



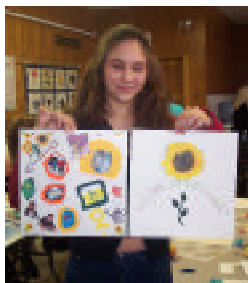
HEAL

Healthy Eating & Active Living in Northern British Columbia

Planting the Seeds of HEALth

Dig your HEALs in!

HEAL - it's a fresh wind blowing through the north. It's walkers & gardeners, cooks & cavorters. It's northerners taking charge, thumbing our noses at the usual dismal northern health stats. HEAL is communities with a can-do attitude, with walking paths and farmers' markets and Healthy Eating & Active Living the whole year 'round.



What's HEAL?

We're individuals, organizations and communities from 100 Mile House to the Yukon border, working together to prevent Type 2 diabetes. We're a project funded by Health Canada and sponsored by the Northern Health Authority. We're spreading the word about the importance of healthy eating and active living through projects, e-lists, newsletters, news releases, presentations, networking, workshops, and the HEAL Web site.



In our first fiscal year, HEAL provided seed funding for 15 projects:

Community gardens:

- Bella Coola Acwsalcta School Greenhouse & Garden
- Burns Lake Community Garden
- Canim Lake Band Community Garden
- Dawson Creek Community Garden Network
- Fort Nelson Community Garden
- Smithers Northern Root Society
- Terrace Anti-Poverty Group Society

Active living projects:

- Canoe Creek Band activities program
- Cariboo Family Connections project for low-income mothers

- Cariboo Chilcotin Community Development Centre project for Indo-Canadian families
- Telkwa-Smithers Trail

Food projects:

- Fort St. John Friendship Society Community Kitchen Project
- Horsefly Community Development Centre Cooperative Buying & Awareness Project
- Masset Good Foods - Active Living Storefront Project

In the second year we supported three multiple-point projects, both focusing on policy and long-term



change. The School Food and Nutrition project involved four schools in SD #27, each designing its own policy to make healthy choice the easy choice.



The second was WorkWell, a coalition of five social service agencies making healthy eating and active living part of everything they do - as staff and with clients.

The third was Youth Forum, which designed a leadership training workshop focusing on healthy eating and active living. Piloted in Hazelton and again at the Northern Route conference, the project is expanding to involve youth throughout northern BC and will take the lead in HEAL's plan to map healthy eating and active living throughout northern BC.

There's lots more to come. Check us out at: <http://healbc.ca> - or write info@healbc.ca

