpose of furthering active living opportunities for Canadians with disabilities. Each province/territory has a specific ALACD Community Development Representative.

**Website:** [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663 or 613-224-0052

**Fax:** 613-244-4857

**Address:** 720 Belfast Road, Suite 104, Ottawa, Ontario, Canada, K1G 0Z5

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**Category:** Program: Physical Education and Active Living

**Title:** Moving to Inclusion

**Affiliation:** The Active Living Alliance for Canadians with a Disability (ALACD)

**Target:** People living with a disability

**Description:**

*Moving to Inclusion* is designed for teachers of physical education classes and leaders of community-based active living programs. This series of resources provides a practical approach to assisting with the inclusion of young people with different types of disabilities in physical activity programs. Each resource provides modifications to physical activities in such areas as assessment, equipment and rules, instructional strategies and learning objectives. Titles in the series include:

1. The Student with an Amputation (49 pages)
2. The Student with Cerebral Palsy (108 pages)
3. The Student who is Deaf or Hard of Hearing (67 pages)
4. The Student with an Intellectual Disability (205 pages)
5. The Student with Multiple Disabilities (165 pages)
6. The Student with a Visual Impairment (127 pages)
7. The Student who uses a Wheelchair (131 pages)
8. The Student who is Physically Awkward (108 pages)
9. Skiing for the Student with a Disability (188 pages)

**Website:** <http://cms.nortia.org> or [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663

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**Category:** Program: Active Living

**Title:** Activate Your Community

**Affiliation:** The Active Living Alliance for Canadians with a Disability (ALACD)

**Target:** People living with a disability

**Description:**

This four-page, tabloid-style publication educates community-based organizations about the value of, and means to providing active living programs and services that are appropriate for persons with a disability. *Activate Your Community* highlights successful programs and showcases individuals who are developing inclusive policies, implementing effective programs and adapting activities so that they are appropriate for community members of all levels of ability.

**Website:** <http://cms.nortia.org> or [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663

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**Category:** Program: Active Living  
**Title:** Activate Your Students  
**Affiliation:** The Active Living Alliance for Canadians with a Disability (ALACD)  
**Target:** People teaching students who are living with a disability

**Description:**

This four-page, tabloid-style publication is aimed at physical educators, school administrators and students to provide practical ideas on how to include students with disabilities in school-based physical activity programs. *Activate Your Students* highlights successful programs and showcases individuals who are developing inclusive policies, implementing effective programs and adapting activities so that they are appropriate for students of all levels of ability.

**Website:** <http://cms.nortia.org> or [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663

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**Category:** Program: Active Living  
**Title:** Activate Yourself  
**Affiliation:** The Active Living Alliance for Canadians with a Disability (ALACD)  
**Target:** People living with a disability

**Description:**

*Activate Yourself* tells the stories of Canadians with disabilities who are being active. You'll read about what they're doing and how they got started so you can get started too! From gardening to playing the drums, these are the stories of people who are doing things they love while being active at the same time.

**Website:** <http://cms.nortia.org> or [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663

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**Category:** Program: Active Living  
**Title:** Petro-Canada Paralympic Schools Program  
**Affiliation:** The Active Living Alliance for Canadians with a Disability (ALACD);  
Canadian Paralympic Committee  
**Target:** People living with a disability

**Description:**

The Petro-Canada Paralympic Schools Program is a free, on-line educational resource for grade 4 – 9 teachers, and is designed to provide Canadian students with a unique opportunity to learn about the Paralympic Movement and its true Canadian sports heroes - Paralympic athletes. The Petro-Canada Paralympic Schools Program has been developed in partnership with teachers and other education professionals, linking each lesson plan to the five core curriculum subject areas of mathematics, physical & health education, social studies, fine arts and language arts.

**Website:** <http://www.paralympic.ca/> or [www.ala.ca](http://www.ala.ca)

**E-mail:** [info@ala.ca](mailto:info@ala.ca)

**Telephone:** 1-800-771-0663 or 613-346-1325

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**Category:** Program: Sport  
**Title:** Sport for All, Opening Doors to Everyone  
**Target:** Groups currently underrepresented in sport, Saskatchewan  
**Description:**  
*Sport for All* strives to increase participation in sport by those groups currently underrepresented in sport, including First Nations, the economically disadvantaged, women and people with disabilities. This guidebook is designed to help organizations address the barriers that prevent many from participating in sport and shows how to eliminate those barriers when planning programs.  
**Website:** [www.sasksport.sk.ca/education.html#sportforall](http://www.sasksport.sk.ca/education.html#sportforall)  
[www.sasksport.sk.ca/pdf/sport\\_for\\_all.pdf](http://www.sasksport.sk.ca/pdf/sport_for_all.pdf)  
**E-mail:** [sasksport@sasksport.sk.ca](mailto:sasksport@sasksport.sk.ca)  
**Telephone:** 1-800-319-GAME; 306-780-9300 (Regina); 306-975-0800 (Saskatoon)  
**Fax:** Fax 306-781-6021 (Regina); 306-242-8007 (Saskatoon)  
**Address:** Sask. Sport Inc., 1870 Lorne St, Regina, Saskatchewan, S4P2L7,  
 Sask. Sport Inc., 510 Cynthia Street, Saskatoon, Saskatchewan, S7L 7K7

**Category:** Program: Play  
**Title:** Everybody Gets to Play  
**Affiliation:** Canadian Parks and Recreation Association (CPRA)  
**Target:** Children in low income families  
**Description:**  
 The Canadian Parks and Recreation Association (CPRA) has launched the *Everybody Gets to Play*<sup>TM</sup> initiative to help make recreation more accessible to children in low-income families. Recreation is essential for building strong bodies, healthy minds, self-esteem, social skills, and community values. Unfortunately, many children in low-income families do not have the chance to participate. They may not be able to afford user fees or equipment, have safe places to play in their neighbourhoods, be able to travel to and from facilities, feel welcome because they do not conform to social norms, or be aware of existing programs. There are many barriers that stand between children in low-income families and recreation opportunities. The *Everybody Gets to Play*<sup>TM</sup> initiative is designed to help recreation practitioners and volunteers mobilize the resources already available in their community. Research and facts about poverty in Canada, the health and social consequences of poverty, and how recreation can improve the lives of children, families and communities. The program provides:

- tools to help build partnerships in the community and plan effective action,
- workshops to build skills, raise awareness and mobilize your community, and
- success stories about programs that have already made a difference.

**Website:** <http://www.cpra.ca/e/initiatives/everybody.htm>  
**E-mail:** [cpra@cpra.ca](mailto:cpra@cpra.ca)  
**Telephone:** 613-523-5315  
**Fax:** 613-523-1182  
**Address:** CPRA, 404 - 2197 Riverside Drive, Ottawa, Ontario, K1H 7X3

This program is also featured in the section "Children & Youth".

**Category:** Organization/Program: Recreation  
**Title:** Wilderness Access  
**Affiliation:** British Columbia Mobility Opportunities Society (BCMOS)  
**Target:** People living with significant disabilities

**Description:**

The British Columbia Mobility Opportunities Society (BCMOS) is an independent, charitable society dedicated to enriching the lives of people with significant disabilities through challenging wilderness recreation activities. The BCMOS offers the Wilderness Access program that operates out of Pacific Spirit Regional Park in Vancouver. Throughout the spring and summer season, Wilderness Access offers various day trips with the TrailRider geared toward different abilities, interests and goals. Some people might want to get out and climb a steep mountain, while others might be more interested in wilderness appreciation and awareness. The program offers theme hikes, special expeditions, camping trips, and kids' adventure days.

**Website:** <http://www.cpra.ca/e/initiatives/everybody.htm>

**E-mail:** [cpra@cpra.ca](mailto:cpra@cpra.ca)

**Telephone:** 604-688-6464

**Fax:** 604-688-6463

**Address:** Wilderness Access, BCMOS, Box 27, 770 Pacific Blvd. South,  
Plaza of Nations, Vancouver, B.C., V6B 5E7

## Part 6: Physical Activity and Nutrition Contacts

*This Part has 5 sections. First, we include contacts for each province/territory and then some national Canadian contacts. Thereafter, there are contacts for international, Australian and American organizations.*

### 1. Provincial/territorial

#### Alberta

##### **Alberta Centre for Active Living**

Working with practitioners, organizations, and communities to improve the health and quality of life of Albertans through physical activity.

