

# **HEAL for Your Heart Projects 2009**

(PHSA funding for Cardiac Services of \$40,000)

## **1. Haida Power**

Skidegate Health Centre, Skidegate (\$2000 – HH)

- Deliver their newly developed ‘Haida Power’.
  - Haida Power will be a collection of activities that will promote healthy living and will encompass the health centre motto of healing body, mind and spirit.
  - The approach will be holistic with the understanding that all components are important to support people to live a balanced life.
  - Participation in Haida Power will be rewarded with a ribbon system and participants will receive a Haida Power T-Shirt after collecting 10 ribbons.
  - The development of this program was based on awareness that the best treatment for chronic disease is prevention. Haida Power was created by the Health Centre’s Wellness Department whose sole focus is chronic disease prevention and diabetes management. The program will support:
    - Development of improved lifestyles and prevention of chronic disease.
    - Personal responsibility for health.
    - Awareness that small changes today will maintain a better quality of life as they age.
    - Community garden activity to increase food security, harvesting and processing of traditional foods and healthier choices.
    - Planned activities include walking, fitness programs, cooking classes, Health Warriors (nutrition and exercise), traditional foods, Elder wood (community service fuel wood program), healthy lifestyles, literacy, archery, Haida Health Improvement Program (the 3 E’s; eating, emotions, and exercise), happy feet and other one-time events as they are developed.

## **2. Kool Kids Program with Smart Foods**

Ngystle Society, Skidegate (\$2000 - HH)

- A healthy eating component “Smart Foods” will be added to the existing Kool Kids Program and will run for twenty weeks.
- This component will involve organic, raw, local and wild foods and the children (all Haida) attending will be given the chance to partake in some of the foods that are disappearing from their regular diets due to external forces.
- The program will teach recognition of healthy foods and unhealthy foods.

## **3. Jog With Dogs: Walk, Jog or Bike Your Way to Better Health With Your Best Friend**

QCI SPCA, Queen Charlotte City (\$2000 – HH)

- Develop and deliver the program Jog With Dogs: Walk, Jog or Bike Your Way to Better Health With Your Best Friend. This program is intended to increase the motivation and ability of people to exercise with their dogs.
- This will involve the following
  - Teaching dogs to walk to jog with their owners without pulling or tripping them.
  - Teaching people how to use a bicycle to safely exercise their dogs.
  - Providing an opportunity to exercise with a dog companion for those who do not own dogs, on an ongoing basis.
  - Providing information and training to help prevent joggers, bikers, and walkers from being chased or attacked by loose dogs in the community.
  - Providing information about the exercise requirements of dogs.
  - Providing a structured class to begin developing good exercise habits, and encouraging participants to use each other for support in meeting their exercise goals.
  - In partnership with HEAL create an awareness in the community of the relationship between pet ownership and heart health and the extended health benefits of pet ownership by access to domestic animals in a social setting.

#### **4. Gitsegukla Community Garden**

Gitsegukla Health Programs & Services, South Hazelton (\$4000 – both HH and H)

- Establish a community garden to compliment their community kitchen.
- Community members will be encouraged to participate in healthy eating and active living and the community garden will support the development of local food security.
- Activities will combine fresh air, exercise, fresh food, food preservation and preparation skills.

#### **5. Movers & Shakers Walk Club**

Movers & Shakers, South Hazelton (\$2000 - HH)

- Purchase Reflective Vests, Ice Grippers, and Bear Bangers and create a check-out system for community access to the equipment.
- Maintain/encourage the limitless option of free exercise, promote social gathering and offer tips on healthy eating, i.e. preparation of native recipes, (alternatives).
- Engage and encourage community members to develop an understanding of the benefits of walking as a way to reduce their risk for developing cardio-vascular diseases and/or improve the health and well-being of people who are already experiencing these health concerns.

