



Health Matters Newsletter February 8, 2019

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Our Cowichan- Network Member
- Meetings
- Provincial Health Officer's Annual Report
- Power of Play
- Opioid Crisis- a Health Issue not a Moral Issue
- \$10 A Day Child Care- Changing Peoples Lives



In the dead of winter there lives within me an invincible summer

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- ✓ **Next Admin Committee Meeting- March 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**

Local Data and or Research- Provincial Health Officer Releases Annual Report

**TAKING THE PULSE
OF THE POPULATION**
AN UPDATE ON THE HEALTH OF BRITISH COLUMBIANS



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.

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](#).

Opioid crisis a health issue, not a moral issue

In an interview with *CBC News*, BC's Minister of Mental Health and Addictions Judy Darcy [says the ongoing opioid crisis is a health issue, not a moral issue and needs to be treated as such by the province](#).

+ Minister Darcy: "[We really need to integrate addiction treatment into our entire health care system, meaning every doctor's office](#). This needs to become a daily part of what we deliver in health care."

\$10-a-day childcare changing peoples' lives

Childcare costs are a major chunk of the budget for most families with children, but a BC's new childcare pilot project has been a gift for some who now pay just \$10 a day. A special report by *The Star* [explores how it's already changed the lives of some lucky BC families—parents say they're less stressed, eating healthier, and slowly climbing out of debt](#).

Meanwhile, a new report by the Canadian Centre for Policy Alternatives says [Vancouver remains among the most expensive cities in Canada when it comes to childcare but admits that recent policies are taking steps in the right direction](#). And although childcare fees have been rising faster than inflation, the number of provinces now turning to set fee policies has also doubled.

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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