

Chronic Disease Prevention Programs

Chronic Disease

According to a World Health Organization Report, in Canada, chronic diseases were projected to account for 89% of all deaths in 2005. These premature deaths are due to heart disease, stroke and diabetes. These chronic diseases share common preventable risk factors (physical inactivity, unhealthy eating and tobacco use). PCHC has programs funded by HLP to prevent the risk factors, in partnership with, Sikh Heritage Centre, Sur Sagar Radio & TV, and Art of Living.

Overview of the CDP Programs

Peel Children in Action: This program is designed to enable children to participate in physical activity and healthy eating. It targets children ages 4 -11 years old from low-income, newcomer and single family homes. Culturally appropriate program activities are designed to address the needs of the children. The program is organized over the weekend throughout the year in order to maximize participation.

Heart Health and Multicultural Youth: This program offers opportunities to ethno cultural and ethno racial youth to enhance physical activity, healthy eating and smoke free living. The program is organized in partnership with the Sikh Heritage Centre where youth have the opportunity to play basketball and soccer, enjoy healthy refreshments and participate in a variety of educational events to address the chronic disease prevention risk factors.

Peel Women in Action: The aim of this program is to organize and implement a physical activity and healthy eating program based on culture-specific practices. Women participate in yoga, fitness walks and enjoy healthy refreshments. It is organized over the weekend and evenings in order to make it easier for low income, new immigrants and single mothers to participate in this program.

Timings

Every Sunday in Mississauga and Brampton

For more information on these programs:

Please call at 905-301-2978.

You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.

Visit our website at: www.pchealthcentre.com



Healthy Living Peel
Community Partners for Health and Wellness

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