



## Food and Health Day Websites Geography Awareness Week 2007 Canadian Association of Geographers

*Dr. Barry Wellar, Program Chair,  
Geography Awareness Week  
Canadian Association of Geographers*  
[wellarb@uottawa.ca](mailto:wellarb@uottawa.ca)

The importance of the 'where' factor in the daily food and health routine of every Canadian covers a wide range of topics. On the food side, the following questions illustrate the geographic aspect of food. Where do we grow peaches, apples, corn, canola, potatoes, tomatoes, cucumbers, squash, wheat, barley, carrots, turnips, peas, beans, blueberries, etc.? Where are the farms that raise cattle, hogs, goats, sheep, poultry, etc.? Where are the fishing areas for salmon, trout, whitefish, pickerel, cod, haddock, sardines, and sole, and where are the lobsters, mussels, and crabs? Where are the grain elevators, stockyards, fish and cereal processing plants, canneries, chocolate factories, bakeries, etc.? And, for the geographically adventurous, Where does the food come from that is not grown in Canada?

Beyond questions about where food products are grown and processed, there are other pertinent where questions about food. Where are the food distribution centres? Where are the specialty food stores? Where are the supermarkets? Where are the convenience stores? Where are the restaurants? Where are the drive-ins?

As for the 'geography of health', it too has many aspects. Where are the most physically healthy Canadians? Where are the most mentally stressed Canadians? Where are the elementary schools with the highest percentage of children absent due to illness? Where are the areas with the highest incidence of cancer, respiratory disease, high blood pressure, and suicide rates among seniors? Where are obesity rates highest among teenagers? Where are the worst intersections for pedestrian-related injuries? Where are the hospitals? Where are the walk-in clinics? Where are the walking paths? Where are the parks, swimming pools, arenas, playgrounds, and other recreation facilities that promote good mental, emotional, and physical health?

Faculty lecturer Robert Patrick, the students of Earth and Atmospheric Sciences 394, PhD Candidate Blythe McLennan, and Post-Doctoral Fellow Nairne Cameron, Department of Earth and Atmospheric Sciences, University of Alberta, conducted the search for Food and Health Day websites. Questions should be directed to [Robert.Patrick@ualberta.ca](mailto:Robert.Patrick@ualberta.ca).



## Selected Food and Health Websites Food and Health Day 2007

There are thousands of websites that are pertinent to food and health day. The following is a small, indicative selection of the kinds of similar Web sites that can be found for every province and territory of Canada. It is emphasized that the websites shown are primarily from Alberta because that is where the research for this section was done.

[www.theurbanfarmer.ca](http://www.theurbanfarmer.ca)

[www.albertamarkets.com](http://www.albertamarkets.com)

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

[www.phac-aspc.gc.ca/new\\_e.html](http://www.phac-aspc.gc.ca/new_e.html)

[http://www.ewmce.com/](http://www.ewmce.com)

[http://www.foodsecurecanada.org/](http://www.foodsecurecanada.org)

[www.foodroutes.org](http://www.foodroutes.org)

[http://www.who.int/en/](http://www.who.int/en)

At the national level the Public Health Agency of Canada is a primary source of information on this very important, very complex, and geographically sensitive topic of public interest ([www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)).

The websites presented below contain information that should be of paramount interest to everyone in Canada and, we hasten to add, there are many more websites in this domain that can be accessed at the Public Health Agency of Canada website.

[http://www.phac-aspc.gc.ca/php-ppsp/gis\\_e.html](http://www.phac-aspc.gc.ca/php-ppsp/gis_e.html)

[http://dsol-smed.phac-aspc.gc.ca/dsol-smed/ndis/index\\_e.html](http://dsol-smed.phac-aspc.gc.ca/dsol-smed/ndis/index_e.html)

<http://dsol-smed.phac-aspc.gc.ca/dsol-smed/mcd-smcm/index.html>

[http://www.hc-sc.gc.ca/fn-an/surveill/atlas/map-carte/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/surveill/atlas/map-carte/index_e.html)

<http://ceps.statcan.ca/english/profil/PlaceSearchForm1.cfm>