3rd Floor, 11759 Groat Road, Edmonton, Alberta, T5M 3K6

Telephone 1-800-661-4551 or 780-427-6949; Fax 780-455-2092

E-mail: [active.living@ualberta.ca](mailto:active.living@ualberta.ca)

Website: [www.centre4activeliving.ca/](http://www.centre4activeliving.ca/)

##### **Alberta Diabetes Foundation**

A non-profit organization that is a focused and effective team of volunteers, scientists and professionals who raise money to fund research in search of a cure for the diabetes epidemic.

12834, 163 Street, Edmonton, Alberta, T5V 1K6

Telephone 1-800-563-2450 or 780-447-2643; Fax 780-447-2767

E-mail: [info@afdr.ab.ca](mailto:info@afdr.ab.ca)

Website: [www.afdr.ab.ca](http://www.afdr.ab.ca)

##### **Boys and Girls Clubs of Alberta**

Boys and Girls Clubs provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

11759 Groat Road, Edmonton, Alberta, T5M 3K6

Telephone 1-877-615-1734 or 415-1734 (Edmonton Local); fax 780-415-1737

E-mail: [info@bgcalberta.com](mailto:info@bgcalberta.com)

Website: [www.bgcalberta.com](http://www.bgcalberta.com)

##### **Canadian Diabetes Association Regional Office – Alberta & NWT**

There are eight Branches of the Canadian Diabetes Association spread throughout Alberta & NWT. Working through the leadership of volunteers and employees, these Branches promote the health of people in Alberta & NWT through diabetes research, education, service and advocacy.

Telephone 1-800-563-0032 or 780-423-1232; Fax 780-423-3322

Website: [www.diabetes.ca/section\\_regional/alberta\\_index.asp](http://www.diabetes.ca/section_regional/alberta_index.asp)

### **Indigenous Sport Council (Alberta)**

Box 420, Enoch, Alberta, T7X 3Y3

Executive Director: Ted Hodgson; Telephone 780-444-7833; Fax 780-444-6412

E-mail: [iscab@telusplanet.net](mailto:iscab@telusplanet.net)

### **Sport Alberta**

The goal is to establish Alberta as the number one province for sport athlete participation, development and excellence by 2010.

Room 125 Olympic Oval, 2500 University Drive NW, Calgary, Alberta, T2N 1N4

Telephone 403-220-8196

E-mail: [sportalberta@shaw.ca](mailto:sportalberta@shaw.ca)

Website: [www.sportalberta.ca](http://www.sportalberta.ca)

## **British Columbia**

### **Aboriginal Sport and Recreation Association of British Columbia**

Has been fostering youth leadership and promoting a healthy, active, and positive lifestyle in Aboriginal communities across BC since 1989.

1 Boat Ramp Road, Brentwood Bay, British Columbia, V8M 1N9

Telephone 250-544-8172; Fax 250-544-8173

E-mail: [asra@asra.ca](mailto:asra@asra.ca)

Website: [www.asra.ca](http://www.asra.ca)

### **Boys and Girls Clubs of BC**

Boys and Girls Clubs focus on the positive potential of every child because we believe in kids! With this approach, Boys and Girls Clubs tackle a broad range of critical problems facing young people in our society today, including substance abuse, teen pregnancy, juvenile delinquency and crime, youth unemployment and child poverty.

7595 Victoria Drive, Vancouver, BC, V5P 3Z6

Telephone 604-321-5621; Fax 604-321-5941

### **Canadian Diabetes Association Regional Office – Pacific, BC & Yukon**

The Canadian Diabetes Association promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800-665-6526 or 604-732-1331; Fax 604-732-8444

Website: [www.diabetes.ca/section\\_regional/bc\\_yk.asp](http://www.diabetes.ca/section_regional/bc_yk.asp)

### **Sport BC Centre**

The chief advocate for amateur sport in British Columbia. Strongly believes that "Sport Builds Strong, Healthy Communities."

409-1367 West Broadway, Vancouver, BC, V6H 4A9

Telephone 604-737-3000; Fax 604-737-3097

Website: [www.sport.bc.ca](http://www.sport.bc.ca)

## Manitoba

### **Canadian Diabetes Association Regional Office – Manitoba & Nunavut**

Working through the leadership of volunteers and employees, our branches promote the health of people in the Manitoba/Nunavut Region through diabetes research, education, service and advocacy at the grassroots level.

Telephone 1-800 BANTING or 204-925-3800; Fax 204-949-0266

Website: [www.diabetes.ca/section\\_regional/manitoba\\_Index.asp](http://www.diabetes.ca/section_regional/manitoba_Index.asp)

### **Manitoba Aboriginal Sport and Recreation Council**

Sport Manitoba works with the Council to research the barriers that prevent Aboriginal people's participation in sport, develop a strategy to assist in reduction of barriers within the existing sport structures, provide educational and upgrading opportunities for Aboriginal coaches and officials and provide more accessible programs and opportunities for Aboriginal youth to participate in sport in Manitoba.

404-200 Main Street, Winnipeg, Manitoba, R3C 4M2

Executive Director: Norman Ettawacappo; Telephone 204-925-5622; Fax 204-925-5624

E-mail: [normanett@sport.mb.ca](mailto:normanett@sport.mb.ca)

Website: [www.masrc.com](http://www.masrc.com)

### **Sport Manitoba Winnipeg Region (Central Office)**

The key leadership and funding body for amateur sport, Sport Manitoba is your gateway to programs and services and over 100 partner organizations involved in the development and promotion of amateur sport in Manitoba.

200 Main Street, Winnipeg, Manitoba, R3C 4M2

Telephone 204-925-5907; Fax 204-925-5916

## New Brunswick

### **Canadian Diabetes Association Regional Office – New Brunswick**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800-884-4232 or 506-452-9009; Fax 506-455-4728

Website: [www.diabetes.ca/section\\_regional/nb.asp](http://www.diabetes.ca/section_regional/nb.asp)

### **New Brunswick Aboriginal People's Council**

What we demand is nothing more than control over our own lives and destiny. That control is called "self-government". The Council currently has a Community Diabetes Education and Prevention Program (CDEPP).

320 St. Mary's St., New Brunswick Aboriginal People's Council, Fredericton, NB, E3A 2S4

Telephone 506-458-8422; Fax 506-451-6130

E-mail: [diabetes@nbapc.org](mailto:diabetes@nbapc.org)

Website: [www.nbapc.org/](http://www.nbapc.org/)

### **New Brunswick Mi'kmaw Maliseet Sport and Recreation Circle**

Develops an action plan to encourage the participation of Aboriginal people in sport.

Contact: Jake Caplin; Telephone 506-457-0384; Fax 506-450-6066

E-mail: [jcaplin@nbnet.ca](mailto:jcaplin@nbnet.ca)

### **Sport New Brunswick**

A non-profit, volunteer organization dedicated to the development and promotion of the amateur sport community in New Brunswick.

900 Hanwell Road, Suite 13, Fredericton, New Brunswick, E3B 6A2

Telephone 506-451-1320; Fax 506-451-1325

E-mail: [sportnb@nbnet.nb.ca](mailto:sportnb@nbnet.nb.ca)

Website: [www.sport.nb.ca](http://www.sport.nb.ca)

## **Newfoundland & Labrador**

### **Canadian Diabetes Association Regional Office – Newfoundland & Labrador**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 709-754-0953; Fax 709-754-0734

Website: [www.diabetes.ca/section\\_regional/nfld.asp](http://www.diabetes.ca/section_regional/nfld.asp)

### **First Peoples Sport and Recreation Circle of the Eastern Door and the North**

Executive Director: Jeff Spencer; Telephone 418-923-3560; Fax 418-923-3115

E-mail: [jeff.spencer2@sympatico.ca](mailto:jeff.spencer2@sympatico.ca)

### **Sport Newfoundland & Labrador**

A volunteer organization committed to the promotion and advancement of amateur sport throughout the province of Newfoundland and Labrador.

