



Health Matters Newsletter January 29, 2015

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data – Research section (New)- Early Development Index (EDI)
- Call for Abstracts for Health and Wellbeing in Children, Youth and Adults
- Early Adverse Experiences: what does the latest brain research tell us?
- Upcoming Conference For Healthy Mothers and Healthy Babies Chronic Pain Self-Management
8-\$150 grants for the purchase of books. (EXTREME DEADLINE)
- FREE Chairs
- Breastfeeding getting to the New Normal

Last weekend's hike to Christy Falls was even more over the top than the hike last weekend. Crazy water well worth exploring! Follow it up with a coffee and a cinnamon bun in Ladysmith and you have a grand adventure!



Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** February 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** February 11, 2015 **CVRD Board Room**. Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Next Sobering and Detox Task Force Meeting – February 18 -9:00 am to 11:00 am CVRD Meeting Room 213**
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Local Data and or Research- (NEW)

This is a new section where I will be sharing local data or research that crosses my desk. This information may be useful to you and your organizations so be sure to check here and then file and save the information that you need.

This month I share with you:

The Cobble Hill Age Friendly Report

<http://www.cvrld.bc.ca/DocumentCenter/View/63082>

Call for Abstracts for Health and Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference

[*Call for abstracts – Health & Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference*](#)

Early Adverse Experiences: what does the latest brain research tell us?

The June 2015 edition of Early Childhood Matters features an article summarizing findings of recent research on brain development and the impact of adverse conditions in early childhood, along with some hope for potential developments in early intervention.

[Read more](#)

Upcoming Conference For Healthy Mothers and Healthy Babies

[PSBC's 2nd Biennial Conference: Healthy Mothers and Healthy Babies](#)

Advances in Clinical Practice and Research Across the Continuum

March 11-12, 2016

Marriott Vancouver Pinnacle Downtown

Hosted by Perinatal Services BC, this conference is an opportunity for health care professionals interested in the care of pregnant and postpartum women and their newborns to be updated on new research and clinical best practices across the continuum of perinatal and newborn care.

PLEASE PASS THIS FANTASTIC PROGRAM ON TO OTHERS. IT IS FREE AND HAS HELPED A LOT OF PEOPLE.

Chronic Pain Self-Management

Free 6 week program

A free program to help people living with chronic pain and their caregivers to better manage symptoms and daily activities. At Cowichan Neighbourhood House in Chemainus. See www.CNHA.ca for more details.

*Must register online (see details below).

WHEN: every Wednesday for 6 weeks from 1 to 3pm, starting Feb 24 and finishing March 30.

WHERE: Cowichan Neighbourhood House, 9806 Willow Street, Chemainus, across Waterwheel Park.

REGISTER: Spaces are limited. Please register online on the BC Self-Management page (click "Register Now" icon near the bottom of the page) or call toll free at 1-866-902-3767. If you need help registering online, feel free to come into the CNHA.

Registration link: <http://www.selfmanagementbc.ca/en/workshop?id=1297>



Celebrating Family Literacy Week January 2016

Literacy Now Cowichan would like to support early literacy by giving 8-\$150 grants for the purchase of books.

Groups or programs receiving the grant must agree to:

- Purchase only books
- Place a Literacy Now Cowichan label in the book
- Provide a photo of the books in use to Literacy Now Cowichan for their Facebook page

Please fill out the following form to nominate a group to receive the grant.

Name of group or program: _____

Number of children involved: _____

Contact person: _____

Email: _____

Phone number: _____

Please scan and return this completed form to kathleenlitnowcow@gmail.com by February 1st, 2016. You may also just email this information to Kathleen in the body of your email.



Parkside Child Care

Free Chairs available at Parkside Child Care at Somenos School. Call Adriana at 250 746 1711 or email parksidesoc@gmail.com



Breastfeeding: achieving the new normal

[The Lancet](#)

[http://dx.doi.org/10.1016/S0140-6736\(16\)00210-5](http://dx.doi.org/10.1016/S0140-6736(16)00210-5)

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Breastmilk makes the world healthier, smarter, and more equal: these are the conclusions of a [new Lancet Series](#) on breastfeeding. The deaths of 823 000 children and 20 000 mothers each year could be averted through universal breastfeeding, along with economic savings of US\$300 billion. The Series confirms the benefits of breastfeeding in fewer infections, increased intelligence, probable protection against overweight and diabetes, and cancer prevention for mothers. The Series represents the most in-depth analysis done so far into the health and economic benefits that breastfeeding can produce.

However, although the Series is comprehensive, the message is not new. In 2013, a [Lancet Series on maternal and child nutrition](#) established that 800 000 child deaths could be prevented through breastfeeding, and called for further support. Despite consolidation of evidence for breastfeeding's benefits in recent years, in particular the economic gains to be reaped, global action has stalled. Why has so little progress been made?

Rates of breastfeeding vary wildly; it is one of the few health-positive behaviours more common in poor countries than rich ones. In low-income countries, most infants are still breastfed at 1 year, compared with less than 20% in many high-income countries and less than 1% in the UK. The reasons why women avoid or stop breastfeeding range from the medical, cultural, and psychological, to physical discomfort and inconvenience. These matters are not trivial, and many mothers without support turn to a bottle of formula. Multiplied across populations and involving multinational commercial interests, this situation has catastrophic consequences on breastfeeding rates and the health of subsequent generations.

There are glimmers of hope. Despite—or perhaps, because of—the execrable provision for paid maternity leave in the USA, [the Affordable Care Act](#) provides protected nursing breaks and insurance cover for breast pumps. Such allowances, the Series predicts, could increase breastfeeding by 25%. But, more importantly, genuine and urgent commitment is needed from governments and health authorities to establish a new normal: where every woman can expect to breastfeed, and to receive every support she needs to do so.



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