



HEAL

*Planting the seeds of HEALth
in Northern BC*

Healthy Eating & Active Living in Northern British Columbia Issue #4: October 2002

HEAL News

Demonstration Projects to focus on long-term solutions

The 15 projects that received seed funding from HEAL last year have yielded impressive harvests. (For a full listing, see <http://grassrootsgroup.com/healdem.htm>.) They joined the many healthy eating/active living projects underway around the north.

This year HEAL is focusing on long-term solutions. Non-profit and voluntary sector organizations are invited to apply for demonstration project funding.

A total of \$25,000 is available in the 2002/2003 fiscal year for projects aimed at primary prevention of Type 2 diabetes. Two demonstration projects will be funded, to a maximum of \$12,500 each. HEAL is looking for projects that are sustainable and that leave a legacy by affecting policy. (Links to sample community, school and organizational food and activity policies are on the HEAL Web site, <http://grassrootsgroup.com/healdem.htm>.)

If your non-profit organization would like to be part of the solution - preventing Type 2 diabetes and other lifestyle-related diseases - consider applying. You'll find the RFP on the HEAL Web site, at <http://grassrootsgroup.com>.

“Never doubt that a small group of thoughtful, committed citizens can change the world, indeed, it's the only thing that ever has.” Margaret Mead

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Send comments, ideas & resources to HEAL c/o Cathryn Wellner, cwellner@grassrootsgroup.com

Howie Sees Spudz!

details from Diane Wright

Last issue it was little green peas. This time it's spuds. One look at Howie, and we know it's love at first sight. Meet Wilson, aka Howie, his mom Lisa Tait in the background cutting the seed potatoes, and her mom (Howie's grandmother), June Tait,



standing beside her. Diane Wright's assistant Bambi Tait snapped the photo by Kispiox's first community garden.

Keep an eye on this community. They have a big garden, soup day twice a month, swimming for elders and plans for a greenhouse, pool exercise, traditional meat processing and more - all intended to make the community food secure and people who live there healthier. They know what hard times are, and they're working to make things better.

Howie's joy in a seed potato is a sign of good things yet to come.

Contributors:

Articles, photos, updates, and events were contributed by:

Sherry Berringer, Jo Ann Downes, Emily Hansen, Debra Klettke-Elcome, Irene Kopetski, Patrick Lucas, Sam Moody, Deb Radolla, Paul Renaud, Bambi Tait, Cathryn Wellner, Susan Williams, Diane Wright

News Around the North

Update from Acwsalcta School Garden and Greenhouse, Bella Coola

by Paul Renaud

Our HEAL project here in Bella Coola is definitely attracting attention in the community.



Nadine Schooner, Kim Mack & Iris Siwallace in potato patch. Photo Paul Renaud

Our garden consists mostly of four varieties of potatoes, Banana fingerlings, Norland, Penta, and Russian Blues. I have arranged to sell some potatoes to Tweedsmuir Lodge, and Moores Market, as some sales will not only illustrate the cash crop potential but also provide funds to purchase seed next year.



Iris & Nadine in the greenhouse frame, holding freshly picked produce. Photo Paul Renaud

We also have a pumpkin patch (heirloom variety of hullless seeds), onions, tomatoes, peppers, and squash.

We have started construction on a greenhouse at Acwsalcta School which will be completed by the work experience students this fall term. As you can see in the picture the walls are up and the roof will go on next.

Rooftop Garden in Prince George

by Emily Hansen & Patrick Lucas, Project Coordinators [pictured in the *Citizen* photo below]



Hello all. Just a short update. The Prince George Rooftop greening program was a spectacular success this summer.

We put our demonstration garden on the second floor of

Prince George City Hall, and despite its small size it grew very quickly and is serving as a source of inspiration to the community. We are receiving a great deal of positive feedback and interest to see the program expand. Thank you to all of you who supported over the last couple of years and the last year in particular.

Williams Lake Fall Guide to Active Living

by Deb Radolla, Leisure Services, Williams Lake

The Williams Lake Fall Guide to Active Living is available at <http://wlake.com> - Leisure Services. It can also be picked up at the Cariboo Memorial Recreation Complex.

I have tried to ensure a broad spectrum of programs for the mind, body and spirit for the fall to encourage Healthy Living in our community.

Healing Foods in Bella Coola

by Sam Moody, Common Ground Development Services

The agricultural land base within our coastal & Cariboo Chilcotin communities offers much potential to establish an economy that could help us provide a preventive approach to addressing some of our health issues.

My research proposal will look at a community-to-community food exchange that will allow us to establish a sustained business operation. The essential research will include gathering wisdom left by our Ancestors - healing foods/herbs, preparation & cures, information about our "Grease Trail" food exchange and ways of honoring/celebrating/acknowledging our bountiful returns.

Quesnel Aboriginal Diabetes Primary Prevention and Awareness Program: 'Pathways'

by Irene Kopetski, Diabetic Nurse

We are a diabetes primary prevention education program sponsored by the Aboriginal Diabetes Initiative of Health Canada. Our objective is to raise awareness of diabetes, its risk factors and the importance of screening.

The focus is teaching about healthy lifestyle, including healthy eating and being more active. We provide monthly workshops and newsletters as well as ongoing programs in schools.

We also provide educational displays at cultural events. The staff includes Sara, a RDN and Irene, a Diabetes Nurse Educator. We are currently working on an educational diabetes web page soon to be completed.

Contact us at: Quesnel Native Friendship Centre 250-992-8347, Tues.+ Wed or by e-mail, qtsdp@quesnelbc.com

Vanderhoof: The Next Northern Town?

by Debra Klettke-Elcome, Life Skills Worker, Vanderhoof Mental Health

Vanderhoof is hoping to be the next northern town to operate a community garden. The Vanderhoof Museum has graciously offered use of land on the museum grounds (how exciting is that!).

The museum manager has some wonderful ideas for involving the community. Stay tuned for more info. We will be looking for participants and volunteers for everything from planning to planting.

Anybody wanting to lend a hand please contact Debra @ 567-5994. We are hoping to start planting by the spring of 2003 so there is lots to do between now and then. Looking forward to the spring so we can spring into action.

Masset HEAL project

by Susan Williams, Project Coordinator

The Masset HEAL Group has three initiatives currently underway.

The first is the 'healthy choice' food-flagging initiative starting with our local COOP Store. David Phillips, Kika Joy, Registered Holistic Nutritionist with the Canadian School of Natural Nutrition in Vancouver, and Carol Ross, Masset Herbalist did a 'walkabout' at Delmas Coop, July 22nd.

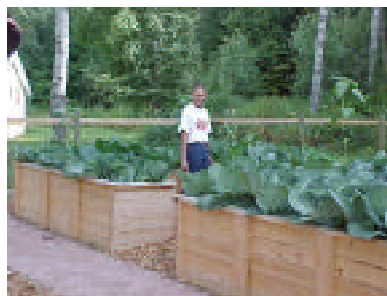
They found lots of healthy choices and wrote a long letter to the COOP expressing their thanks. They also recommended further selections in all the food groups, condiments and spices and in other areas, including household cleaning products. The COOP agreed to join us in making these 'healthy choices' more noticeable to community members. We plan to use HEAL's sunflower as our healthy-choice indicator.

Second, Masset HEAL is sponsoring interactive educational sessions at the HEAL Resource Library in the Mermaid's Boot, a natural and organic food outlet in the Masset Missing Link facility.

Each Wednesday during Diabetes Awareness Month (November), a local health care practitioner will be on site to answer questions and provide information on diabetes prevention and self care.

This ties in with our third initiative, the Masset Walking Group. We are launching our group on November 10th at the Rec Centre. (Healthy snacks provided.) Participants will receive a pamphlet with information on both indoor outdoor walking paths, including distances, information on 'why walk' and healthy protocols for starting a walking programme including warm up and cool down through stretching.

