



Health Matters Newsletter February 23, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research
- New Review Shows Mental Health Benefits of Nature on Children
- Taking a Close Look at Sleep
- She Can Coach Campaign
- Ken Dryden Scholarship for Youth In and From Care to Attend Post Secondary



Question of the day: How many times have you driven by the Spectacle Lake sign on the Malahat? Have you ever stopped in for a visit? If not, you really should do it one day.

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- March 1, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at April 12 Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** March 15, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** March 15, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Local Data and or Research- No new research this week

New Review Shows Mental Health Benefits of Nature on Children

In a world where humans spend an increasing amount of our lives indoors, scientists are increasingly studying the links between access to nature/ green space and physical/ mental health. A growing

volume of literature has shown that developing access to nature could be an important community investment, as it has been linked to enhanced mood and wellbeing, lowering stress and/or depression, greater self-esteem, reductions in crime and violence, and lowering health-related inequalities in both adults and children.

Because [access to green space is an important determinant of health](#), a recent review of literature sought to answer the question: [does access to green space impact the mental well-being of children?](#) After examining 15 peer-reviewed papers, researchers found that, overall, studies agreed that for children both quality and amount of green space was linked to better emotional well-being and better peer relationships; whereas, living more than a 20-minute walk from green space was associated with more mental illness for children. Multiple studies found that access to green space, at school, at home, and in the community, was associated with lower incidence of attention deficit/ hyperactivity disorder (ADHD); children also performed better on memory tasks after a walk in nature compared to urban areas. Greater access to green space is also associated with benefits to cognitive development and academic performance. One study suggested there might be additional benefits due to reduced exposure to air pollution and another showed that access to green space could act as a buffer to lessen the impact of stressful events on children.

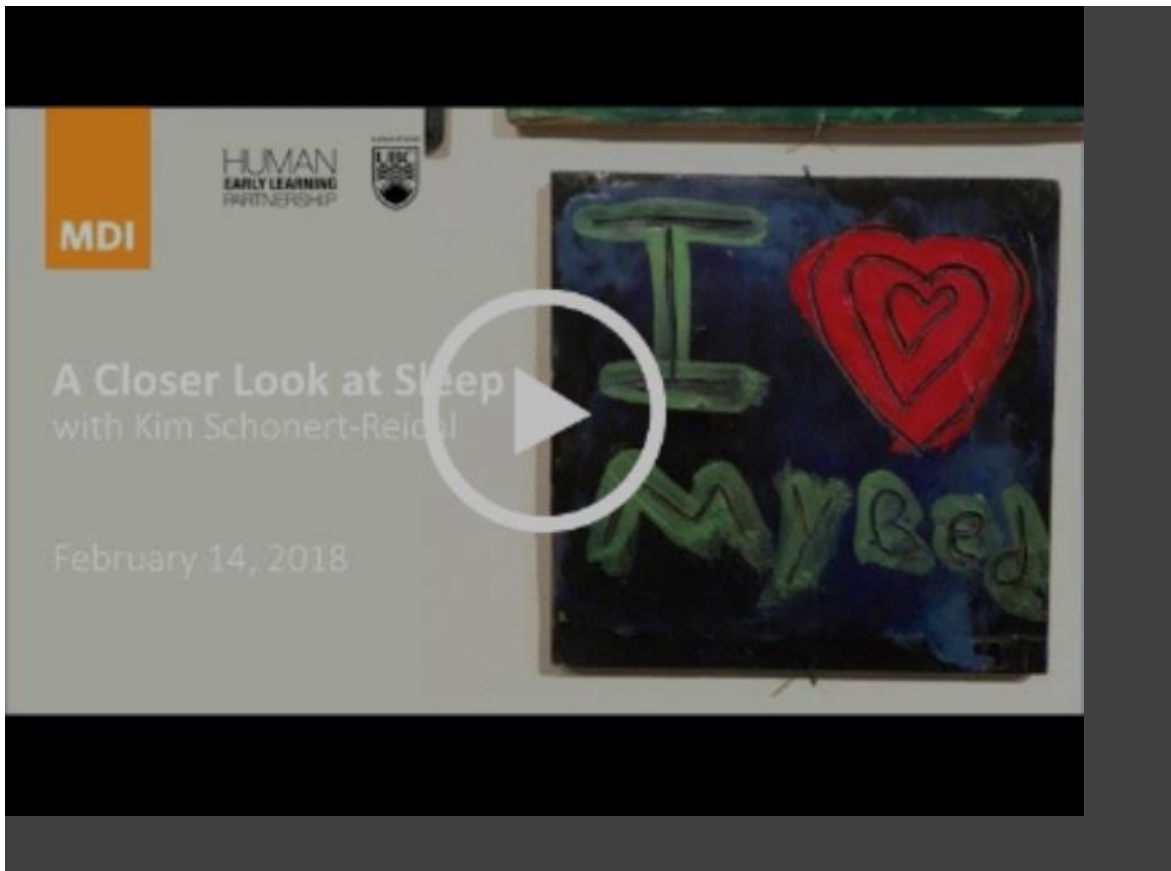
Evidence from these studies can be used by parents, public health practitioners, urban planners, and concerned community members to advocate for improved access to green space, particularly in inner city neighbourhoods and schools. As urban community gardens also qualify as green space and can help children connect with their food, learn stewardship, and experience the other benefits of green space, advocating for community and/or school gardens may also assist children's mental well-being.

Taking a Closer Look at Sleep

UBC Human Early Learning Partnership (HELP) Director Kim Schonert-Reichl hosts a special webinar dedicated to the critical role sleep plays in middle years well-being. She unpacks what trends have been seen in Middle Years Development Instrument (MDI) data and discuss what schools, communities, and families are doing to support healthy sleep.

[Click here to download slides from the webinar.](#)

[Click video below to watch the webinar.](#)



#SheCanCoach Campaign Changing the Game – Changing the Conversation is a program to recruit new female coaches and change public perceptions about who can coach.

A dedicated public campaign, #SheCanCoach, launched February 1, 2018 and features produced video content, website, and social engagement.



Check out www.ctgctc.ca to get involved!

The Coaches Association of Ontario, with funding from Ontario 150, launched Changing the Game (CTG) in 2017. CTG, the program side of the project, successfully recruited more than

250 new female coaches into over 50 different sports across Ontario. Changing the Conversation (CTC) will build on that success to change public perceptions about who can coach.

We Believe [#SheCanCoach!](#)

Ken Dryden Scholarship for Youth In and From Care to Attend Post Secondary



Youth in Care Canada is administering this scholarship program in partnership with Ken Dryden for youth who are or were in the child welfare/protection system. Each scholarship covers up to \$3,000 or 80% of the cost of tuition and fees, whichever is less, and is renewable annually, based on reasonable progress toward the completion of a first undergraduate degree, diploma or certificate from an accredited publicly funded post secondary education institution. **Deadline to apply is May 11, 2018.**

[*Click here to learn how to apply for the scholarship.*](#)

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

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

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