Help Make B.C. Healthier

Everyone has a role to play in making our province healthier. Here’s a list of things individuals, families, employers and communities can do to help move us all closer to achieving British Columbia’s health goals.

Individuals:
• follow Canada’s Food Guide to Healthy Eating
• make physical activity a part of your daily life
• seek help if you think you have symptoms of a mental illness
• take part in community programs to address hunger and poverty
• help reduce air pollution by walking, cycling or using public transit
• practice safe food handling and storage methods

Families:
• talk, sing and read to your children
• maintain a smoke-free home
• make sure all family members keep their immunizations up to date
• learn to treat common illnesses and injuries
• talk with your children about sexuality and sexual health
• practice safe behaviours at home, at work and at play, including using seat belts, infant car seats, bicycle helmets and other safety equipment properly

Employers:
• adopt family-friendly policies that allow parents to spend time with their children
• support employees’ participation in voluntary activities
• design workplaces so people have a chance to interact with one another
• support school-completion and upgrading programs in your community
• promote healthy lifestyles by providing things like bicycle parking, showers, flex time and access to nutritious foods in the workplace

Communities:
• develop more programs that improve people’s access to nutritious food
• improve access to places where people can be physically active
• expand efforts to help those who are homeless or in housing need
• develop local plans for improving air quality
• encourage the use of bicycle paths, walking trails and public transit
• implement or support programs that tackle major threats to aboriginal health, such as smoking, Fetal Alcohol Syndrome, teen suicide and teen pregnancy

The above recommendations are adapted from the Provincial Health Officer’s Annual Report 1999. Copies of the report are available on the Internet at www.hlth.gov.bc.ca/pho/.