Participants will be encouraged to complete a pre- and post-fitness test to help people identify their levels of achievement/improvement. Our intention is to encourage walkers to become self-motivated. We are toying with the idea of prizes and perhaps a little competition between Old and New Massett.



Canim Lake Band's new garden & greenhouse

Jo Ann Downes, who master-minded this garden project &

took the photos, tells us some of these cabbages turned into cabbage rolls for a community lunch. What a great way to celebrate the harvest.

That's Darcy Paul standing amid the raised beds. His hard work is one of the reasons those cabbages are so big and healthy.



Children's Nutrition

by Sherry Berringer

Overweight children at risk for adult diseases

Many northern families have two working parents. This can result in sugary, cold cereals for breakfast, fast food lunches, and processed, prepared entrees for suppers. The fast food fare is usually "super-sized", from soft drinks to French fries. After school video games or other sedentary activities compound poor food choices.

The result is that more than three times the number of children and teens are seriously overweight today than 25 years ago. Diets high in calories, salt, sugar and saturated fat put them at greater risk for adult diseases such as hypertension, osteoarthritis and Type 2 diabetes.

Healthier living-meal-by-meal

Parents can help by making better food choices. For example, many high-fiber, low- or no-sugar cold cereals are available. Sending children off with a good breakfast and a healthy amount of protein keeps blood sugars balanced for concentration and learning.

Pack lunches the night before if mornings are rushed. Sandwiches with tuna, chicken, turkey or low-fat cheeses are excellent sources of protein. Condiments such as mustard, ketchup or salsa in place of mayonnaise keep the lunch low fat. Add vegetable sticks such as carrots or celery, and include one or two pieces of fruit.

Use whole-grain breads because white flour and white sugar are associated with the development of insulin resistance and glucose intolerance which can lead to Type 2 diabetes.

After sitting in school for five or six hours, children need physical activity and a low-fat snack to keep them going until suppertime.

Your child's future health is in your hands today

Parents can help children develop healthy attitudes about eating, weight and fitness. Making healthier food choices, trying to minimize fast and processed foods, will help with children's weight control. This, in turn, will give children more energy for physical activities.

Being active helps children cope with the stresses of daily life. So make sure your child will not be one of those young, overweight people at risk for adult diseases but be able to grow up healthy, fit and able to cope with stress. It's your choice.

Sherry Berringer is a retired teacher. Her husband Brian has Type 2 diabetes, and she believes educating people about proper nutrition can help in preventing others from getting the disease.

Write, call, e-mail, fax - let us know how you are Planting the seeds of HEALth

To learn more about:

School Food & Nutrition Survey

Interior Health Authority (and HEAL Advisory Committee member) Rose Soneff has just completed a survey of school food and nutrition in School Districts 27, 28 & 49. Given the worldwide epidemic of obesity and lifestyle-related diseases, it's not surprising that the results are sobering. This is a call for action. Copies (PDF or hard copy, for those without computer access) are available through Gwen Cyr, gwen.cyr@caribohealth.com.

Be in the know about GMO

If you want to know if it's GMO, download the new shopping guide from Greenpeace. <http://www.greenpeace.ca/shoppersguide/>

Guilt-free snacks

A Kelowna company has produced a healthy alternative to chocolate bars and high-fat granola bars. Rebars from Healthco Canada combine organic vegetables and fruits in a nutritional bar with the same texture as fruit leather." Order from the Web site, <http://healthcocanada.com>.

Kids Gardening

Gardening tips, school greenhouse guide, teacher tips, classroom stories, gardening projects, resources and more - it's all at <http://www.kidsgardening.com>

Eat Local, Feel Better

The October 2002 issue of *Chatelaine* has a good article on why we should eat local food whenever possible. You'll find it on page 86.

Next issue: HEAL projects announced; HEAL Seals; report from the Sorrento Food Security conference and lots more.



To join the growing network, contact HEAL:

Check out the Web site: <http://grassrootsgroup.com/heal.htm> & find contact info. for your regional reps
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