



**Arctic Institute of
Community-Based Research**
For Northern Health and Well-Being



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.

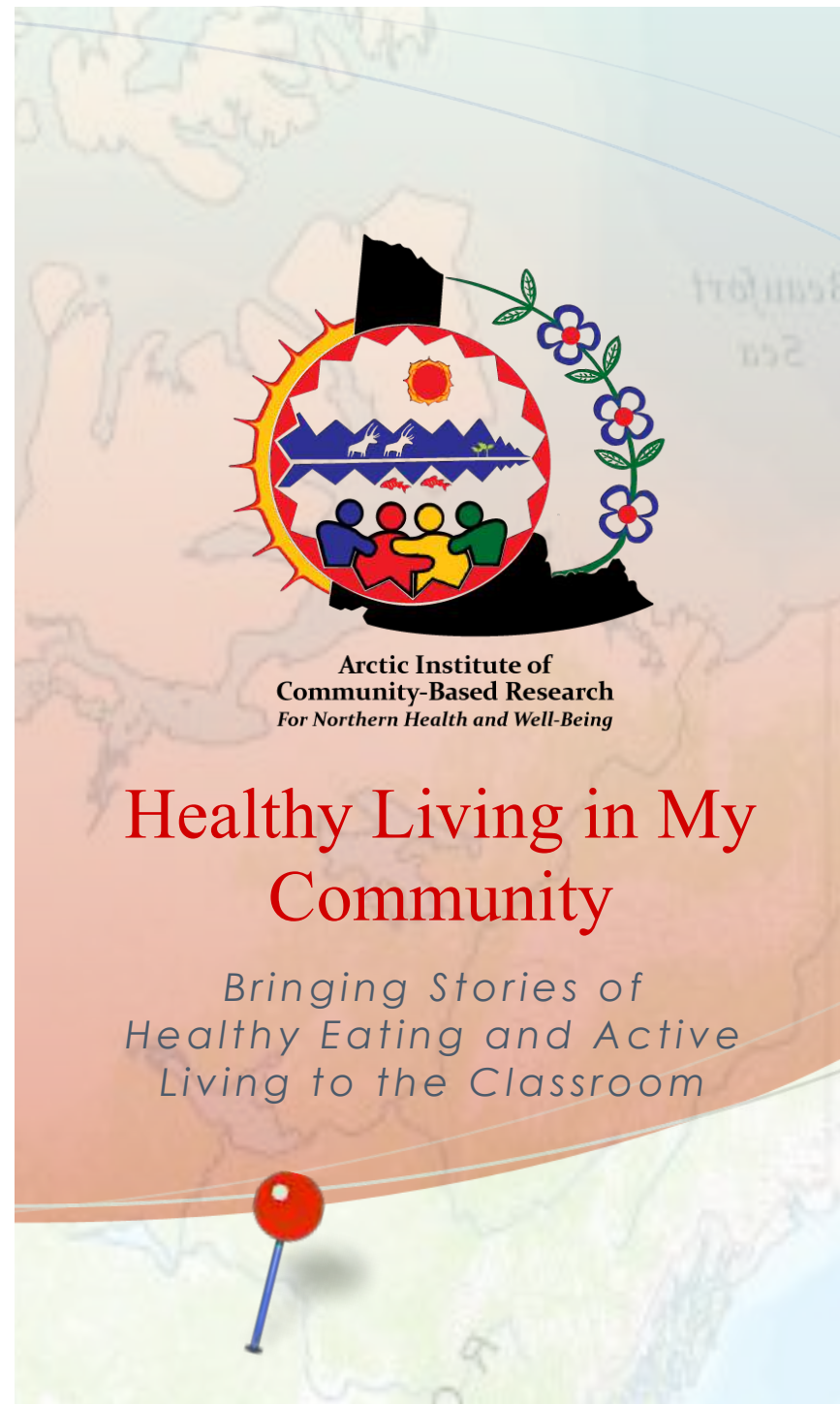
Current Priorities:

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

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www.aicbr.ca



Also, find us on:





Introduction

The **Arctic Institute of Community-Based Research** is developing a project 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 and hands-on experiential learning, this project builds off of AICBR's **Healthy Living Inventory Tool**, developed in 2014 to enhance collaboration and information sharing for advancing healthy lifestyles in Yukon and Northwest Territories' communities.

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.

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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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Beaufort
Sea

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.

What is the Inventory?



The **Healthy Living Inventory** showcases healthy eating & active living programs across the Yukon and Northwest Territories as a part of a wider initiative called: *Working Together to Achieve Healthier Lifestyles in Yukon and Northwest Territories' Communities*.

The purpose of this tool is to facilitate information sharing and collaboration between organizations and others in order to work together to support healthier lifestyles in the two territories.

AICBR is currently working with Esri Canada to engage with community partners and work with the inventory in creative ways, through the use and creation of story maps.

Project funder and partners:



Public Health
Agency of Canada

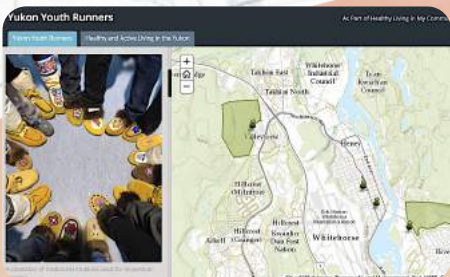
 **esri** Canada

Agence de santé
publique du Canada

Beaufort

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/1jze8K>

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 inventory map 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 importance of good nutrition and active living and their contributions 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.

A map of the Yukon region in Canada, showing geographical features like the Beaufort Sea and Great Slave Lake. A red pin marker is placed on the map, pointing to a specific location. The title 'Exploring the Inventory Maps' is written in large, bold, red font.

Exploring the Inventory Maps

- 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 Government Departments, including schools! – **Get access here:**

<https://esri.ca/en/industries/education/agolaccess>

A map of the Yukon region in Canada, showing geographical features like the Beaufort Sea and Great Slave Lake. The title 'Healthy Eating and Active Living in the Yukon' is written in large, bold, red font.

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 others, to access and share information in order to identify strengths and gaps in 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

Beaufort Sea

What *Healthy Eating* or *Active Living* programs are in your community?

www.aicbr.ca/healthy-living-inventory

Community Greenhouse and Garden

- Vuntut Gwitchin First Nation
- Old Crow
- Summer
- Anytime
- [More Info](#)

NORTHWEST TERRITORIES



CLICK ON THE HEALTHY EATING OR ACTIVE LIVING MARKERS TO LEARN MORE ABOUT EACH PROGRAM!

CLICK ON THE CIRCLES TO SEE WHAT PROGRAMS ARE AVAILABLE.

TELL STORIES, ADD PHOTOS AND MORE!



TYPES OF PROGRAMS:

Active Living



Healthy Eating



YELLOWKNIFE, NWT

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Great Slave Lake