#### **6. Houston Community Garden**

Houston Link to Learning, Houston (\$2000 – HH)

- Continue further development of the existing Houston Community Garden through an information kiosk and additional raised beds and other garden improvements as monies allow. This project will:
  - Address literacy issues through community gardening activities.
  - Facilitate a safe learning environment
  - Provide an opportunity for physical activity
  - Provide social interaction opportunities
  - Provide opportunity for information education
  - Provide structured learning events
  - Increase physical activity in groups at risk for cardiovascular disease and/or promote quality of life and physical activity for individuals who are already dealing with cardiovascular disease and its effects.
  - Provide access to organic, healthy produce.
  - Specifically target individuals who are most at risk for preventable diseases such as Diabetes Type II and Cardiovascular Diseases as a result of low literacy skills, and other barriers.

#### **7. Fitness-Fun-Foods**

Bulkley Valley Learning Centre, Smithers (\$2000 – HH)

- Purchase fitness centre and pool passes for program participants and encourage and support the participants to experience positive, healthy activities within their community.
- Youth will be supported and encouraged to prepare weekly healthy lunches and the connection between good nutrition and heart health will be encouraged.
- Guest speakers will be arranged to discuss topics such as diabetes and cardiovascular awareness and how to reduce risks for chronic diseases with healthy eating and active living.

#### **8. Princess Neighbourhood Garden**

Princess Neighbourhood Garden / Driftwood Foundation, Smithers (\$2000 – HH)

- Continue to expand their growing capacity and production
- Provide information and training to the garden community in the areas of cooking, canning, drying and nutrition
- Provide gardening opportunities for seniors in the Bulkley Lodge Seniors Home, many of whom are recovering from heart-related illness. Participants will be encouraged to get outdoors, exercise and educate themselves about foods that reduce the risk of heart disease.
- Provide gardening opportunities for seniors in the Bulkley Lodge seniors home, many of whom are recovering from Provide education and practical literacy around food production and health specifically targeting low-income populations that are particularly

vulnerable to issues around food security and the lack of availability of affordable, nutritious, high quality food.

- Host workshops and provide opportunities for one-on-one training (when applicable) related to gardening, cooking, canning, and preserving in an attempt to free people from the 'fast food' cycle and help ensure a higher quality diet.
- Continue to spread the concept of 'Grazing Gardens' throughout the community which will utilize vacant lots and green spaces and provide opportunities for people to garden who have no access to their own property or garden space.

### **9. Full Cycle Community Labour Force**

Smithers Community Services Association, Smithers (\$2000 – HH)

- Develop skills workshops in the areas of healthy eating, exercise, planning, gardening and hygiene to participants of the Full Cycle Community Labour Force. These workshops will be intended to address the needs of homeless individuals in the community, most of whom struggle with substance abuse issues and unhealthy lifestyles which puts them at high risk of developing serious illnesses such as Type 2 Diabetes and Cardiovascular Diseases. Building the self-esteem and confidence of these individuals together with supporting critical lifestyle changes to support healthy active living is a primary goal.
- A secondary goal of the program will be to raise community awareness and improve the image of the Emergency Shelter and homeless people within the community by involving them in productive community services. This will also raise the profile of active living and alternative transportation by creating a viable small business run entirely with bicycles.
- Design and produce promotional and outreach materials to market their program and its benefits both participants and customers.

### **10. BESS Physical Activity and Healthy Eating Challenge**

Babine Elementary Secondary School, Granisle (\$2000 – HH)

- Work to increase physical activity with BESS students and staff from very inactive and sedentary to 120 minutes of exercise daily.
- Facilitate BESS students and staff to take control of their health using a personal passport book that allows them to set healthy living goals, monitor eating and physical activity on a weekly basis.
- Compile and forward the collected information to the City of Prince George and collaborate with the city in terms of planning safe, efficient, convenient and enjoyable cycling within Prince George.
- Teach BESS students and parents how to eat healthier and to identify the importance of physical activity to promote mental health.
- To create community capacity so that physical activity and healthy eating become a regular occurrence in the school and community.
- To provide tobacco intervention training to a staff member at BESS and front line worker at Tachet Indian Reserve who will work with students and families to reduce tobacco usage to help prevent/reduce cardiovascular disease.

