



FOR RELEASE  
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## **Wellness plan to improve Yukoners' health and well-being launched**

WHITEHORSE—The well-being of children and families in Yukon is the focus of a new plan issued today by Minister of Health and Social Services Doug Graham.

*On the Path Together: Wellness Plan for Yukon's Children and Families* provides evidence-based strategies for improving the health and well-being of children and youth that will be used to help plan and set priorities and provide practical information on healthy living. The plan sets out three pathways to improve wellness:

- Giving kids a good start in life (0-5 years)
- Raising kids who flourish (6-19 years)
- Healthy living for all

The plan includes specific short-term actions the Department of Health and Social Services will take to improve the health and well-being of children, youth and families. For example, Community Nursing will introduce a new screening tool that assesses healthy eating habits of young children during their routine immunization visit.

"This plan builds momentum and jumpstarts a renewed focus on children and families," Graham said. "We have committed to concrete actions that can be taken in the short-term, but this plan is also a guide for the future that will allow us to be more strategic in our investments in children and families so that we get the best value for efforts and best outcomes for children."

*The Wellness Plan for Yukon's Children and Families* considers the many different influences on health, well-being and success, including pre-natal factors, lifestyle considerations and our environment.

"This plan is built on a wealth of evidence about what works when it comes to raising healthy, happy kids and supporting families," Graham added. "Our job and our commitment are to use this plan to guide the decisions we make today and in the future."

The Wellness Plan is available online at [yukonwellness.ca](http://yukonwellness.ca).

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