

NWT HEALTHY COMMUNITIES Toolkit



Alcohol
Moderation

Smoking
Cessation

Physical
Activity

Healthy
Eating

Mental
Health

WWW.POWERUPFORHEALTH.CA

NWT Healthy Communities

The Northwest Territories Association of Communities (NWTAC), in collaboration with the Department of Health & Social Services (HSS) have developed a suite of Best Management Practices, bylaws, and policies that will assist NWT Communities to become healthier places to live.

Priority Areas of the Healthy Communities Toolkit are:

- Healthy Eating
- Alcohol Moderation
- Mental Health
- Physical Activity
- Tobacco Cessation
- Built Environment

For more information on these Best Management Practices and policies or to view the complete Toolkit please visit:

www.healthycommunities.toolkitnwtac.com

The NWT Healthy Communities Colouring Book is an educational tool. Each illustration is based on the Policies or Best Managements Practices that are in the NWT Healthy Communities Toolkit.

The Healthy Communities toolkit and colouring book was developed in the NWT. The NWT is a unique environment and requires unique solutions that reflect how we live. NWT communities cannot simply take a cookie cutter approach to applying some of the solutions and templates that have been developed in the south. NWT Communities have the ability to take a proactive wellness approach that affects the outcomes for their residents.

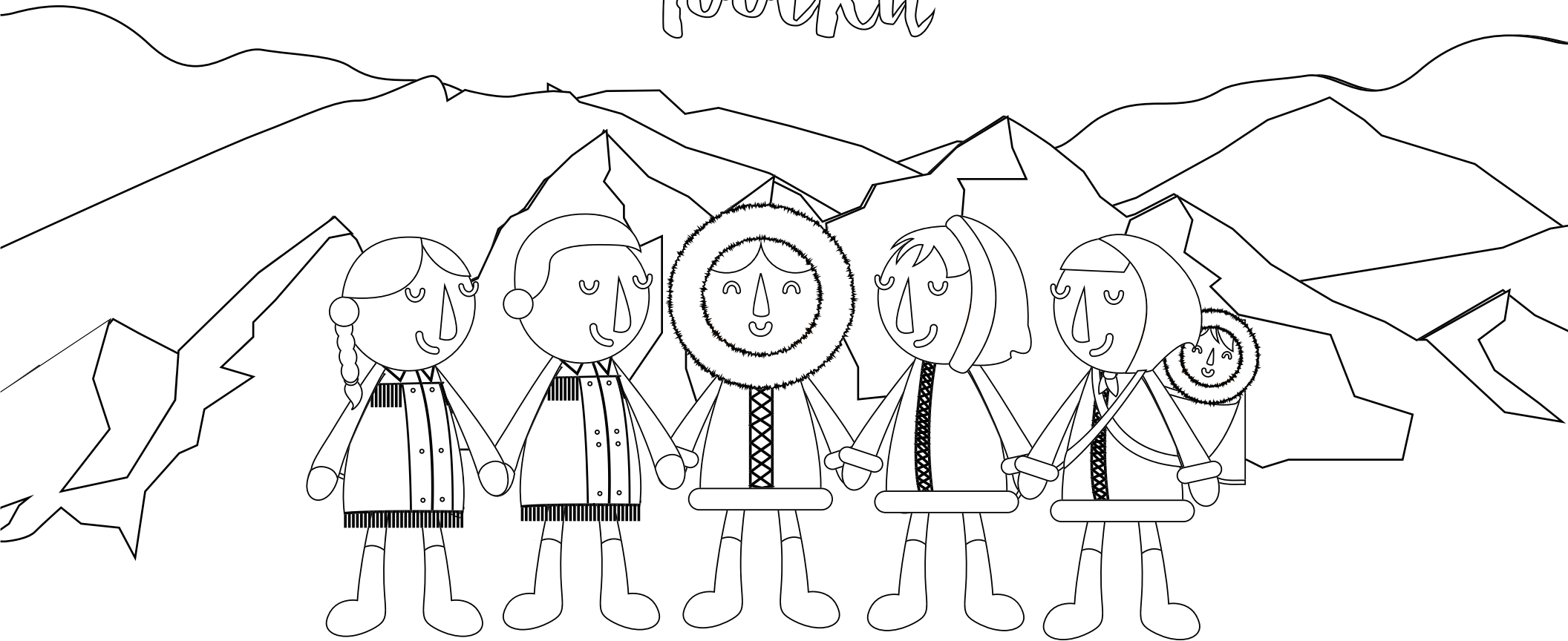
Funding for the “NWT Healthy Communities” colouring book has been made possible through support from Government of Northwest Territories, Department of Health and Social Services.

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NWT HEALTHY COMMUNITIES Toolkit



Healthy Eating

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Nutrition is important for everyone. When combined with being physically active and maintaining a healthy weight, eating well is an excellent way to help your body stay strong and healthy.

NWT Healthy Communities Toolkit: Best Management Practices & Policies

- Agriculture
- Breastfeeding Friendly
- Community Events Healthy Eating
- Community Gardens
- Daycare/After School/Day Camp Healthy Eating
- Vending Machine Healthy Choices
- Drop the Pop/Energy Drinks (Sugar Sucks)
- Drop the Water Bottle - Drink Tap Water
- Water is Life
- Traditional Foods are Healthy Foods
- Traditional Food Healthy Choices: Artic Grayling
- Traditional Food Healthy Choices: Caribou
- Traditional Food Healthy Choices: Duck
- Traditional Food Healthy Choices: Berries

Traditional Foods

Northerners have been nourished by foods from the land and water for thousands of years. The gathering, hunting, preserving and eating of traditional foods is more than just a diet – it's a way of life. A lifestyle that has connected Northerners with the land and sea through celebrated rituals and practices passed down from generation to generation; from caribou hunting grounds to fish, and berry picking camps.

