

THE TEMISKAMING SPEAKER

City accepts Healthy Kids challenge

Diane Johnston
Speaker Reporter

TEMISKAMING SHORES – “Run. Jump. Play. Every day.”

That’ll be the refrain in the coming months as the Healthy Kids Community Challenge kicks into high gear in Temiskaming Shores.

The challenge is a broad-based effort encouraging children to eat nutritiously and be physically active. The specific theme will change every nine months.

The city is one of 45 communities across Ontario selected to take part in the challenge.

It’s getting \$375,000 from the Ontario Ministry of Health and Long-Term Care to coordinate projects encouraging healthy lifestyles in kids, targeting newborns through 12-year-olds.

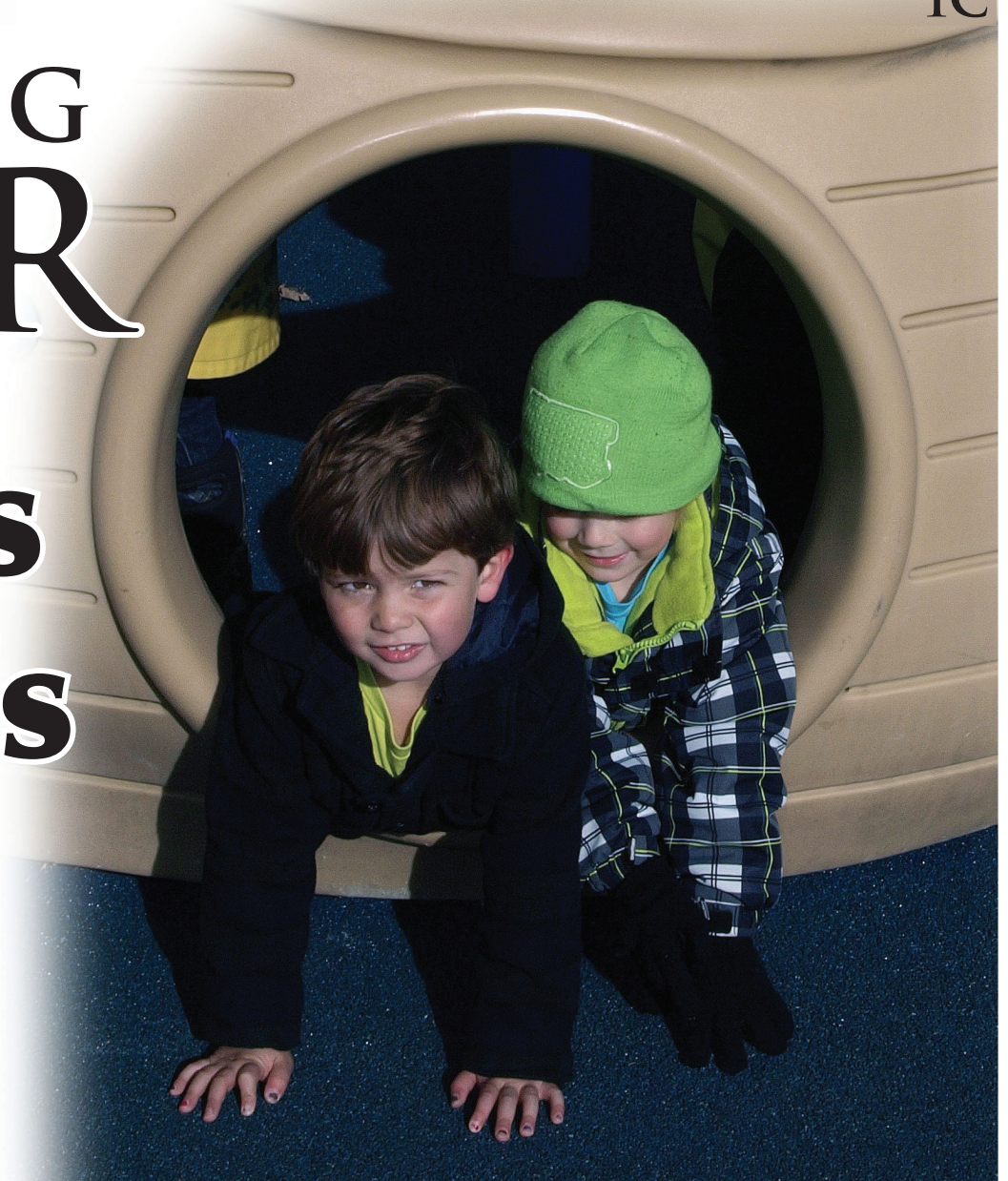
The municipality will be working with other organizations to help make Temiskaming Shores “a place where it is easy for our children to be active,” said interim program manager Tammy Borgen-Flood.

The Healthy Kids Challenge formally kicked off October 14, as children from childcare centres in Temiskaming Shores clambered over a refurbished playground at the Algonquin beach park.

Mayor Carman Kidd is the initiative’s local champion.

He credited his six grandchildren with keeping him active, whether playing soccer or football, strolling through Pete’s Dam Park, or running to arenas for hockey.