P.O. Box 8700, St. John's, NL, A1B 4J6

Telephone 709-576-4932; Fax 709-576-7493

E-mail: [sportnl@sportnf.com](mailto:sportnl@sportnf.com)

Website: [www.sportnf.com](http://www.sportnf.com)

## **Northwest Territories**

### **Aboriginal Sport Circle of the Western Arctic**

Supports the physical, mental and spiritual development of Aboriginal Peoples through sport by providing youth, families and communities with leadership and programming.

Box 1537, Yellowknife, Northwest Territories, X1A 2P2

Contact: Cecile Arden; Telephone 867-669-8338; Fax 867-669-8327

E-mail: [carden@sportnorth.com](mailto:carden@sportnorth.com)

### **Canadian Diabetes Association Regional Office – Alberta & NWT**

Promotes health of Canadians through diabetes research, education, service & advocacy.

Telephone 1-800-563-0032 or 780-423-1232; Fax 780-423-3322

Website: [www.diabetes.ca/section\\_regional/alberta\\_index.asp](http://www.diabetes.ca/section_regional/alberta_index.asp)

### **Sport North**

Represents the Territorial Sport Organizations of the Northwest Territories. Dedicated to the development of sport at every level of participation in the Northwest Territories.

Box 11089, Yellowknife, NT, X1A 3X7 (3rd floor, 4915 - 48 Street, Panda II Mall)

Telephone 1-800-661-0797 or 867-669-8326/TEAM; Fax 867-669-8327

Website: [www.sportnorth.com/](http://www.sportnorth.com/)

## **Nova Scotia**

### **Canadian Diabetes Association Regional Office – Nova Scotia**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800-326-7712 or 902-453-4232; Fax 902-453-4440

Website: [www.diabetes.ca/section\\_regional/ns.asp](http://www.diabetes.ca/section_regional/ns.asp)

### **Nova Scotia Health Promotion**

By bringing together experts in promotion, prevention and protection, government is taking the next step forward in creating a healthier and safer Nova Scotia.

World Trade and Convention Centre, 5th Floor, Suite 520, 1800 Argyle Street,

PO Box 487, Halifax, Nova Scotia, B3J 2R7

Telephone 902-424-4807; Fax 902-424-4716

E-mail: [healthpromotion@gov.ns.ca](mailto:healthpromotion@gov.ns.ca)

Website: [www.gov.ns.ca/ohp](http://www.gov.ns.ca/ohp)

### **Nova Scotia Mi'kmaw Youth, Recreation & Active Circle for Living**

Promoting healthy, active lifestyles in Mi'kmaw communities across Nova Scotia through the tools of sports & recreation.

Box 360, Whycocomagh, Inverness County, Nova Scotia, B0E 3M0

Executive Director: Robert Bernard; Telephone 902-756-3300; Fax 902-756-2984

E-mail: [robert.bernard@ns.sympatico.ca](mailto:robert.bernard@ns.sympatico.ca)

Website: [www.myracl.com/](http://www.myracl.com/)

### **Sport Nova Scotia**

A network for provincial and community sport organizations.

5516 Spring Garden Rd., 4th Floor, Halifax, NS, B3J 1G6

Telephone 902-425-5450; Fax 902-425-5606

E-mail: [sportns@sportnovascotia.ca](mailto:sportns@sportnovascotia.ca)

Website: [www.sportnovascotia.ca](http://www.sportnovascotia.ca)



## Nunavut

### **Canadian Diabetes Association Regional Office – Manitoba & Nunavut**

The Canadian Diabetes Association promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800-665-6526 or 204-925-3800; Fax 204-949-0266

Website: [www.diabetes.ca/section\\_regional/manitoba\\_Index.asp](http://www.diabetes.ca/section_regional/manitoba_Index.asp)

### **Innu, Inuit and Mi'kmaw Sport Association**

Contact: Jerry Wetzel; Telephone 709-882-2666; Fax 709-489-5444

E-mail: [wlo@thezone.net](mailto:wlo@thezone.net)

### **Sport Nunavut**

Sport Nunavut is responsible for the promotion and development of amateur sport in Nunavut by delivering programs and services for the development of athletes, coaches, and officials in Nunavut.

Department of Culture, Language, Elders and Youth

Box 440, Baker Lake, Nunavut, X0C 0A0

Director: Frank Tootoo; Telephone 867-793-3316; Fax 867-793-3321

E-mail: [ftootoo@gov.nu.ca](mailto:ftootoo@gov.nu.ca)

Website: <http://www.gov.nu.ca/cley/home/english/sportsintro.html>

## Ontario

### **Canadian Diabetes Association Regional Office – Ontario**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800 BANTING or 416-363-3373; Fax 416-363-3393

Website: [www.diabetes.ca/section\\_regional/ontario\\_Index.asp](http://www.diabetes.ca/section_regional/ontario_Index.asp)

### **Canadian Sport Centre Ontario**

Committed to the pursuit of excellence by delivering programs and services to high performance athletes and coaches that enhance their ability to achieve international podium performances.

1185 Eglinton Ave. E. Suite 606A, Toronto, Ontario M3C 3C6

Telephone 1-888-945-5513

E-mail: [asm@cscontario.ca](mailto:asm@cscontario.ca)

Website: [www.cscontario.ca/](http://www.cscontario.ca/)

### **Ontario Aboriginal Sport Circle**

Provides encouragement and leadership qualities to the Aboriginal sport and recreation community of Ontario; maintains a positive communication structure while recognizing grassroots, community and organizational issues for future generations.

P.O. Box 5000, 2676 – 4th Line Road, Ohsweken, Ontario, N0A 1M0

Telephone 519-445-4335; Fax 519-445-0242

E-mail: [shell@oasc.net](mailto:shell@oasc.net)

Website: [www.oasc.net](http://www.oasc.net)

**Ontario Federation of Indian Friendship Centres**

Administers a number of programs delivered by local Friendship Centres in areas such as health, justice, family support, and employment and training.

219 Front St. East, Toronto, Ontario, M5A 1E8

Telephone 1-800-772-9291 or 416-956-7575; Fax 416-956-7577

Website: [www.ofifc.org](http://www.ofifc.org)

**Southern Ontario Aboriginal Diabetes Initiative (SOADI)**

Supports Aboriginal communities working to decrease the high incidence of diabetes and its complications through prevention, intervention and management activities.

2 Clark Street, Unit 4, St. Catharines, Ontario, L2R 5G2

Telephone 1-888-514-1370 or 905-938-2915; Fax 905-641-2995

Website: [www.soadi.ca](http://www.soadi.ca)

**Sport Alliance of Ontario**

A private, non-profit sport management organization that is representative of the sport sector including community, educational and provincial sport-based organizations.

1185 Eglinton Avenue East, Toronto, Ontario, M3C 3C6

Telephone 416-426-7000; Fax 416-426-7381

Website: [www.sportalliance.com/](http://www.sportalliance.com/)

## Prince Edward Island

**Aboriginal Sport Circle of Prince Edward Island**

Contact: Allan Gillis; Telephone 902-831-2087; Fax 902-831-3153;

E-mail: [agillis@auracom.com](mailto:agillis@auracom.com)

**Canadian Diabetes Association Regional Office – PEI**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 902-894-3005; Fax 902-368-1928

Website: [www.diabetes.ca/section\\_regional/pei.asp](http://www.diabetes.ca/section_regional/pei.asp)

**Sport PEI**

Sporting information: clinics, tryouts, meetings, etc.

PO Box 302, 40 Enman Crescent, Charlottetown, PEI, C1A 7K7

Telephone 1-800-247-6712 or 902-368-4110; Fax 1-800-235-5687 or 902-368-4548

E-mail: [sports@sportpei.pe.ca](mailto:sports@sportpei.pe.ca)

Website: [www.sportpei.pe.ca](http://www.sportpei.pe.ca)

## Quebec

### **Conference of Youth and Sport Ministers from Countries Sharing the Use of French (CONFEJES)**

Founded in 1969 with the main objective of reinforcing links among young people from Francophone countries through policies involving exchanges, solidarity and cooperation.