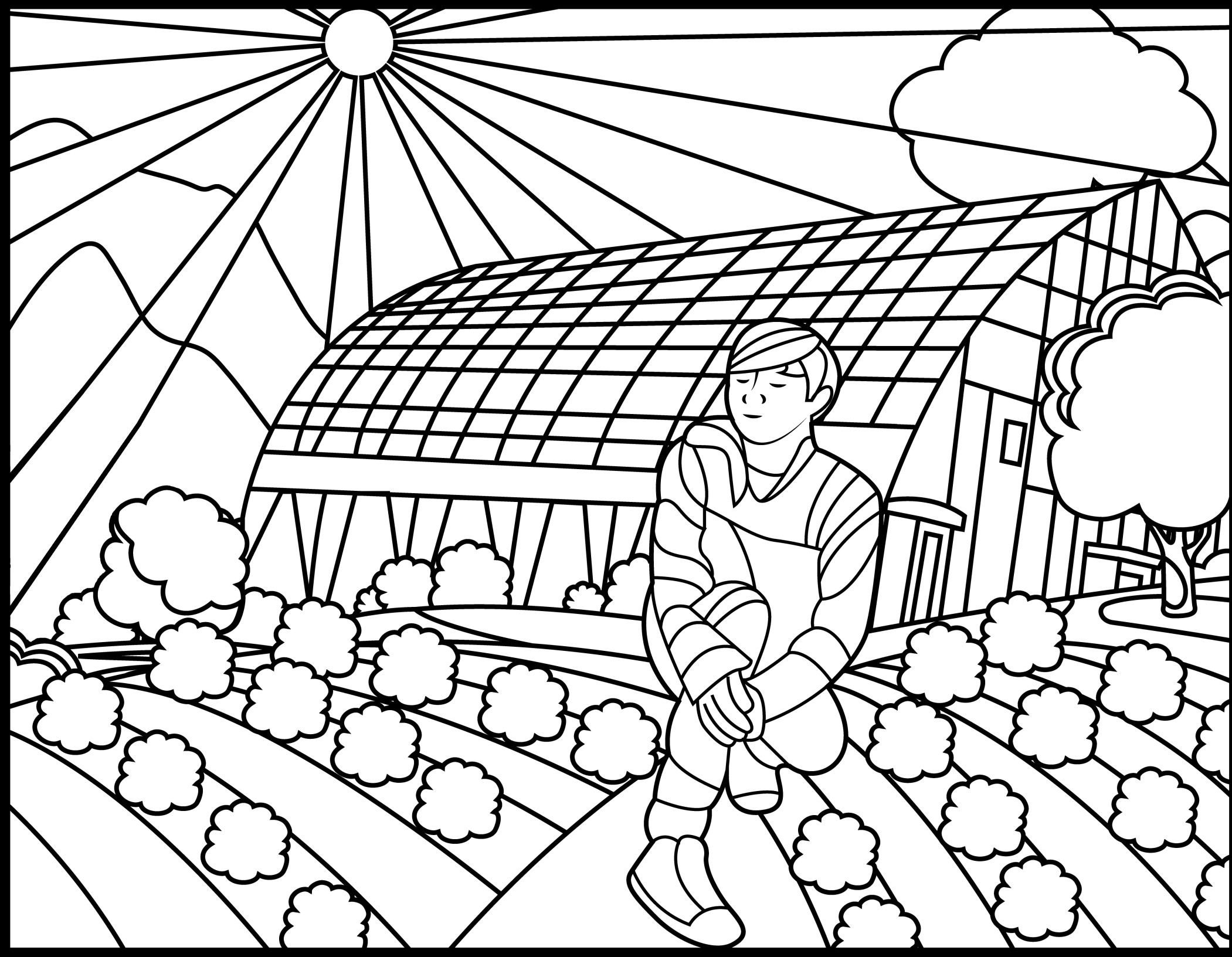














fresh
local
produce





**HEALTHY
VENDING**

**Beef JERKY
ORIGINAL**

WATER

**POP
CORN**

**Oh!
Nuts**

SUGAR
SUCKS

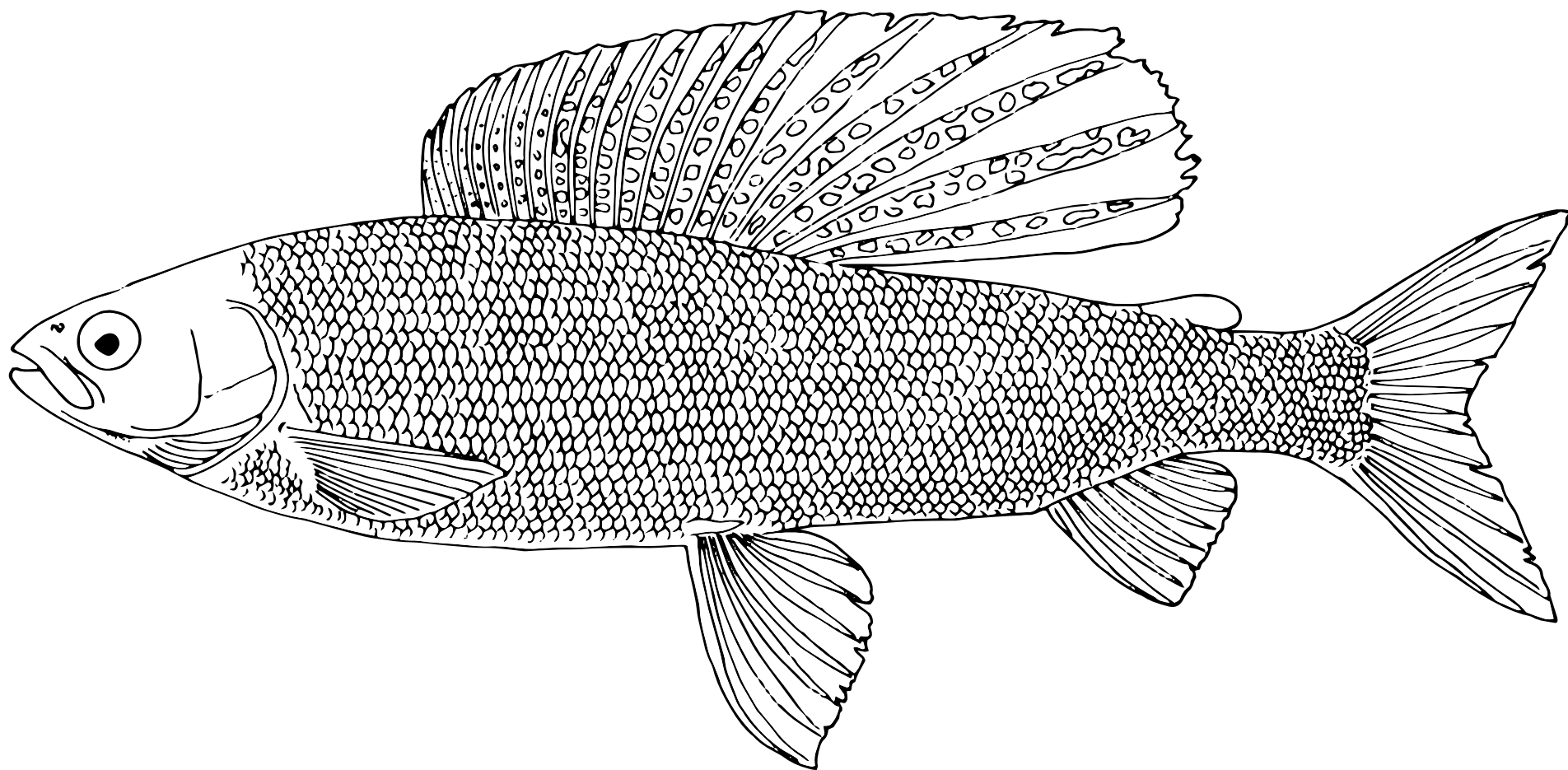


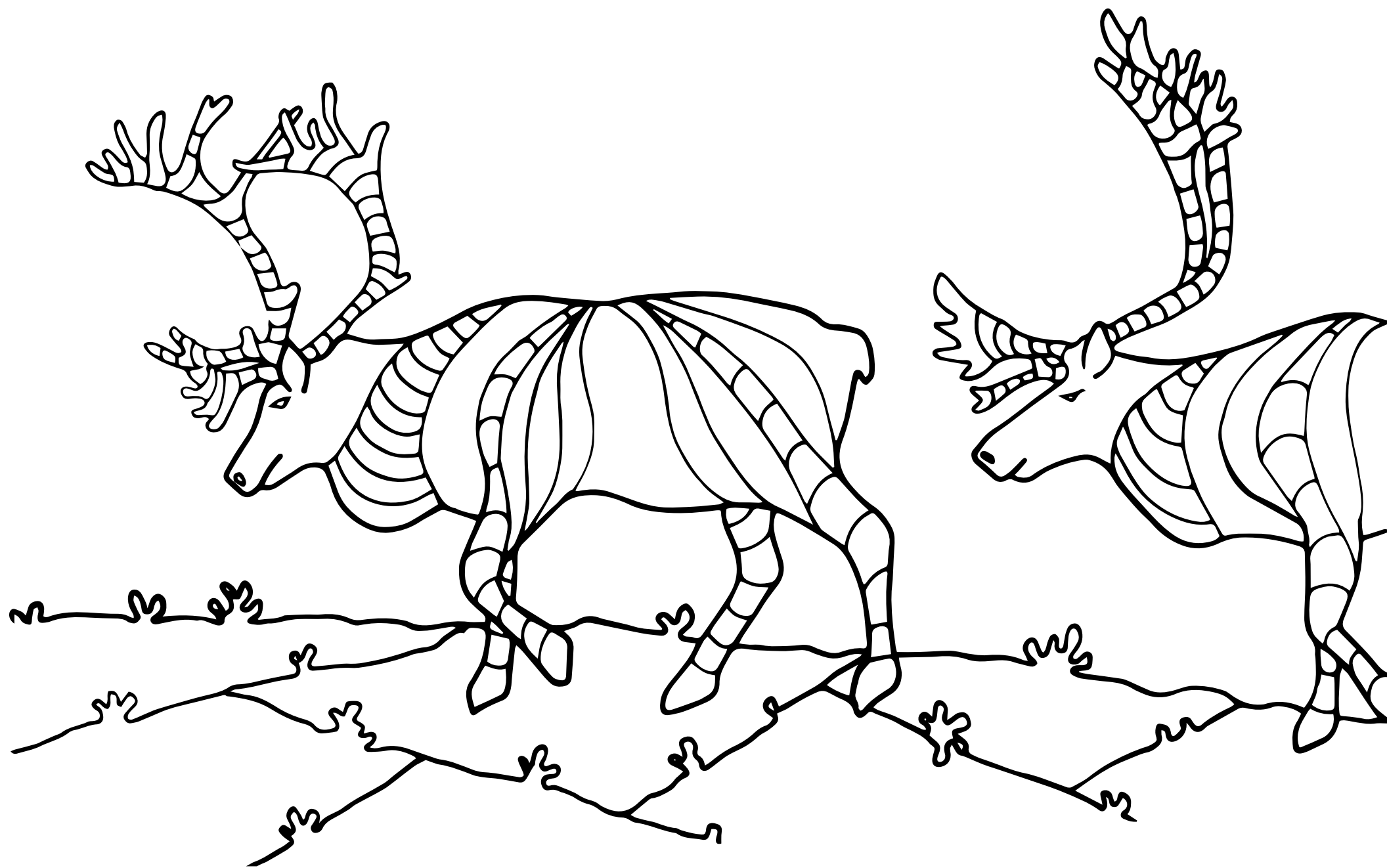
Think
Before
You

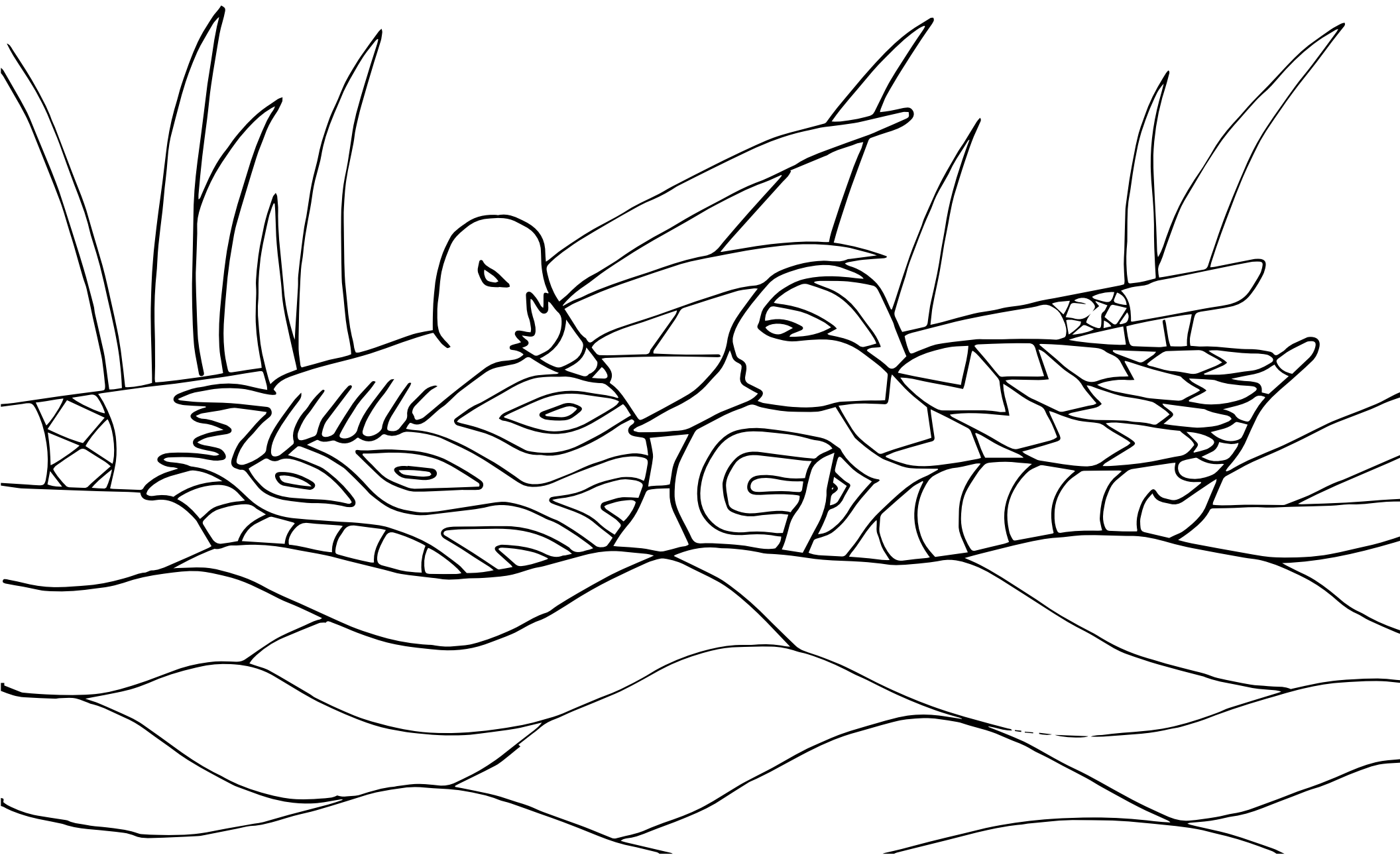


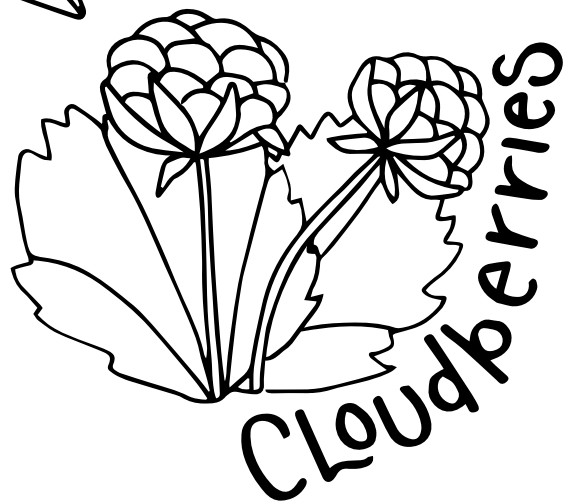
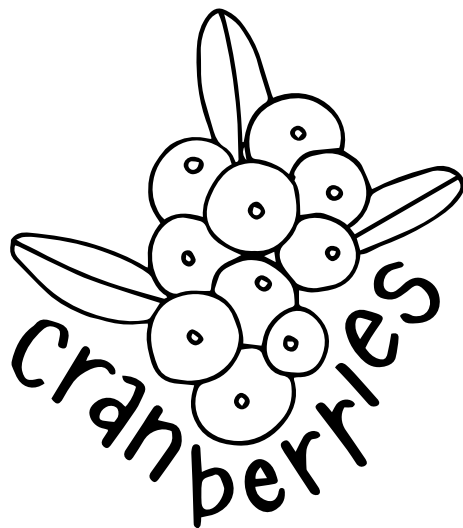
