



Healthy Kids Community Challenge: Working together for healthy active kids!

About the Healthy Kids Community Challenge

Healthy Kids Community Challenge (HKCC) is an Ontario Ministry of Health and Long Term Care initiative to promote healthy active living for children aged 0-12 and their families. Burlington is one of 45 communities that has taken up the challenge.

Every nine months, the Ministry of Health and Long Term Care launches a new theme related to physical activity or healthy eating; two protective factors associated with healthy weights in children. Community partners from across sectors are engaged working collaboratively to address the themes focusing on policy change, creative supportive environments and providing initiatives and programs that promote and enable healthy behaviour. Each theme has an action plan created by the community and approved by the Burlington Healthy Kids Community Challenge Steering Committee.

Parent/Caregiver Role in Promoting Healthy Schools, Community and Families

Parents and caregivers are critical as role models for helping to shape healthy behaviours for children. When parents and caregivers make healthy choices, kids are more likely to make healthy choices. Community members and program staff can also be important positive role models by consuming healthy foods and drinks in the presence of kids and participating with kids in physical activity.

Ideas for Activities, Events and Campaigns

- Have your school council host a family fitness night
- Challenge other local schools to see who can get more kids and families drinking more tap water
- Participate in an existing campaign like Bike to School week
- Work with police and city/town partners to develop a safe route to school plan to encourage active transportation
- Invite other families to join you and your family at the park to play
- Take some chalk and start a hop scotch for the kids on your street
- Work with your kids to have a flavoured water stand (vs. lemonade) on a hot day
- Connect with Halton Region Public Health for information on healthy eating and physical activity that you share at school
- See if you can eliminate sugar sweetened beverages from your school's student nutrition programs and school events.

To learn more about Burlington's Healthy Kids Community Challenge, to access our free resources and to learn how to follow us on social media go to our website:

healthykidsburlon.ca