International Francophonie Directorate, 25 Eddy Street, 13th Floor, Gatineau, Québec, K1A 0M5

Fax 819-956-7093

E-mail: [DFI\\_IFD@pch.gc.ca](mailto:DFI_IFD@pch.gc.ca)

### **Kino Quebec**

Promotes a physically active lifestyle in order to contribute to the well-being of the Quebec population.

200, chemin Sainte-Foy, bureau 440, Québec, Québec, G1R 6B2

Telephone 1-866-794-8691 or 418-646-6555; Fax 418-528-1652

Website: [www.kino-quebec.qc.ca](http://www.kino-quebec.qc.ca)

### **Sports Quebec**

Ensures the synergy of its members and partners to encourage growth and development of athletes and promotion of sports.

4545 Pierre-De Coubertin, C.P. 1000, succ M, Montréal, Québec, H1V 3R2

Telephone 514-252-3114; Fax 514-254-9621

Website: [www.sportsquebec.com](http://www.sportsquebec.com)

## Saskatchewan

### **Aboriginal Sport Development**

Promotes Aboriginal participation in sports in Saskatchewan.

1870 Lorne Street, Regina, Saskatchewan, S4P 2L7

Telephone 306-780-6021; Fax 306-781-6021

### **Canadian Diabetes Association Regional Office – Saskatchewan**

Promotes the health of Canadians through diabetes research, education, service and advocacy.

Telephone 1-800-996-4446; Fax 306-933-1238

Website: [www.diabetes.ca/section\\_regional/sask\\_index.asp](http://www.diabetes.ca/section_regional/sask_index.asp)

### **Canadian Sport Centre Saskatchewan**

Provides a comprehensive range of services for athletes and coaches, covering all aspects of life - both inside and out of the sport world.

Telephone 1-866-727-5272

Website: [www.sasksport.sk.ca/csc-sk](http://www.sasksport.sk.ca/csc-sk)

### **Diabetes Close to Home**

Awareness and prevention of diabetes in northern Saskatchewan.

Website: [www.diabetes.kcdc.ca](http://www.diabetes.kcdc.ca)

### **Federation of Saskatchewan Indian Nations Sport, Youth, Culture, and Recreation**

The support and commitment of the Sports, Culture, Youth and Recreation Board have consistently provided First Nation communities and youth a variety of cultural and sports related activities.

Suite 200 – 103B Packham Avenue, Saskatoon, Saskatchewan, S7N 4K4

Acting Director: Shirley MacDonald; Telephone 306-665-1215; Fax 306-244-4413

E-mail: [shirley.macdonald@fsin.com](mailto:shirley.macdonald@fsin.com)

Website: <http://www.fsin.com/scyr/index.html>

### **Northern Recreation Coordinating Committee (NRCC)**

A non-profit organization whose purpose is to collectively identify and address the sport, culture and recreation needs by promoting and providing northern programs and initiatives that build healthy First Nations and municipal communities.

P.O. Box 1097, La Ronge, SK S0J 1L0

Telephone 306-425-4453, 1-800-777-NRCC (6722); Fax 306-425-4036

Website: [www.nrcc.sk.ca/](http://www.nrcc.sk.ca/)

### **Saskatchewan Métis Sport, Culture, Recreation and Youth Inc., Métis Nation**

P.O. Box 1752, North Battleford, Saskatchewan, S9A 3W2

Telephone 306-229-0367; Fax 306-652-5370

Website: [www.metisnation-sask.com/affiliates/mscry.html](http://www.metisnation-sask.com/affiliates/mscry.html)

### **Saskatchewan Parks and Recreation Association**

A non-profit volunteer organization whose purpose is to promote, develop and facilitate parks and recreation opportunities throughout the province.

Main Office: #210-3303 Hillsdale Street, Regina, Saskatchewan, S4S 6W9

Telephone 1-800-563-2555, 306-780-9231; Fax 306-780-9257

Website: [www.spra.sk.ca/](http://www.spra.sk.ca/)

## **Yukon**

### **Sport Yukon**

Enhances opportunities in the pursuit of excellence and in the enjoyment of participation.

4061-4th Avenue, Whitehorse, YT, Y1A 1H1

Telephone 867-668-4236; Fax 867-667-4237

E-mail: [news@sportyukon.com](mailto:news@sportyukon.com)

Website: [www.sportyukon.com](http://www.sportyukon.com)

### **Yukon Aboriginal Sport Circle**

Address: 4061-4th Ave, Whitehorse, Yukon, Y1A 1H1;

Aboriginal Sport Development Officer: Dean Mastrangelo

Telephone 867-668-2840; Fax 867-667-4237

E-mail: [aboriginalsport@sportyukon.com](mailto:aboriginalsport@sportyukon.com)

## 2. Canada

### **Aboriginal Nurses Association of Canada**

A non-governmental, non-profit organization that was established out of the recognition that Aboriginal people's health needs can best be met and understood by health professionals of a similar cultural background.

56 Sparks Street Suite 502, Ottawa Ontario, K1P 5A9

Telephone 1-866-724-3049, 613-724-4677; Fax 613-724-4718

Website: [www.anac.on.ca](http://www.anac.on.ca)

### **Aboriginal Nutrition Advisory Committee**

To promote community wellness and awareness by improving child nutrition in the Sioux Lookout District First Nations Communities.

Contact the Aboriginal Nurses Association of Canada (see above).

Website: [www.knet.ca/agencies/anac/anac.html](http://www.knet.ca/agencies/anac/anac.html)

### **Aboriginal Nutritionists Network**

A professional practice group of the Dietitians of Canada that provides a forum for Dietitians/Nutritionists working in Aboriginal communities or those with a general interest in Aboriginal nutrition issues.

Website: [www.nutritioncareerinfo.ca](http://www.nutritioncareerinfo.ca)

### **Aboriginal Sport Circle**

The Aboriginal Sport Circle is Canada's national voice for Aboriginal sport, which brings together the interests of First Nations, Inuit and Métis peoples.

Roundpoint Memorial Building, RR #3 Akwesasne Mohawk Territory

Cornwall Island, ON K6H 5R7

Telephone 613-938-1176; Fax 613-938-9181

### **Aboriginal Youth Network**

A network that runs across Canada (and beyond) connecting all Aboriginal youth. We are operated totally for and by Aboriginal youth.

Box 34007, Kingsway Mall PO, Edmonton, AB, T5G 3G4

Telephone 1-800-459-1884 or 780-459-1884; Fax 780-458-1883

Website: [www.ayn.ca](http://www.ayn.ca)

### **Boys and Girls Clubs of Canada**

The mission of all Boys and Girls Clubs in Canada is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

7100 Woodbine Ave., Suite 405, Markham, Ontario, L3R 5J2

Telephone 905-477-7272; Fax 905-477-2056

E-mail: [info@bgccan.com](mailto:info@bgccan.com)

Website: [www.bgccan.com/](http://www.bgccan.com/)

**Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)**

To ensure that girls and women have access to a complete range of opportunities and choices and have equity as participants and leaders in sport and physical activity.

N202 - 801 King Edward Avenue, Ottawa, Ontario, K1N 6N5

Telephone 613-562-5667; Fax 613-562-5668

Website: [www.caaws.ca](http://www.caaws.ca)

**Canadian Association for Health, Physical Education, Recreation and Dance**

Advocates and educates for quality physical and health education programs within supportive school and community environments. Supports the healthy development of children and youth by advocating for quality, school-based physical education.

Telephone 613-523-1348; 1-800-663-8708

E-mail: [info@cahperd.ca](mailto:info@cahperd.ca)

Website: [www.cahperd.ca](http://www.cahperd.ca)

**Canadian Canoe Association**

Information about competitions, coaches, supplies, safety issues etc. for canoeing, kayaking and DragonBoat racing.

Suite 705, 2197 Riverside Drive, Ottawa, Ontario, K1H 7X3

Telephone 613-260-1818; Fax 613 260-5137

Website: [www.canoekayak.ca](http://www.canoekayak.ca)

**Canadian Centre for Activity and Aging (CCAA)**

A research-based institution that combines current research investigating the interrelationship between physical activity and aging in the development of strategies and resources to promote the independence of older adults.