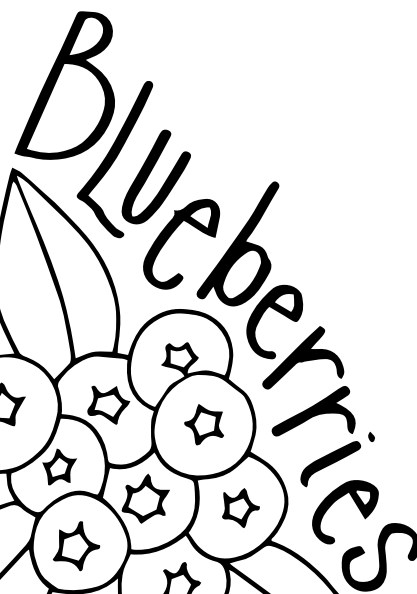
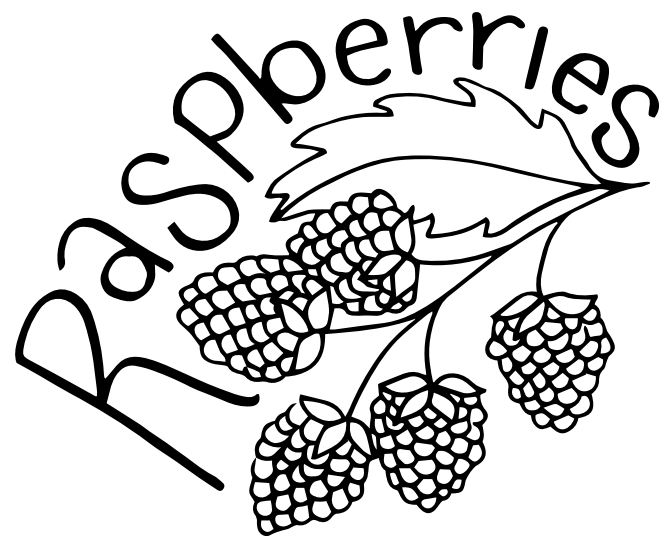


ADDITIONAL
FOODS ARE
HEALTHY
FOODS









Physical Activity

Physical activity plays an important role in the health, well-being and quality of life. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury.

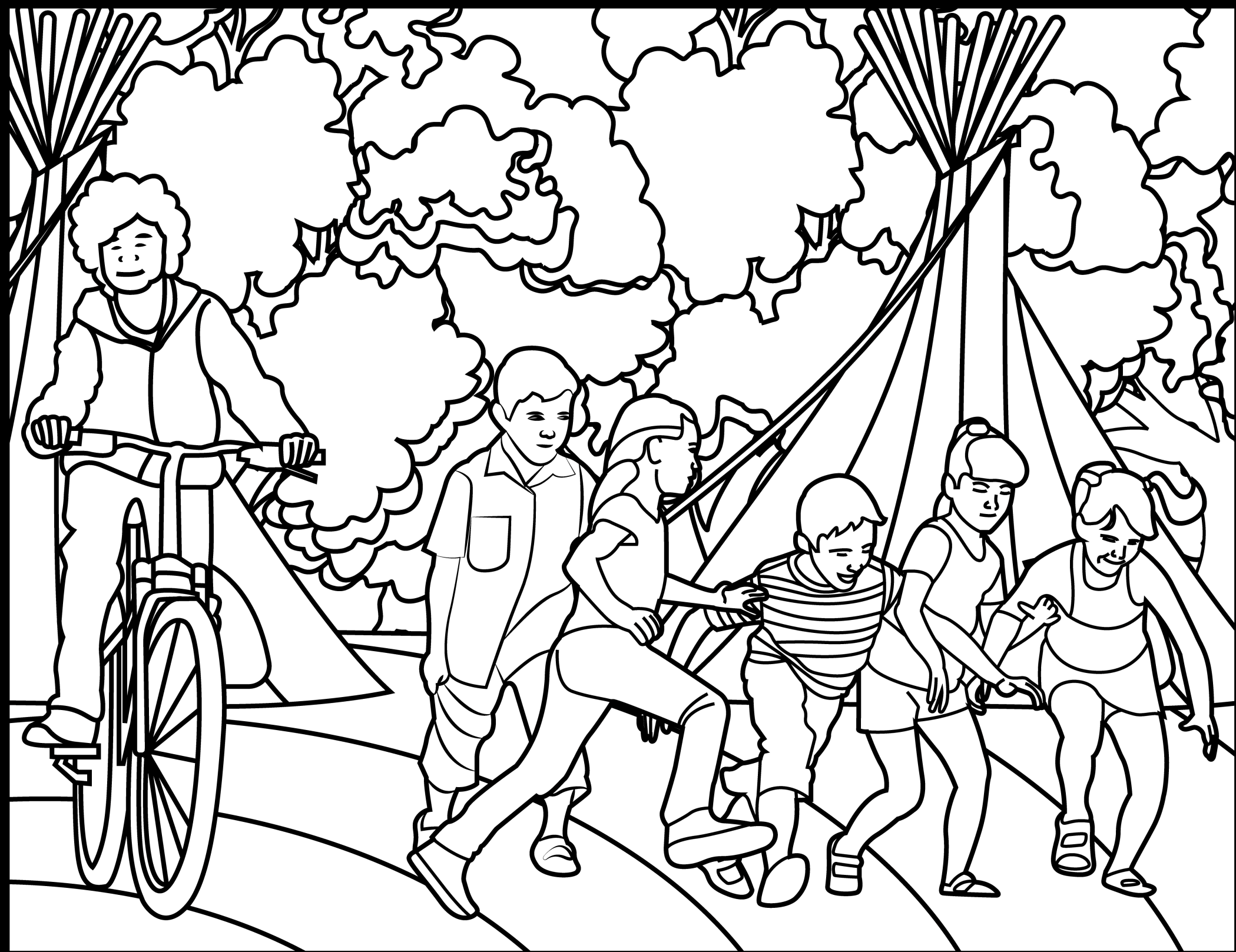
Physical activity helps:

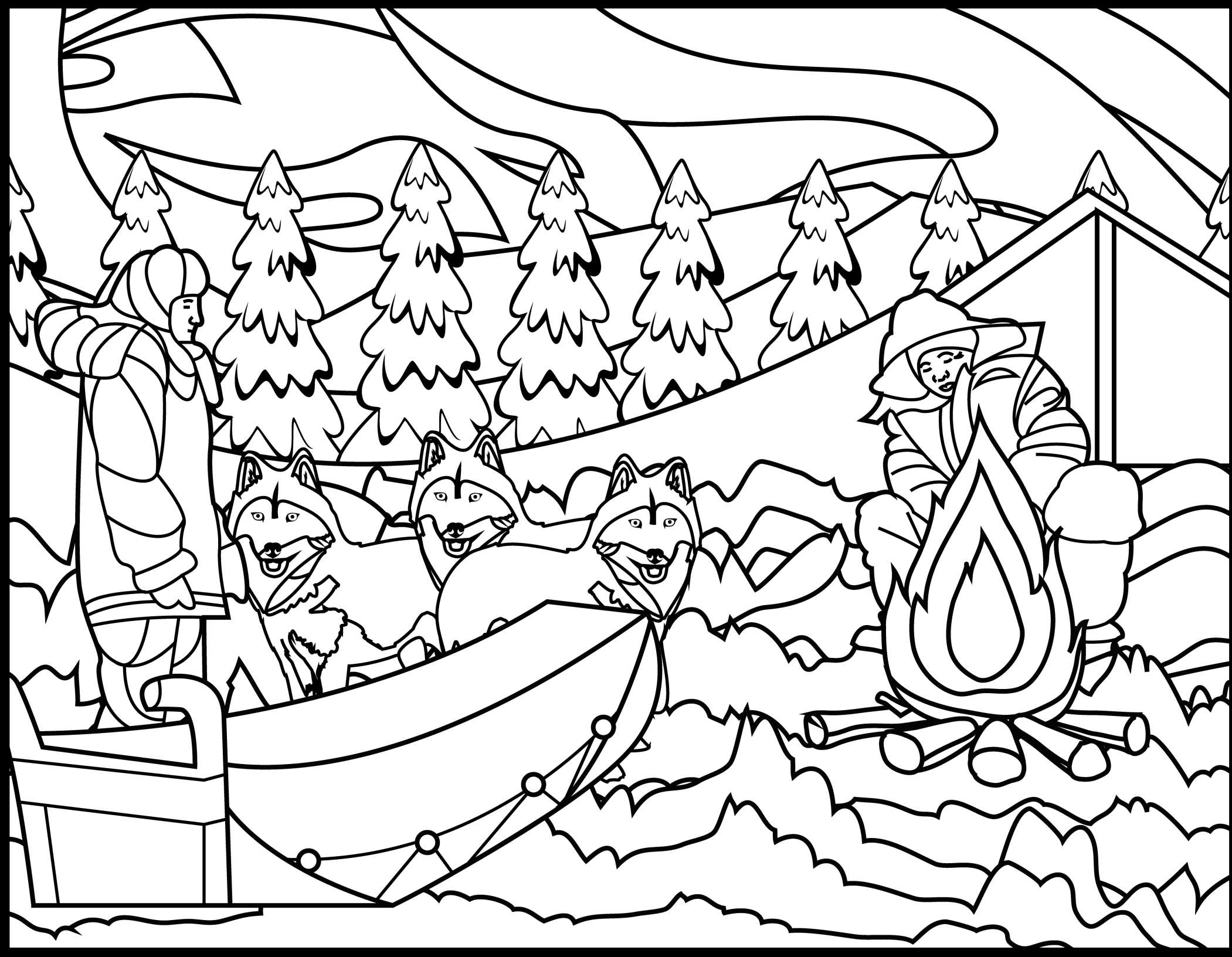
- Healthy growth and development
- Prevent chronic diseases like cancer, Type 2 diabetes & heart disease
- Make us stronger
- Give us energy
- Decrease stress, and
- Prolong independence as we get older

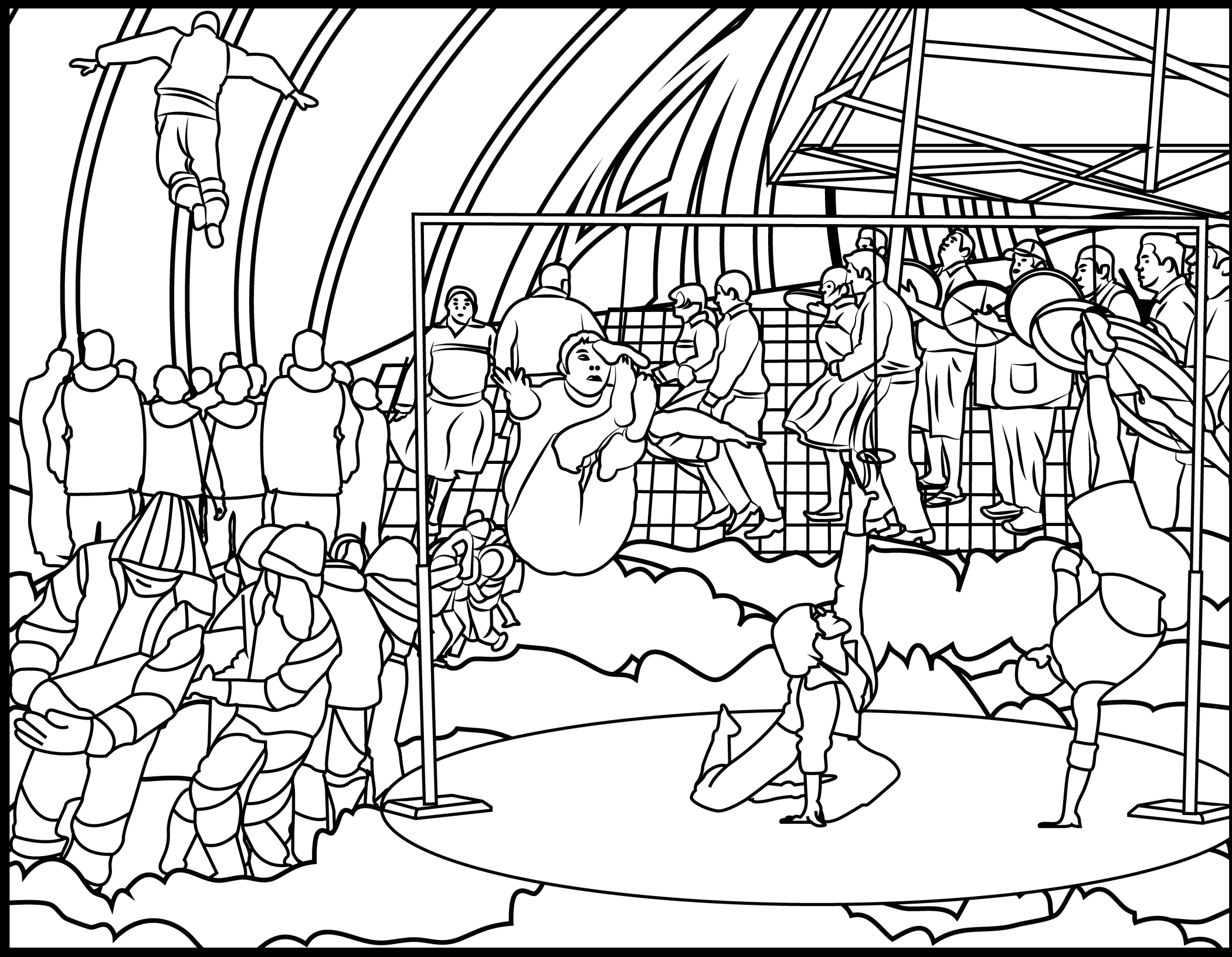
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- Free Play
- On the Land
- Traditional Games
- Healthy Positive Rewards
- Water Smart
- Cross Generation Bear Cleaning









