



Health Matters Newsletter December 8, 2017

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Data/ Research – Cost of Homelessness and Substance Use Survey
- Cowichan Coalition Homelessness and Affordable Housing Announcement
- Regional consultation table to discuss a new childhood healthy weights program being developed for British Columbia families.
- Burn Better Poster- please distribute widely



My favourite colours for making a feel-good stress reduced day- green on green on green

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting- January 4, 4:30-6:30** CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting at January 11 Ramada Silver Bridge.** Light dinner at 5:15 pm Meeting starts at 5:45 pm.

Community Events- Meetings

- **Community Response Team Meeting** December 21, 9 am-11am Meeting Room 213 at the CVRD
- **EPIC-Community Steering Committee** December, 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 Costs of Homelessness and Substance Use

Survey Homelessness and substance use impacts everyone from the costs of shelters, to emergency

response, health care and community supports. There are many challenges that our community is currently facing in regards to homelessness and substance use and many programs, services and supports in place. As a region we are working incredibly hard to address the needs and gaps in our communities and many are providing resources that are planned as well as unplanned to respond. We hope to hear from you to capture a **high-level estimate** of the human and financial requirements and identify gaps in funding resources in the brief survey below.

<http://app.surveymethods.com/EndUser.aspx?98BCD0C89FD9C9CC9C>

Thank you so much for sharing your precious time to help us capture this data by December 31, 2017

Sincerely,

Cindy Lise and the Community Response Team

Regional Facilitator

Our Cowichan Communities Health Network

Home office 250-748-5866

Cell 250-709-5062

Mental Illness Free 10-week Certificate Course offered by BC Schizophrenia Society

The BC Schizophrenia Society is pleased to offer a FREE, 10-week certificate course which tackles numerous issues faced by families and friends who are living with a family member that is struggling with **any serious mental illness**, including:

- understanding mental illnesses and how they are treated
- learning ways to cope and practice self-care
- providing support to a loved one as they find a road to recovery

Each session will include a guest speaker. Certificates will be presented upon completion.

Donna Johnny from Cowichan Tribes will be partnering with us and co-facilitating the program. She may be contacted during the first week of January, at 778-422-3122 or donna.johnny@cowichantribes.com.

We urge you to share this information with anyone who may benefit. We can also provide brochures and flyers. Family members have described the course as "life-changing" and even "life-saving."

The start date is subject to change, based on the needs of the community. We encourage those who are interested to let us know what works best for them as soon as possible, so they can be part of that decision-making process.

Warm regards,

Danita Senf

Vancouver Island Regional Manager

British Columbia Schizophrenia Society

#1100 – 1200 West 73 Avenue
Vancouver, BC V6P 6G5
Email: vimanager@bcss.org
Phone: 250-709-2985
Toll Free: 1-888-888-0029

Is the Air in your Neighbourhood Safe to Breathe? www.purpleair.org

Low cost purple air monitors that are about the size of large apple are monitoring air quality in neighbourhoods across the region. The funding from the Ministry of Environment and from the Fresh Air Cowichan Team (FACT) covered the purchase of these low-cost sensors. The sensors report air quality that is then fed directly into a website. Community members can go on the website www.purpleair.org and see point in time air quality. Currently there are 19 monitors active. Viewers can go to the map and click on the monitor in Duncan for a current reading.

- Currently the monitors are located at schools and in residential areas and are monitoring PM 2.5. These monitors are a great resource for creating an awareness of air quality in neighbourhoods and can draw attention of those who are burning inappropriately of their impact on their neighbours. It can also be a source that can be accessed by those affected by poor air quality as to when it is safe or not to venture into that area.
 - Monitors are distributed across the region and are clustered in pairs to ensure that the monitors are capturing accurate data. (If one reading is significantly different than the other). A map where the monitors are located will be attached in the pdf power point presentation.
 - Posters, postcards and information regarding better burning were distributed. Electronic copies will also be made available to any organization who wishes to access them. More copies are currently being printed for distribution and will be available at the CVRD. You can contact Keith Lawrence klawrence@cvrd.bc.ca or call 250-746-2500
 - The purple air monitors not only help us to identify hot spots but are also a great tool to raise awareness and help our communities move toward behaviour changes in burning. Curriculum for school children is currently being explored.
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**Dear Partner in Childhood Healthy Weights,
We would like to invite you to a regional consultation table to discuss a new childhood healthy weights program being developed for British Columbia families.**

As you may know:

- Almost one-third of children and youth in British Columbia are off the healthy weight trajectory.
- These children and youth are more likely to experience weight-related self-esteem and social issues and more likely to develop physiological markers of chronic disease.
- These children and youth are more likely to be off both healthy lifestyle and healthy weight trajectories in adulthood. They are more likely to suffer the consequences of these in terms of overall health and wellness over their lifespan.

- Healthy weights in children and youth continue to be a priority in BC.

The Province has provided funding to the Childhood Obesity Foundation (COF) to develop and pilot a 'made in BC' early intervention program that is tailored to BC families and communities. Together with its partners, in recent years COF has implemented many initiatives to support childhood healthy weights.

The new early intervention program will be informed by and align with existing childhood healthy weights programs e.g., Shapedown BC and the HealthLinkBC Eating and Activity Program for Kids; early intervention is one of six elements in the BC Continuum for the Prevention, Management and Treatment of Health Issues Related to Overweight and Obesity in Children and Youth.

The new family-based pilot program will promote healthy lifestyle practices for families whose children are off the healthy weight trajectory. Topics covered will include physical activity, healthy eating, parenting practices and mental health. The program's design will be evidence-based and the pilot is to undergo a process and outcome evaluation. The aim is to have a small number of pilot programs available in Spring 2018. Pilot communities have not yet been determined.

COF and key partners have worked together to create a draft program design framework for the new early intervention program. COF is seeking stakeholder input on this draft framework and feedback on what will facilitate a successful community-based early intervention program. Consultation tables are being planned for December 2017 and early January 2018; COF is aiming to convene a meeting in each health authority region.

Who should attend the regional consultation tables?

- Representatives from the health sector including health authorities, physicians, Divisions of Family Practice, Doctors of BC, allied health professionals, public health
- Health sector and community recreation staff experienced in delivering childhood healthy weights programs
- Representatives from the recreation, sport, physical activity sectors
- Representatives from the education sector

To inquire about attending the consultation table in **Victoria Thursday Dec. 21st 1:00pm – 3:30pm** please **RSVP to Karen Strange**, Project Director, Early Intervention Program Pilot Project [Karen@childhoodobesityfoundation.ca or 1-250-882-6755] or contact Janelle Hatch (Janelle.Hatch@viha.ca or 1-250-519-5132).

Sincerely,

Janelle Hatch

Healthy Schools Coordinator, Island Health

Dr. Tom Warshawski

Pediatrician and Chair, Childhood Obesity Foundation

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

