

# ENGAGING MY FAMILY IN BEING FUTURE WELL

According to the World Health Organization (WHO), the best way to reduce your family’s chance of developing noncommunicable diseases (NCDs) is to reduce the major risk factors.<sup>1</sup> Remember, the earlier your family members can learn about how they can lower their risk factors towards developing NCDs, the sooner they can begin to build a healthier future.

A noncommunicable disease (NCD) is any disease that is not contagious and cannot be spread to others.

## CONVERSATION STARTERS

Try using some of these discussion questions to lead your family in important conversations about your overall health!

- What are some of the ways that we are already reducing our risk of developing noncommunicable diseases, like heart disease and diabetes?
- How can we be more physically active as a family? What is a fun physical activity we can do together?
- Does our family make nutritious food choices? How do we know?
- How can we make more nutritious food choices? Are there foods we eat now that we can replace with more nutritious options?
- Why is it important for us to make healthy choices about nutrition and physical fitness?

<sup>1</sup> <https://www.who.int/activities/preventing-noncommunicable-diseases>

## ACTIVITY IDEAS

Here are some quick activities your family can do together to reinforce the importance of making healthy choices! Which one(s) will your family try?

- Review your current weekly grocery shopping list as a family. Are there enough foods for each of the five food groups? Are there any items you can replace with more nutritious options? Work together to revise it before your next shopping trip.
- As a family, create a meal plan for the upcoming week that reflects all five food groups and the most nutritious food choices possible. Then, go shopping together for the ingredients you will need for each meal!
- Host a “food groups picnic” by having each member of the family prepare or bring their favourite food from the five food groups to the table for everyone to try.
- Look at your family’s schedule for the upcoming week. Plan times to participate in physical activity as a family and write them into the schedule. At the end of the week, come together and discuss how it felt to be so active together.
- Have each member of the family add an activity to a “Family Physical Fitness Wishlist” and commit to doing each suggested physical activity sometime in the next month. What were the family favourites?
- Do the members of your family wear pedometers or track their steps? Consider having a family step count challenge!