



# Alberta Project Promoting active Living & healthy Eating



The Alberta Project Promoting active Living and healthy Eating (APPLE Schools) is helping to define effective ways to create healthy school communities in Alberta.

The program motivates change and transforms school environments for improved learning and health. The goal of the project is a transformation into a healthy school community.

For more information on the APPLE Schools project please see the [Backgrounder](#).

### Overweight and obesity is a worldwide problem

Unfortunately, overweight children often become overweight adults who are at greater risk for type 2 diabetes, cardiovascular disease, cancer and other chronic diseases. In Alberta, only 27% of Grade 5 students meet the recommendations for vegetable and fruit intake.

For tips, recipes, resources, upcoming events and great ideas to keep your school community healthy, follow APPLE Schools on [Twitter](#) and Like us on [Facebook](#)

### Further support has been provided by



### APPLE Schools is Hiring!

The Alberta Project Promoting active Living and healthy Eating. APPLE Schools is helping to define effective ways to create healthy school communities in Alberta.

The APPLE Schools project is looking for a School Health Mentor in the Edmonton Region who will collaborate with a team of other School Health Mentors, 0.2 School Health Facilitators, as well as key stakeholders across Alberta, to create healthy school communities throughout northern Alberta.

This position operates independently, liaising with, providing leadership and mentorship to school administration, staff, students, parents, relevant community groups and health promoters in the jurisdictions to create a school community where the healthy choice is the easy choice. The position is supervised by the APPLE Schools Manager.

[Download the School Health Mentor - Job Posting here.](#)

### APPLE Schools Vision

Healthy active people thriving in healthy school communities.

### APPLE Schools Mission

APPLE Schools will empower school communities to make the healthy choice the easy choice. Students' active living and healthy eating habits will be supported through sustainable changes to school, home and community environments.

### Our Purpose:

1. To improve healthy living habits of students.
2. To increase knowledge about healthy living for parents, students, teachers and the school community.
3. To apply and sustain Comprehensive School Health in school communities.
4. To sustain capacity for healthy environments in school communities.

APPLE Schools started in 2008. It had been developed, piloted, delivered and evaluated under the direction of Professor Paul Veugelers in the School of Public Health. The program was operated by the School of Public Health at the University of Alberta until September 1, 2013. Ongoing management and delivery of this flourishing program now occurs independently from the University of Alberta. With its proven success in improving children's health, APPLE Schools now reaches more than 20,000 children in 40 Alberta schools. Dr. Veugelers and Dr. Kate Storey, both professors in the University of Alberta's School of Public Health, continue to lead ongoing research and evaluation of the program.

### Mailing Address

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### Contact Form

\* First Name:

\* Last Name:

\* Your Email:

\* Your Phone#:

Comments: