



Alberta & British Columbia

National Impact Report

2019 - 2020



From the desk of NSTEP

Dear Community Partners,

NSTEP is grateful for the support from our community partners, agencies, volunteers, and supporters. The past year we have continued to bring our programs where children live, learn, and play. March 13, 2020 and the advance of COVID-19 changed the way we delivered NSTEP. We learned how to do this with Zoom, Google Meet to expand our NSTEP EAT WALK LIVE Certificate Level 1 seminar virtually.

This is the opportunity we learned from COVID-19, how we can have a greater impact with more knowledge transfer to different organizations that work with children and youth-in Alberta, BC, and perhaps across Canada. KNOWLEDGE TRANSFER to more post secondary institutions and community partners will be our focus for 2021-2022.

Special thanks to our NSTEP Board of Directors-Jane Makin, Jane Royer, Lindy Kennedy, Kerianne James, and Rana Hamodah who are all passionate about children's health and well being.

To the Master Trainer Health Champions in BC-Wendy Lee Leeners, Kathy Yamasaki, AB-Darlene Schindel in Edmonton, and Sarah Galbraith in Calgary. I am so grateful for your genius and our entire interprofessional team in growing NSTEP so children have healthy habits for life, and we work towards preventing chronic disease! Read on! Deb Hymers NSTEP Founder Director, UWN 2020 Women of Inspiration nominee.

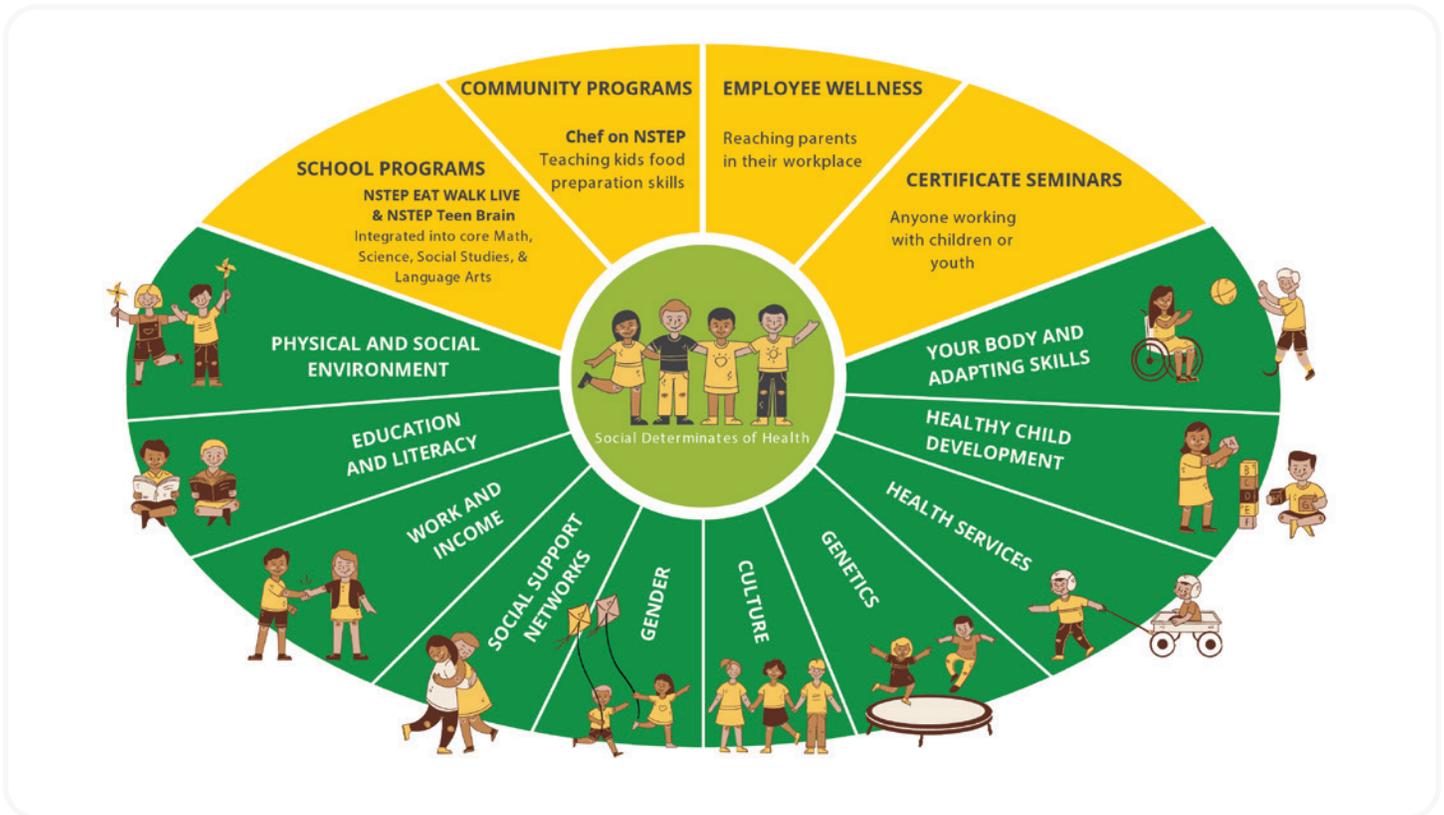
Deb Hymers

Deb Hymers,
Founder, Director, and Master Trainer

NSTEP's Mission

To educate and motivate children to **EAT** better, **WALK** more, and **LIVE** longer.

