



Health Matters Newsletter January 12, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research – The Cost of Physical Inactivity in Island Health
- Us and Them Film – January 23rd 2018- trailer for viewing
- Place Making Event
- Children and Social Media
- Big Science for Little Hands Workshop
- Purple Air Monitors- Check it out!



We live on an island with incredible opportunities for fun and adventure. If you have never been snowshoeing on Mount Washington I highly recommend it. It is relatively inexpensive and well worth the drive

Our Cowichan- Network Member Meetings-

- ✓ Next Admin Committee Meeting- **February 1, 4:30-6:30** CVRD Committee Room 2
- ✓ Next Our Cowichan Network Meeting at **March 8 Ramada Silver Bridge**. Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

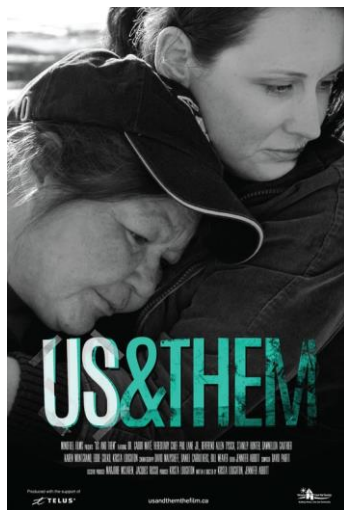
- CVRD Place Making Event- January 16, Cowichan Performing Arts Theatre 7:00 pm tickets are free but are required and can be picked up at box office or on line.
<https://www.cvrld.bc.ca/2897/Place-Making-Vancouver-Island-Speaker-Se>
- **Community Response Team Meeting** January 18, 9 am-11am Meeting Room 213 at the CVRD

- **EPIC-Community Steering Committee** January 18, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
- **SAVE THE DATE- Us and Them Film** – January 23, 2017 Cowichan Performing Arts Theatre 7:00 Pm

Local Data and or Research- The Cost of Physical Inactivity in the Island Health

Region- Island Health Region, physical inactivity cost our public systems an estimated \$151 million in the year 2015 - that includes \$51 million in Health Care costs alone (i.e. Hospital costs, Physicians, Drugs etc.). Think of what might be possible for our communities with that money freed up!

To break that down to an individual level – for each individual who is physically inactive, the associated cost to our public system was \$701 dollars in 2015; \$242 of that is in direct health care costs.



US and Them Film is Coming to Cowichan- January 23 – 7:00 pm Cowichan Performing Arts Theatre.

[Us and them Trailer](#)

<https://www.youtube.com/watch?v=SSCZogP4cM8>

Using a compassionate lens to challenge stereotypes about homelessness and addiction is the goal of the documentary *Us and Them*, screening Tuesday January 23 at Cowichan Performing Arts Centre.

A trip to Africa as a teenager, and the poverty she witnessed there, transformed the life of filmmaker Krista Loughton. She always thought she would return there to "do something," but "eventually I realized I don't have to go back to Africa to help people, I just have to go

downtown."

For Loughton, that meant spending hours at the local drop-in centre in Victoria, British Columbia.

'Unconditional love', no judgement

She was inspired by the centre's mission statement, which she said was "we are giving unconditional love, in a non-judgemental way, for all who walk in the door." Loughton was moved to start adopting the same principle in her own life.

Before long, she had encountered the four people whose stories she would tell in the film:

1. Karen, who was grieving the death of her husband "and I was just pulled into her pain in that moment," recalled Loughton, explaining that the two became close "when they would frequently run into each other at the centre.
2. Donalda, who was 4 feet 7 inches tall, about 90 pounds and "physically the person who was in the worst shape at the centre and she was angry and feisty," said Loughton. The source of the anger became evident when a staff member explained that Donalda "had witnessed her son being murdered by a police officer and her life just fell apart."

3. Eddie, who had been in and out of jail for most of his adult life, but had a wonderful way with words, said Loughton. She remembered him saying that even when he was inside he felt cold and "he was always shivering, it was like the cold was in the heart of his bones and he couldn't figure out if it was physical or psychological."
4. Stan, who had "a big fur coat and this incredible sense of humour and I was warned he was a tough nut to crack, but I cracked him," said Loughton.

She filmed *Us and Them* over a ten-year period, and during that time one of the four died. While grieving that death, she said her perspective changed dramatically on who was helping who.

Who was helping who?

"Their level of intelligence, their level of humour, their level of compassion, their level of wisdom, like there's a scene where I set out to help them but they end up helping me, so my emotional issues become part of the plot and it's their wisdom, they are counselling me."

That is the message Loughton hopes to share through her documentary — everyone suffers, and everyone has the capacity to help someone else.

"There is no us and them, there's just us and for me that's where social change begins," said Loughton.

The Cowichan screening of *Us and Them* will be presented by Our Cowichan Communities Health Network and Social Planning Cowichan, in partnership with the BC Centre for Addictions. A Panel Presentation will follow the viewing. Tickets are by donation and will be available in January.



Place-Making Vancouver Island Speaker Series

Gil Penalosa - 2018
Tuesday, January 16

The Speaker for the event this evening is Gil Penalosa, "Retrofitting Communities to Meet the Needs of 8-80".

