



**Health Matters Newsletter
January 24, 2020**

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- National Non-Smoking Week
- CVRD Woodstove Replacement Rebate Program 2020 launches
- Child Care Survey Now Closed
- Canadian Mental Health Fundraiser
- Parkside Academy Public Meeting- (attached)
- A Snapshot of Food in Canada Report
- First Calls Child BC Poverty Report 2020



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- ✓ **Next Admin Committee Meeting- February 6, 4:30-6:30** CVRD Committee Room 2
 - ✓ **Next Our Cowichan Network Meeting at March 12, 2020, Ramada Silver Bridge** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) January 28** 11:00 am to 1:00 pm Mill Bay Fire Department

- **Community Action Team (CAT) Meeting January 23 ,2020**, 9 am-11am **Cowichan Community Centre Board Room**
- **EPIC-Community Steering Committee** January 16, 2019 1:30 -3:30 pm Ts'i'ts'uwatul' Lelum

Kids in Control (poster attached)

If you know of a child whose family member has a mental illness and who would benefit from the program described in the attached poster, please let us know.

Forwarding this email to anyone who might be interested would be greatly appreciated.

Danita Senf

Vancouver Island Regional Manager

British Columbia Schizophrenia Society

Email: vimanager@bcss.org

Phone: 250-709-2985

Toll Free: 1-888-888-0029

This is National Non-Smoking Week

All smoke hurts children

Imagine the uproar if our children had to walk to school or exercise in this much cigarette smoke.?

Or if their school was surrounded by a large cloud of cigarette smoke?

Wood smoke hurts children.
We need meaningful action.

In an age where most parents know better than to smoke cigarettes around their children, why are they still burning wood?
BC Lung Association

This National Non-Smoking Week, let's get serious about wood smoke

January 19-25, 2020

Breathe
Clean Air Comox Valley
www.breathecleanair.ca

CVRD Woodstove Replacement Rebate Program

Here is a quick note to let you know that the 2020 woodstove replacement program is now officially launched! Also, February is 'Heart Month', a time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

\$2,000 in your pocket, better heart and lung health and cleaner air in the Cowichan Valley? Win! Win! Win! Find out more and apply for the CVRDs woodstove replacement rebate. #mycvrd #ClearAirCowichan #CVRD2020WoodstoveRebate
<https://www.cvrld.bc.ca/3010/Apply-for-a-Woodstove-Rebate>

For Your Information

Video 1 – Healthier Home Heating Video Featuring Dr. Shannon Waters and Earle Plain.
Learn more about how you can improve air quality in the Cowichan Valley and save money when you trade in your old woodstove for cleaner and more efficient home heat.
<https://www.youtube.com/watch?v=sOxtX9g6hZc&t=19s>

Video 2 - Clean wood burning practices Video commissioned by the province in 2018
Maximize heating and minimize harmful gases and particulate matter associated with smoke. Modern certified woodstoves that are well maintained provide more efficient heating and safer environment for you and those around you
<https://www.youtube.com/watch?v=Gsrzi2dKGI&feature=youtu.be>

CHILD CARE SURVEYS NOW CLOSED For those of you with older newsletters note that the child care survey window has now closed.



Canadian Mental
Health Association
Mental health for all

CMHA-Cowichan Valley Branch
201-5878 York Road,
Duncan BC, V9L 3S4.

CMHA-CVB Staff & Program News

Charity Hockey Game for Mental Health

Sunday, January 26, 2020

The CMHA Cowichan Valley Branch is organizing a fun, high profile, community fundraising event on Sunday, January 26th at the Cowichan Arena. Doors open at 1:00pm, pre-game activities begin at 1:25pm and the puck drops at 2:00pm.

We have the Montreal Canadiens Alumni, the Cowichan Capitals Alumni, a silent auction, 50/50 draw, Puck Toss contest and special intermission performances by the Cowichan Tzinquaw Dancers and Cowichan Pipes and Drums. General Admission is only \$20/person for a great afternoon of entertainment! Tickets are on sale at the Cowichan Community Centre Box Office - either in person, [online](#) or by telephone (250.748.7529). Unable to attend but want to support? Purchase a ticket(s) and we will donate to someone that would like to attend but can not afford to do so.



Funds raised from this event will go directly to programs supporting some of the most vulnerable persons in the Cowichan Valley.

Please Help us Promote Ticket Sales!

Tell your friends, share this email or visit our [Event page](#) on Facebook s to share and invite your friends! We appreciate your support!

Questions? Send us an [email](#)!

A Snapshot of Families and Food in Canada Report



The Vanier Institute recently released [A Snapshot of Families and Food in Canada](#), which explores the evolving relationships between families and food in Canada, including research and statistics about family meals, eating patterns, nutrition, food security and more.

Some of the highlights from the report include:

- More than 6 in 10 Canadians (62%) surveyed in 2017 said they eat dinner as a family at least five times per week.

- More than 863,000 people across Canada accessed food banks in March 2016 alone (40% of whom lived in family households with children), 28% higher than in 2008.
- Research shows that the widespread malnutrition experienced by Indigenous children in Canada's residential school system has had (and continues to have) a multi-generational impact on the health and well-being of their children and grandchildren, contributing to higher rates of chronic conditions.

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First Call's BC Child Poverty Report Card Released



First Call's 23rd annual BC Child Poverty Report Card was released on Tuesday this week. Since 1996, the BC Child Poverty Report Card has been released each year on November 24, in conjunction with the release of [child poverty report cards across Canada](#), marking the anniversary of the all-party House of Commons resolution to end child poverty by the year 2000. As mentioned in a previous newsletter, due to a change in the timing of Statistics Canada data, the 2019 report card was released as a preliminary summary.

Key findings from this year's report card:

- 163,730 children and youth were living in poor households in 2017.
- 51,760 poor children were under the age of six.
- Overall, BC had the 8th highest child poverty rate out of all the provinces and territories.
- BC child poverty rate at 19.1% was slightly higher than the national child poverty rate of 18.6%.
- The poverty rate for children living in lone-parent families is 51.4%.
- For the first time since 2009, the number of poor children in lone-parent families increased, from 81,960 in 2016 to 86,690 in 2017.

All BC children and youth should have the same opportunities to grow up healthy and achieve their full potential, without the extra challenges created by experiencing poverty.

Health Matters Newsletter

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 newsletter