



NWT Association of Communities

Connecting Community Governments Since 1966

NWTAC Healthy Communities

Sponsored by:



Government of
Northwest Territories

Health and Social Services

Award Description

The aim of the Healthy Community Award is to celebrate an NWT community that encourages and supports residents in adopting healthy lifestyle choices by providing programs promoting physical activities, nutrition and social connections that foster positive mental health. The award is sponsored by the GNWT Department of Health and social services and the community who wins this award receives **\$5000.00 to go towards a healthy initiative in your community.**

All 33 communities of the NWT are eligible to enter the Healthy Communities Award. All your community has to demonstrate is you as a community are encouraging residents of all ages to achieve and maintain their best possible health. Healthy communities such as yours, support your residents in adopting a healthier lifestyle by providing access to physical activities, nutritious foods and social connections that foster mental health. Social, environment and economic factors are important determinants of human health and are interrelated.

Some of the qualities of a healthy community include

- Adequate access to healthy food choices, water, shelter
- Opportunities to learn and develop skills for living healthier
- Mental Wellness – help people realize their own abilities and let them learn how to cope with the stress of everyday life
- Drop the pop-raises awareness of the negative impacts of sugary beverages and encourages children to make healthy beverage choices.
- What it means to your health to be tobacco free

Communities that support healthy living make it easier for all residents regardless of age or ability to make healthy choices every day. Send in your application and tell us what your community is doing to promote a healthy community!

Complete the Nomination form and attach with that an explanation why your community should receive the Healthy Community Award. Tell us some amazing stories of how you as a community provide, promote and participate in making your community a healthy place to live.

Deadline for Nominations: **January 25, 2019**

Community Nomination Form

NOMINEE INFORMATION

Community Name: _____

Person nominating: _____

Address: _____

_____ Postal Code: _____

Work Phone: _____ Fax: _____

E-mail: _____

Signature: _____ Date: _____

Please let us know what your community has done to support healthy living and why you should receive the award. Please attach any additional information.

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