



FOR IMMEDIATE RELEASE

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THE PICTURE OF HEALTH – HOW WOULD CHILDREN GET BC KIDS HEALTHIER?

VICTORIA — The B.C. Health Committee is inviting elementary school children to enter a drawing contest (<http://www.myhealthyspace.ca/contest.asp>) to show what they think will help B.C. kids be healthier. The contest is part of the Committee's efforts to consult youth on the issue of childhood obesity.

The Select Standing Committee on Health, an all-party committee of the Legislative Assembly, has been assigned to look into ways of reducing childhood obesity. They have been hearing from expert witnesses over the last year, but now they want to hear from the kids themselves. Along with the drawing contest, they've also set up a website for youth at www.myhealthyspace.ca and will hold several regional meetings at high schools in October.

"[Myhealthyspace.ca](http://www.myhealthyspace.ca) is a great way to inform youth about the issues surrounding childhood obesity," says Ralph Sultan MLA, Chair of the Committee. "But to engage younger children, we also created the drawing contest, where children can submit an original drawing showing their ideas to encourage kids to become more healthy and active."

One winner from each grade (K-7) will be chosen to have their artwork exhibited at the Legislature. The grand prize winner's artwork will be reproduced on the Committee's final report cover. Full contest rules and teacher/parent guidelines are available at <http://www.myhealthyspace.ca/contest.asp>.

"We think children will have some marvellous ideas about how to improve the eating habits and fitness of B.C. children," says David Cubberley MLA, Deputy Chair. "Childhood obesity is about kids, and we believe we need to hear what they think before we make our recommendations to the Legislature."

For more information, visit <http://www.myhealthyspace.ca>.

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