1490 Richmond Street, London, Ontario, N6G 2M3

Telephone 519-661-1603; Fax 519-661-1612

E-mail: [ccaa@uwo.ca](mailto:ccaa@uwo.ca)

Website: [www.ccaa-outreach.com](http://www.ccaa-outreach.com) or [www.uwo.ca/actage](http://www.uwo.ca/actage)

**Canadian Council of Food and Nutrition**

A national, non-profit organization that acts as a catalyst in advancing the nutritional health and wellbeing of all Canadians.

3800 Steeles Avenue West, Suite 301A, Woodbridge, Ontario, L4L 4G9

Telephone 905-265-9124; Fax 905-265-9372

E-mail: [info@ccfn.ca](mailto:info@ccfn.ca)

Website: [www.ccfm.ca](http://www.ccfm.ca)

### **Canadian Diabetes Association**

To promote the health of Canadians through diabetes research, education, service and advocacy.

Canadian Diabetes Association, National Life Building, 1400-522 University Ave,  
Toronto, Ontario, M5G 2R5

Telephone 1800 BANTING (226-8464) or 416-363-0177; Fax 416-408-7117

E-mail: [info@diabetes.ca](mailto:info@diabetes.ca)

Website: [www.diabetes.ca](http://www.diabetes.ca)

### **Canadian Fitness and Lifestyle Research Institute**

Enhancing the wellbeing of Canadians through research and communication of information about physically active lifestyles to the public and private sectors.

Telephone 613-233-5528

E-mail: [info@cflri.ca](mailto:info@cflri.ca)

Website: [www.cflri.ca](http://www.cflri.ca)

### **Canadian Health Network**

A national, bilingual internet-based health information service. Funder: Health Canada.

Website: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

### **Canadian Parks and Recreation Association**

Building healthy communities and enhancing the quality of life and environments for all Canadians through collaboration with members and partners.

Telephone 613-523-5315

E-mail: [cpra@cpra.ca](mailto:cpra@cpra.ca)

Website: [www.cpra.ca](http://www.cpra.ca)

### **Canadian Prenatal Nutrition Program (CPNP)**

Funds community groups to develop or enhance programs for vulnerable pregnant women. Through a community development approach, the CPNP aims to reduce the incidence of unhealthy birth weights, improve the health of both infant and mother and encourage breastfeeding.

Division of Childhood and Adolescence, Public Health Agency of Canada

Tunney's Pasture, Address Locator: 1909C2, Ottawa, Ontario, K1A 1B4

Telephone 613-952-1220; Fax 613-952-1556

E-mail: [DCA\\_public\\_inquiries@phac-aspc.gc.ca](mailto:DCA_public_inquiries@phac-aspc.gc.ca)

Website: [http://www.phac-aspc.gc.ca/dca-dea/programs-mes/cpnp\\_main\\_e.html](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/cpnp_main_e.html)

### **Canadian Women's Health Network**

A far-reaching web of researchers and activists, mothers, daughters, caregivers, and family members, people working in community clinics and on hospital floors, at the university, in provincial and federal health ministries, and in women's organizations, all dedicated to bettering women's health and equality.

Suite 203, 419 Graham Avenue, Winnipeg, Manitoba, R3C 0M3

Telephone 204-942-5500; Fax 204-989-2355

E-mail: [cwhn@cwhn.ca](mailto:cwhn@cwhn.ca)

Website: [www.cwhn.ca](http://www.cwhn.ca)



**Coaching Association of Canada**

Improving the effectiveness of coaching across all sports and at all levels.

Telephone 613-235-5000

E-mail: [coach@coach.ca](mailto:coach@coach.ca)

Website: [www.coach.ca](http://www.coach.ca)

**Coalition for Active Living**

Hundreds of groups, organizations and individuals committed to making sure that the environments where we live, learn, work and play support regular physical activity.

2197 Riverside Drive, Suite 403, Ottawa, Ontario, K1H 7X3

Telephone 613-277-9979

E-mail: [info@activeliving.ca](mailto:info@activeliving.ca)

Website: [www.activeliving.ca](http://www.activeliving.ca)

**Dietitians of Canada**

Food and nutrition professionals committed to the health and well-being of Canadians.

Telephone 416-596-0857

E-mail: [www.dietitians.ca](http://www.dietitians.ca)

**First Nations and Inuit Health Branch (FNIHB), Health Canada**

FNIHB supports the delivery of public health and health promotion services on-reserve and in Inuit communities. It also provides drug, dental and ancillary health services to First Nations and Inuit people regardless of residence. The Branch also provides primary care services on-reserve in remote and isolated areas, where there are no provincial services readily available.

Website: [www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/index\\_e.html](http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/fnihb-dgspni/index_e.html)

**Foundation for Active Healthy Kids**

Provides a voice for the development of active, healthy children and youth in Canada.

Telephone 416-426-7120, 1-888-446-7432

E-mail: [info@activehealthykids.ca](mailto:info@activehealthykids.ca)

Website: [www.activehealthykids.ca](http://www.activehealthykids.ca)

**Go for Green**

Encouraging Canadians to pursue healthy, outdoor physical activities while being good environmental citizens.

Telephone 613-748-1800, 1-888-822-2848

E-mail: [info@goforgreen.ca](mailto:info@goforgreen.ca)

Website: [www.goforgreen.ca](http://www.goforgreen.ca)

**Health Canada**

Helps Canadians maintain and improve their health, provides national leadership to develop health policy, enforce health regulations, promote disease prevention and enhance healthy living for all Canadians.

Telephone 613-957-2991

E-mail: [info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca)

Website: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

### **Heart & Stroke Foundation of Canada**

Improving the health of Canadians by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy.

Telephone 613-569-4361

Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)

### **Information Centre on Aboriginal Health (ICAH)**

A database of information on bibliographic and web-based resources, programs and services, health careers, and scholarships and bursaries.

220 Laurier Ave. West, Suite 1200, Ottawa, Ontario, K1P 5Z9

Telephone 1-877-602-4445 or 613-237-9462; Fax 613-233-1549

E-mail: [icah@naho.ca](mailto:icah@naho.ca)

Website: [www.icah.ca/](http://www.icah.ca/)

### **Inuit Tapiriit Kanatami (ITK)**

The national Inuit organization in Canada, representing four Inuit regions – Nunatsiavut (Labrador), Nunavik (northern Quebec), Nunavut, and the Inuvialuit Settlement Region in the Northwest Territories.

170 Laurier Avenue West, Suite 510, Ottawa, Ontario, K1P 5V5

Telephone 1-866-262-8181 or 613-238-8181; Fax 613-234-1991

E-mail: [info@itk.ca](mailto:info@itk.ca)

Website: [www.itk.ca](http://www.itk.ca)

### **KidSport™ Canada**

KidSport assists children by overcoming financial barriers that prevent or limit their participation in organized sport.

KidSport™ National Office, #209 - 1367 W. Broadway, Vancouver, B.C., V6H 4A9

Telephone 604-737-3147

Website: [www.kidsport.ca](http://www.kidsport.ca)

### **Lifestyle Information Network (LIN)**

A database that supports knowledge exchange for practitioners and organizations in recreation and sport.

1185 Eglinton Avenue East, Suite 502, Toronto, Ontario, M3C 3C6

Telephone 416-426-7176; Fax 416-426-7421

E-mail: [info@lin.ca](mailto:info@lin.ca)

Website: [www.lin.ca](http://www.lin.ca)

### **National Aboriginal Diabetes Association (NADA)**

NADA's mission is to be the driving force in addressing diabetes and Aboriginal people as a priority health issue by working together with people, Aboriginal communities and organizations in a culturally respectful manner in promoting healthy lifestyles among Aboriginal people today and for future generations.

174 Hargrave Street, Winnipeg, Manitoba, R3C 3N2

Telephone 1-877-232-NADA (6232) or 204-927-1220; Fax 204-927-1222

E-mail: [diabetes@nada.ca](mailto:diabetes@nada.ca)

Website: [www.nada.ca/](http://www.nada.ca/)

**National Association of Friendship Centres**

Established to represent the growing number of Friendship Centres at the national level.

