The Alberta Centre for Well-Being operates from the premise that networking, research, and information is needed to help develop and promote the concept of well-being to Albertans. If the vast array of leisure and health promotion professionals are to unite, a central mechanism is needed as a focal point from which professionals can network. The Centre will take on this role in Alberta. Also, for organizations and professionals who have concerns in the area of well-being, the Centre, by way of its educational services, may act as a sounding board. By providing information and resources, the Centre can empower individuals and communities through education.

The organizations which support the Alberta Centre for Well-Being advocate the initiative of positively changing lifestyle behaviours in hopes of attaining optimal health. Optimal health refers to a state of spiritual, emotional, physical, intellectual, and social health. All five components are essential in the endeavour to achieve a state of well-being.

THE ALBERTA CENTRE FOR WELL-BEING
How it All Began by Dr. Art Quinney

The concept of an Alberta Centre that would provide educational resources and research information in the area of physical activity and other positive lifestyle behaviours was first identified as a need about five years ago. The Be Fit for Life Regional Centres had been established and were operating effectively, but there were some concerns that we were not able to effectively evaluate the impact of programming and that perhaps the programs were too narrow in focus. It was also obvious that there was really no opportunity for people to receive initial training or post graduate training in Alberta in the broader area of wellness. The 1986 Canadian Summit on Fitness strongly confirmed the shift to a broader definition of the field and this highlighted the need for an Alberta centre to provide leadership in addressing professional preparation needs. There was also a strong feeling that we had to provide a means for a more integrated approach in the provisions of services to Albertans.

This stage of development also coincided with a movement of the primary focus of programming in Alberta Recreation and Parks. The Department was moving to a more holistic view of physical activity outcomes from a health perspective and examining the kinds of recreation and leisure opportunities that they felt were important for our province.

The outcome of this repositioning was an opportunity to look at proposing new program initiatives that could be supported with available lottery funds and operationalized through the Recreation, Parks and Wildlife Foundation. The principal architects of frameworks which went forward in response were Alfred Nikolai, Recreation, Parks and Wildlife Foundation; David Arsenault and Rick Curtis from Alberta Recreation and Parks, and myself from the Department of Physical Education and Sports Studies, University of Alberta. An integral part of the proposal was the identified need to create linkages between the many disciplines that contribute to well-being. These proposals were originally created in 1987 and were finally approved in 1988.

In retrospect, it is difficult to remember all the meetings, phone calls and long debates that contributed to the creation of the Alberta Centre for Well-Being, but I think that it is important to recognize some of the key individuals who facilitated the progress of the Centre in those early
How it Began Continued

formative stages. The Deputy Minister of Alberta Recreation and Parks in 1987, Barry Mitchelson, was an advocate of a broader vision of fitness and clearly supported the proposal. The Honorable Norm Wisas, Minister of Alberta Recreation and Parks, took the total program forward to his cabinet colleagues and gained the needed support at that level. Chuck Moser and the Recreation, Parks and Wildlife Board accepted the challenge of implementing the program and took on the responsibility of ensuring that the developmental processes and accountability mechanisms were put into place. Finally, the refining and operationalizing of the concept benefited from the input of Judy Selton, Len Winkel, and Gerry Glassford from the University of Alberta, Warren Veale from the University of Calgary, and Gary Bowie from the University of Lethbridge. The original architects of the concept have also played an ongoing role from the mid 80's through to the current stage of development. The Centre has been given an opportunity to take a leadership role in our province and in Canada, and it is our hope that the current funding will be extended to allow this Centre to be a dominant force in Well-Being into the foreseeable future.

Dr. H.A. Quinnin is Professor and Chair of the Department of Physical Education & Sport Studies, University of Alberta

THE OBJECTIVES

Objective 1: The Alberta Centre for Well-Being wishes to play an instrumental part in educating Albertans about well-being.

How?
1. The Alberta Centre for Well-Being has developed a promotional brochure designed to provide basic information about the purpose and objectives of the Centre.
2. A newsletter will be published by the Centre and directed at well-being professionals in Alberta. It will contain information about upcoming events, health promotion initiatives, resources, and reports from the network.
3. The Centre will hold workshops, guest speaker presentations, and an annual wellness conference.
4. Albertans of all ages are the target audience of a quarterly journal to be managed by the Centre and published by the Edmonton Journal. The goal of the magazine is to interpret health and well-being information in an accurate and timely manner.

Objective 2: The Alberta Centre for Well-Being wishes to maintain contact with the diverse range of leisure and health promotion professionals and organizations scattered throughout Alberta, so that important networking may occur.

How?
A comprehensive computer-based Network is in place at the Centre. It was developed because: an expressed need for well-being professionals to make contact with each other. Conferences are one of the few mechanisms by which professionals may network and exchange information. Rarely is it possible for those working in the field to find out what others are doing. The 4200 groups, agencies, and professionals united by the Network are scattered throughout Alberta and are on the Centre's mailing list.

Objective 3: The Alberta Centre for Well-Being wishes to conduct and support research into the areas of leisure and well-being.