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COMMUNITY DOLLARS

25

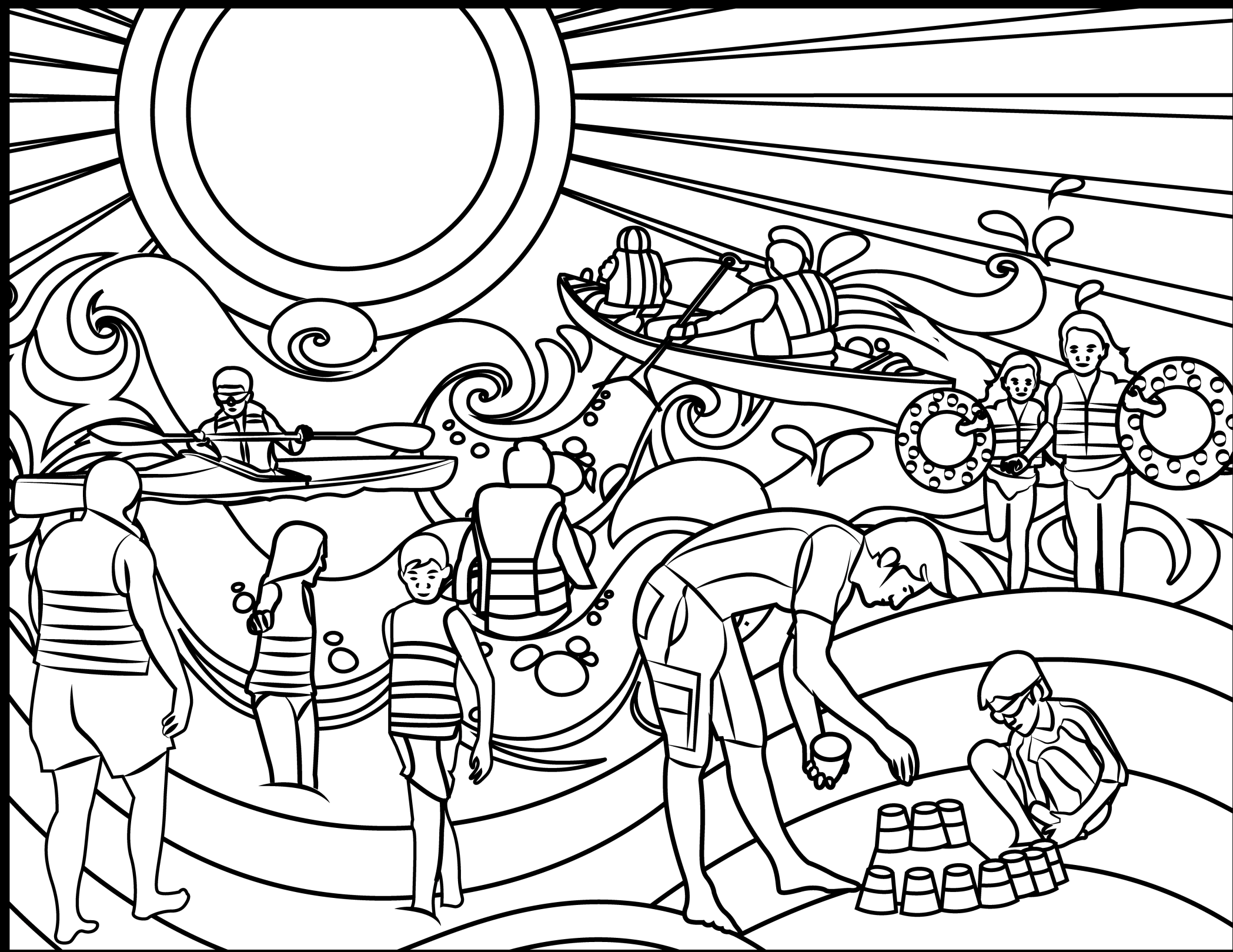


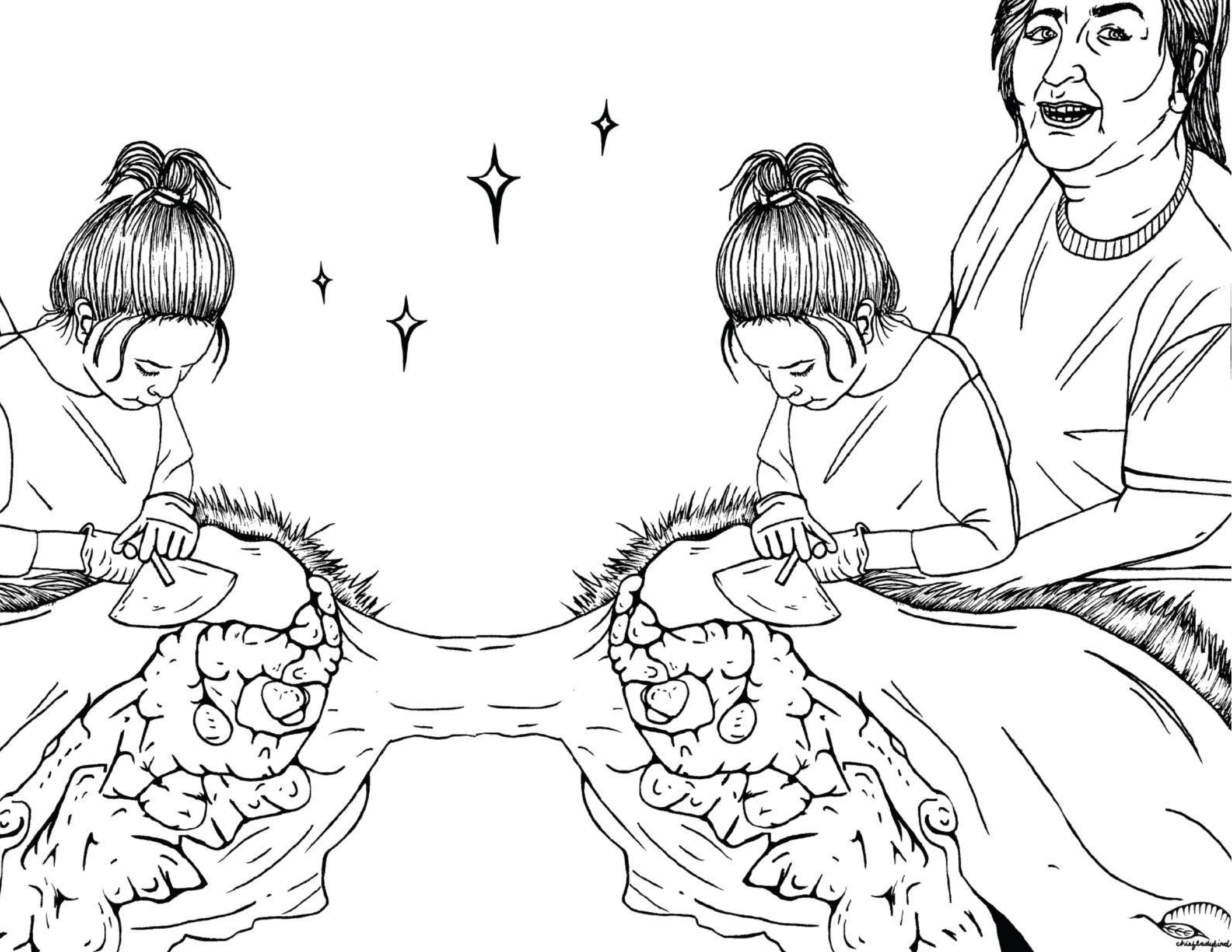
NWT



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Alcohol Moderation

What does it mean to drink responsibly?

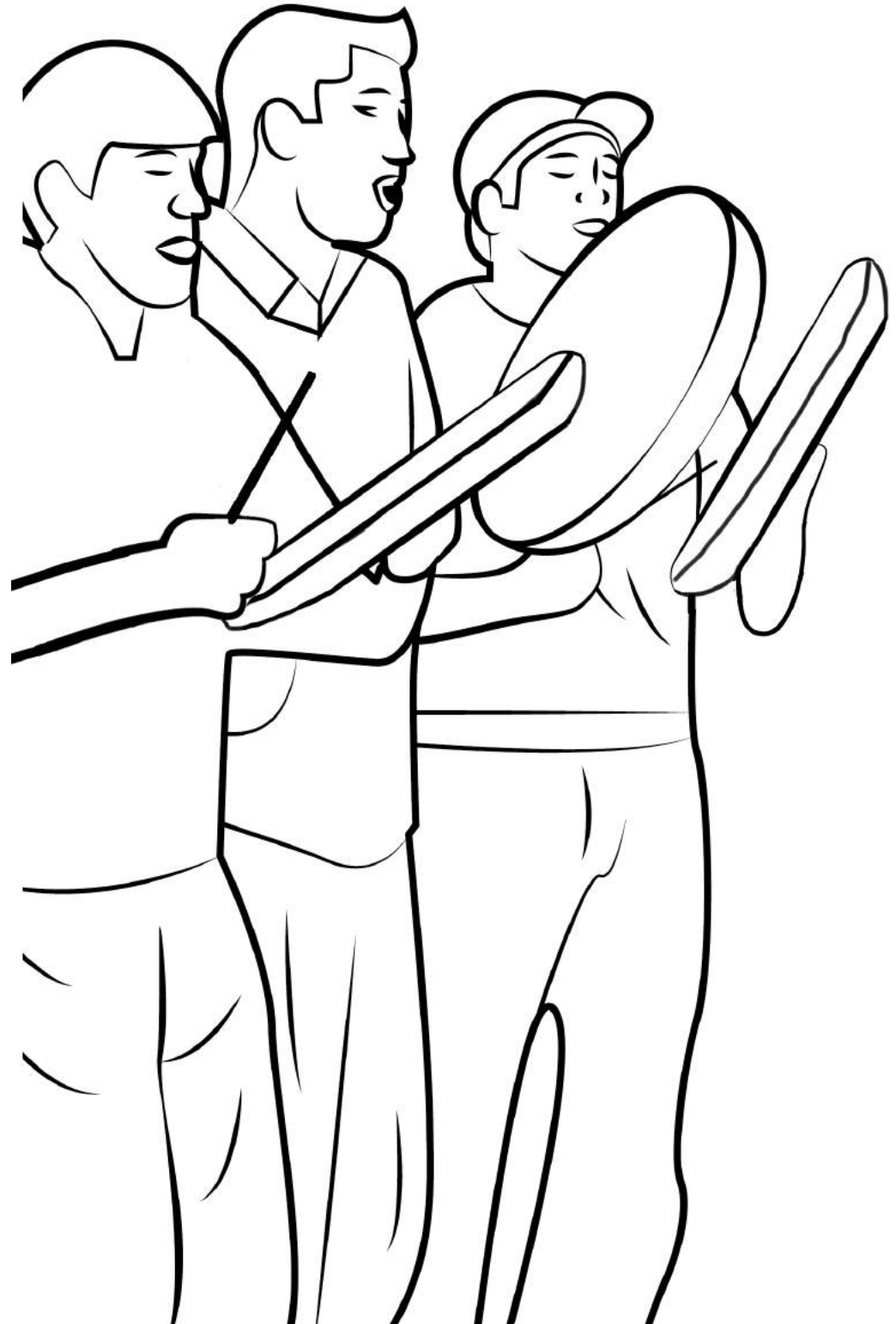
There are a number of different aspects to what it means to drink responsibly or drink in moderation.

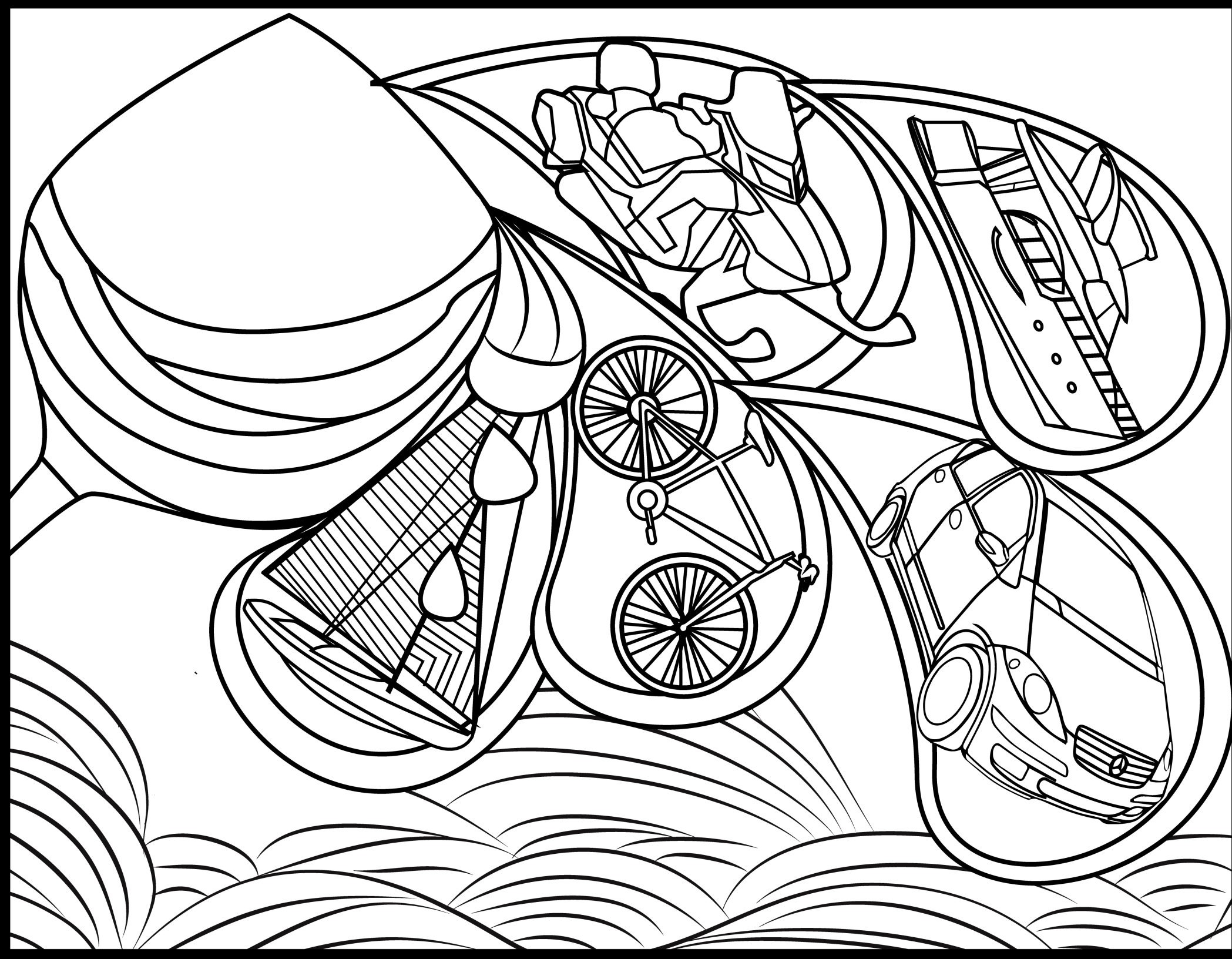
Being a responsible drinker means:

