



Vernon White, Senator
Senate of Canada

My name is Vernon White and I am a sitting Senator in the Senate of Canada, University Professor, and the former Chief of the Ottawa Police Service, Ontario, Canada.

I have been asked to explain how I became involved in *the Real You Program* which has been operating at the Ottawa Police Services, starting when I was the Chief and continuing now. The program was put together to assist police officers and civilians in managing their health challenges and their lifestyle. The profession of policing is very challenging and the ability to assist in the management of health care and well-being is key to healthy employees, and as a result healthy communities.

The focus of the program is, and was, to assist in engaging employees on the path to healthy lifestyles. When we started we knew that many would see this as health programming being forced on them, and we faced some minor pushback from the very people we were trying to help. Now, after nine clear years of success in this field, not only have we seen positive effects, we have also gained an entire organization that see *the Real You* as one of the most satisfactory internalized programs ever. We have seen employees taking onboard each and every segment we have thrown at them, engaging and growing personally and professionally, and within their personal/professional relationships.

We are on track to a make a real difference with *the Real You* and have seen happier employees that are healthier, managing the challenges and difficulties that come with policing. We have, as well, seen police officers and civilian employees taking responsibility for their own lifestyle choices, having been given the tools and knowledge necessary.

The reason I wrote this letter, however, is not really about police employees in Ottawa, but more to share the success we have had with *the Real You*. You see, the proactive and predictive nature of *the Real You* is the real story. It is something all of us can learn from, and more importantly, share, as we endeavor to create this model of health care for all of our citizens.

Vernon White, Honorable
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