

Healthy Food and Water

Definition:

A healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition. Healthy water is about having access to clean water.

In the community this means having access to supermarkets and produce shops where people can buy fresh fruit and vegetables. Unhealthy food places include fast food stores, dairy 's, Liquor stores and bakeries.

What it looks like in the community:

Produce stores

Supermarkets

Clean Water

Active Living

Definition:

Active living is a way of life that integrates physical activity into your everyday activities, such as walking to the store or biking to work. **Active living** is a combination of physical activity and recreation activities aimed at everyone to encourage a healthier **lifestyle**.

Communities build places that encourage active living and physical activity.

Unhealthy active living places include cities that don't have active living areas and are not pedestrian friendly.

What it looks like in the community:

Parks

Bike trails

Activity areas

Gym

Stable Ecosystem

Definition:

Ability of the environment to maintain its health with outside disturbances. It includes areas such as water, air, and soil quality. A stable ecosystem is one that has clean air, soil and water, is free from pollution and has good waste disposal and recycling systems.

It can be impacted by things such as rubbish pollution (soil), effluent runoff (waterways), factories and dairy farms (air).

What it looks like in the community:

Clean air

Recycling centres

Rubbish trucks and disposal centres

Forests

Shelter

Definition:

A place giving protection from bad weather or danger.

In a healthy community there will be enough housing for all the community to live in. There will also be extra accommodation to support people coming into the community from out of town. This housing and accommodation will be warm, dry and safe to live in.

What it looks like in the community:

Houses

Housing blocks

Motels and Hotels

Camp Grounds

Sense of Community

Definition:

A feeling of connection of the people that live in the community. This includes people's enjoyment of their community and how they interact with others in the community. When a place has a strong sense of community it has a lot of places that bring people together.

Things that support a sense of community include public spaces (library, town hall, schools, churches, parks)

What it looks like in the community:

Churches

Library

Town hall

Healthcare

Definition:

Efforts made to maintain or restore physical, mental, or emotional well-being by the prevention, diagnosis and treatment of disease, illness and injury especially by trained and licensed professionals
In communities this looks like hospitals, ambulances, medical centres, and dentists.

What it looks like in the community:

Hospitals

Ambulance

Employment and Income

Definition:

Employment that provides an income that is enough for a reasonable quality of life. This includes enough jobs for members of the community and public support for those who are unable to work or find jobs.

Income is defined as money received, especially on a regular basis, for work.

What it looks like in the community:

Money

Job Opportunities

Education

Definition:

Education is about teaching, learning skills and knowledge. It also means helping people to learn how to do things and support them to think about what they learn. It's also important for educators to teach ways to find and use information.

The process of receiving or giving instruction, especially at a school or university.

What it looks like in the community:

Primary School

University