



Health Matters Newsletter July 15, 2016

Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings and Events
- Local Data/ Relevant Reports and Information –
 - Cowichan Living Wage 2016
 - Important request for regional data and reports to support creation of Cowichan Snapshots
 - Link between pollution and childhood mental health
- Climate Change Project Brochure and Survey- attached
- Plan H Rural Portal - resources



It is national take your dog to the beach weekend!

Our Cowichan- Network Member Meetings-

- ✓ **Next Admin Committee Meeting-** August 4, 4:30 pm to 6:30 pm- CVRD Committee Room 2
- ✓ **Next Our Cowichan Network Meeting** **September 8, 2016 Clements Centre.** Light dinner at 5:30 pm Meeting starts at 6:00 pm.

Community Events

- **Welcoming Potluck for our new refugees: Join us in** welcoming the New Syrian Families to Cowichan-Bring a cultural food item to share at the Community Potluck Dinner, **Thursday, July 21st 6:00 – 9:00 pm Vimy Hall, 3968 Gibbins Rd Families Welcome!**
- **Next Sobering and Detox Task Force Meeting – September 15 -9:00 am to 11:00 am CVRD Meeting Room 213**
- **39 Days of July Cowichan Summer Festival 2016** <https://www.facebook.com/Duncan-Cowic...>

Local Data and or Research- Living wage 2016

A LIVING WAGE IS THE HOURLY PAY A FAMILY WOULD NEED TO RECEIVE IN ORDER TO COVER BASIC EXPENSES SUCH AS FOOD, CLOTHING, RENTAL HOUSING, TRANSPORTATION, CHILDCARE, AND A SMALL AMOUNT OF SAVINGS FOR ILLNESS OR EMERGENCIES.

THE LIVING WAGE CALCULATION CONSIDERS FACTORS THAT PROMOTE HEALTHY CHILD DEVELOPMENT, THE ABILITY TO PARTICIPATE IN ACTIVITIES THAT ARE AN ORDINARY ELEMENT OF LIFE IN A COMMUNITY, AS WELL AS AVOIDING THE CHRONIC STRESS OF LIVING IN POVERTY ENSURING INDIVIDUALS CAN MEET THEIR CORE LIVING EXPENSES SUPPORTS PEACE OF MIND, INCLUDING MENTAL, PHYSICAL AND EMOTIONAL WELL-BEING. FOLLOW THIS [LINK](#) FOR THE FULL REPORT.

For Immediate Release from Social Planning Cowichan Request for Local Research and Reports June 27, 2016

Social Planning Cowichan, working with the community partners and OUR Cowichan is launching the final stage of our community based research project the “Story of Cowichan” for 2016 and moving forward, will be updating this work every two years. This project will provide us with an overview of the current health and well-being of our community, where we are alive and thriving and where we need to be taking a deeper look at what is challenging us.

As experts in your area as community service providers and organizations we are reaching out to you for any research reports you have completed over the past couple of years that will assist us in providing the most current, accurate and up to date data for this look at our community.

We will be using this data in our snapshots but also will be housing links to all the reports on our website and pinpointing areas where we are research rich and those that need attention.

We invite you to email us links by July 8th to reports or if offline, pdf's and indicate whether or not you would like them linked to this project website or if you would like the information to stay offline.

There are other ways you can contribute or encourage others to have their voices included, please refer to the following to find out more and thank you for taking the time to make sure your area of expertise is recognized and included.

How would you rate your quality of life in the Cowichan Valley?

What is it about this place that makes you call it home?

If you could change one thing about it, would what that be? How happy are we in the Cowichan Valley?

These are some of the questions we will be asking people in the Valley over the summer months as we work in collaboration with our community to develop a series of Community Snapshots that will tell the Story of Cowichan for 2016.