Schools and communities as hubs bring the strengths of each organization to better support the families. Children become the communicator in English Language Learner families. NSTEP is working to take our mission to address the Social Determinants of Health.



Mission

To educate and motivate children to eat better, walk more, and live longer. We want them to have healthy habits for life starting to learn, practice these at an early age.



Vision

To create a wave of health across Canada.

What we did

📍 Spotlight on Edmonton

In Edmonton, the summer of 2019 was an opportunity for NSTEP to be a supporting partner in the Harry Ainlay E2 Summer Camp. The E2: Excellence for Everyone model supports positive outcomes for the well-being of students through intentional, responsive relationships with school based wellness coaches, and the summer camp offered a continuation of those supports for students. Including the high school leadership students provided an additional layer of support and learning for them and the younger students that they were partnered with.

As the camp was coming up to its final few days, one of the students seemed somewhat withdrawn and sad. When asked how he was doing, he asked if camp could go all summer until school started.

“What am I going to do for the rest of the summer? I really like getting to make my lunches everyday and all of the activities we do.”

One day in camp, students made homemade spaghetti sauce with lentils. We mashed them up so the kids would be willing to try it because sometimes when kids see something they don't recognize they assume they will not like it. There was lots of extra sauce which was put in jars on the counter. It was awesome to hear kids ask if they could take it home and make it for their parents for supper that night.



‘Summer slide’ and lack of opportunities to access paid summer programming is a reality for many students and families. This summer program was an excellent example of the success that can come from prevention and learning healthy habits for life.

Sustainability is a key component of the NSTEP program. Once a school has been in the year long EAT, WALK, LIVE program, they become a legacy school and continue to be supported according to their specific school, teacher, and student needs. Over the past year, new initiatives were offered by our NSTEP Edmonton team to junior high teachers with requests for the athletic program enhancement and newly created Career and Technology Foundations Course. One elementary school needed a program at noon to help students eat healthier and get more physical activity as teachers were concerned with the students’ performance in afternoon classes.

Spotlight on Calgary

In Calgary, we switched/pivoted our work with food as a vehicle for the education component of WHY healthy eating and activity will build better brains. We are grateful to Rana Hamodah and her volunteers for translating recipes and activities into Spanish, Arabic, and Tigrinya - the languages the parents speak.

Spotlight on British Columbia

NSTEP in BC has had quite an evolution in the last year. We began collaborating with Fraser Health nurses and dietitians, as well as receiving a letter of support from the Fraser Health Medical Officer and Director, and became a school approved program. This led to a Master Contract with the Surrey School District, allowing NSTEP to deliver its programs freely between schools.

NSTEP was invited to speak at the Teachers Home Economics Specialist Association province wide Professional Development Day in Chilliwack Oct 2019, introducing teachers and Fraser Health nurses and dietitians to NSTEP. This catapulted interest from Surrey and Richmond all the way to Chilliwack, Hope, Merritt, and as far as Boston Bar and Fort St. John!

What was most compelling about these sessions was that these professionals wanted to know: "How do we get NSTEP into our school and our work environments?" We needed a way to rapidly expand our

knowledge transfer to more people without exceeding our available resources. That was the catalyst to create our NSTEP Certificate program for anyone working with children and youth. It also allowed us to reach more rural communities.

The arrival of COVID-19 has certainly affected how NSTEP delivers its programs as it has with everyone working with the public. NSTEP has been working on these challenges and is finding ways to stay present and current with the way we interact with our audience. One example is our delivery of the Surrey Teachers Association Conference in May 2020. All other conferences in the province were cancelled except for Surrey. NSTEP was able to successfully deliver our "What is NSTEP?" presentation via ZOOM to 39 participants.

Interest in NSTEP over this past year in Richmond and South Delta, although challenging, continues to increase. An ongoing conversation for delivery of the NSTEP EAT, WALK, LIVE program with Sacred Heart Elementary School in Delta over the past two years continues. Howard DeBeck School (an NSTEP Legacy school from 2016/2018) in Richmond has expressed interest in bringing NSTEP back as the school's 2020/2021 focus is "Health and Wellness". A principal at a French Immersion Elementary school in the Richmond School District who had the EAT, WALK, LIVE at a previous school is also interested. The challenge, as in all districts at this time, is the impact of COVID-19 and its financial impact on school budgets.