### **11. Spirits in the Garden**

Spirits of Burns Lake, Burns Lake (\$2000 – HH)

- Host basic introduction to softball sessions that will increase opportunity in the community for youth to be engaged in fun and healthy physical activity that will help to reduce their risk for Type 2 Diabetes and Cardiovascular diseases.
- Begin the process of developing a community garden that will provide an opportunity for multi generational interaction and learning associated with healthy eating and active living in a fun social and productive environment.
- Work to develop a sense of normalization in their community around physical activity and healthy eating by providing open opportunities for community members to engage in fun interactive gardening and sports activities and experiences.
- Introduce gardening skills and healthy eating discussions in a safe and supportive environment to encourage community members to develop healthier eating habits and lifestyle skills that will improve their quality of life and reduce their risk for Type 2 Diabetes and Cardiovascular Diseases.

## **12. Cardiopulmonary Wellness Program**

Fraser Lake Community Health Centre, Fraser Lake (\$2000 – HH)

- Deliver the enhanced exercise component to the Cardiopulmonary Wellness Program through certified fitness instruction to patients with medical approval and eligibility, as well as provide them with access to an exercise facility in the community. A secondary benefit will be to the community at large because of the overall improved access to fitness (cardio) equipment.
- Provide exercise training in a community facility with appropriately trained staff and equipment. Increase awareness and accessibility to exercise options and opportunities to all community members including those at medical high risk.
- Develop a partnership between the cardiopulmonary Wellness Program and Firestar Fitness by improving the fitness facilities cardio equipment and who in return will provide services to our program.
- Increase the knowledge and confidence of patients with coronary artery disease to reduce their risk through exercise.
- Through partnership increase the communities overall knowledge about the importance of exercise and active living in the prevention and management of chronic health conditions. It will also increase accessibility to fitness activities and equipment in a small community that does not have a community recreation centre.

## **13. Taste of Health**

Fitness for Life, Fort St James (\$2000 – HH)

- Work to organize and host the “Taste of Health” in Fort St. James as described.
- Initiate discussion in the community of Fort St. James on how to become an active community.
- Increase awareness and understanding of the importance of physical activity and health towards the prevention and maintenance of diabetes and cardiovascular diseases.
- Increase awareness of the support services available in the community and how and when to access these supports.
- Provide information to participants on the local services and resources available to them.

## **14. Community Cycling Forum**

PG Cycling Club / Urban Cycling Coalition, Prince George (\$700 – HH)

- Organize and host a community forum to generate ideas and interest about how to improve cycling and the cycling infrastructure in the City of Prince George.
- Forward information gathered from the community forum to the City of Prince George and initiate collaborative efforts to work with the city in terms of planning safe, efficient, convenient and enjoyable cycling in Prince George.
- Promote the concept for increased opportunities for active living in the City of Prince George if cycling opportunities become more convenient. Safe and accessible and that more people will opt for cycling as a means of transportation and leisure which in turn will improve their physical health and cardiac wellbeing.

## **15. Incredible Edibles**

Sacred Heart Elementary, Prince George (\$400 – HH)

- Provide children with the experience of growing ‘incredible edible’ vegetables/fruits.
- Provide education to children that home grown is a ‘healthy heart’ option.
- Provide opportunities for children to participate and gain health benefits from their physical inputs in gardening.
- Encourage children to develop life long habits in healthy eating and physical activity.

## **16. CHIP (Coronary Health Improvement Program)**

PG CHIP, Prince George (\$900 – HH)

- Deliver the CHIP program as outlined.

## **17. Street Hearts**

Central Interior Native Health Society – Street Spirits Program, Prince George (\$2000 – HH)

- Organize and host Street Hearts as described.

## **18. Walk About & Exercise**

Legion Wing, Prince George (\$2000 –HH)

- Provide supports to clients by purchasing appropriate footwear that will enable their participation in the Legion Wing Walk About Exercise Programs.
- Work to increase participation of marginalized seniors with age-specific programming designed to increase physical health, maximize quality of life, and support independence.
- Work to decrease the occurrence and effects of Type 2 Diabetes, Cardiovascular Disease, mental health issues and other disease of aging, thereby increasing the participants', quality of life, independence, mental health stability and reduce admissions to acute and facility care.
- Support a sustainable, measurable, pro-active health funding, inclusive of cultures, and teach skills for sustainable healthy lifestyles.