275 MacLaren Street, Ottawa, Ontario, K2P 0L9

Telephone 613-563-4844; Fax 613-594-3428 or 613-563-1819

E-mail: [nafcgen@nafc.ca](mailto:nafcgen@nafc.ca)

Website: [www.nafc-aboriginal.com/](http://www.nafc-aboriginal.com/)

**National Aboriginal Health Organization (NAHO)**

An Aboriginal designed and controlled body to influence and advance the health and well-being of Aboriginal Peoples through carrying out knowledge-based strategies.

220 Laurier Avenue West, Suite 1200, Ottawa, Ontario, K1P 5Z9

Telephone 1-877-602-4445 or 613-237-9462; Fax 613-237-1810

E-mail: [nafo@nafo.ca](mailto:nafo@nafo.ca)

Website: [www.nafo.ca](http://www.nafo.ca)

**National Eating Disorders Information Centre**

Provides information and resources on eating disorders and weight preoccupation.

Telephone 1-866-NEDIC-20

E-mail: [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)

Website: [www.nedic.ca](http://www.nedic.ca)

**National Indian & Inuit Community Health Representatives Organization (NIICHO)**

A national non-profit non-governmental organization representing Aboriginal Community Health Representatives.

PO Box 1019, Kahnawake, Quebec J0L 1B0

Telephone 450-632-0892; Fax 450-632-2111

Website: [www.niichro.com](http://www.niichro.com)

**National Institute of Nutrition**

A catalyst for advancing the nutritional health of Canadians; a multi-sectoral, authoritative voice for evidence-based nutrition policy.

E-mail: [nin@nin.ca](mailto:nin@nin.ca)

Website: [www.nin.ca](http://www.nin.ca)

**Native Women's Association of Canada**

To improve the social, economic, cultural and political well-being of Aboriginal women in Canada.

1292 Wellington St. W, Ottawa, Ontario, K1Y 3A9

Telephone 1-800-461-4043 or 613-722-3033; Fax 613-722-7687

E-mail: [reception@nwac-hq.org](mailto:reception@nwac-hq.org)

Website: [www.nwac-hq.org/](http://www.nwac-hq.org/)

### **Pauktuutit Inuit Women of Canada**

Fosters greater awareness of the needs of Inuit women, advocates for equity and social improvements, and encourages their participation in the community, regional and national life of Canada.

56 Sparks Street, Suite 400, Ottawa, Ontario, K1P 5A9

Telephone 1-800-667-0749 or 613-238-3977; Fax 613-238-1787

E-mail: [info@pauktuutit.ca](mailto:info@pauktuutit.ca)

Website: [http://pauktuutit.ca/home\\_e.asp](http://pauktuutit.ca/home_e.asp)

### **Sport Canada**

Supports the achievement of high performance excellence and the development of the Canadian sport system to strengthen the contribution that sport makes to Canadian identity, culture and society.

Telephone 819-956-8003

E-mail: [sportcanada@pch.gc.ca](mailto:sportcanada@pch.gc.ca)

Website: [www.pch.gc.ca/sportcanada](http://www.pch.gc.ca/sportcanada)

### **Sport Information Resource Centre**

To collect, archive, and share qualified sport information with sport enthusiasts in Canada and around the world.

180 Elgin Street, Suite 1400, Ottawa, Ontario, K2P 2K3

Telephone 1-800-665-6413 or 613-231-7472; Fax 613-231-3739

Website: [www.sirc.ca](http://www.sirc.ca)

### **Sportability**

Providing physical recreation and sport opportunities to people with cerebral palsy, head injury and stroke.

Telephone 604-599-5240

E-mail: [sportinfo@telus.net](mailto:sportinfo@telus.net)

Website: [www.cpsports.com](http://www.cpsports.com)

### **Turtle Island Native Network**

News, job opportunities, forums, resources, contacts for Aboriginal people.

1-1986 Glenidle Road, Sooke, British Columbia, V0S1N0

Website: [www.turtleisland.org](http://www.turtleisland.org)

### **YMCA Canada National Office**

Fosters and stimulates the development of strong member associations and advocates on their behalf regionally, nationally and internationally.

42 Charles Street East, 6th Floor, Toronto, Ontario, M4Y 1T4

Telephone 416-967-9622; Fax 416- 967-9618

E-mail: [services@ymca.ca](mailto:services@ymca.ca)

Website: [www.ymca.ca/](http://www.ymca.ca/)

**YWCA Canada National Office**

Responding to women's needs means ensuring that the right policies and infrastructures are in place to safeguard women's well-being and help them achieve safety and economic security.

75 Sherbourne Street, Suite 422, Toronto, Ontario, M5A 2P9

Telephone 416-962-8881; Fax 416-962-8084

E-mail: [national@ywcacanada.ca](mailto:national@ywcacanada.ca)

Website: [www.ywcacanada.ca/](http://www.ywcacanada.ca/)



### 3. International

#### **International Council on Active Aging**

Website: <http://www.icaa.cc>

#### **World Health Organization**

Website: [http://www.who.int/topics/health\\_services\\_indigenous/en/](http://www.who.int/topics/health_services_indigenous/en/)

### 4. Australia

#### **Australian Guide to Healthy Eating**

Website: <http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-food-guide-materials.htm>

#### **Dietary Guidelines for Older Australians**

Website: [http://www.healthyactive.gov.au/docs/indigenous\\_obesity.pdf](http://www.healthyactive.gov.au/docs/indigenous_obesity.pdf)

#### **Healthy and Active School Communities Kit**

Website: [http://www.healthyactive.gov.au/docs/schoolcommu\\_resourcekit.pdf](http://www.healthyactive.gov.au/docs/schoolcommu_resourcekit.pdf)

#### **Indigenous Sport and Recreation**

Website: <http://www.sport.act.gov.au/development/projects/prjindig.html>

#### **Indigenous Sport Program**

Website: <http://www.ausport.gov.au/isp/index.asp>

#### **National Obesity Task Force Aboriginal and Torres Strait Islander Workshop**

Website: [http://www.healthyactive.gov.au/docs/indigenous\\_obesity.pdf](http://www.healthyactive.gov.au/docs/indigenous_obesity.pdf)

#### **Physical Activity Guidelines for Adults**

Website: [http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/phd-physical-activity-adults-pdf-cnt.htm/\\$FILE/adults\\_phys.pdf](http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/phd-physical-activity-adults-pdf-cnt.htm/$FILE/adults_phys.pdf)

#### **Physical Activity Recommendations for Children and Young People**

Website: <http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-pubhlth-strateg-active-recommend.htm>

## 5. United States of America

### Family Nutrition Program

The Family Nutrition Program (FNP) offers nutrition education for Kansans of all ages who receive or are eligible to receive food stamps.

Website: <http://www.humec.ksu.edu/fnp/displays/letsmove.htm>

### Healthy People 2010

A statement of national health objectives designed to identify the most significant preventable threats to health and to establish national goals to reduce these threats.

Website: <http://www.healthypeople.gov/>

### Just Move It

Goals are:

- to get people thinking and talking about being more active;
- to promote the idea that physical activity is fun;
- to bring together people of all ages and physical abilities;
- to build family and community support.

*Get Started* events are great places to share information about positive physical activity opportunities within your community, and to link people with healthy lifestyle campaigns. Any event where people are moving can be a *Just Move It*, *Get Started* event – a run, a walk, a bike ride, a hike, an aerobics program, a dance, or any other type of physical activity event.

