

Healthwise

A heavy dose of health

With birth and obesity rates rising in Abbotsford, SCOPE is stepping up

CAM TUCKER
camtuckertimes@gmail.com

With the number of children projected to rise dramatically in Abbotsford through the next 20 years and obesity rates already above the provincial average, members of the community are emphasizing healthier lifestyles for today's youth.

"I think the main thing is that as a community we need to make an environment where our kids can be healthy and be active."

— Laura Loudon SCOPE

"I think the main thing is that as a community we need to make an environment where our kids can be healthy and be active," said Laura Loudon, community coordinator with Sustainable Childhood Obesity Prevention Through Community Engagement (SCOPE).

"It's a culture that you have to develop."

In an attempt to improve healthy living, the Fraser Health Authority, in conjunction with Healthy Abbotsford, is partnering with city council in the formation of a Health-



Maintaining a healthy diet and enjoying regular exercise – like these kids experienced during a summer camp outing at Abbotsford's Mill Lake – are key to fighting obesity and health problems.

ier Community Partnership.

The objective of this partnership is to review the city's current health strategies, and make improvements where it is necessary.

According to a Fraser Health Authority report tabled before Abbotsford city council earlier this month, depression, asthma and diabetes are major causes of illness in Abbotsford.

Among the most alarming numbers is that 20.4 per cent of Grade 7 students in

Abbotsford are below the provincial standard for reading, and 23.2 per cent of residents don't have a high school education.

Loudon said a lack of education can be directly linked to an unhealthy lifestyle.

"There is definitely some correlation there," said Loudon.

"I think a lot of it comes down to that physical literacy and health literacy. Evidence suggests that if you don't quite have the educa-

tion background, then maybe you're not going to learn as much in terms of what is healthy for you."

While Loudon was unable to provide local statistics, she said generally children across Canada these days are not as healthy as in the past.

A lot of that, she said, is because Canadian youth are not eating properly and are not getting the daily amount of required exercise to live a healthy lifestyle.



Self evaluation is key

Ask yourself

By Mike Bates
For Postmedia News

People often ask n from their exerci: they have hit a platea

As with many ques always simple. That l questions to ask you on: Are you exercisin experience is that pe not pushing themself weights it should be : last few repetitions. V training, your heart r beats per minute or : Are you exercising : times per week will e ers, the magic numb These variables will c ise experience and p

When was the last program? Our bodies to doing things when is no different. Your e variations in it every occur on a weekly ba

Are you making he: enough? We need to t and minerals and tha tive throughout the d grams, and if we are 1 right times, our work

Do you have a plan go through the motio behind what they are specific the plan, the

The reality is that tl ple don't see results fi experience, the above cases.

■ Mike Bates is a certifi