

MEDIA RELEASE

FOR IMMEDIATE RELEASE



ASEBP and Northern Lights School Division No. 69 Bring Healthy Living Program to School Employees

Program aims to make health happen for people and the workplace

(Bonnyville, Alberta – January 26, 2010) The Northern Lights School Division No. 69 (NLSD) has partnered with the Alberta School Employee Benefit Plan (ASEBP) to implement the Healthy Living Program (HLP), which launched on January 7, 2009. The multi-phase, division-wide program is designed to foster healthier workplaces by positively influencing each staff member's physical, mental, and emotional health.

The program is a collaborative effort between ASEBP's Health Services Team, NLSD senior administrators, and a seven-member working committee representing each staffing group in the division. The diverse team will ensure that the Healthy Living Program is shaped to meet the NLSD's current unique health needs and challenges.

ASEBP's Executive Director, Jennifer Carson stated, "We are pleased to be able to work with the Northern Lights School Division to offer the Healthy Living Program because we believe that by enhancing the health of the staff, we can also positively influence the health of the students, improving their overall learning experience."

Phase 1 of the multi-phase HLP established a health baseline for each individual. During the consultative one-on-one session facilitated by a health professional, six biometric measurements (which included cholesterol, triglycerides, low density lipoproteins, high density lipoproteins and blood sugar) were collected. An online Health Assessment was also completed. Participants received a confidential report about their current health status. The process took about 45 minutes per participant.



Lifestyle coaching has been made available to eligible participants based on their identified health risks. Lifestyle coaching is a voluntary, proactive approach that helps participants make informed choices about behaviour changes through education, motivation, and reinforcement

of healthy choices. This telephonic service assesses health and level of readiness to change, and assists participants in setting realistic goals and action plans. Participants also gain access to personalized tools, tips, and programs they can use immediately to improve upon their overall health, as well as a *Health Passport*, courtesy of ASEBP, in which they can track their health information over time.

Phase 2 was launched in April 2009 with a multi-year implementation plan. A series of health programs have been implemented at each school site. These are aimed at improving physical activity, nutrition, and emotional health. Many individuals have already achieved significant results and teams have also benefited from this renewed focus on health. Division wide initiatives are in the planning stage.

Phase 3 will begin the first week of February 2010. Biometric screening and consultation with a health professional will be available to all year-one participants so they can compare their year-to-year results. Various levels of coaching support will continue to be provided to all participants to support *making health happen* in Northern Lights!

For more information, contact:
Northern Lights School Division No. 69
Name: Roger Nippard
Title: Superintendent of Schools
Phone: 1-780-826-3145

Alberta School Employee Benefit Plan (ASEBP)
Name: Jennifer Carson
Title: Executive Director
Phone: 1-877-431-4786



About ASEBP

ASEBP is Alberta's largest health benefits provider, working on behalf of Alberta's education sector to administer comprehensive benefits. ASEBP is a health and welfare trust governed by ten Trustees, five appointed by the Alberta Teachers Association and five appointed by the Alberta School Boards Association.

In addition, ASEBP creates holistic health resources designed to foster healthy lifestyles and support healthy workplaces in schools across Alberta.

About Northern Lights School Division

Northern Lights School Division No. 69 consists of 27 schools spanning a large geographical area in northeastern Alberta from Wandering River to Cold Lake, including the major communities of Cold Lake, Bonnyville, and Lac La Biche. The division is noted for its focus on staff development,

commitment to site-based management, and modified instructional calendar. The School Division's mission statement is "Working Together to Help Every Student Learn and Excel."

To support this mission and its commitment to staff development, NLSD leadership approached ASEBP regarding a potential partnership to create a focus on health and wellness. In the spring of 2008, members from Northern Lights executive leadership and ASEBP's Health Services Team, along with leader representatives from each staff group, formed a Working Committee to initiate planning for the Healthy Living Program, a district-wide workplace health initiative.

-30-