

# Change Adventure Camp

Dr. Doug Klein  
Family Physician and Health Advocate  
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[doug.klein@ualberta.ca](mailto:doug.klein@ualberta.ca)  
Twitter: @drdougklein

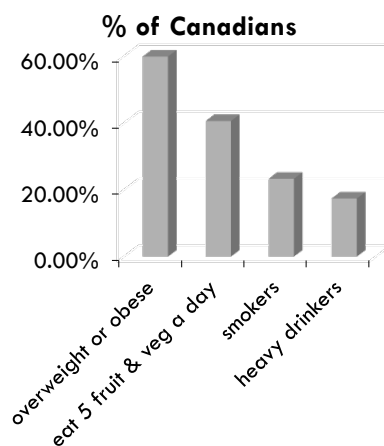
# Building Community

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## Why

- ❖ Everyone has the right to be healthy and happy
- ❖ Currently, the system is focusing on Disease Care not Health Care

## How Healthy Are We?



- ❖ 2/3 of Canadians are overweight or obese
- ❖ 85% of Canadians fall short of the current physical activity recommendations.<sup>2</sup>
- ❖ 60% of Canadians report eating less than 5 daily servings of fruits and vegetables.<sup>3</sup>
- ❖ On any given day, 25% of Canadians will eat from a fast food outlet.<sup>4</sup>

1. Statistics Canada, 2012

4

(1)

## Statistics

- 33% of children eat 5 servings of fruit and vegetables daily
- Sugar sweetened beverages common
- Children are not getting the recommended 60 min of exercise daily
- 10-20% of children experience mental illness
- 1/3 students do not get enough sleep

## Key Issues

- Basic Life Skills are not being learned in many families
- Mental health issues are very common
- Weight issues are very common
- Medications can help but are expensive and may have side effects
- Some parents struggle with what to do.
- Many families are dealing with stress or trauma in their families

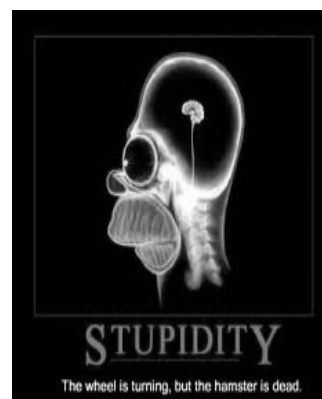
## Key Surprises

- ❖ BMI is poor predictor of health
  - ❖ Fitness at any Shape
- ❖ For mild to moderate depression, exercise is as good as drugs
- ❖ Aerobic Exercise is a key piece of the treatment of anxiety
- ❖ Exposure to nature improves Concentration
- ❖ Exercise improves Concentration

## Definition of Stupidity

- ❖ Doing the same thing expecting a different result

- **PERSONALIZED PROGRAMS NEED TO BECOME PART OF HEALTH CARE**



## Lifestyle interventions IMPACT ...

- ⊗ Depression
- ⊗ Anxiety
- ⊗ DM
- ⊗ HTN
- ⊗ Cholesterol
- ⊗ Weight/obesity
- ⊗ Cancer
- ⊗ Osteoporosis
- ⊗ Fibromyalgia
- ⊗ Fall Prevention
- ⊗ Constipation
- ⊗ Irritable bowel Syndrome
- ⊗ COPD
- ⊗ Cognition

## Time for CHANGE

Canadian Health  
Advanced by Nutrition  
and Graded Exercise

## How

- ⊗ Building communities of practice that support healthy life skills
- ⊗ Building connections between health care, education, government and the community

## CHANGE Adventure Camp ([www.campchange.ca](http://www.campchange.ca))

- ⊗ Building Life Skills among children and families.
  - ⊗ Meal preparation
  - ⊗ Nutrition
  - ⊗ Physical Literacy
  - ⊗ Connecting with nature
- ⊗ Plus
  - ⊗ Mental health
  - ⊗ Social Connection

