



NOMINEES

Health & Wellness

ADVOCATE NOMINEES

Awarded to a Northern British Columbia company/individual/organization that has had a positive impact on our region, through advocacy for health and wellness.

AWARD SPONSORED BY:



ADVOCATE

MRS. IRENE STOYLES

Northern Health/Chetwynd General/Respiratory



Irene Stoyles is a shining example of commitment and dedication to excellence in healthcare. Irene is a Respiratory Therapist in Chetwynd where she has lived and worked in this northern community for 21 years. She goes above and beyond with all her clients, be it for getting medication, equipment or appointments. She is invaluable in any situation whether it is the smallest concern to the worst trauma. There are no words to describe how compassionate and caring she is to the client and their families.

ADVOCATE

NANCY GUPTA

Nancy Gupta has completed a Bachelor in Medicine, as well as a Bachelor in Surgery (Doctor of Medicine) from the Baba Farid University of Health Sciences in 2011. Since receiving her Medical degree Nancy has worked as a Medical Officer for a Rural Health and Training Centre, the Department of Community Medicine, the World Health Organization, and the Government Medical College and Hospital (GMCH) in Chandigarh, India. Her experience includes research, consulting, investigation, and disease diagnosis and treatment: including, the treatment and prevention of communicable and non-communicable chronic diseases, such as Tuberculosis, Diabetes, Mellitus, and Hypertension. Her passion lies in research of disease



prevention of infectious diseases. As a recent newcomer to Prince George she has already started contributing to the local community through volunteer advocacy work at the Canadian Red Cross Society, the Canadian Diabetes Association, and the Canadian Cancer society. Nancy Gupta is passionate about disease prevention advocacy with international experience researching, teaching, and developing new disease prevention protocols.

ADVOCATE

RYLEY NEWMAN

Ryley Newman impacts the health & wellness of Northern BC in a very direct way – as a personal trainer at the Northern Sports Centre. He is extremely knowledgeable in his field and is an advocate in the very fundamental definition of the term – as he lives, eats, breathes and trains the very lifestyle he seeks to awaken in others.



ADVOCATE

MARCENE BUCK

Marcene Buck is a very enthusiastic and dedicated fitness and wellness instructor at the Northern Sport Centre. As a personal trainer, she leads by example. She is truly empathic, humble and compassionate. In her group classes, she goes over and above just instructing the group by giving them tidbits of information on fitness, wellness and eating healthy. She is an excellent motivator and extremely passionate about her job. She pushes every individual further than they could push themselves, and may I add with a smile always. I am one of the many individuals who have greatly enjoyed and benefitted from interacting

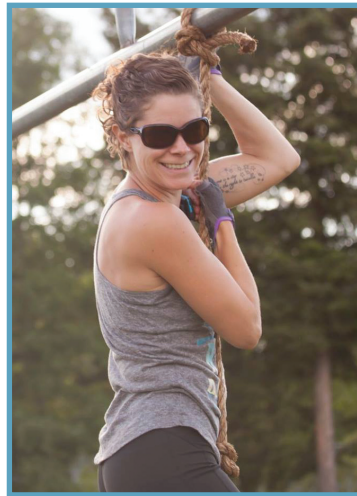


with her. On behalf of my family and fellow health and fitness enthusiast at the Northern Sport Centre we are pleased to nominate Marcene for Health and Wellness Provider of the year.

ADVOCATE

MS. MICHELLE JACKSON

As a personal trainer at the Northern Sports Centre, Michelle is a true advocate for a healthy lifestyle thru positive training of body and soul. She has helped many clients achieve their goals for a healthier lifestyle by encouraging them to try new fitness routines and adopt healthier diets. She is a positive role model for both men and women.



Michelle's fitness initiatives include developing these programs: Zero to 5: Women's Only Running Basics; The goal of learning how to safely run 5k without the need for rest. FITCAMP: Endurance, Agility and Strength Bootcamp; This program was open to both women and men, and was very popular. Using limited equipment, it focused on building up cardiorespiratory systems, functional and body weight movements, as well as strength training.

ROCKSTAR MOM: Stroller Fitness; Being a mom herself, Michelle knew how hard being active and staying "sane" after having a new one could be. This program ran down at Ft George park, and Moms were able to receive the benefit of interacting with other new moms, getting in a great workout to help bounce back from pregnancy and childbirth, as well as get them outside with their little ones in tow.

ADVOCATE

PAUL & DIANE DUPERRON

Diane and Paul Duperron started the Prince George chapter of the Kidney Foundation in 2006, the year before Paul started dialysis and his wait for a kidney transplant. Since that time, they have been tirelessly working to raise awareness and funds for the Kidney Foundation. They regularly visit Prince George's transplant clinic, which has 94 clients, both for Paul's dialysis and to visit with patients



ADVOCATE

CANADIAN CANCER SOCIETY BC and Yukon Division



BC generally has the healthiest population in Canada, with the lowest smoking rate. However, there are still over 563,5293 British Columbians who smoke and tobacco use remains the leading cause of preventable death in the province. It is responsible for 30% of cancer deaths, and 85% of lung cancers. Making matters worse, an unacceptably high number of young people begin smoking each year. Smoke and vape-free public places protect children and youth from second-hand smoke, make non-smoking the norm, and support smokers who want to quit. A year ago, there were no northern municipalities with comprehensive outdoor tobacco bylaws. Today, in part because of advocacy and support from the Canadian Cancer Society and Northern Health, Dawson Creek and Williams Lake have implemented outdoor tobacco bylaws, and Quesnel and Prince George are in the process of developing bylaws. At the provincial level, the Society advocated for e-cigarettes to be regulated in the same manner as tobacco products. Data indicates that e-cigarette use amongst youth is increasing, raising concerns that e-cigarettes may act as a gateway to nicotine addiction and tobacco use. Amendments to BC's tobacco control act passed first reading March 2015, that will prohibit sales to minors, control where e-cigarettes are sold and how they are promoted, and regulate use in the same manner as regular tobacco products.

Across Canada, the Society has been advocating for a ban on all flavoured tobacco products. Flavourants make tobacco products more palatable and attractive to new users, increase excitement, smoking enjoyment, and trigger the "curiosity to try factor," making it easier for new users to become addicted. Effective December 14, 2015, the Federal Government of Canada's regulations to ban most categories of flavoured cigarillos and cigars weighing 6 grams or less will come into force. The Society continues to advocate for healthy public policy that will prevent youth from starting to smoke, and support British Columbians who do smoke to quit.

YOUTH INITIATIVE NOMINEES

Awarded to a company/individual/organization that has developed or introduced a product or service which enhances the health and wellness of youth within Northern British Columbia.

AWARD SPONSORED BY:



YOUTH INITIATIVE

YMCA OF NORTHERN BC

The Grade 6 Initiative is a legacy program as a part of the YMCA of Northern BC's partnership with the 2015 Canada Winter Games that saw free gym memberships given to local children. Grade 6 marks a pivotal year for youth as they are faced with many decisions that impact their development into active healthy teens. This age group marks the time that youth begin to age out of traditional care models such as after school care programs and begin to re-evaluate their participation in sports and activities. The YMCA is dedicated to providing youth with opportunities to reach their full potential: to live healthier,



happier lives today, and grow into productive adults in the future.