In order to make these Snapshots truly reflective of the Cowichan community, we're aiming to gather as much feedback as possible from community members, like yourself! We have three

different ways you can get involved:

1. Community Happiness Survey: How happy are we in this beautiful valley of ours? We can find out by taking part in this simple survey and once all the surveys are in, we can compare our results to other places in the world! To complete, please follow the link on our website or Facebook Page.

Then sign up or log in & select "CowichanValley2016."

2. Cowichan Valley Story Survey: This one is for those live and work in the Cowichan Valley to find out what matters most to you and what concerns you the most? To complete, please follow the link on our website or Facebook Page.

3. Photo Contest: Take it one step further and include a photo that captures what matters most to you and/or what concerns you the most along with a short caption that explains why. Your photo will have a chance of being included in our Snapshots and you'll be entered in a contest to win a one-night stay on a beautiful float home in Cowichan Bay, plus dinner for two! Photos & captions can be posted on our Facebook Page or sent to spcowichan@gmail.com

Please complete the surveys by July 31st, 2016. Watch for results on our website at www.socialplanningcowichan.org and in local media coming out in the fall of 2016.

Having a series of Snapshots will not only highlight the current status of our community, but can also act as a lens for measuring our progress in different areas as we move forward together. By having a framework in place, we'll be better able to guide and shape our community to be the best it can be. That's why, in designing these Snapshots to accurately reflect what's happening around us, it's important for us to hear from the community.

Social Planning Cowichan is a local, registered charitable society whose goal is to provide leadership that brings the community together to create a sustainable quality of life for everyone in the Cowichan Region. We are happy to have Our Cowichan as partners.

For more information, please contact Kathleen Heggie at khspcowichan@gmail.com, or 250-745-1004 ext. 250



New studies reveal link between air pollution and childhood mental health

While studies have found a correlation between air pollution and mental health conditions such as depression and anxiety in adults, [a recent study](#) from Sweden demonstrates the association in children for the first time.

Researchers measured the correlation between air pollution levels, as measured by nitrous oxide levels (NO₂) and small particulate in the air (PM_{2.5} and PM₁₀), and dispensed psychiatric medication as a measure of mental health in youths under age 18. Even at very low levels of air pollution, much of which is due to traffic, small increases are associated with greater incidence of mental disorders in children and rise with increased pollution.

While this study does not prove cause, researchers have evidence to suggest that air pollution can contribute to poor mental health by causing inflammation and increasing the concentration of harmful free radicals in the brain. [Studies of the effects of air pollution on developing mice](#) from Rochester University also showed increased levels of brain hormones related to autism and schizophrenia.

Evidence suggests that taking measures to reduce air pollution, whether in city planning or regarding environmental regulation, could have significant impacts on our children's health.

Read more in the [Guardian](#)

Read also:

University of Rochester Medical Center: [New Evidence Links Air Pollution to Autism, Schizophrenia](#)

Climate Change Brochure- See attachment

Climate Change Survey- See attachment

Now Available: Resources for the Rural Community Context!

<http://bchealthycommunitiesociety.cmail2.com/t/ViewEmail/i/0054A361C0A4C1F5/A71A22649B5526A338A555EB6E97B45B>



The [Rural Resource Portal](#) is a PlanH library of resources for responding to the unique opportunities, challenges, and approaches of fostering health and well-being in small, rural and remote communities. The rural portal covers a range of

action areas including policy development, citizen engagement and the built environment. [Check out the portal here.](#)

Learn: Use the portal to connect with other organizations, visit relevant websites and try out new tools. Find the most innovative examples from across the country such as [unleashing local capital in Sangudo, Alberta](#), [Kicking Up active lifestyles in Kitimat](#), and applying [Ontarios's rural community food toolkit](#). The portal also provides resources from global leaders such as Australia's [comprehensive community renewal tools](#).

Connect: What tools do you need? Have a look at the portal and let us know what's missing. We invite you to share the tools that are working in your community by [contacting us here](#).

Innovate: Share your story of innovative approaches to healthy community building on [Facebook](#) and Twitter: [@BC HC, #BCHC SeedingRural](#).

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