



**Northwestern
Health Unit**

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Do One Thing Conference a Success

A day after the Do One Thing conference, people are still buzzing about the great keynote speakers and discussions that were held at the Whitecap Pavilion in Kenora.

The conference, put on by the Northwestern Health Unit, was the first of its kind. It gathered together about 150 key partners across the region and all 150 health unit staff and board members for two days of inspiring keynotes, informative panels, and stimulating discussions.

Conference coordinator Mike Greaves, called the conference a resounding success. "The energy, passion and commitment for improving the health of our communities, workplaces and people were inspiring. This conference featured delegates, students, and guests from diverse sectors and geographic regions and I foresee strong partnerships developing; all with one primary goal: improve our health. All in all, this event sets a new benchmark for not only a community commitment to health, but in size and scope a new benchmark for the City of Kenora as a host conference community."

A highlight of the conference was the launch of a new health unit campaign. Presented by the new Medical Officer of Health, Dr. Kit Young-Hoon, the campaign calls on people to Do One Thing. "One thing a day, one thing for yourself or your family or your community. At the heart of the campaign is a desire to improve the healthy eating and physical activity behaviours of children and youth in the region" says Dr. Young-Hoon.

The campaign has many tactics that will roll out over the next few years to start changing the rising curve of obesity and chronic disease - including the 21 day challenge. You can check out the campaign at www.DoOneThing.ca (and sign up for the challenge).

If you are unable to attend the conference, but want to learn more, conference presentations and notes will be soon be posted on the conference website www.DoOneThingConference.ca.

For more information, contact the Northwestern Health Unit.



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