



The Arctic Institute of Community-Based Research is a unique Northern organization, working to bridge the gap between the grassroots and decision-makers in order to facilitate action on complex community health issues. While we are based in Whitehorse Yukon, we work with partners across Canada and the North who are interested in advancing northern health and wellbeing.

Current Priorities:

- Food Security & Food Sovereignty
- Healthy Lifestyles & Mental Health
- Youth Engagement/Capacity Building
- Climate Change Adaptation
- Intersectoral Collaboration

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Introduction

Research has developed a unit plan and associated lesson package for teachers, which will bring stories of healthy eating and active living to the classroom and connect students to healthy living opportunities in their communities. Integrating story mapping technology, language arts and hands-on experiential learning, this unit project builds off of AICBR's Healthy Living Inventory Tool, developed in 2014 and updated in 2016 to map out healthy living options in Yukon and Northwest Territories' communities and increase opportunities for information sharing and collaboration.

Included in this booklet is more about the inventory and the story mapping project. If you are interested in learning more and obtaining a free unit plan and lesson package please contact us.

What is the Inventory?



AICBR is currently working with Esri Canada and the Yukon Teachers' Association to engage with schools and work to bring the maps back to communities in order to translate to healthy living activity for youth.

To view the two maps:

- Healthy Living Program Maps in Yukon: https:// www.aicbr.ca/yukonmaps
- Healthy Living Program Map in NWT: https:// www.aicbr.ca/nwtmaps

Thank you to our partner and funder:



Public Health Agency of Canada



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Story Maps are a powerful way to tell stories about our world

What is story mapping?



This is a story map created by a grade 12 Yukoner, as part of this project – view it here: https://arcg.is/ljze8K

Story Maps are a powerful way to tell stories about our world; they present information using maps, narrative text, images, and multimedia content.

They are interactive, easy to build [i.e. don't require web developer skills or GIS] and can help to engage people with maps and data in artistic, socially constructive ways.

Here's another story map which teaches how to use the Healthy Living Inventory Tool – view it here: https://arcg.is/ 0SjH1T



Curriculum Ties



Integrating story mapping into the classroom using the Healthy Living in My Community project fulfills a number of different curriculum requirements:

- Physical and Health Education
- Applied Design, Skills and Technologies
- English Language Arts
- Arts Education

With this project, students will learn about the various dimensions of health and explore the factors that contribute to our health and wellbeing.

They will gather locally relevant information about programs available to them, connecting them with their community, as well as encouraging them to get involved in these healthy activities. Through this, they will also learn to communicate with others and share stories through multimedia. While the unit is created for Yukon teachers, it can easily be adapted for NWT schools.

Summary







Students can use the online inventory in a variety of ways: through the creation of 'story maps' using existing maps and media on healthy living in Yukon, or by making their own maps of healthy living in their communities.

With story mapping, students can compile information on healthy eating and active living and use the inventory to share stories from their community in creative, innovative ways.

They will be developing their communication, geography, social studies, health literacy, and technological skills at the same time. Students can post pictures/videos of programs, engage with community organizations, attend community programs, and share their experiences, strengths and healthy living needs through their story map creations.

More Resources

More Info/Resources:

- To explore AICBR's Healthy Living Inventory Map, visit –http:// www.aicbr.ca/healthy-living-inventory/
- To learn more about Story Mapping and to see some examples, please visit https://storymaps.arcgis.com/en/ https://goo.gl/U5EZyn
- Esri Canada has many resources for teachers about integrating ArcGIS mapping into the classroom, learn more https://k12.esri.ca

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Exploring the Inventory

- Visit: www.aicbr.ca/healthy-living-inventory
- Zoom in/out on map (upper right corner).
- Click on the marker to see what kinds of programs are available – orange for healthy eating, blue for active living.
- The menu bar in left corner of map allows you to filter for information you want shown (i.e. program type, community, target group, etc.)
- Use the tool on mobile device or desktop.
- Create your own mapping apps/story maps like our 'Inventory Map' using the public data through Esri's ArcGIS Online.

Did you know?

ArcGIS Online Subscription is available for FREE to all Yukon/NWT Government Departments, including schools! – Get access here: https://esri.ca/en/education/ArcGIS-for-Schools

Healthy Eating and Active Living in the Yukon

Knowing what is out there for healthy living initiatives helps program coordinators, recreation leaders, funders, policy makers, and the public, to access and share information in order to identify what is out there, as well as analyze strengths and gaps in current programming.

With the help of story maps, content becomes more contextual and can be a way to bring the information back to the community and engage youth in leading healthier, more active lives.

Did you know?

In Yukon: There are more than
127 HEALTHY EATING,
204 ACTIVE LIVING and
136 OTHER healthy living programs
Data from 2016-2017

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James

