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## NEWS RELEASE

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Ministry of Health

### **Healthy Families BC grand prize winner announced**

VICTORIA – Congratulations to the grand prize winner of the Healthy Families BC contest, Holly McLennan of Pitt Meadows! Along with many other British Columbians, she took easy steps toward a healthier lifestyle by registering with Healthy Families BC.

McLennan has won the grand prize of groceries for an entire year. That's \$5,000 worth of groceries to make healthier food choices the easier ones. The McLennan family will also benefit from services by registered dietitian Danielle Van Schaick, who will provide family-friendly recipes and a full grocery list to make shopping easier.

Van Schaick will provide an hour long nutrition consultation to the McLennan family. Based on this consultation, she will develop a seven-day meal plan. These meal plans will take into consideration each person's health and weight goals, individual calorie and daily nutrient needs and personal food preferences and lifestyle. Free groceries and appropriate meal planning will go a long way to helping Holly and family eat healthier and live happier lives.

Chronic disease – such as heart disease, diabetes, stroke and cancer - is the largest single burden on the health of British Columbians. Healthy Families BC is the province's health promotion and prevention strategy. It is focused on reducing chronic diseases and promoting healthy weights in the province through healthy eating and physical activity. The strategy will see the implementation of a variety of healthy living programs to improve health and promote wellness in every part of the province.

You can still register with the Healthy Families BC online community and explore the many benefits the site has to offer. Here you'll find a wide range of healthy living resources from recipes to videos to blogs by registered dietitians and so much more.

#### **Quotes:**

##### **Minister of Health Michael de Jong –**

“Congratulations, Holly McLennan! May these prizes help you and your family along the path to better health. Thank you to everyone who registered with Healthy Families BC and made this contest such a success.”

**Registered dietitian Danielle Van Schaick –**

“It’s great to be a part of this campaign to help reduce sodium and promote healthy eating for all British Columbians. I am excited to work with Holly and her family to develop personalized meal ideas that are both tasty and nutritious.”

**Contest winner Holly McLennan –**

“I’m very proud to be a winner of the Healthy Families BC contest. Having access to the healthyfamiliesbc.ca website has been a great resource. I love that you can share tips and information with British Columbians.”

“I’ve never had an opportunity to work with a dietitian and am planning to take full advantage to become the healthiest I’ve ever been in my life. One of my goals has always been to run a half-marathon and now I can. With eating healthy and being active, I can see that happening. My husband, who I haven’t even told yet, will also be able to get super healthy with me. It’s more than a prize – it’s a gift of health. Thank you!”

**Quick Facts:**

- Chronic diseases such as diabetes, high blood pressure, or heart disease are the largest causes of death and disability in British Columbia.
- Healthy living can improve the longevity and quality of life for many British Columbians.
- Evidence shows that if we are physically active, achieve and maintain a healthy body weight, enjoy a healthy diet, and refrain from smoking, we can reduce our risk factors for most chronic diseases by up to 80 per cent.

**Learn More:**

You can still become part of Healthy Families BC Online Community by visiting: [healthyfamiliesbc.ca/communities/register](https://healthyfamiliesbc.ca/communities/register).

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