How?
To develop the field of well-being, there must be ongoing research. Therefore, the Universities of Calgary and Lethbridge are each hiring a research associate to start in March, 1990. These researchers will act as liaisons to the Centre and will conduct research on timely issues in the area of well-being. The University of Alberta will hire two research associates to start in April, 1990.

Objective 4: The Alberta Centre for Well-Being wishes to provide Albertans with information about how they may acquire resources in the many different areas related to well-being.

How?
Resources are often illusive, scattered from place to place, and consequently it is often difficult to get current information. The Centre is collecting resources which are pertinent to well-being and the promotion of healthy lifestyles. Information in the resource room will be catalogued on a computer data-base system. Once the resource room is fully established, Centre staff will be able to provide assistance in locating the resources you require. Two publishers, William C. Brown and Human Kinetics are offering books to the Centre for a 90-day review period. Everyone is welcome to review these books in the Centre's resource room. These books will be available for purchase.

THE LOGO

for the Alberta Centre for Well-Being was designed by Judy Armstrong, a first-year graduate student in the Department of Art and Design at the University of Alberta. She is specializing in visual communication design. For Judy, the circle symbolizes the all-encompassing concept of well-being. It is left open to signify that others and their ideas are welcome in. The Executive Management Group chose Judy's logo for the Centre because it symbolizes a constantly altering condition. The many dimensions of optimal health combine in a delicate balance that creates ever-changing states of well-being.

The circle is open, never quite complete, because the ultimate state of well-being is illusive to most of us.

Judy has also completed three other project designs: a promotional poster for a play called, "Six Characters in Search of an Author"; the cover and interior pages for a book called, "Norwegian Immigrant Clothing and Textiles"; and a promotional conference poster for the Society for the Study of Architecture in Canada to be held at the University of Alberta.

Judy Armstrong
FROM THE NETWORK

NAIT ENCOURAGES HEALTHY LIFESTYLES FOR EMPLOYEES

The Northern Alberta Institute of Technology recently strengthened its commitment to encouraging and supporting healthy lifestyles for its 1500 members.

In keeping with a progressive trend in Canada, NAIT hired a Wellness Coordinator in July 1989 to administer a two-year research pilot project on employee wellness. The project includes the evaluation and coordination of existing programs, services and facilities under the wellness umbrella as well as assessing and piloting new initiatives.

NAIT’s employee wellness program is called Live Well and its mission is twofold: (1) to provide support and assistance to those who want to make desired lifestyle changes; (2) to create a work environment supportive of positive health practices. To achieve these goals the Live Well program includes:

- **Awareness Programs** - To increase employee awareness of current lifestyle practices and their correlation to personal health and vitality.

- **Personal Appraisals** - To provide employees with an overview of their current health status by administering a physical fitness assessment, health/risk appraisal and food intake analysis.

- **Healthy Lifestyle Modules** - To offer intervention programs that assist in bringing about desired lifestyle changes. These programs, typically include such topics as stress management, nutrition, weight management, exercising for life, retirement planning, back care, etc.

- **Environmental Support** - To create within the worksite an environment that supports healthy lifestyle practices. Environmental support is demonstrated by addressing such issues as physical setting (e.g. air/noise quality, ergonomics, food quality, occupational health and safety); leadership commitment; employee involvement and ownership; and Institute policies, cultures and norms.

The first step to achieving Live Well’s objectives was to increase employee awareness of what wellness is. This was done through a series of presentations to the divisional units. The next step in designing and implementing the program was to ascertain employee lifestyle habits, as well as interests and needs regarding wellness. To achieve this objective, a lifestyle questionnaire and interest survey was designed and circulated to all employees. In cooperation with the Alberta Centre for Well-Being the data was analyzed and the information is being used to design and evaluate the Live Well program. Research assistance from the Alberta Centre for Well-Being is a critical component in the development of a data base on lifestyle habits of Albertans and in the evaluation of provincial wellness programs. The effective development and implementation of the Live Well program has been augmented by the resources and networking support offered by the Alberta Centre for Well-Being.

Dana Fawcett, Wellness Coordinator
Northern Alberta Institute of Technology
Employee Wellness Program

CATALYST GROUP FOR THE HEALTHY COMMUNITIES - ALBERTA PROJECT

On the Road to Healthier Communities

Is the quality of life in Alberta’s communities being challenged? What will be the effects of environmental threats, poverty among children and seniors, inadequate housing and isolation? Communities and individuals want to have a say in these and other matters and now there is renewed support for local action.

Across Canada, the "Healthy Communities Project" is bringing people together as partners to decide what is important to improve the quality of their communities. The intent is to involve all those who can influence change, and to find ways for "grassroots" people to participate in finding the solutions.

Albertans working to strengthen their communities are invited to share their experience and use the resources this project has to offer.

Is your community healthy?

A healthy community is much more than one which is without disease. When people are asked, "What would make this community healthier?", they say they want "cleaner air, water and food", "more space and green parks", "safer streets", and "more support between people". They want an adequate income and housing, good jobs, and accessible recreational facilities. People want to participate in the decisions made inside and outside of government to make their communities vital and satisfying.

What is underway for the Healthy Communities Project in Alberta?

The Alberta Public Health Association has joined with representatives from ten other sectors to form a Catalyst Group.

The first step is to create a "Network of Networks". We are trying to identify individuals and groups of Albertans active in making their communities healthier. We are looking for ways to link these people and their projects, beginning with an electronic network at the new Alberta Centre for Well-Being.

Our next step will be to support local initiatives. This will be directed by the needs of communities, e.g., to hold community forums, to get training resources, to exchange experiences with other communities.

We will support efforts to build healthy policies for Albertans at the local and provincial levels. This should become easier through the growing number of people committed to a common goal.

How can you be part of the Action?

The momentum is building. You can get ideas and resources by contacting the Catalyst Group for the Healthy Communities, c/o Val Wiebe, North Eastern Health Unit, Box 1468, 5610-50 Avenue, St. Paul, Alberta, T0A 3A0, Tel. 645-3396, FAX 645-6609.
WHY USE RECYCLED PAPER?

Seventeen trees are needed to make one ton of paper. At the current pace of paper production, the world’s forests are being destroyed faster than they can be replaced. Not only is this deforestation changing the earth’s climate, but it is altering the food chain in various parts of the world. Rather than using virgin wood pulp to produce paper, it makes sense to recycle waste paper. This decreases garbage disposal and thus reduces an enormous tax burden. Also, five times as many jobs are created from harvesting waste paper as harvesting virgin wood pulp. Manufacturing recycled paper creates 74% less air pollution, 35% less water pollution, and requires 64% less energy than producing paper from virgin pulp. By recycling, a new material resource (waste paper) is created. In this way, everyone can contribute to economic stability. So, save trees and THINK ABOUT RECYCLING!

ANNOUNCEMENTS

NEEDS ASSESSMENT SURVEY

Along with this, our first newsletter, we are sending you a needs assessment questionnaire in hopes of collecting information regarding your needs and interests in the area of well-being.

Please take the time to fill out the questionnaire. Your input is invaluable because you know better than anyone what is occurring in the well-being and leisure field. With your assistance, we may be better able to gear our services in the direction you want or require. Follow-up regional meetings will be held to review and validate the written results of the needs assessment survey. We anticipate that these meetings will be staged in cooperation with the regional Be Fit for Life Centres. If you did not receive a needs assessment questionnaire, please contact us and we would be pleased to send you one.

ALBERTA WELL-BEING CONFERENCE

Planning has begun for the Alberta Centre for Well-Being’s first conference to be held in conjunction with the Alberta Public Health Association in the fall of this year or the spring of 1991. The program will include sessions and workshops concerned with well-being and promoting healthy lifestyles.

We wish to target the conference to those professionals working in the field. Your professional development dollars will be best spent if we can target sessions to meet your needs and interests. Therefore, your input regarding preferences for conference topics is very important. Please take the time to provide us with this information via the needs assessment questionnaire or contact us at the Centre, (403)492-1041. Since planning for the conference is just beginning, your immediate response would be beneficial in helping to develop the conference program.

We will update you on the progress of the conference in subsequent newsletters. We hope you plan to attend.

MORE INFORMATION?

If you would like more information on the contents of this newsletter, please contact the Alberta Centre for Well-Being, University of Alberta, G-108 Education South, Edmonton, Alberta, T6G 2G5. Telephone: (403) 492-1041; Fax: (403) 492-2746.

Comments, questions, and suggestions are always welcome. Please contact the Communications Coordinator at the Centre if you have any special events, programs, or issues you would like addressed in the Newsletter.

The Alberta Centre for Well-Being newsletter is published monthly by the Centre and is distributed free of charge to a controlled circulation list of leisure and well-being professionals. If you wish to be added to the mailing list, please contact the Centre.

NEW IN THE RESOURCE ROOM

By Wm. C. Brown Publishers


Lifetime Aerobics, Michael McIntosh, Hagerstown Junior College, 1990

Walking for Fitness, Lon H. Seiger and James Heisson, both of Delta State University, 1990

Children and Movement: Physical Education in the Elementary School, Jennifer Wall, McGill University, and Nancy Murray, University of Regina, 1990

Lifetime Fitness and Wellness: A Personal Choice, Second Edition, Melvin H. Williams, Old Dominion University, 1990

Drugs in Modern Society, Second Edition, Charles R. Carroll, Ball State University, 1989

Consumer Health: Contemporary Issues and Choices, James H. Price, University of Toledo, Nicholas Galli, Herbert H. Lehman College of CUNY, and Suzanne Slentker, Executive Director, Toledo Community Hospital Oncology Program, 1985

Health Education: Learner-Centered Instructional Strategies, Jerrold S. Greenberg, University of Maryland, 1989

Nutrition for Fitness and Sport, Second Edition, Melvin H. Williams, Old Dominion University, 1988

Publisher Wm. C. Brown has provided the Centre with these books for a 90-day review period. These books were ordered because it was felt that the topics would be of interest to professionals working in the field. Please feel free to drop by the Centre to review and possibly purchase these books during February, March, and April 1990.