- Making sure you're safe
- Making sure other people are safe
- Actively avoiding dangerous situations
- Minimising the risks to yourself and others
- Having a positive drinking experience
- Not allowing yourself to become impaired
- Not allowing alcohol to control your life or your relationships

**NWT Healthy Communities Toolkit:
Best Management Practices & Policies**

- Alcohol at Events - Drink Responsibly
- Dry Grad
- Fetal Alcohol Spectrum Disorder (FASD) Awareness







YOU WOULDN'T
FILL THIS WITH



YOUR BODY IS NO
DIFFERENT

Tobacco Cessation

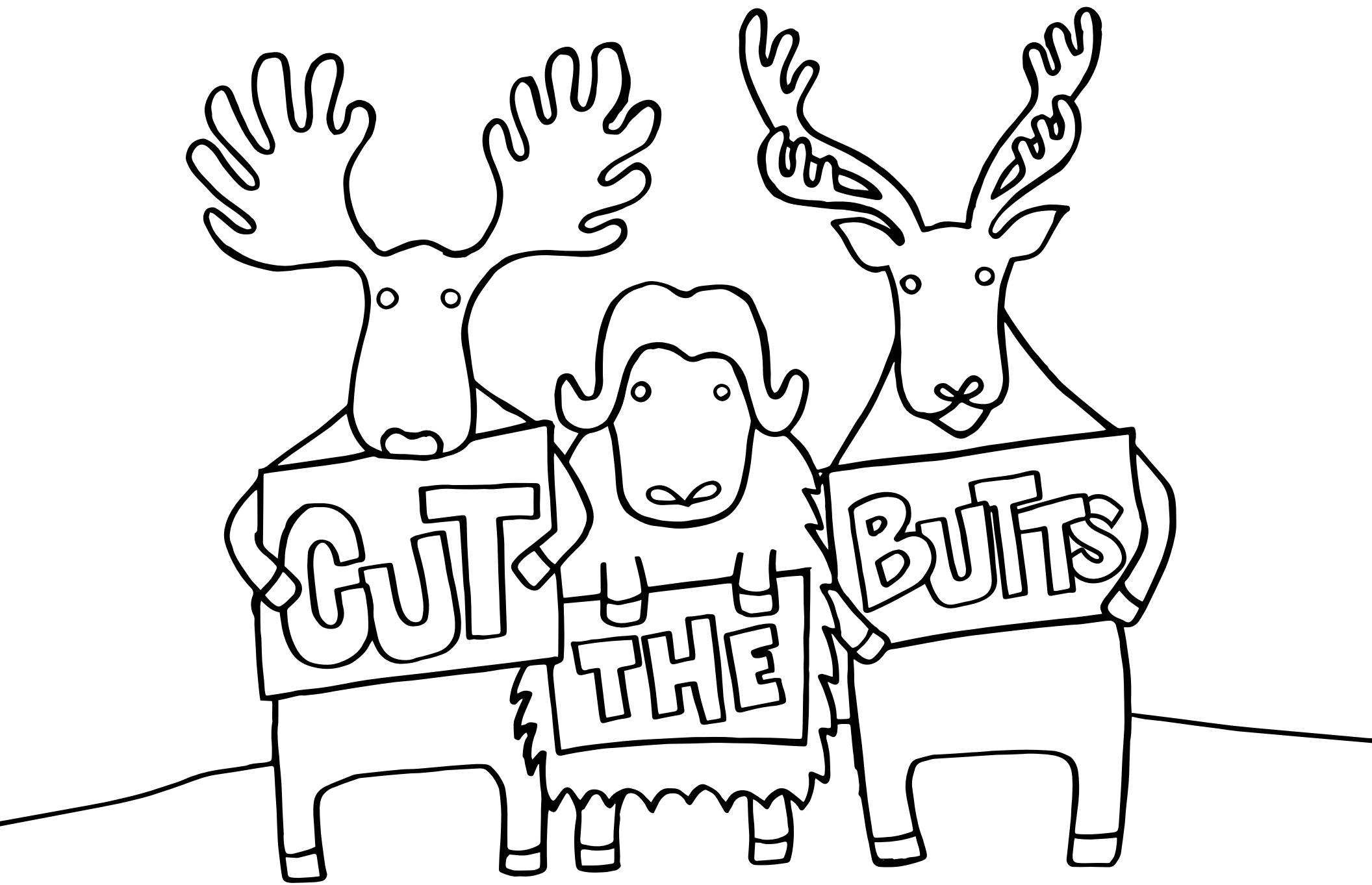
Tobacco Cessation is the process of discontinuing tobacco smoking. Tobacco contains nicotine, which is addictive. Nicotine makes the process of quitting often very prolonged and difficult.

Smoking is the leading preventable cause of death worldwide, and quitting smoking significantly reduces the risk of dying from tobacco-related diseases such as heart disease and lung cancer.

NWT Healthy Communities Toolkit: Best Management Practices & Policies

- Cut The Butts – NWT Quitline
- Would you Really?
- Don't Get Hooked
- Dentilium Elder





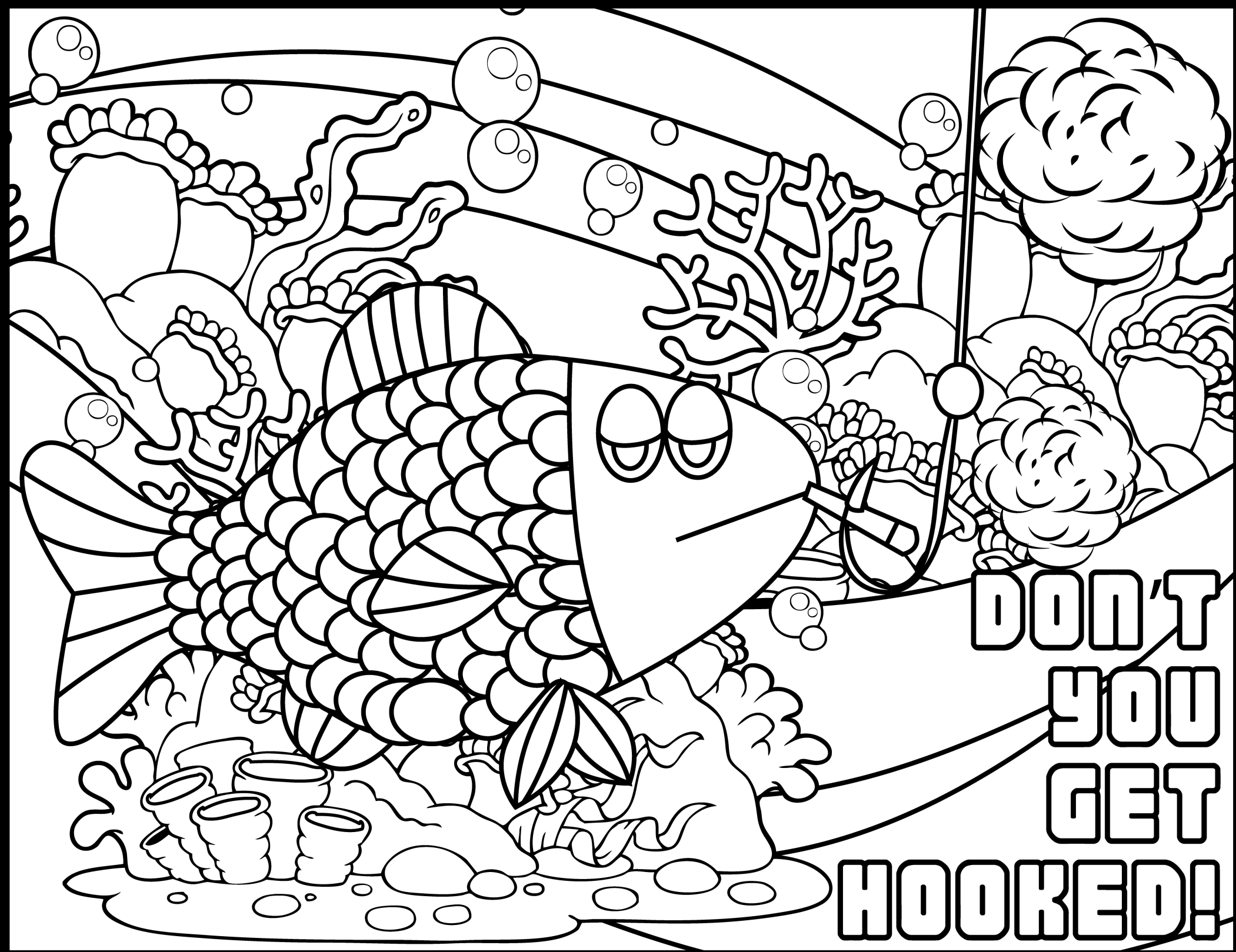
NWT QUITLINE 1-866-286-5099

A black and white line drawing of a scene in a park. On the left, a large, fluffy dog sits on a path, looking towards the right. On the right, a young girl with pigtails is tripping over the dog's hind legs. She is in mid-air, with one leg bent and arms outstretched. In the background, there are stylized trees and bushes. The text 'SMOKING IT'S KIND OF LIKE...' is in a jagged speech bubble above the dog, and 'WOULD YOU? REALLY?' is in a jagged speech bubble below the girl.