Website: [www.justmoveit.org/](http://www.justmoveit.org/)

### National Center for Chronic Disease Prevention and Health Promotion

Nutrition and Physical Activity:

- Obesity Prevention and Control
- Comprehensive Diabetes Intervention Research Project
- Developing and Testing an Intervention to Help Parents Reduce Their Children's Television Viewing
- Flying Sparks
- GirlStars Program
- Healthy and Happy Families: Walking and Playing for a Better Life
- HOPE Works: Health, Opportunities, Partnerships, Empowerment
- Implementing Environmental Changes in Elementary Schools
- Increasing Physical Activity Among Adults in Ethnically-Diverse Communities
- Increasing Physical Activity in Rural Communities
- Making the Connection: Healthy Living Program
- Physical Activity for Lifetime Success (PALS)
- Preventing Heart Disease Among American Indian and Alaska Native Youth: A School-Based Curriculum



- Quit & Fit: Improving Health Among Rural Teens
- The Regular Activity in Life Study (TRAILS)
- Training Community-Based Organizations to Promote Physical Activity and Nutrition

Website: [www.cdc.gov/prc/research\\_projects/npa.htm](http://www.cdc.gov/prc/research_projects/npa.htm)

**President's Council on Physical Fitness and Sports**

The President's Council on Physical Fitness and Sports is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness, and sports in America.

Website: <http://www.fitness.gov/hbpa.html>



## Appendices

### Appendix 1: Statistics: Canadian Community Health Survey

From the Canadian Fitness and Lifestyle Research Institute  
<http://www.cflri.ca/cflri/pa/surveys/2002survey/2002survey.html>

#### Physical Activity Statistics – Canadian adults

Estimates from the Canadian Community Health Survey (CCHS, 2002) indicate that:

- the majority of Canadians (56%) are physically inactive<sup>1</sup>;
- the majority of Canadians still face increased risk of chronic disease and premature death due to physically inactive lifestyles;
- more women (59%) than men (53%) are inactive;
- older people are less active;
- gender differences are greatest among older adults, where 68% of women are inactive compared with 53% of men;
- people with more education are more active; and
- people with higher incomes are more active.

The following tables summarize the statistics for physical inactivity for Canadians in the various provinces/territories. Note that fewer people are inactive now than in the mid-1990s (see National Public Health Survey [NPHS] data in the right-hand column below). So that is good news!

**Table 1: Physical Inactivity Among Adults (age 20+) by Province (2000/01, CCHS)**

	2000/01 CCHS %	1994/95 NPHS %
Newfoundland	63	69
Prince Edward Island	60	70
Nova Scotia	58	68
New Brunswick	64	65
Quebec	62	67
Ontario	57	62
Manitoba	59	58

<sup>1</sup> For the purpose of these analyses, the term “physically inactive” is equivalent to an energy expenditure of less than three kilocalories per kilogram of body weight per day (KKD).

Saskatchewan	57	61
Alberta	52	55
British Columbia	46	51
North	52	N/A

## Healthy Lifestyles Statistics of Physical Activity, Smoking, Nutrition and Body Mass:

According to the 2000/01 CCHS:

- three-quarters of Canadians are non-smokers
- being a non-smoker tends to increase by age
- half of Canadians are at least moderately active
- one-third of Canadians eat the recommended minimum of 5 or more servings of fruit and vegetables per day;
- women are more likely than men to be non-smokers and to report eating at least 5 servings of fruit and vegetables per day;
- the likelihood of following this eating pattern and of being a non-smoker is lowest among those aged 25 to 44, and then increases by age group for 45 and older;
- almost half of Canadians aged 20 to 64 are classified as overweight (33% – having a body mass index of 25.0 to 29.9), or as obese (15% – having a body mass index of 30.0 or higher);
- the body mass index proportion of Canadians increases with age, ranging from 21% overweight and 8% obese among those aged 20 to 24, to 40% overweight and 19% obese among those aged 55 to 64;
- Canadian men are more likely than women to be classified as being overweight or obese; and
- the greatest difference between men and women occurs in those classified as overweight in the 35 to 44 age group.

## Physical Activity Statistics – Canadian Youth

According to the 2000/01 CCHS youth statistics:

- 56% of Canadian youth aged 12-19 were physically inactive<sup>1</sup>;
- as many as 82% may not have been active enough to meet international guidelines for optimal growth and development;
- girls are significantly less active than boys, with 64% of girls and 48% of boys being considered physically inactive; and
- youth living in higher income families are more likely to be physically active.

Note: International guidelines for youth require a much higher level of activity than adults (see previous footnote). This level of physical activity can be achieved by playing team sports for an hour or a half an hour of running, combined with an accumulated hour of walking throughout the day. (Unfortunately, no youth data are available from the National Public Health Survey – see Table 1 – so we cannot say whether these statistics have improved since the 1990s or not.)

**Table 2: Physical Inactivity Among Youth (aged 12-19) by Province (2000/01, CCHS)**

Newfoundland	58%
Prince Edward Island	52%
Nova Scotia	56%
New Brunswick	59%
Quebec	63%
Ontario	56%
Manitoba	59%
Saskatchewan	49%
Alberta	50%
British Columbia	50%
North	54%

<sup>1</sup> For youth, the term “physically inactive” is equivalent to an energy expenditure of less than 6–8 kilocalories per kilogram of body weight per day (KKD). In the section about adults above, we saw that the equivalent figure for adults is much lower: only 3 KKD. In other words, to be healthy, youth need much more physical activity each day than adults.

## Physical Activity Statistics – Canadian Children

Unfortunately, no equivalent statistics for children exist at present. This will surely be a focus for researchers in the near future, given the emerging awareness of the importance of this issue.

## Focus on Girls and Women

The Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) has reported that:

- Girls who are active in sports are 90% less likely to use drugs and are 80% less likely to have an unwanted pregnancy.
- There is growing evidence that physical activity programs have positive impacts on youth at risk, particularly children and youth living in poverty, new immigrants and young girls.
- Girls are less active than boys. Women are increasingly less active than men.
- 62% of girls are not considered active enough for optimal health benefits.
- Girls become less active as they grow. Between ages 5-12, 56% of girls are not active enough. In the teen years, it's 70%.
- Adult women are participating less in sport: in 1992, 38% of adult females participated; by 1998, this figure dropped to 26%.
- Male coaches (56%) continue to outnumber female coaches (44%) and male referees (57%) continue to outnumber female referees (43%).

(CAAWS, 2006, [www.caaws.ca](http://www.caaws.ca))

## **Appendix 2: Community Assessment Outline**

- 1. What related programs have worked well in our community?**
- 2. Why have these programs worked so well?**
- 3. What are the strengths of our community that might promote program implementation?**
- 4. What are the challenges in our community that might negatively impact program implementation?**
- 5. What gaps do we want to address in our community with respect to physical activity and/or nutrition?**
- 6. What is our vision for the future in our community with respect to physical activity and/or nutrition?**
- 7. How could we address the gaps and support our vision with respect to physical activity and/or nutrition? (e.g. look at ideas, best practices, and programs in this guide)**
- 8. Considering our community (and all of the information from the questions above), what is our priority with respect to a program for physical activity and/or nutrition?**
- 9. What are the essential needs that must be considered in making this priority program work in our community?**

## **Appendix 3: General Program Outline**

**1. Name/Title of program**

**2. General Goal/Objective of Program**

**3. General Strategy for Program**

**4. Organizers (key stakeholders and/or planning committee)**

**5. Target group/Potential participants**



## Appendix 4: Letter of Invitation - Planning Committee

### Sample Letter for Girls' Day Event

*Your address at the top of the page*

*Address of Recipient*

*Date*

Dear \_\_\_\_\_

#### **RE: Girls' Day Initiative - Physical Activity and Self Esteem**

I would like to tell you about an exciting new initiative aimed at increasing physical activity and self-esteem for the girls and young women in our community: Girls' Day! The Girls' Day workshops are community-based efforts that will offer a wide range of enjoyable opportunities for girls in the areas of physical activity, nutrition, mind and spirit, self-esteem, and creativity.

I would like to help organize a Girls' Day here in \_\_\_\_\_ (community), but it is not something that I can do by myself. I would like to work with a group of interested individuals on a Girls' Day planning team or committee. You are someone who has shown that you care about the young women in our community, which is why I thought you might like to join this team.

There will be an introductory meeting at \_\_\_\_\_ (time) on \_\_\_\_\_ (date) at \_\_\_\_\_ (place). At this meeting we will discuss our own personal dreams for the young women in our community and we will set the goals and objectives for our special Girls' Day event. We will also plan our future meetings.

Please respond to me at: Email address: \_\_\_\_\_ or phone number: \_\_\_\_\_.