The numbers

	School Children and youth	Student Interactions*	Community*	Community Interactions	NSTEP Certificate	Adults*
Calgary	1,101	2,796	1,488	1,887	47	136
Edmonton	816	1,164	94	471	4	71
British Columbia	100	100	260	295	0	59
Total	2,017	4,060	1,842	2,653	52	266

*Student Interactions: If we see the same student 5 times that is 5 interactions. Community: Individuals, children, youth, adults, Chef on NSTEP. Adults: Teachers, ELL educators, parents.



6,713

The total number of interactions per child/youth in over 365 days.



Financial



\$174,852.00

In donations from various funders



\$12,264.00

Recovery of services



\$187,116.00

Total in donations and recovery of services



Volunteers

We could not do all we do without our phenomenal post-secondary students. This is our primary Human Resource strategy, we train the practicum students and if they are a good fit for us and we are for them, we offer them contract work.



1,893

Volunteer hours



\$37,450

Value of volunteer hours



\$1,828.35

In kind services donated



Since January 2010 - June 30, 2020 NSTEP in AB and BC



9,870

Children and youth in Community programs such as Chef on NSTEP since January 2015.



44,909

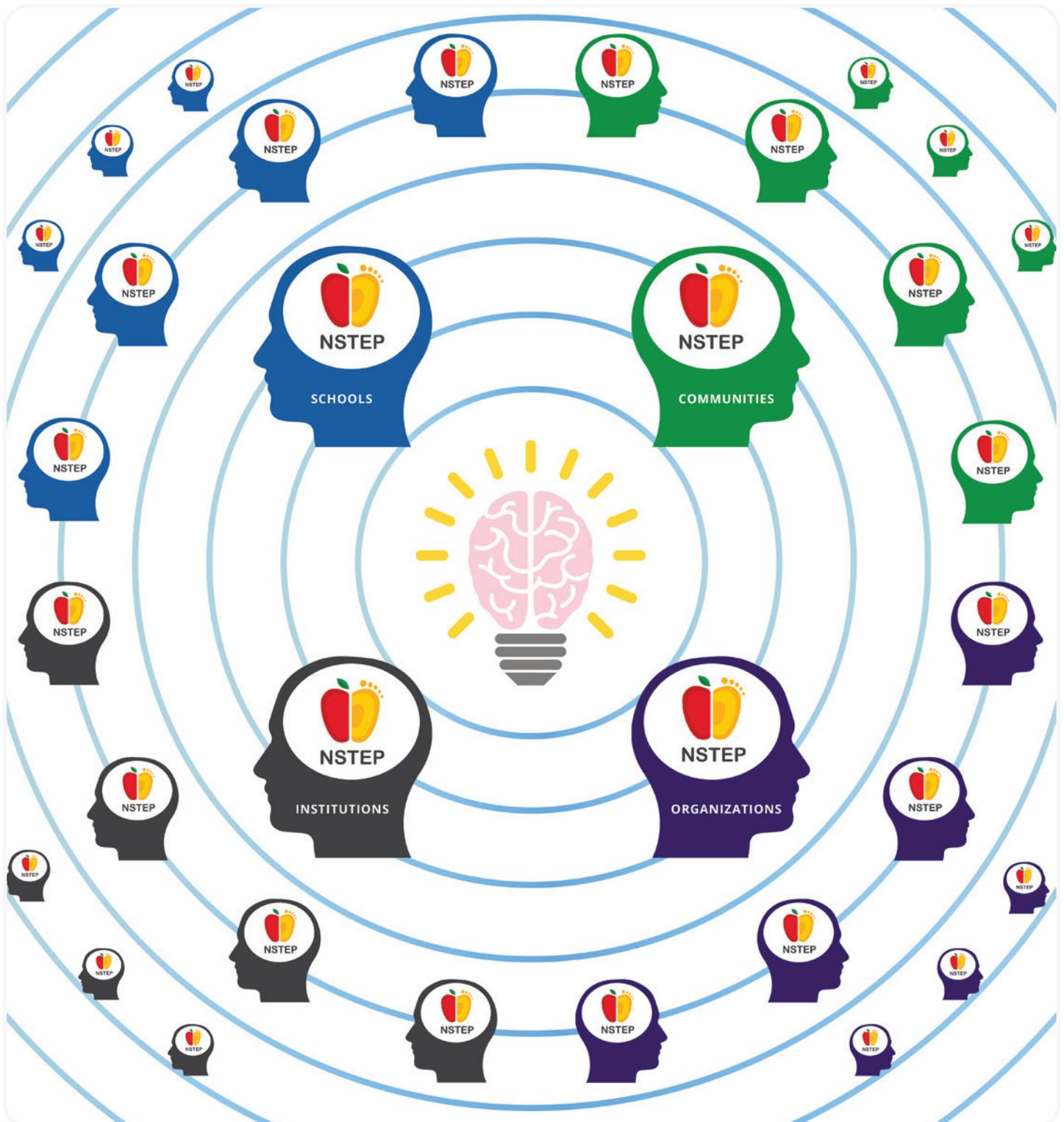
Children and youth educated in school programs.