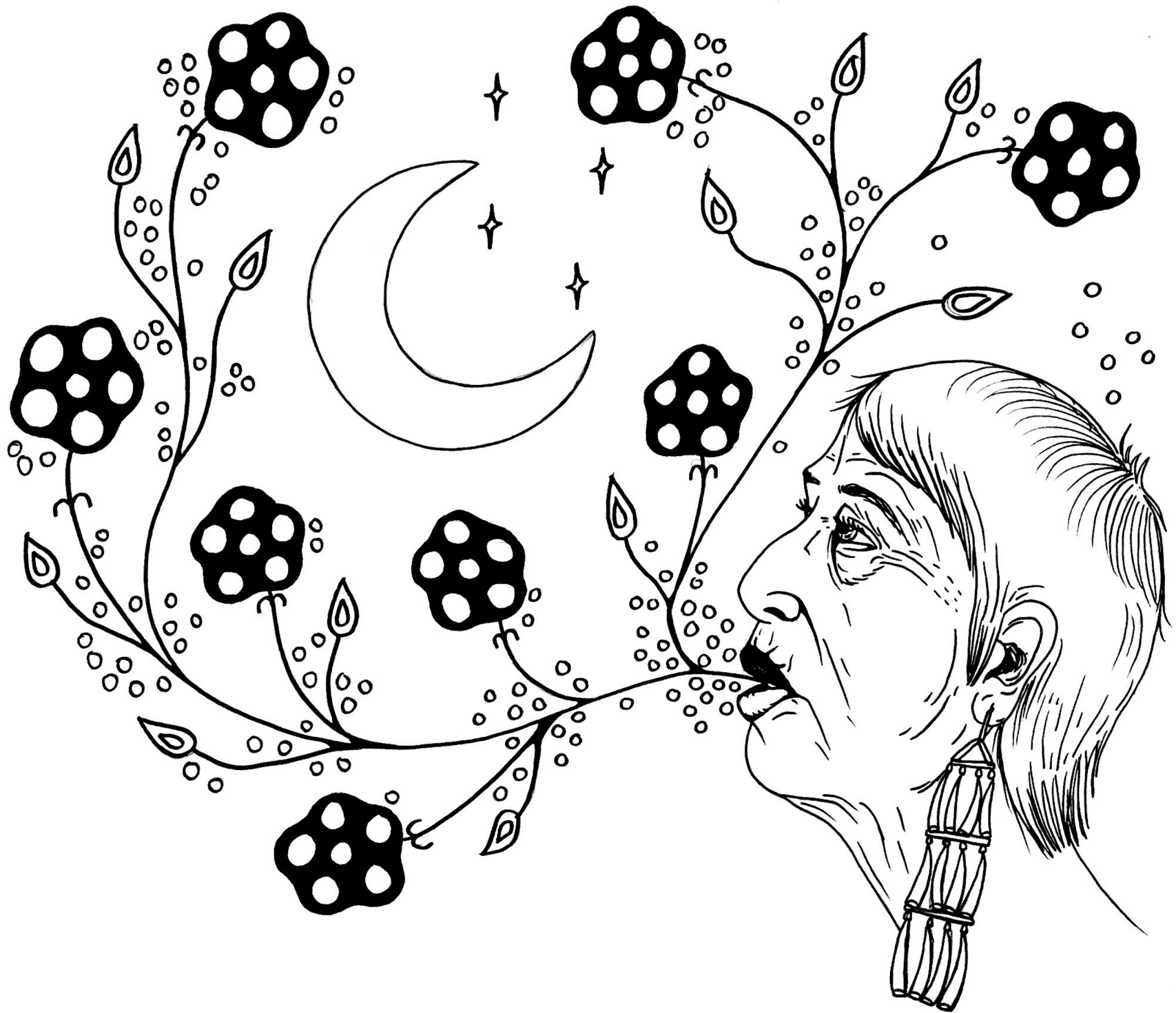
SMOKING
IT'S
KIND OF
LIKE...

WOULD YOU?

REALLY?



**DON'T
YOU
GET
HOOKED!**



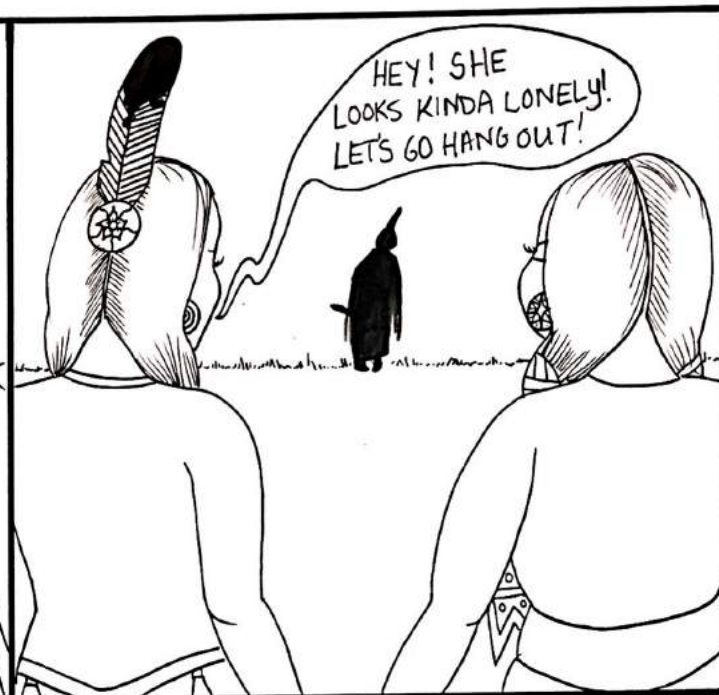
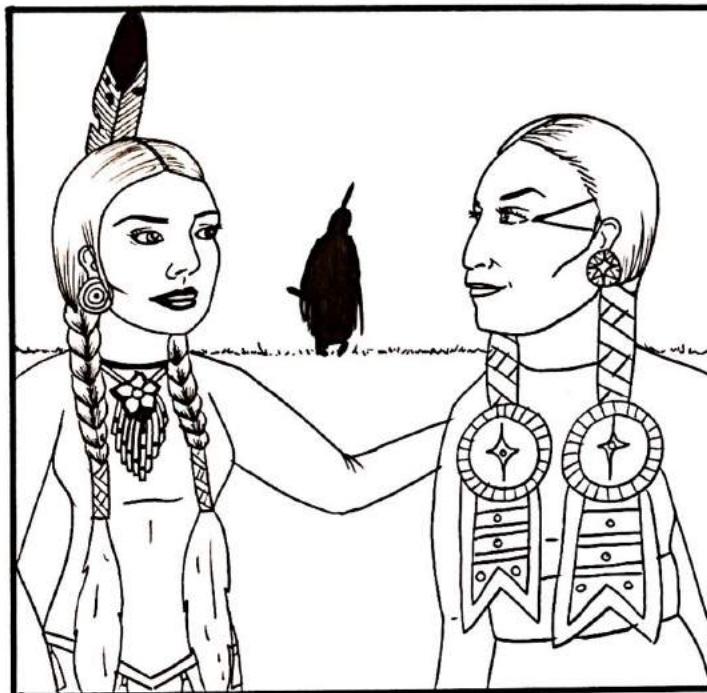
Mental Health

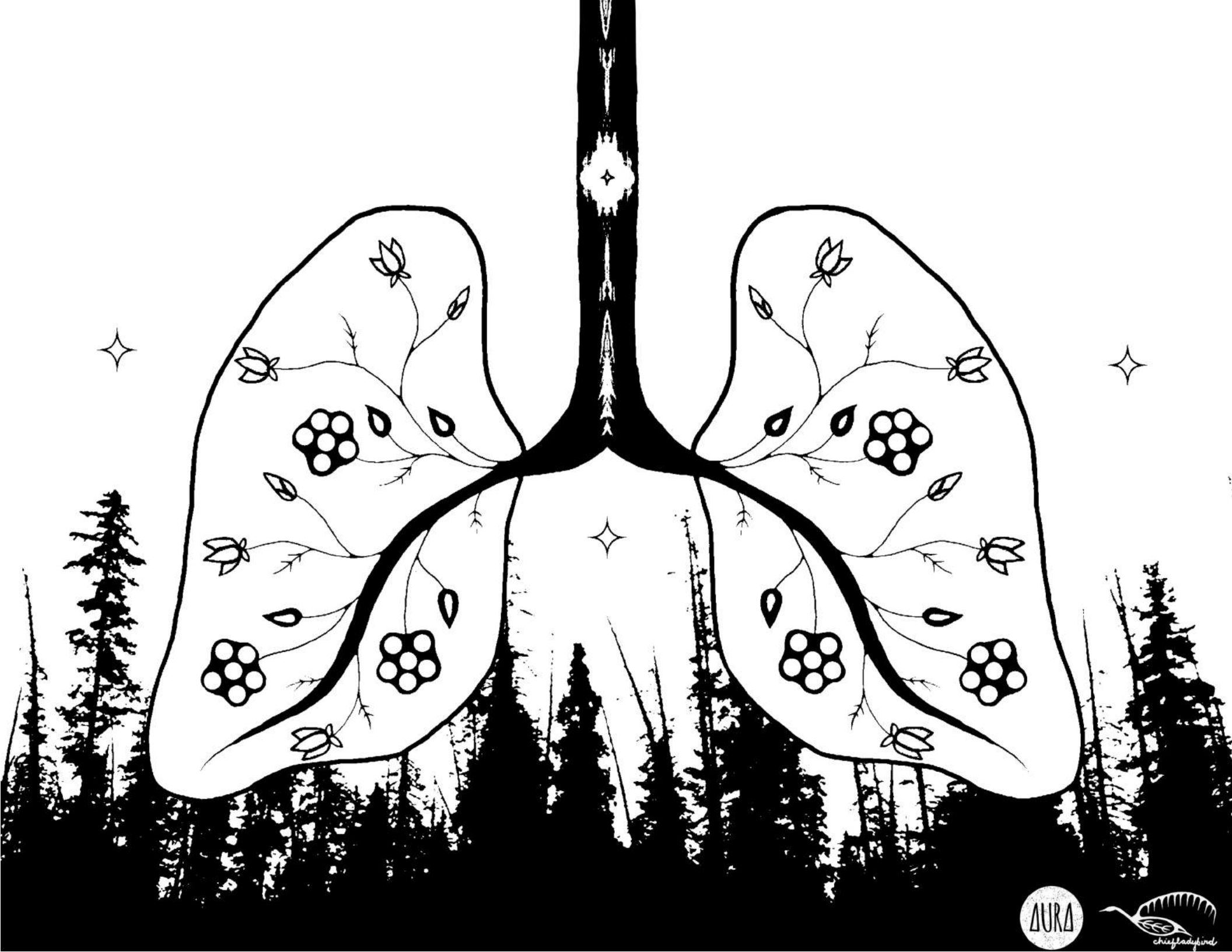
Mental health is key to our well-being. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and making a contribution to our community. It may be more helpful to think of good mental health as thriving. Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life. It's about living well and feeling capable despite challenges. Mental well-being is bigger than the presence or absence of a mental illness. People who live with a mental illness can and do thrive, just as people without a mental illness may experience poor mental health.

