



## ***Working Together To Achieve Healthier Lifestyles in Yukon and Northwest Territories Communities***

The Arctic Institute of Community-Based Research (AICBR) is a non-profit organization based in Whitehorse Yukon. Our mission is to facilitate and promote community-based, Northern-led health research activities aimed at improving the health of Indigenous and non-Indigenous Northerners.

AICBR is pleased to announce a new project called ***Phase 2: Working Together To Achieve Healthier Lifestyles in Yukon and Northwest Territories Communities***. Funded by the Public Health Agency of Canada through its Innovation Strategy *Taking Action to Reduce Health Inequalities in Canada*, this project spans four-years (2013-2017) and will continue to build on *Phase 1: Working Together to Achieve Healthier Weights in Yukon Communities*.

Phase 1 of this project ran from 2011-2012 in the Yukon, and developed a network of organizations and individuals working together to achieve positive lifestyle changes. The Tr'ondëk Hwëch'in in Dawson and Selkirk First Nation in Pelly Crossing ran weekly activities related to physical activity, nutrition, food security, and land-based cultural activities. Kwanlin Dün First Nation created an evaluation framework and evaluated eight existing programs related to healthy weights. Phase 1 also included a Photovoice component. Youth in Whitehorse (First Nations and non-First Nations) photographed aspects of healthy living and the photos were used to communicate to the public about the issue through a gallery display. Yukon Government-Health Promotion conducted Knowledge Xchange workshops bringing together youth and adult allies to encourage and support youth engagement in healthy living initiatives. A Yukon-wide health poll was also conducted, and focused on Yukoner's perspectives of healthy weights and healthy living.

Working with existing partners from Phase 1 as well as new ones, Phase 2 offers an exciting opportunity to build on and develop healthy living initiatives across the Yukon, as well as join forces with the Northwest Territories. The project aims to enhance and strengthen collaboration and networking between and within non-government and government agencies, and communities in both the Yukon and NWT, with a focus on healthy eating, active living and literacy; and with an overall objective of Northerners following healthier lifestyles. We are particularly interested in sustainability and are working with others to understand the factors that contribute to maintaining lasting long-term outcomes in our communities.

So far, the project has completed an inventory of healthy eating and active living programs in communities in both Yukon and Northwest Territories. It is also supporting community initiatives including a cooking program, walking and active living programs, community gardening, 'Let's Talk Food Security' gatherings, and much more!

If you would like more information, please contact us!

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**Working Together to Achieve Healthier Lifestyles in Yukon & Northwest Territories Communities: Evaluation Model**