“I am also



Nixon Hartzke-Lavoie, left, and Parker Pascoe were among the very active clientele of two childcare centres on hand for the formal kickoff of the Healthy Kids Community Challenge. The refurbished playground at Algonquin Regiment Memorial Beach Park was the backdrop for the launch of the campaign encouraging healthy eating and physical activity among children. (Staff photo by Diane Johnston)

reminded the next day that I am not as young as I was,” he told the crowd.

His grandchildren, he added, have hundreds of acres on which to play.

“Other children are not as fortunate,” he said. “Some are raised in small apartments, some can’t afford organized sports, and some don’t have good role models.”

The challenge, he said, “is a great opportunity to make a huge difference to the health of our children.”

See “**City accepts Healthy Kids challenge**” on 16c



Grown-ups gathered for the launch of the Healthy Kids Challenge. Up top were, from left, Pam Geoffrey of Timiskaming Child Care, Kerry Schubert-Mackey of the Timiskaming Health Unit, Temiskaming Shores Councillor Mike McArthur, Mayor Carman Kidd, Tammy Beaudry of the Centre de santé communautaire du Témiskaming, Healthy Kids interim project manager Tammy Borgen-Flood, and Councillor Doug Jelly. And on the ground were fire prevention mascot Sparky and Tammie Caldwell, the city’s recreation director. (Staff photo by Diane Johnston)

Combatting childhood obesity

TORONTO (Special) – Temiskaming Shores is one of 45 communities across the province selected to take up the Healthy Kids Challenge.

They have a common goal – promoting children’s health through healthy eating and physical activity.

The Ontario Ministry of Health and Long-Term Care said both are factors in maintaining healthy weights in children.

It cites the following:

- Almost 30 per cent of Ontario children and youth are overweight or obese.
- Childhood obesity is associated with an increased risk of chronic disease and premature death in adulthood.
- Children and youth who are overweight or obese are more likely to become obese adults.
- Adult obesity is associated with increased risk of coronary artery disease, stroke, hypertension, breast and colon cancer, type 2 diabetes, gall bladder disease and osteoarthritis.
- Unhealthy weights can influence self-esteem, social inclusion and mental health in children and youth.

City accepts Healthy Kids challenge

Continued from C Front
LOCAL NEEDS

Background work for the project began last year.

Ms. Borgen-Flood said a steering committee will be conducting an assessment of local needs.

“This is going to help us determine how we are going to implement these programs correctly in our community. Who needs this the most? How are we going to get it there?”

Affordability or lack of transportation, for example, may be found to be hindering children from healthy eating or physical activity.

“We’re trying to determine how we can use what we have to overcome those barriers, and what we need to overcome those barriers,” she said.

The Healthy Kids challenge is modelled on a program in France, she said, where it’s credited with helping to reduce childhood obesity by more than one-third in 12 years.

“The key to the success of that program was having the community behind it,” she said.

She said the local steering committee welcomes more input from interested businesses, organizations and other parties.

A local website with information about upcoming activities and resources on children’s health will be established.

She can be reached at hkcc@temiskamingshores.ca.

Can’t get enough of the news?



**Interested in saving
time and \$\$\$?**

**THEN SUBSCRIBE TO
THE TEMISKAMING SPEAKER**

**CALL (705) 647-6791 or 1-800-461-8751
and provide your:**

Name: _____

Address: _____

City: _____

Phone No.: _____

Card No.: _____

**LOCAL
DELIVERY**

3 months \$22.75
6 months \$39.00
1 year \$62.00

***Subscribe for
one year and
save \$\$\$.***

We accept:   

OR YOU CAN MAIL OR DROP OFF FORM TO:
Temiskaming Speaker, 18 Wellington St. S., Box 580,
New Liskeard, ON P0J 1P0.

We DO THAT!

WARM UP WITH WINTER SAVINGS



• JUNIOR 4-7



**LIGHTWEIGHT ACRYLIC | RIB KNIT
BOARD
TOQUE** **\$4.99^{ea}**
*INCLUDES YOUR LOGO
UP TO 5000 STITCHES
MIN. OF 24



**LIGHTWEIGHT ACRYLIC | RIB KNIT
CUFF
TOQUE** **\$5.49^{ea}**
*INCLUDES YOUR LOGO
UP TO 5000 STITCHES
MIN. OF 24

*On approved orders, Embroidered with 5,000 regular stitches, \$0.50 per additional 1,000 stitches (per location). Pricing based on 72 pcs, (please inquire about pricing for orders less than 72pcs). Includes email photograph for approval. All orders FOB Montreal. Digitizing fee of \$10.00 per 1,000 stitches applies to orders up to 143 pcs. Minimum \$30.00 per logo. FREE DIGITIZING for orders of 144 pcs, or more, per logo. (A)

WE WILL MATCH Anyone's PRICE!

SPEAKER

**PRINTING, PUBLISHING
AND PROMOTIONS**

CONTACT YOUR SALES REP OR AMY:
(705) 647-6791 ext. 229
Email: promo@northernontario.ca