

## Preliminary Report

7<sup>th</sup> Mayor's Youth Forum – Spring 2009

### Healthy Living

#### Summary

1. Steering committee met starting in November 2008
2. 2010 Legacies Now partnered in the Healthy Living forum with an interest to utilize as a pilot project for their healthy living program that will be implemented in secondary schools throughout the province.
3. WorkSafe BC and BCRPA/SAEH also came on board in interest of youth opinions on the topic of healthy living as well as the youth forum format.
4. All seven secondary private and public schools were involved. (10-15 youth teams were created)
5. Over 700 on-line surveys were completed from the seven schools.
6. Youth teams took inventory of the physical opportunities and food available to them within a ten minute walking radius of their school.
7. Youth completed a three day healthy log recording activity and eating habits, then readdressed making goals and changes based on their first three day assessment.
8. Each school team participated in a different pre-forum experience that increased youth awareness around Healthy Living.
9. Youth participated in a one day forum May 7<sup>th</sup> which consisted of:
  - a. Mini presentations from each school on their pre-forum experiences
  - b. Guest speakers increased further awareness around Healthy Living
  - c. Discussed and debated what we can do as a community to assist youth to make good choices and what is the incentive to get youth motivated?
  - d. Youth participated in physical activities to demonstrate unique opportunities that are available or how to change a traditional activity to meet different needs.
  - e. Marketing Charette - Youth worked with four local marketing/media professionals and two Vancouver professionals to design creative ads around Healthy Living, Healthy Eating and Active Living.
10. Exit survey – how did youth benefit from forum and ideas for future forums.

Marathon Communications will report verbally on the findings to the above exercises.

The Previous youth forums have focused on:

1. Transportation
2. Social Issues
3. Environmental Waste Management
4. Parks and Open Spaces
5. Arts and Culture
6. Water Conservation



## Youth Speak out on Healthy Living



MBSS: Healthy Food Choices Survey

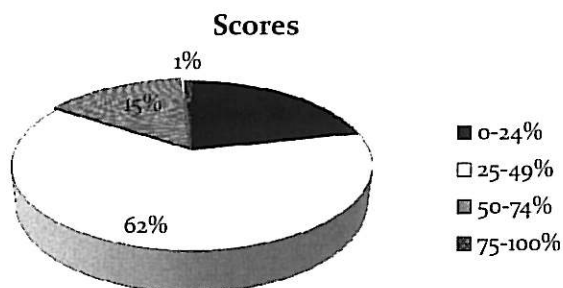
## Youth leaders surveyed 120 Students

Surveys consisted of the following criteria:

- The amount of Sugar, Sodium(salt) and Fat in foods
- Visually picking out the best or worst types of foods provided.
- Average calorie intake for a person

## Results

There was 21 questions on the survey and this is how the students made out:



## Findings

- It was pretty obvious the surveyed population is poorly educated when it comes to healthy food choices.

Why????

What we thought:

- 1)not covered in school courses
- 2)some foods may seem healthy but are not(advertisement)

What do you think?????

*Kelowna*  
**HEALTHY FOOD & BEVERAGE  
SALES**

**Kelowna Secondary School**

## **GUIDELINES**

- **Choose Most**

*High in nutrients, least processed, low  
in unhealthy components*

- **Choose Sometimes**

*Moderately salted, sweetened or  
processed*

- **Choose Least**

*Low in key nutrients, highly salted,  
sweetened or processed*

- **Not Recommended**

*Sugar is first or second ingredient,  
highly processed, high amounts of  
sweeteners, salt, fat, trans fat or  
calories relative to nutritional level*

**“Extremely  
easy to follow,  
and to group  
food items.”**

## LABELING

- With new regulations, all packaged food is required to have a Nutrition Facts label
- Allows everyone be aware of what they're eating, may initiate second thoughts

<b>Nutrition Facts</b>	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2%	• Iron 6%
Thiamin 8%	• Riboflavin 2%
Niacin 8%	• Vitamin B <sub>6</sub> 10%
Folate 6%	• Phosphorous 6%
Zinc 2%	• Magnesium 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

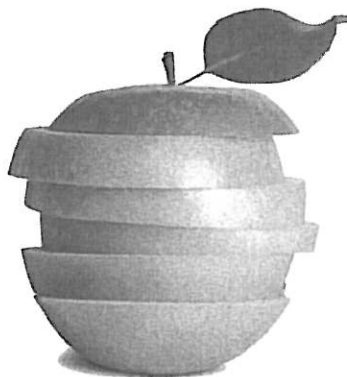
## NEW INNOVATIONS

- Stickers in vending machines indicating if the item is "Choose Most" or "Choose Sometimes"
- Useful because labels aren't visible in vending machines



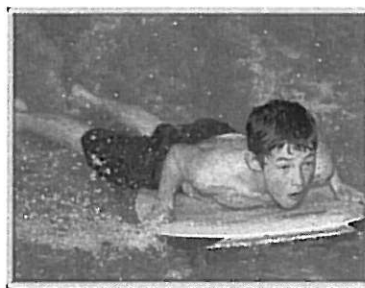
## WEBSITE

- <http://www.stayactiveeathhealthy.ca/>
- Extremely easy to follow
- Information about Eating Healthy and Staying Active
- Plus 20 reliable resources that are relevant to healthy living



## RECOMMENDATIONS FOR COMMUNICATION

- Place on report cards in new Healthy Living area (150min/week)
- Place website on vending machines ex. "For more information on the new system visit..."
- Make available at Parkinson Rec, H2O Centre, YMCA etc.



**THE END**

## Youth Activities

- Swimming
- Karate
- Dance
  - Argentine Tango
  - Ballroom Dance
  - Belly Dancing
  - Jazz Dance
- Basketball
- Tennis
- Alpine Skiing
- Track and Field
- Soccer



- Curling
- Hiking
- Yoga/ Pilates
- Pole Walking
- Tai Chi
- Volleyball
- Floor Hockey
- Power Lifting
- Multi Sport
- Golf
- BMX

## What We Were Impressed With

- The variety of programs
- Everyone is accepted





## Stuff That Made Me Surprised

- The variety of programs for people that have disabilities
- The Parkinson Rec. Centre is free on Saturday Evenings once a month
- Unique programs such as Laughter Yoga, Pole Walking and Yoga for the Flexibly Impaired



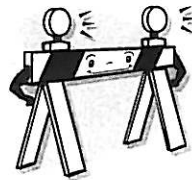
## Prices

- ⇒ Prices are reasonable, for activities offered
- ⇒ Subsidising for low income families, and free trial drop in nights are some suggestions
- ⇒ Other ideas to get people to come could also be student discounts , and group rates for drop in activities.



## Barriers

- Drop In age difference
- Some of the prices are limiting
- Location



## What we would like to see

- Subsidized Fees
- Student Discounts
- Programs like kick boxing and Badminton

