



Health Matters Newsletter February 1, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Provincial Health Officer's Annual Report
- Our Cowichan- Network Member Meetings
- BC Health Canada Revised Food Guide
- Incentive for Replacing Old Woodstoves
- The Nature of Play- a must watch
- Youth Homelessness Survey
- Rural Evidence Review- Health survey to enhance rural health services



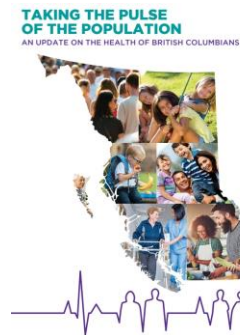
It's waterfall season! Check out our local trails such as Bings Creek, Christy Falls, Skutz Falls, Glenora Trail Head, Stocking Creek... Any of the options won't disappoint.

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- ✓ **Next Admin Committee Meeting- February 7, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Our Cowichan Strategic Planning Session- March 4, 9 am -4 pm- Venue to be determined**
 - ✓ **Next Our Cowichan Network Meeting at March 14, 2019, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** February 28, 9 am-11am. **Canadian Mental Health Board Room 5878 York Road**
 - **EPIC-Community Steering Committee** February 21, 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum
 - **Cowichan Housing and Homelessness Coalition-** March 26, 9 am to 11 am Community Futures Board Room
 - **Workshops for Those Caring for Individuals with Dementia- Attached**
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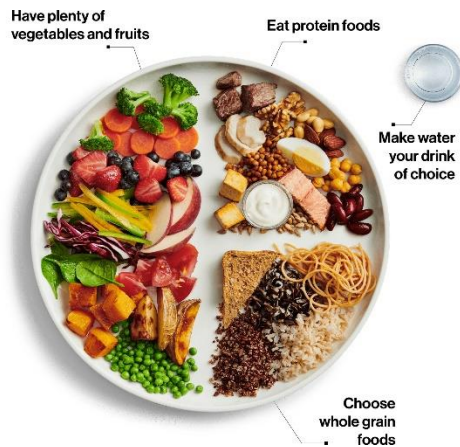
Local Data and or Research- Provincial Health Officer Releases Annual Report



Last week BC's provincial health officer (PHO), released the report, [Taking the Pulse of the Population: An Update on the Health of British Columbians](#). One of the four areas highlighted for more attention is early childhood development. The report recommends that government increase support for programs and policies that focus on health among women (including pregnant and post-partum women), children, youth and families. The report notes that in all health authorities "children are becoming increasingly vulnerable in terms of their social development." and "that the trend is moving away from the target..."

A quick look at Appendix C (pages 268-270), which offers a summary of the data measures used in the report, shows worrying trends in infant mortality, low birth weight, and growing inequities in life expectancy, among other concerns.

Health Canada Releases Revised Canada Food Guide



This week Health Canada released a revised [Canada Food Guide](#). The revised guide steers away from food groups and portion sizes but recommends more fruits and vegetables, whole grains and puts an emphasis on plant-based proteins.

With [one in every six Canadian children](#) living in households that are food insecure, the revised Food Guide prompted some advocates to renew the call for [a universal national school food program](#).

An [petition calling on the Minister of Health](#) to implement an adequately-funded national healthy school food is gathering

signatures until April 3.

The guide's focus on fresh, often more expensive, food items should also be reflected in the recalculation of the Market Basket Measure (MBM) recently set as Canada's official poverty line. Statistics Canada is inviting input from Canadians about the actual cost of essential living expenses you can [participate by completing an online survey](#).

News Release

FOR IMMEDIATE RELEASE

January 28, 2019



Cowichan Valley Regional District provides incentives for replacing old woodstoves

Duncan, BC – Residents of the Cowichan region could be eligible for a rebate of up to \$950 when replacing wood-burning stoves with more efficient home heating appliances.

In 2018, the Cowichan Valley was labelled a “Red Zone” community, meaning the region is exceeding the Canadian Ambient Air Quality Standards for fine particulate matter. These standards are set under the Canadian Environmental Protection Act to protect human health and safety. Red Zone communities have pollutant levels above the highest threshold, meaning residents are at the greatest risk of experiencing health problems aggravated by air pollution.

“Replacing smoky, old wood burning appliances is a win-win for our community’s health and safety,” said Ian Morrison, Chair of the Cowichan Valley Regional District. “This an opportunity for individual households to meaningfully contribute to improving local air quality, and we hope to see more residents taking advantage of this rebate program in 2019.”

This year even more types of wood-burning appliances qualify for rebates under the CVRD’s Woodstove Replacement Program, including EPA and CSA-certified appliances over five years old and wood burning inserts for open hearths. An example of a healthier and more efficient appliances are heat pumps, which do not emit particulate matter and do not burn fossil fuels. To help reduce the financial barrier for heat pumps, the CVRD rebate for purchasing and installing heat pumps has increased this year.

