

Healthy Lifestyles

Healthy lifestyle relates to positive personal life choices that include proper diet and physical activity and that build respectful healthy relationships with family and community. It involves making life choices that contribute to and foster the development of positive self-esteem within the individual.

Indicators:

Self Care

Healthy Eating

no indicators proposed

Healthy Socializing

no indicators proposed

Healthy Self-Image

1 – girls saying no to sex

Medical Treatment

2 – taking medications as prescribed

3 – attendance at support groups

4 – appointments kept vs missed

5 – comfort disclosing health issues

Healthy Home

6 – keeping regular bedtime hours

7 – limiting TV/video game use

Hygiene

8 – practicing good personal hygiene

Participation

Social Activities

9 – participation in community events

10 – organizing/volunteering at events

Physical Activities

11 – walking

12 – weight and fitness training

13 – playing sports

14 – skating

Elders & Youth

15 – Elder/youth activities

Motivation

Programming

16 – activities available

17 – programs cancelled

18 – program participation and retention

19 – age range of participants

Promotion

20 – direct contacts to provide information

Environmental Concerns

21 – walking groups

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Affordability

22 – cost of recreation to users

23 – recreation volunteers

Early Engagement

24 – youth participation rates

25 – youth programs

26 – recreation leader to inspire youth

Nutrition / Fitness Awareness

27 – nutrition & fitness programs

Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Healthy Eating**

Issues Identified: *Choosing to eat a balanced diet including fresh fruit and vegetables and traditional foods such as caribou, moose, elk, fish and berries.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
	None proposed	<p>Local survey required – suggested questions:</p> <p>A) Health Canada Nutrition Survey: Question 21-Are you currently eating or trying to eat healthier? Q22-How long have you been eating or trying to eat healthier, would you say 6 months or less, or for more than 6 months?</p> <p>B) RQH Adult/Adolescent/Child survey: Question 59/29/50-Do you eat a nutritious balanced diet? Q 61/31/52-In the past 12 months, how often have you eaten the following traditional foods? (List includes a choice of 10 traditional foods) - <i>Community level data for RHS survey exists: must be accessed by community.</i></p>

Data Sources:

A) Health Canada Nutrition Survey – Questions 21/22

Find source at: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/rev_cons_quant_quest-rech_quant_cons_disc_e.pdf

B) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adult survey) – Questions 59/61

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adult.pdf

B) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adolescence survey) – Questions 29/31

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf

B) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Child survey) – Questions 50/ 52

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_children.pdf

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Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Healthy Socializing**

Issues Identified: *Avoiding the use of alcohol and drugs when socializing.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
	None proposed	Local survey required

Data Sources:

No existing indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Healthy Self-Image**

Issues Identified: *Having a healthy self-image means respecting yourself, respecting your body, avoiding the use of steroids (body building) or excessive dieting to obtain unrealistic body images, and making independent decisions without giving in to peer pressure.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
1	Girls saying no to sex	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Medical Treatment**

Issues Identified: *Following treatment plans to ensure that health issues are addressed and complications are avoided; being comfortable with disclosing health issues to health professionals and support groups.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
2	Taking medications as prescribed	Local survey required
3	Attendance at support groups	Local survey required
4	# of medical appointments kept/missed	Local survey required
5	Comfort levels with disclosing health issues	Existing data found at: A) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community

Data Sources:

A) Statistics Canada: 2001 Community Profiles. Find source at: <http://www12.statcan.ca/english/profil01/PlaceSearchForm1.cfm>

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Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Healthy Home**

Issues Identified: *Providing a good environment for children to grow up in.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
6	Keeping regular bedtime hours	Local survey required
7	Limiting TV/video game use	Local survey required – suggested questions and existing data found at: A) RHS Child/Adolescent survey: Question 57/69 - On average, about how many hours per week does ____ watch TV? Play video games? - <i>Community level data for RHS survey exists: must be accessed by community.</i> B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community

Data Sources:

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adolescence survey) - Question 69
 Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Child survey) – Questions 57
 Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_children.pdf

B) Statistics Canada: 2001 Community Profiles. Find source at: <http://www12.statcan.ca/english/profil01/PlaceSearchForm1.cfm>

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Healthy Lifestyles

Healthy Lifestyles >> Self-Care >> **Hygiene**

Issues Identified: *Practicing good personal hygiene.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
8	Practicing good personal hygiene	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Participation >> **Social Activities**

Issues Identified: *Being active and involved in the community through cultural, spiritual, social, recreational and sporting events.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
9	Attendance / participation in community events	Local survey required
10	Organizing or volunteering at community events	Local survey required – suggested questions: A) CBM: Community-Based Monitoring Project Question 28/21 - How many times have you volunteered for a community event (e.g. feast/helping Elder) in the last year?

