

STUDENTS FACILITATING HEALTHY LIVING



Ontario's universities help people in communities across the province foster healthy lifestyles. Working with people such as at-risk children, expectant parents and the chronically ill, university students inject a fresh approach into health care and improve the lives of patients.

At York University's KIN Kids Program, students in Kinesiology and Health Sciences help inactive children change their lifestyles by introducing play for children who are overweight, obese or struggling with chronic diseases such as diabetes. Percentage of body fat, waist circumference, aerobic power, blood pressure and heart rate is gathered – data that provides a snapshot of student health and helps design programs to better meet the needs of inactive children. The program also provides York students with invaluable experience in pediatric health research, and teaches them how to analyze data.