## CHANGE Adventure Camp ([www.campchange.ca](http://www.campchange.ca))



## CHANGE Adventure Camp



## CHANGE Adventure Camp



## CHANGE Adventure Camp





## The Vision

- ✿ All families have access to the resources they need to live healthy lives.
- ✿ Focus on Children and Youth
- ✿ Focus on low income Families
- ✿ Inclusive
  - ✿ Spruce Grove
  - ✿ Stony Plain
  - ✿ Parkland County
  - ✿ First Nations

## Partners

- ✿ **ACT – Achieving Community Together**
- ✿ Parkland School Division
- ✿ FCSS
- ✿ City of Spruce Grove
- ✿ Paul Band First Nation
- ✿ NAIT – Culinary Arts
- ✿ River Valley Programs

## Program Benefits

- ⊗ Support Children and Families in the community
- ⊗ Give Teens Opportunities
- ⊗ Bring People together to make a Healthier Community

## Short Term

- ⊗ Good cooking class space
- ⊗ Continue to use community partners
- ⊗ Partnering with local school – eg. MCHS
- ⊗ Increase the level of access for children and families
- ⊗ Family camp experience

## Long Term

- ⊗ Good cooking class space
- ⊗ Overnight lodging
- ⊗ Community garden that provides for community
- ⊗ Expanded Nature experience
- ⊗ Water access

## Opportunity

- ⊗ Build the CHANGE Camp Hub in Parkland
- ⊗ Continue to use community partners and locations to connect with the community
- ⊗ Expand programming to build the connection between health care and the community

## Next Steps

- ✿ Communication
  - ✿ FCSS,
  - ✿ Achieving Community Together
- ✿ Transportation
  - ✿ Parkland School Division
  - ✿ Municipalities
- ✿ Letters of Support
  - ✿ Grants
  - ✿ In-kind Support
- ✿ Promotion among Parkland County
  - ✿ Businesses
  - ✿ Community Partners
- ✿ Fundraising

## Healthy Steps for CHANGE



ChangeAdventureCamp @CampChange - Oct 15  
 Day 2 Highlights of Healthy Steps 4 Change Event Taken by: @mandy\_jostluk &  
 @NChostluk #step 4millionsteps #step4write #step 4ExploreEdmonton

- ⦿ Everyone has the right to be healthy and happy
- ⦿ Lets Focus on Health

## CHANGE Health Community Program

- ⦿ Interdisciplinary Team that is Community Based
- ⦿ Customized to Individual Family's Goals and Needs
- ⦿ Help Families Build Life Skills
  - ⦿ Nutrition and Meal Preparation,
  - ⦿ Physical Activity and Lifelong Fitness,
  - ⦿ Mental Health and Wellbeing,
  - ⦿ Strong Partner and Family Relationships, and
  - ⦿ Develop Strong Community Connections.

## Link to MCHS

- ❁ Creating a Community Hub
- ❁ Build connections between the community and the school and the health care community
- ❁ Healthy Community means Healthy Families and Healthy Children

## MCHS Community Hub

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| <ul style="list-style-type: none"> <li>❁ Nutrition               <ul style="list-style-type: none"> <li>❁ Cooking Classes</li> <li>❁ Grocery Store Tours</li> <li>❁ Dietitian Support</li> </ul> </li> <li>❁ Physical Activity               <ul style="list-style-type: none"> <li>❁ MOVE Memorial</li> <li>❁ Use the School gym facilities</li> <li>❁ Drop in programs</li> <li>❁ Evening Classes</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>❁ CHANGE Health Clinic in the school               <ul style="list-style-type: none"> <li>❁ Grants</li> <li>❁ In-kind Support</li> </ul> </li> <li>❁ Mental health               <ul style="list-style-type: none"> <li>❁ Information sessions</li> <li>❁ Community Partners</li> <li>❁ Access to therapy when appropriate</li> </ul> </li> <li>❁ Social Connections</li> </ul> |
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Questions?