“In British Columbia, particulate matter is considered the air pollutant of greatest concern and one of the largest sources of particulate matter in BC is from residential wood burning” says Dr. Shannon Waters, Medical Health Officer for the Vancouver Island Health Authority. “Both short- and long-term exposure to particulate matter can lead to increased risk of heart and lung disease. Many of the same cancer-causing contaminants founds in tobacco smoke are also found in wood smoke. Children, elderly and those with pre-existing health conditions are the most vulnerable.”

The Woodstove Replacement Program has been offered by the CVRD in partnership with the BC Lung Association and Ministry of Environment for the past 10 years. Since 2009, more than 1000 residents have taken advantage of the rebates and replaced their old woodstoves. In addition to reducing outdoor air pollution, participating residents have noted reduced insurance costs, savings on home heating costs, less time spent on home heating and improved indoor air quality.

To learn more about this program visit cvrd.bc.ca/Woodstove or contact CVRD Engineering Services at 250.746.2530 or es@cvrd.bc.ca.

Inclusive Leadership Diversity Education Experience

Get set for an inclusive diversity education experience on Vancouver Island, BC, Canada as exciting and life-changing as travelling to different countries around the world!



Inclusive Leadership Adventure 2019

Guiding youth and adults from diverse backgrounds to explore, share and celebrate diversity and belonging.

*What happens when we shift from reacting against differences as problems to accepting differences and new people as gifts that enrich our schools and communities? **We change the world!***

WHERE: Cowichan Lake Education Centre, Vancouver Island, BC

WHEN: Friday April 12, 1:00 pm to Sunday April 14 1:00 pm.

FOR: Intergenerational teams of youth and adults who want be the changes we want to see in the world.

COST: You and your team members contribute what you can afford toward the cost of \$200 per youth and \$300 per adult. Everyone shares leadership in fund-raising and seeking sponsorships to cover the rest of the costs.

TO REGISTER: Email inclusiveleaders@gmail.com



Can you help financially?

Families, schools, organizations, service clubs and businesses are asked to help cover these costs so that everyone who wants to participate can come.

“We must find ways to harmonize diversity with unity...Every individual, family, organization, and community has a vital role to play.”

(www.earthcharter.org)



Inclusive Leadership Adventure Weekends: Three days of experiential diversity education as exciting and life-changing as travelling to different countries around the world. [Read more of this post](#)

[lindadianahill](#) | January 29, 2019 at 8:14 am | Categories: [Inclusive Bridge Building](#), [inclusive community building](#), [Inclusive Leaders in Action](#), [Inclusive Leadership skills](#), [Networking](#) | URL: <https://wp.me/p3c6PV-39o>

The Nature of Things: Power of Play

The Power of Play first aired on CBC-TV on January 20th. This must-watch documentary explores the importance of play to childhood development and to good mental health for adults.

If you missed it, [you can watch it online here.](#)

Representative for Children and Youth Launches Youth Homelessness Survey

Are you between the ages of 13 to 25 with lived experience of homelessness or housing insecurity? The Representative for Children and Youth wants to hear from you about what needs to happen to end youth homelessness in B.C.

[Participate in a 5 to 10 minute survey](#) about your experiences and the challenges you faced while looking for housing and ideas about solutions.

Rural Evidence Review

Local Evidence for Health Service Planning Through a Rural Lens

Dear Our Cowichan Communities Health Network,

I am contacting you on behalf of the Rural Evidence Review (RER) project, an initiative of the Centre for Rural Health Research, within the Department of Family Practice at the University of British Columbia.

The RER aims to collaborate with rural citizens to provide robust, comprehensive and rural-relevant evidence to inform rural health service planning in British Columbia. The activities involved to achieve this goal include: (1) engaging rural communities to identify their rural health service priorities, (2) synthesizing the international evidence on the stated priorities, and (3) promoting the uptake and use of the evidence into policy and planning discussions in the province.

To learn more about the RER, please visit our website, available at the following links:

- [The RER](#)
- [The Research Team](#)

How can you help?

We need your help to identify the rural health service issues and priorities that matter the most to rural and remote communities in British Columbia. No issue is too big or too small!

We are hoping to reach the residents of the Cowichan Valley, who can help our team to identify the rural health service issues of greatest priority to their community. Attached to this email you will find an **'engagement card'**, that provides information about the RER and how to participate.

Individuals can share their priorities for rural health services in B.C. with the Rural Evidence Review Team at any time and in two ways:

Take our survey. The RER Team has developed a brief and anonymous survey to learn about rural citizen and community priorities for health services – which can be completed in 10 minutes or less! The survey is available at the [following link](#).

Contact us. The project's Coordinator, Christine Carthew, can be contacted at any time to discuss the health service issues and priorities that are most important to rural citizens and communities in B.C. Christine can be reached via email at christine.carthew@ubc.ca or telephone at 1 (604) 827-2193.

Our Team would appreciate if you could please share our engagement card and any other information that you deem necessary and useful with your readers through the Health Matters Newsletter and through the network's Facebook page.

Thank you for your time and effort in helping our Team to contribute to the improvement of rural health services in British Columbia.

Sincerely,

Tara O'Brien and The RER Team

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

Health Matters Newsletter