Thank you very much for considering this worthwhile initiative. I hope to be working with you soon!

Sincerely,

\_\_\_\_\_  
*Name and title*

## **Appendix 5: Agenda for Planning Meeting**

1. Arrival and welcome
2. Opening prayer/blessing
3. Introductions
4. Explain community assessment and general outline of the program; get input from all
5. Brainstorm to develop overall vision for the program; ensure common vision
6. Brainstorm proposed goals/objectives of the program
7. Discuss possible strategies and program plans
8. Funding and sponsors
9. Brainstorm list of key people to involve & roles each could perform
10. Advertising and promotion strategies
11. Delegate follow-up tasks to be completed before next meeting
12. Date for next meeting
13. Closing

## **Appendix 6: Detailed Plan Outline**

- 1. Name/Title of program**
  
- 2. Overall vision of program**
  
- 3. Specific goals/objectives of program**
  
- 4. Strategy for program**
  
- 5. Safety and Risk Management Considerations (physical and psychological)**
  
- 6. Program leaders/organizers and respective roles/responsibilities**

**7. Target audience/participants**

**8. Timeline**

**9. Facilities/resources/transport**

**10. Communication plan and engagement strategy**

**11. Costs**

**12. Funding options**

**12. Evaluation Plan**

## Appendix 7: Funding Request Letter

*Your address at the top of the page*

*Address of Recipient*

*Date*

Dear \_\_\_\_\_

### **RE: Girls' Day Initiative - Physical Activity and Self Esteem**

I would like to tell you about an exciting new initiative that I am planning with a team of representatives from health, education, recreation and public service groups in our community. Did you know that beginning at age twelve, involvement of girls in physical activity drops steadily until only 11% are involved in physical activity and recreation by grade 11? The effects of physical inactivity can cause as much harm to a young woman as smoking can!

In order to combat the problem of inactivity, a Girls' Day initiative was developed in the year 2000 by the Interlake Physical Activity Working Group. Since then, several community groups and schools have planned and run successful Girls' Day events in their communities. Our Girls' Day is planned for \_\_\_\_\_ (date) at \_\_\_\_\_ (place). It will include an inspiring keynote speech by \_\_\_\_\_, several sessions for the girls to learn new ways to be physically active and improve their self-esteem, a healthy lunch, and information about how to stay physically active by getting involved in opportunities that are available in our community year-round.

Girls' Day will be a fun and memorable experience for the girls in our community. It will also encourage lifelong commitments to physical activity and nutrition, mental, physical and spiritual health. It will help the participating girls to build up their self-esteem, increasing the likelihood that they will strive to reach their dreams in the future.

We are writing to you because we thought you would be in support of such an initiative and we need your financial assistance. Any support you could offer would be used to offset the costs of \_\_\_\_\_. You would be listed as a sponsor on all program materials (e.g. posters, flyers) and in all our media contacts (e.g. radio shows).

We sincerely hope that you will consider our Girls' Day an event worthy of your support. If you need more information, please contact me at \_\_\_\_\_.

In addition, if you are interested, you are more than welcome to attend one of our planning meetings. Please let me know if you are interested and we will be prepared to welcome you.

Thank you for your consideration,

Sincerely,

\_\_\_\_\_  
*Name and title*

## Appendix 8: Sample Program Evaluations

*Here are some questions adapted from the participants' survey of the Girls' Day Program. Please adapt these questions to fit your specific program.*

### 1. Impact of Program - Baseline Measures (Before Program)

1. How often do you participate in physical activity each week?  
\_\_\_\_\_ minutes, \_\_\_\_\_ times a week.
2. What limits your physical activity involvement?
3. List at least 3 benefits of physical activity:
4. On average, how often do you eat a healthy diet each week?  
\_\_\_\_\_ healthy meals out of a total of \_\_\_\_\_ meals each week.
5. List at least 3 benefits of a healthy diet:

### 2. Impact of Program – Immediate Outcome Measures (After Program)

1. How often do you hope to participate in physical activity each week?  
\_\_\_\_\_ minutes, \_\_\_\_\_ times a week.
2. How will you address those things that limit your physical activity involvement?
3. List at least 3 benefits of physical activity:
4. On average, how often do you eat a healthy diet each week?  
\_\_\_\_\_ healthy meals out of a total of \_\_\_\_\_ meals each week.
5. List at least 3 benefits of a healthy diet:

### 3. Impact of Program – Short-term Outcome Measures (After Program)

*(Follow-up about one month after the event.)*

1. How often do you hope to participate in physical activity each week?  
\_\_\_\_\_ minutes, \_\_\_\_\_ times a week.
2. How will you address those things that limit your physical activity involvement?
3. List at least 3 benefits of physical activity:
4. On average, how often do you hope to eat a healthy diet each week?  
\_\_\_\_\_ healthy meals out of a total of \_\_\_\_\_ meals each week.
5. List at least 3 benefits of a healthy diet:

#### 4. Sample Participant Evaluation Questions

1. Please rate the workshops you attended by drawing a circle around your choice:

Keynote Speaker:	not much fun	okay	fun	a lot of fun
Kick-boxing:	not much fun	okay	fun	a lot of fun
Drum dancing:	not much fun	okay	fun	a lot of fun
Hip Hop Dancing:	not much fun	okay	fun	a lot of fun
Yoga:	not much fun	okay	fun	a lot of fun
Self Defense:	not much fun	okay	fun	a lot of fun
Canoeing:	not much fun	okay	fun	a lot of fun

2. Did you learn any new skills today?

Yes \_\_\_\_\_ No \_\_\_\_\_ I don't know \_\_\_\_\_

If yes, what:

3. Did you learn any new benefits of physical activity?

Yes \_\_\_\_\_ No \_\_\_\_\_ I don't know \_\_\_\_\_

What do you think is the most important benefit of being physically active?

4. Please tell us what you liked best about Girls' Day.

5. What did you like least?

6. What kinds of physical activities would you like to have on a regular basis in your community?



## 5. More Participant Evaluation Questions

Please use the following rating system to answer the following questions:

**1-strongly disagree   2-disagree   3-neutral   4-agree   5-strongly agree**

Circle the relevant number for each question.

1. The date of the workshop was convenient. 1 2 3 4 5
2. The location of the workshop was convenient. 1 2 3 4 5
3. The food provided was healthy and tasty. 1 2 3 4 5
4. The presenters were interesting and easy-to-follow.
  - a) Keynote Speaker (*name*) 1 2 3 4 5
  - b) Elder (*name*) 1 2 3 4 5
  - c) Yoga 1 2 3 4 5
  - d) Hip Hop Dancing 1 2 3 4 5
  - e) Scrap-booking 1 2 3 4 5
  - f) Floor Hockey 1 2 3 4 5
  - g) Body Image 1 2 3 4 5
5. The sessions were interesting and fun. 1 2 3 4 5
6. What sessions should be added to future Girls' Day Workshops?
7. What sessions should be dropped from future Girls' Day Workshops?
8. Overall, this workshop was meaningful for me. 1 2 3 4 5
9. What was your favourite part of this workshop?
10. What did you learn the most about?
11. Do you have any additional comments or suggestions?



## 6. Sample Planning Team Evaluation Questions

Please use the following rating system to answer the following questions:

**1-strongly disagree    2-disagree    3-neutral    4-agree    5-strongly agree**

Circle the relevant number for each question.

- 1) The planning team worked well together. 1 2 3 4 5
- 2) Planning this event was a positive experience. 1 2 3 4 5
- 3) I am willing to continue working on the issue of girls. 1 2 3 4 5  
If yes, what role do you see for yourself and for the planning team?
- 4) Which activities worked best? .....
- 5) Which activities did not work as well? .....
- 6) The initiative reached the intended target group. 1 2 3 4 5
- 7) The participating girls are now able to recognize the  
benefits of physical activity and its link to high self-esteem. 1 2 3 4 5
- 8) The participants learned new skills. 1 2 3 4 5
- 9) The participants discovered new ways to be physically active. 1 2 3 4 5
- 10) Overall, Girls' Day was a positive experience. 1 2 3 4 5
- 11) Additional comments or suggestions:

*Thank you!*