NWT Healthy Communities Toolkit: Best Management Practices & Policies

- Feeling Lonely
- Just Breath
- We Are Still Here









Built Environment

Communities struggle with the challenge of how to plan, build, integrate and sustain the built environment in a way that meets current and future needs. Is your Built Environment benefiting the community...

1. Economically:

- By reducing sprawl, car dependency, greenhouse gas emissions and the use of finite natural resources;
- By increasing affordability and livability in ways that meet diverse social, cultural and economic needs; and
- By improving environmental outcomes and reducing waste.

2. Environmentally: Land use planning such as zoning often influences community attributes such as soil contamination, safety of drinking water, traffic density, water, air and noise pollution.

3. Social: Natural areas in a community (sidewalks, trails, parks, and playgrounds) support a sense of community by drawing people together and enhancing social connections.

4. Safety: Keeping residents' Safety First! Ensuring proper street, park, trail lighting. Safe access to trails. Safe well maintained sidewalks (clear of snow and ice) with drop down curbs for wheelchair and stroller access. These are ways to ensure your community residents are safe while they use the built environment in your community.

5. Health: Access to the natural environment improves cognitive functioning and recovery from illness as well as supporting us spiritually. People who live near parks and open spaces are more physically active which results in better health and wellness.

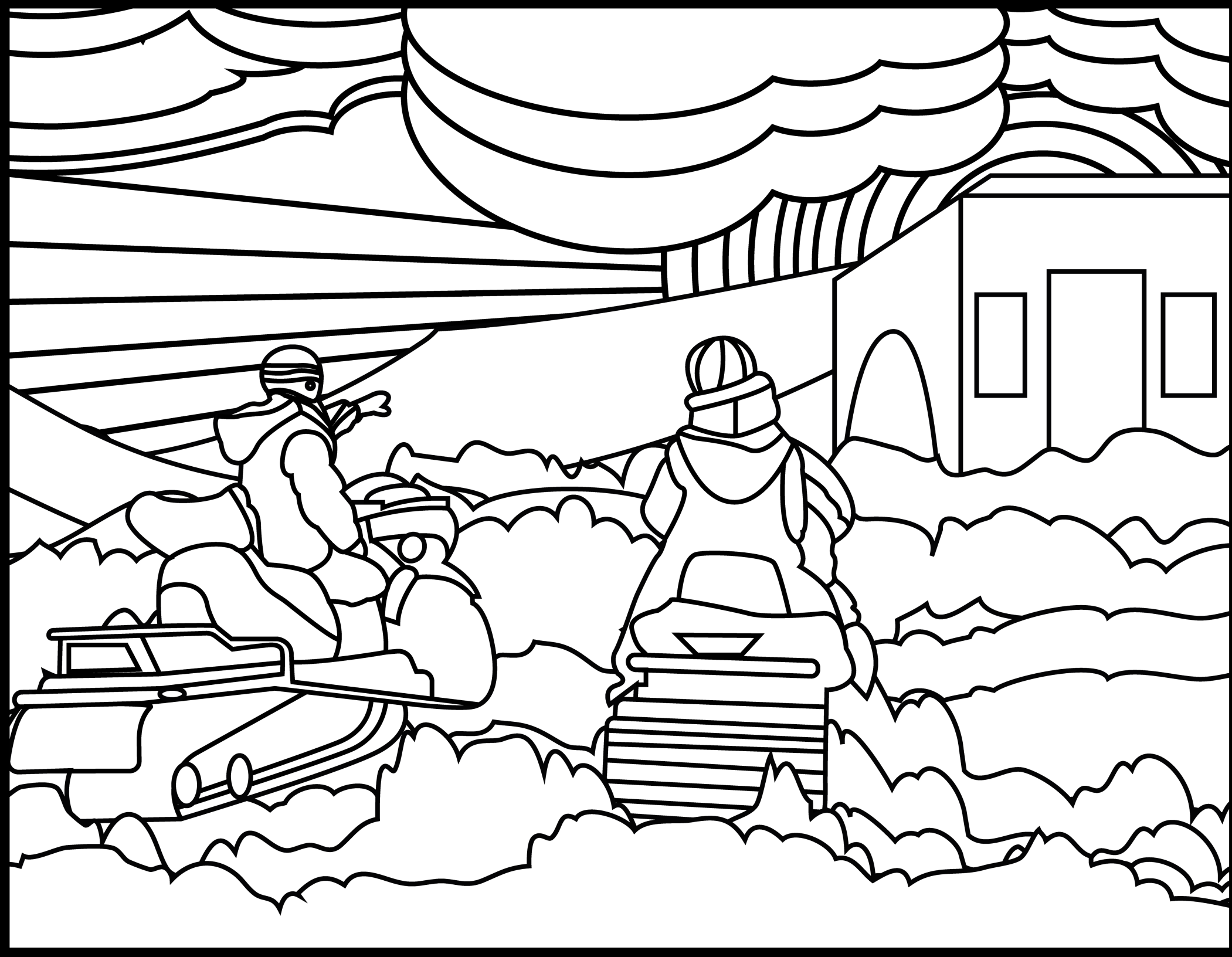
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- Biking to Work
- Clearing Snow: Pathways and Roads
- Snowmobile Trail Access
- Edible Garden



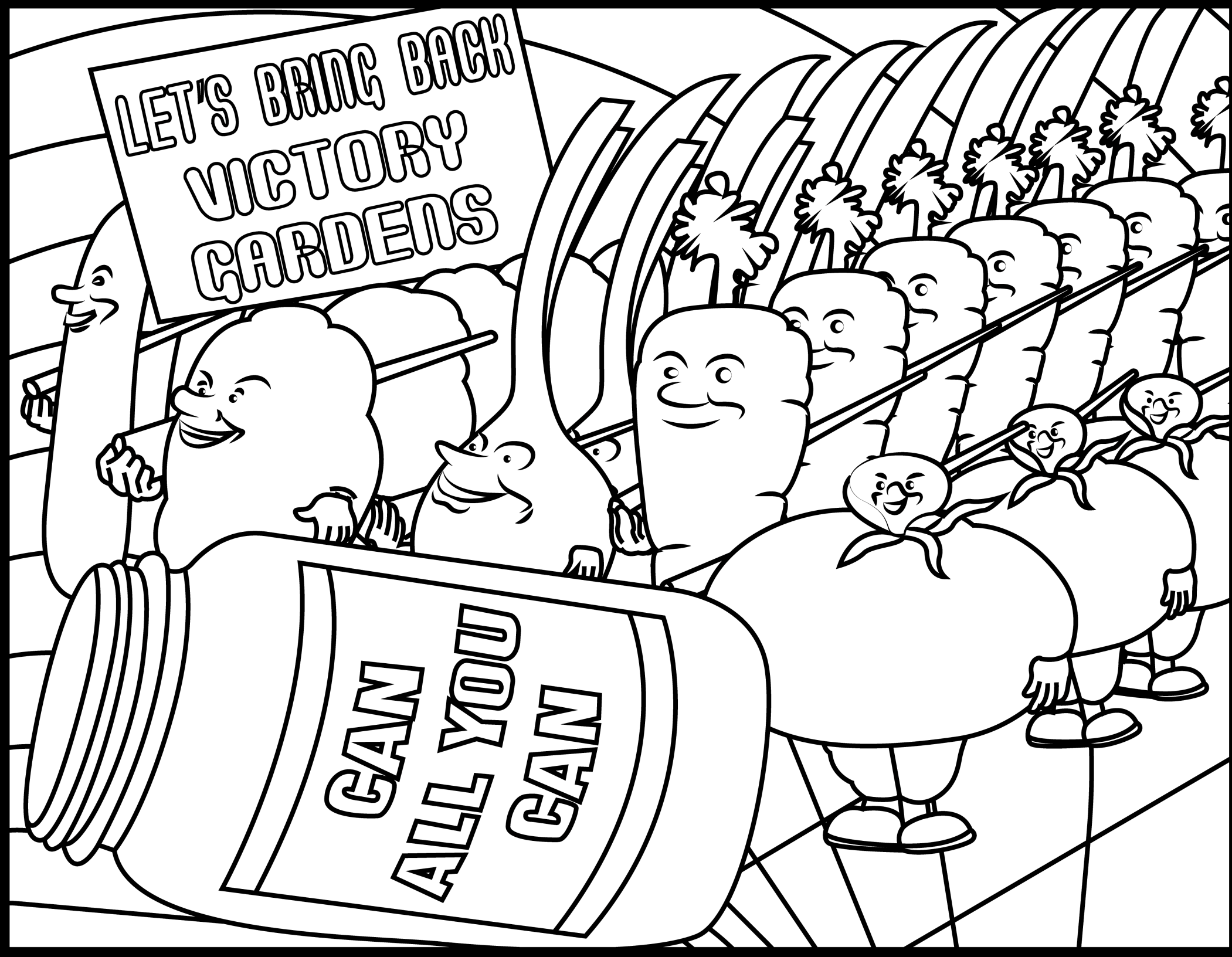






LET'S BRING BACK
VICTORY
GARDENS

CAN
ALL YOU
CAN





Connecting Community Governments Since 1966

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