

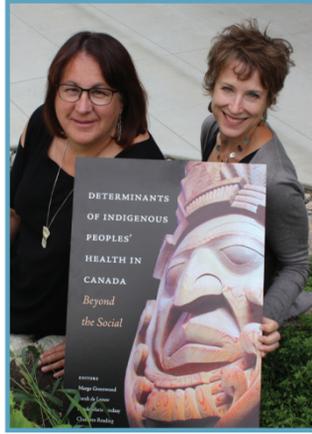
healthier you 2015 AWARDS



FIRST NATIONS INITIATIVE

MURRY KRAUSE

Murry Krause is the Executive Director of the Central Interior Native Health Society Primary Health Care Clinic — a not for profit society dedicated to Aboriginal Health. Murry is also a longtime city councillor of Prince George. For many years now, Murry has been a leader in aboriginal health through the society and has championed many First Nations Initiatives in Northern BC. Most recently, Murry was at the forefront of the initiative to rename Fort George Park to Lheidli T'enneh Memorial Park aim to further educate the community on the history of the park's new namesake



FIRST NATIONS INITIATIVE

DR. MARGO GREENWOOD AND DR. SARAH DE LEEUW

Margo Greenwood and Sarah de Leeuw are two of four co-editors of Determinants of Indigenous Peoples' Health in Canada: Beyond the Social, which was published this summer. This new health textbook edited by these two University of Northern B.C. professors has gathered indigenous perspectives and experiences to offer a better look at the realities of healthcare in aboriginal communities. The text fills a huge gap of information in the Canadian health education landscape, offering

students a greatly expanded opportunity to critically think about indigenous patient care and hopefully apply this knowledge to their future practice .

Margo Greenwood is an education and First Nation studies professor at UNBC
Sarah de Leeuw is an associate professor in the Northern Medical Program



FIRST NATIONS INITIATIVE

DR. TERRI ALDRED

Dr. Terri Aldred is a First Nations doctor who has dedicated herself to healing her people in northern communities. Dr. Terri Aldred is Carrier from the Tl'Azt'En Nation whose traditional territory is North of Fort St. James near the geographical centre of British Columbia. Tl'Azt'En are a matriarchal people and therefore she follows her great-grandmother Cecilia Prince's line and is from the Lusilyoo (frog) clan. Dr. Aldred went to medical school with this goal in mind and graduated in 2011 from the University of Alberta with a Bachelor of Science degree in Health Science and a Doctor of Medicine degree. Terri then continued on to join the Aboriginal Family Practice Residency in Victoria, BC which she completed in June 2013. During her studies, Terri was heavily involved in both Aboriginal Health initiatives as well as mentorship and admission programs.

This past summer she started the road to living to her dream of bringing culturally appropriate health care to both the inner city population in Prince George and in First Nation's communities in the area. She has grown up in both of these populations and this has shaped her into the person she is today; it is a privilege and honor to give back. Terri is a huge supporter of Arts in Medicine. She was fortunate that the University of Alberta Health Science department had quite an extensive program that worked tirelessly to incorporate the arts into medical training. Terri wants to express that she feels very honored to be involved in this initiative and can't wait to see all the wonderful projects that will stem from it.



FIRST NATIONS INITIATIVE

DR. VASILIKI DOUGLAS

Dr. Vasiliki Douglas is a CNC nursing instructor and expert on Indigenous health care. Recognizing a lack of resources for educators and their students, she wrote Introduction to Aboriginal Health and Health Care in Canada, the first entry-level textbook of its kind. The text was produced with the intention that nurses also examine the pulse of the past and its impact on present health care realities to help reintroduce the respect that is still missing from aboriginal healthcare. The text provides a critical resource that is a must for professionals working in the north, in remote

and rural areas, certainly because of the number of aboriginals living in the north and remote areas . As urban aboriginal populations continue to rise, awareness among medical professionals is both relevant and required everywhere.



FIRST NATIONS INITIATIVE

ROD GEORGE

Dudes Club

Every second Monday, Rod George finds himself in the kitchen at the Fire Pit, cooking something warm for a core group of men who have joined a new wellness group. George is the elder advisor at Prince George's Dudes Club, one of three northern pilot projects started this year through a partnership with the Men's Depression and Suicide Network at the University of British Columbia. A doctor from Central Interior Native Health is usually at the meetings to help answer questions,

but some of the best moments have been from discussions with the group. The program represents an initiative to help get local men living on the street to become more actively committed to something healthy.

HEALTHY WORKPLACE

For Small Business NOMINEES

Awarded to a Northern British Columbian small business (50 or less employees) that has developed workplace programs that have contributed to the health and wellness of its employees.

AWARD SPONSORED BY: **IDL PROJECTS INC.**



HEALTHY WORKPLACE

JOE CRUMP

Joe Crump has been working at the PGRCC for over 20 years. He saw a rare opportunity to raise funds for the Cops for Cancer Tour de North and made a huge impact on not only the children that he raised money for, but also on the inmates at the prison. Even Joe was humbled that these inmates, who made between \$1.50 to \$9 a day working in the jail were willing to donate their money to Cops for Cancer for nothing in return. Half of the money was raised this way and the other half was by selling bannock- an idea that the women inmates came up with to contribute to the cause.



HEALTHY WORKPLACE

THE CANADIAN CANCER SOCIETY, NORTHERN HEALTH, BC CANCER AGENCY, UNIVERSITY OF BRITISH COLUMBIA & ATHABASCA UNIVERSITY

The Canadian Cancer Society, Northern Health and BC Cancer Agency, along with researchers from the University of British Columbia and Athabasca University, capitalized on one another's strengths and expertise in order to develop a new approach to address health challenges faced by northern men. POWERPLAY, a workplace wellness program that challenged participants to eat well and be more active, was piloted by four male-dominated businesses in Northern BC: Excel Transportation,

Lomak Bulk Carriers, Ridley Terminals and the City of Terrace. Steve Dewalt, a shop manager from Lomak said, "Now with the POWERPLAY program everyone shares more; about their weekend, their activities, it has helped build the team." "It's fun, it brings everyone together and produces teamwork," agreed Lorenzo Webb, a welder with Lomak. "In being more active I feel amazing. I have more energy to do more things in a day."



HEALTHY WORKPLACE

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HEALTHY WORKPLACE

WELLNESS IN NORTHERN BC

WINBC (Promotion of Wellness in Northern BC Association) was developed to promote health and wellness and reduce chronic disease through healthy living and physical activity, in Northern British Columbia. It's objective is to build capacity for wellness through education, research and community development. WINBC is committed to collaboration, education and research in relation to improving health through physical activity and this necessarily includes reducing injuries and advocating for safety in play, activity and sport. WINBC is pleased to partner in opportunities to educate, share

knowledge and contribute to research.