

THUNDER BAY DISTRICT HEALTH UNIT

Healthy Buddies



A Health Promoting School Philosophy

A health-promoting school is a school that is constantly strengthening its capacity as a healthy setting for living, learning and working.
The WHO, 1996

A Health Promoting School is achieved through the interrelationship of three important areas:

- **Curriculum and learning practices**
- **Ethos and environment**
- **Partnerships and services**

(A national framework for health promoting schools, 2003)




Barriers to creating Health Promoting Schools

- Income and social status
- Social support networks
- Education and literacy
- Healthy child development
- Culture



The Healthy Buddies Program

Knowledge To Action

- Engage students in health & physical education topics
 - Enable them with knowledge and experience
 - Inspire them to take action for their own health
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The Healthy Buddies Program

- Go Move



- Go Fuel



- Go Feel Good



The Pilot Program in BC

Findings showed significant improvements in:

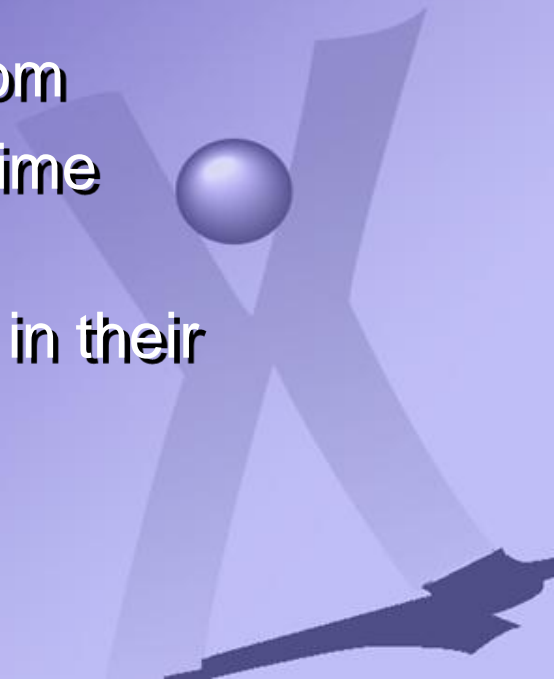
- Body mass index
- Blood pressure
- Healthy behaviours
- Bullying incidents



Healthy Buddies in Thunder Bay

The program is:

- Flexible for easy adaptation
- Follows most aspects of the Ontario Health and Physical Education curriculum
- Can be facilitated in the regular classroom
- Provides all materials needed at a one time cost
- Engages students to take an active role in their education



Key Learning: #1

*Involve key stakeholders
in the planning stage.*

- Creates engagement in the issues
- Opens communication
- Supports opportunities for knowledge transfer



Key Learning: #2

Tailor the program to meet local and provincial needs and requirements.

- Organizational level
- Professional level



Key Learning: #3

*Obtain buy-in from peers
and the community.*

- Internal Peer Support
- Community Resources



Key Learning: #4

*Develop a sustainability plan
involving stakeholders.*

- Detailed Plan
- Flexibility
- Development of Champions



The Results of our Pilot Year in Thunder Bay

Thunder Bay students showed a change in:

- Health knowledge and behaviour
- Social climate
- Physical endurance, strength and flexibility



The Results of our Pilot Year in Thunder Bay – cont.

Thunder Bay teachers showed a change in:

- Consistency across health education
- Collaboration between teachers
- Interest in health topics



Questions?