**TOTAL =
54,779 children and youth**

This is the number of youth, however, the impact is higher as we see many of these children multiple times. For example in Edmonton, E2 Summer School, 35 students for 12 days over 3 weeks from 8:30 am to 3 PM. This was an enrichment program for at risk youth but they gained the knowledge and application of WHY healthy eating and activity builds better brains.

Knowledge Ripple Effect

Community leaders in schools and other organizations are the key for sustainability and capacity building. The amount of minds that can be reached are endless.



Moving forward

NSTEP for 2020-2021

Building on our work with English Language Learners and New Canadians has been a strategic plan for the past three years. We shifted our focus from mostly schools, community, and after school programs - to anyone working with children and youth. In Edmonton, this led to expansion of our work with the Northern Alberta YMCA LIT (Leaders In Training) program, a new initiative with Black Girls Corner, and in general new possibilities of supporting educators and leaders of out of school programs. Calgary expanded work with Calgary Bridge Foundation for Youth (New Canadian, ELL) after school programmers.

A testimonial: "10 of our Afterschool Program Coordinators attended 3 sessions with NSTEP in order to receive their EAT WALK LIVE Level 1 Certification. This certification allowed our team to learn about the physiological benefits of physical activity and a healthy diet. Their scientific research findings and other key messages were presented in a clear and simple form in order for participants of all educational backgrounds to understand. Not only did this certification provide the background information as to why practicing healthy behaviors is critical, it also taught our team fun and creative activities that we could incorporate into our youth programs. As a result of this certification, our team has made health focused changes in all of our programs impacting approximately 520 children and youth per week. An example of a change made is that we have changed our gym time to the beginning of the program as opposed to the end, as we now understand that getting

kids to move around and play helps alleviate stress and allows their brains to be more receptive to learning." Nicole Enright, CBFY After School Program Coordinator

Knowledge transfer has become a strategy to any individuals working with children and youth. When the programmers learn WHY healthy eating and activity build better brains they become the NSTEP health champion for that group and in future years.

Let's Celebrate Culture

Let's Celebrate Culture will be a theme for us this year as we continue to work with diverse populations. Learning a second language increases the neuroplasticity of the brain, these ELL children and youth have an advantage if they have the support they need. NSTEP will be one of the supports.

British Columbia

In BC as we move forward with the uncertainty of the new school year, NSTEP is working on finding new ways to deliver our programs including the community based Chef on NSTEP (which has also expanded into the Langley School District). Testimonials from students: *"NSTEP is fun, and helps me to be healthy". "I never knew healthy food could taste so good!" "I like being able to cook for myself." "I like showing my family what I've learned".*

Testimonial from community outreach worker

“As an outreach worker with the Surrey School District I have had the pleasure of working with a variety of partners that come to my afterschool program here at Bear Creek Elementary. No program, in my opinion, has made a more positive impact on the students here than NSTEP. I commend the staff at NSTEP for what they are doing – educating students on how to make healthy choices and the skills to make the meals. I would personally recommend them as healthy eating educators, able to run their program in any setting. They come prepared, knowledgeable and kind. I really enjoyed working with them and the kids can’t wait to see them next year. NSTEP for the win – take my word for it.”

Home Cooking Show

Future plans are to pilot a home cooking show via ZOOM: Chef on NSTEP @ Home, where students and their families can participate in learning food literacy skills, healthy recipes, nutrition information, and physical activity. Chef on NSTEP has been delivered to 27 schools and 2527 students (260 in 2020) since 2015!



Donors

You have made a difference in children’s lives. Thank you!

- Alberta Blue Cross
- Business Fore Calgary Kids
- City of Edmonton
- Donald Dudder Memorial Fund thru The Calgary Foundation
- Individual donors like YOU
- Nutrition and Mental Health thru The Calgary Foundation
- Rotary Club of Calgary Sarcee
- Rotary Club of Calgary West Veggie Plant fundraiser
- Rotary Club of Downtown Covid Relief
- Shaw Birdies for Kids presented by AltaLink
- Steve Marjie Allan Family fund thru The Calgary Foundation
- The Moffat Family Fund through Calgary Foundation
- United Way Community Response Fund Covid 19



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