## **19. Ecovillage Radio**

Kakwa Ecovillage Cooperative, McBride (\$2000 – HH)

- Production of 5 web-based talk radio shows/interviews of 60 minutes in length.
- Themes and topics will be related to living a healthy lifestyle in Northern British Columbia and specific to local food production / gathering and consumption, especially as it relates to reducing risks associated with cardiovascular disease and/or improving heart health with activity and/or improving heart health with activity and nutritional choices. These topics may also incorporate healthy home indoor and built environments.
- Potential topics:
  - Varieties of apples and other fruit trees suitable for extreme northern climates
  - Cardiovascular benefits of NuSun sunflower oil and potential for production in BC
  - Hazelnuts & Heart Health
  - Gardener's Yoga
  - Growing, or finding local oats; how eating oats contributes to a healthy heart.
  - Farmer's Markets: if you don't grow it, how to shop and where to look
  - Stop and smell the roses: how gardening with fragrant plants can reduce stress.
  - Wild harvesting how to and what to do if I want to grow them at home.

## **20. Heel to Heal**

District of Mackenzie, Mackenzie (\$2000 – HH)

- Develop, organize and support a heal to heal walking group that will meet 3 times a week for an hour each time and be lead by an Activity Leader that is hired by Leisure Services. It will be open to all of the citizens of Mackenzie regardless of their age or physical abilities. The program will be tailored to the participants to ensure that their needs are met taking into consideration their level of fitness. This will be accomplished by first determining the participant's goals and abilities and then developing the program to meet these objectives.
- Offer nutrition workshops based on the Canada Food Guide. Healthy pot luck lunches will be encouraged using healthy food choices learned in the workshops.
- Work to develop a group comprised of a minimum of 20 people both from the city of Mackenzie and from the McLeod Lake Indian Band. Participants will be supported to continue their participation throughout the year. This group will also be encouraged to develop social networks and activities that will lead to the development of permanent lifestyle changes.

## **21. "Hens and Chicks" Women's Group**

Saulteau First Nations Health Centre, Chetwynd (\$4000 – both HH and H)

- Continue to meet twice weekly and continue their work on honoring their mission statement and guiding principles. They will develop and host activities based on the medicine wheel to work toward health and healing in their community.

## **22. Get Active, Stay Active**

City of Fort St John Community Services, Fort St John (\$2000 – HH)

- The City will apply the funding toward the purchase of 10 Life Trail wellness stations throughout the Community Forest.

- This will provide free exercise opportunities designed for seniors and will be available year round.
- Programming will be developed to target inactive seniors and get them moving.
- This project will enhance the usage of current parks and trails.

## **HEAL Projects 2009**

(CFAI funding of \$20,000)

### **1. Metlakatla Community Garden**

Metlakatla Health Centre, Metlakatla (\$2000 – H)

- Purchase supplies or construction and development of raised garden beds and/or cold frames in the community of Matlakatla to encourage community members to improve their health through the physical activity of gardening and access to fresh healthy food that is grown locally in their community and back yards.
- Community members will be supported and encouraged to return to their gardening heritage of the past and to continue to make progress in developing a healthier lifestyle built on healthy eating and active living.

### **2. Planting Seeds in Young Minds**

Northwest Community College, Terrace (\$500 – H)

- Design and create an educational vegetable, herb and native plant garden at a local daycare facility.
- Spaces will be created for children to grow their own food
- Brochures will be developed and distributed to teach the children about the health benefits of growing and eating their own food.
- Intergenerational activity and relationship building will be encouraged between the daycare and the ESWK class.

### **3. Starting Smart**

Pregnancy Outreach Program, Hazelton (\$2000 – H)

- Sponsor one family per month to come early to their weekly lunch drop-in. The family will prepare food with support from staff and will take home food and utensils to reproduce it at home themselves.
- Participants will be supported to make healthy food choices by providing skills, tools and knowledge.
- Participants will be supported to learn new food skills to increase their family's capacity for a healthier lifestyle.
- A minimum of 12 families will be supported with increased access to food preparation skill development and tools they can take home.