Gil is the founder and chair of the board of the internationally recognized non-profit organization 8 80 Cities, based in Canada. The organization is centered on a simple but powerful philosophy; if you create a great city for an 8-year-old and an 80-year-old, you will create a successful city for all people. Gil also runs his own international consulting firm - Gil Penalosa & Associates and is an accomplished keynote speaker, facilitator of strategic workshops and delivers interactive presentations. Because of Guillermo's unique blend of experience, pragmatism and passion, his leadership and advice is sought out by many cities and organizations; he has worked in over 250 different cities in all continents.

Time: 7:00 PM

Location: Cowichan Performing Arts Centre

Address: 2687 James Street, Duncan, BC

Link: <http://www.cowichanpac.ca/event/gil-penalosa-retro%E2%81%94ting-communities-meet-needs-8-80>

Children and social media

[The Lancet](#)

Published: 13 January 2018



Social media is an increasingly common and integral part of people's lives, including those of children, despite a minimum access age of 13 years for some platforms. The reach of social media has outpaced research into potential benefits and harms for younger users. To address this gap, the Children's Commissioner for England, Anne Longfield, published *Life in 'likes'* on Jan 4, to explore the social media experience of children aged 8–12 years.

The report is based on digital tasks and interviews with 16 girls and 16 boys in small focus groups with a mix of ethnicity, religion, urban–rural residence, and socioeconomic status. The report examines how children access and use social media, the joys and sorrows it brings them, online interactions with peers, and how patterns of use evolve as children mature from primary to secondary school. Recommendations to improve child welfare are made for parents, schools, companies, and the government.

Children reported that social media was fun, stimulated creativity, and helped foster relationships, particularly with remote relatives and friends; although face-to-face encounters were still valued. As use of social media evolved from game playing among the youngest interviewees to cultivating friendships among the oldest, there was increased emphasis on one's image and the role of social affirmation and peer feedback, as well as the bittersweet exposure to unattainable lifestyles. Social media also provided discrete access to health information, an important aid to puberty.

The findings should be set within the context of two previous studies by the Children's Commissioner in 2017: *Growing up Digital* and *The Case for a UNCRC General Comment on Children's Rights and Digital Media*. Although ages overlap, the other reports include adolescents, an important demographic, because a third of internet users are younger than 18 years. Many young users of social media report feeling more natural online compared with offline encounters. Learning opportunities expand for older children, facilitated by social media homework groups. For those who feel marginalised by migration, disability, or sexuality, social media provides access to information and introduces a wider selection of peers. But with opportunities come risks, not only from predators and oversharing but also from social isolation as a result of the digital divide between those with and without access to social media platforms. Furthermore, the ability of social media to mould attitudes, values, and behaviours—particularly in vulnerable people—has both positive and negative consequences.

Life in 'likes' sets out a number of recommendations to minimise risk and address the needs of children and their emotional safety online. Parents provide clues to children about use through their own online behaviour, including disengagement and balance with offline activities. Two particular aspects are criticized: allowing children to access parents' social media accounts, through which they may be exposed to age-inappropriate language and themes, and the sharing of photos of children by parents, which many children find distressing but feel impotent to challenge. To promote online resilience to upsetting posts on social media, digital literacy needs to be emphasised in policies, at school, and in the home. The example of a Children's eSafety Commissioner in Australia for online bullying is used to argue

for a children's digital ombudsman in the UK. There is also a suggestion that the UN Convention on the Rights of the Child should be updated for the digital age.

Key to protecting children on social media is more responsibility and better accountability from the private international companies that operate these public spaces. First of all, either to provide a safe, nurturing environment for younger users or else to do a better job of policing compliance with age restrictions. It is unprincipled to have it both ways and benefit commercially from the presence of underage users. Second, terms and conditions, seemingly impenetrable to users of any age, should be clearly and concisely presented, so that users with younger reading ages can provide truly informed consent. Third, companies should fiercely defend the right to privacy, particularly for the young. Fourth, as people now use social media throughout their lives, they should have liberty to curate their own material and remove items they no longer consider appropriate. Finally, because social media provide such a rich opportunity to unite generations, we encourage companies to commission, publish, and implement research on how to make their platforms safer, friendlier, and healthier for all.

Big Science for Little Hands Science World — Designed by Jacki Mayo

Presenter: Wendy Lorch

Date: Tuesday, February 06, 2018 Time: 6:30pm—8:30pm **“FREE”**

Location: Clements Centre, 5856 Clements St., Duncan, BC

Description: This free science resource was designed for teachers & caregivers of 2-5-year-old children with some revisions for toddler activities. In this workshop, we will investigate balance, stability, and gravity while building like an engineer. Participants will have fun trying out a selection of hands-on science activities. We will also share our experiences doing science with young children, and discuss how the activities might work in your child care setting.

<https://www.scienceworld.ca/bslh>

Free & registration Required for 2 hr certificate of attendance. Contact Clements Centre to Register.



Don't forget to check out the PurpleAir monitors in your neighbourhood!

www.purpleair.com

Please share the posters freely and have a conversation with others about the impact of pm 2.5 and wood burning!

Do you have a resource, event or information you would like to share?

Send it to cindylisechn@shaw.ca and it will be included in the weekly

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