

Honouring Our Health

Did you know that people who live in Northwestern Ontario have higher risk factors for cancer than anywhere else in the province? This means that too many people in our region smoke, drink too much alcohol, are overweight and inactive, and are not eating enough vegetables and fruits.

There are people in our communities who work hard to encourage us to Honour Our Health by living healthier and talking to healthcare providers about cancer screening. Five people have been recognized by Regional Cancer Care – Northwest for their roles as leaders in health promotion in their communities.



Aileen Malcolm

Aileen is a Youth Advisor with the Thunder Bay District Health Unit's Tobacco Control Program. She enjoys working with youth and feels it is important for cancer and diabetes prevention to start at a young age. Aileen believes that living a healthy life when you are young will lead to a healthy life when you are older – and she is right!

Before coming to the Health Unit, Aileen worked for Cancer Care Ontario's Aboriginal Cancer Care Unit as a regional coordinator

where she developed teaching tools for cancer education. She sees that a lack of resources and understanding, along with unhealthy lifestyles and substance abuse are all barriers to good health in many Aboriginal communities. This motivates her to spread this message whenever she can: "The Creator has given us the gift of life, and we should respect that gift. Don't smoke or use, honour your health and live life to the fullest!"



Sarah Mandamin



Angela Nodin



Donna Hayes



Mae Katt

Thank you to

Anishnawbe Mushkiki Aboriginal Community Health Centre • Gizhewaadiziwin Health Access Centre
NorWest Community Health Centres - Thunder Bay and Armstrong sites • Wassay-Gezhig Na-Nahn-Dah-We-Igamig Health Access Centre

For more information

Regional Cancer Care: 1-877-696-7223
Canadian Cancer Society: www.cancer.ca
Cancer Care Ontario: www.cancercare.on.ca



Canadian Cancer Society
Société canadienne du cancer