### **4. Food Action Network and Community Development**

Storyteller's Foundation, Hazelton (\$500 – H)

- Work to increase awareness of locally available food and encourage health, local eating through fun events, information nights and community collaboration.
- Organize events around local food, healthy eating and active living such as info nights featuring movies or speakers, and through participation in community events, such as Old Hazelton's Pioneer Day Iron Chef Competition.
- Support community development projects initiated by the Network.
- Outreach to local seasoned gardeners who may not be active in the network, but who have place appropriate knowledge to share.

### **5. Gitsegukla Community Garden**

Gitsegukla Health Programs & Services, South Hazelton (\$4000 – both HH and H)

- Establish a community garden to compliment their community kitchen.
- Community members will be encouraged to participate in healthy eating and active living and the community garden will support the development of local food security.

- Activities will combine fresh air, exercise, fresh food, food preservation and preparation skills.

#### **6. Fireweed Fall Canning Project**

Fireweed Collective Society, Fort St James (\$1000 – H)

- Purchase a canner and canning jars to support their Fireweed Fall Canning Project.

#### **7. The Voice of an Elder**

College of New Caledonia, Fort St James (\$1000 – H)

- Interview and video tape Aboriginal Elders from a minimum of 6 aboriginal communities in Fort St. James and the surrounding area to capture traditional stories, current perspectives and their messages to their own communities and other Aboriginal communities regarding the importance of keeping a healthy active lifestyle.
- The Elder discussions will be centered around nutrition, diabetes, traditional foods, importance of active lifestyles, and traditional activity.
- These stories and discussions will be video taped to create a living documentation and oral history of these key issues.
- These stories will be collected and made into a free DVD. It will also be combined with the “Walk the Talk” aboriginal walking video as a second DVD.

#### **8. Sinkut View Greenhouse**

Sinkut View Elementary, Vanderhoof (\$1000 – H)

- Start seeds in a greenhouse and give plants to students over the summer to help reinforce their healthy lunch program.
- Educate students of the possibilities of agriculture in the North.
- Offer the food as a healthy lunch at school.

#### **9. Saik’uz Community Garden**

Saik’uz First Nation, Vanderhoof (\$1000 – H)

- Develop a community garden in Saik’uz following principles of 100 mile diet and provide opportunity and support for youth to be involved in seasonal work.
- Prepare the soil; plant a vegetable garden, maintain and harvest produce in the fall.
- Hire 4 youth to provide labour.
- Develop relationships with other gardeners in the community to provide mentoring as the garden is developed.

#### **10. Growing With Seniors**

Recycling & Environment Action Planning Society (REAPS), Prince George (\$1000 – H)

- Recycle garbage cans donated by the City of Prince George into raised garden beds for seniors. These will provide accessible gardening at the height of a wheelchair or standing position and promote physical well-being through light gardening exercise and the growing of healthy foods.
- Place recycled raised beds at 30 seniors residences (ex. Rainbow, Parkside, Jubilee) and single family senior dwellings.

#### **11. Accessible Raised Bed Project**

Dawson Creek Community Garden Society, Dawson Creek (\$2000 – H)

- Add additional raised beds to their community garden. The 8 raised beds will allow those with physical limitations and the aged to enjoy gardening.

#### **12. “Hens and Chicks” Women’s Group**

Saulteau First Nations Health Centre (\$4000 – both HH and H)

- Continue to meet twice weekly and continue their work of honouring their mission statement and guiding principles. They will develop and host activities based on the medicine wheel to work toward health and healing in their community.

### **13. Elders**

Fort St John Friendship Society, Fort St John (\$2000 – H)

- Purchase bowling and swimming tickets for seniors and create a program to get them out into the community to improve their physical activity and social interaction. Healthy snacks will be combined with outings to encourage an improvement in nutritional habits.
- In addition to physical activity opportunities and healthy snacks, speakers will be arranged for topics related to healthy eating, active living and Type II Diabetes.

### **14. Wells Community Garden**

The Wells Community Garden, Wells (\$2000 – H)

- Increase the size and efficiency of their garden site to provide for higher produce yields, with the long-term goal of not only growing enough produce to sustain local members, but also provide a local source of fresh organic vegetables at the local general store
- Additional raised beds and cold frames will be built
- The perennial, berry, fruit and herb areas will be enlarged.
- Fruit trees will be planted and a tool shed will be built for the garden space.