Data Sources:

A) CBM: Community-Based Monitoring Project (Adult survey: page 23 in document; page 26 in PDF) – Question 28
Find source at: http://www.wkss.nt.ca/HTML/08_ProjectsReports/PDF/CBMFinal2002.pdf

A) CBM: Community-Based Monitoring Project (Youth survey: page 34; page 37 in PDF) – Question 28
Find source at: http://www.wkss.nt.ca/HTML/08_ProjectsReports/PDF/CBMFinal2002.pdf

Healthy Lifestyles

Healthy Lifestyles >> Participation >> **Physical Activities**

Issues Identified: *Participating in recreational activities that involve physical exercise and fitness.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
11	Walking	Local survey required– suggested questions and existing data found at: A) RHS Adolescent/Adult/Child survey: Question 33/-/54-How often do you participate in any kind of physical activity (either at school or at home, or in your free time? - <i>Community level data for RHS survey exists: must be accessed by community.</i>
12	Weight and fitness training	Local survey required – suggested questions and existing data found at: A) RHS Adolescent/Adult/Child survey: Q35/63/55-What types of physical activities have you participated in during the last 12 months? (List of activities) - - <i>Community level data for RHS survey exists: must be accessed by community.</i> B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community
13	Playing sports	Local survey required – suggested questions and existing data found at: A) RHS Adolescent/Adult/Child survey: Q 68/-/56-Outside of school hours, how often do you: ...Take part in sports teams or lessons - <i>Community level data for RHS survey exists: must be accessed by community.</i> B) http://www.statscan.ca >> (English / French) >> Community Profiles >> 2001 Aboriginal Peoples Survey Community Profiles or 2001 Aboriginal Population Profile >> Choose a community
14	Skating	Local survey required

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Data Sources:

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adult survey) – Questions 63

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adult.pdf

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Adolescence survey) – Questions 33/35/68

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_adolescent.pdf

A) RHS: First Nations and Inuit Regional Longitudinal Health Survey (Child survey) – Questions 54/55/56

Find source at: http://www.naho.ca/firstnations/english/pdf/key_docs_children.pdf

B) Statistics Canada: 2001 Community Profiles. Find source at: <http://www12.statcan.ca/english/profil01/PlaceSearchForm1.cfm>

Healthy Lifestyles

Healthy Lifestyles >> [Participation](#) >> **Elders & Youth**

Issues Identified: *Special programs that encourage Elders and youth to engage in community activities and to spend time together are seen as important.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
15	# of activities where Elders and youth participate together	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Programming**

Issues Identified: *A range of recreation and leisure programs should allow for all community members to be involved in activities, facilitating year-round use in all environments. Programs must be dependable – short term programs discourage participation.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
16	# and type of activities available	Local survey required
17	# of programs cancelled	Local survey required
18	Participation & retention levels	Local survey required
19	Age range of participants in specific and overall activities	Local survey required

Data Sources:

No indicator/survey source at this time.

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Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Promotion**

Issues Identified: *Programs must be promoted to build community support and participation. Individual contact is seen as important – community involvement to improve participation in activities can build community support.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
20	# of direct contacts to provide information on activities	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Environmental Conditions**

Issues Identified: *Environmental conditions such as weather, black flies and bears can reduce the motivation of community members to participate in outdoor activities; participating in groups is seen as safer.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
21	# of walking groups and # of outings	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Affordability**

Issues Identified: *Programs must be affordable for community members as user fees can be a deterrent to usage.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
22	Cost of recreation activities to users	Local survey required
23	# of volunteers assisting with recreation programs	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Early Engagement**

Issues Identified: *A focus on engaging youth in recreation and sports is important to set a lifelong pattern of physical exercise and to alleviate boredom.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
24	Youth participation rates	Local survey required
25	# of programs specific to youth	Local survey required
26	Recreation “leader” in community to inspire youth	Local survey required

Data Sources:

No indicator/survey source at this time.

Healthy Lifestyles

Healthy Lifestyles >> Motivation >> **Nutrition / Fitness Awareness**

Issues Identified: *Awareness derived from nutrition and health education programs can motivate people to participate in physical activities and to eat healthy.*

Indicator #	Community Proposed Indicator	Community Level Data Sources (suggestions)
27	Availability of nutrition/fitness programs and attendance levels	Local survey required

Data Sources:

No indicator/survey source at this time.