

# 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/](http://www.hlth.gov.bc.ca/pho/).

**1999**