

**Health Matters**

**January 17, 2014**

Ahhh, Sombrio Beach is always worth the drive!

**Today’s Check up Includes:**

* Meeting Schedules
* Community meetings and Events
* Background information for E Cigarette and Smoking Discussion to be held at February Network Meeting. ( For your information)
* Public Smoking Regulations in China- an eye opener
* Seven Reasons Why $ 10 a Day Childcare is Good for Business
* Child And Youth Family Friendly Website Launches

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**CCHN Network Member Meetings-**

* **January Admin Committee**- January 19, 4:30 pm to 6:00 pm 1111 4th Avenue Ladysmith Community Health Centre. Electronic meeting for business portion- check email
* **Communications Committee Meeting** – Friday January 24, 9:00 am 1145 Maple Bay Road- Taiji Studio
* **Asset Mapping and Research Committee Meeting** – January 30, 1:00 pm CVRD Committee Room 2
* **Grant Committee Meeting**- February 6, 10 am CVRD Committee Room 1
* Next Our Cowichan Network Meeting Thursday February 13, CVRD Board Room Light Meal at 5:30 Meeting starts at 6:00 pm
* **Admin Committee Meeting** Wednesday February 19- 5:30 Committee Room 2 CVRD

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**Upcoming Events/ Workshops/ Community Meetings**

* **WAVE 5 – EDI PRESENTATION (Early Development Instrument Results) When**: Monday, January 27th, 2014 12:00 (Noon) **Where:** 1033 Nagle Street (Duncan Elementary School)

To register plea contact

Brenda Reed - District Early Learning Coordinator

School District No. 79 (Cowichan Valley)

Early Learning/Learning Links

Phone:  250-748-3936

Email:  [breed@sd79.bc.ca](mailto:breed@sd79.bc.ca)

* **Effective Meetings For Non-Profits- Workshop**

**Volunteer Management Group Workshop  
Date:    January 29, 2014 (Wednesday)  
Where:  Sands Funeral Chapel reception room (upstairs)  
              187 Trunk Rd, Duncan, BC V9L 2P1  
When:   10:15 coffee and networking & 10:30am -12:00 noon workshop  
Cost:     $5.00  
PLEASE RSVP (for refreshments)to:** [**anne-marie@volunteercowichan.bc.ca**](mailto:anne-marie@volunteercowichan.bc.ca) **Parking: free in front of Sands  
Light refreshments will be provided**

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**Background information on E Cigarettes and Smoking Strategy for February Network Meeting**

 Health Canada Advisory and Notice to Retailers <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2009/13373a-eng.php>

<http://www.hc-sc.gc.ca/dhp-mps/prodpharma/applic-demande/pol/notice_avis_e-cig-eng.php>

BC Ministry of Health Fact Sheet

<http://www.health.gov.bc.ca/tobacco/pdf/e-cigarette-fac-sheet.pdf>

QuitNow

<http://www.quitnow.ca/tools-and-resources/e-cigarettes.php>

Canadian Lung Association statement

<http://www.lung.ca/cts-sct/pdf/Backgrounder_E-cigarettes.pdf>

Comprehensive overview of the evidence related to e-cigarettes by the German Cancer Research Center <http://www.dkfz.de/en/presse/download/RS-Vol19-E-Cigarettes-EN.pdf>

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# Public smoking regulation in China: no more hot airOriginal Text

[The Lancet](http://www.thelancet.com/search/results?fieldName=Authors&searchTerm=%20The%20Lancet)

As part of ongoing tobacco control efforts in China, the Communist Party and the state council have recently issued a statement banning officials from smoking cigarettes in places such as schools, hospitals, and on public transport. Tobacco will also no longer be sold at government or Communist Party offices. This welcome rule is an encouraging step forward, but in a country where smoking is widespread and socially acceptable, and the tobacco industry provides a huge source of income for the government, how effective is it likely to be?

China has the most smokers in any country (about 300 million) and accounts for 40% of global tobacco production and consumption. High tobacco use is linked to an average of 1·2 million deaths annually in China, 100 000 of which are caused by exposure to second-hand smoke. Previous efforts to ban smoking in public areas in China have had little success. In 2011, locally regulated guidelines were issued banning smoking in indoor public places, and signs prohibiting smoking are commonplace in restaurants and bars. However, poor enforcement and few penalties for non-compliance mean that the rule is widely ignored. Consequently, smoking in public remains widespread, and up to 70% of adults are regularly exposed to second-hand smoke.

The new rule suggests government commitment to the issue, but it needs to be a step towards a national ban on smoking in public places. Moreover, it might be difficult to implement. According to the Chinese Association on Tobacco Control, 61% of male Chinese civil servants smoke, more than half of who say they have never tried to quit, and up to 60% of doctors in China are smokers.

Awareness programmes highlighting the health benefits of smoking cessation are clearly key to the success of an effective tobacco control strategy. Once a strict national law banning smoking in public has been framed as the next stage of a proactive tobacco control strategy, the next bold step for China's Government to consider would be to tackle the tobacco epidemic as done in Hong Kong by raising taxes on cigarettes and gearing up anti-tobacco leadership by the medical community.

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**7 Reasons Why the $10/day Child Care Plan Is Good for BC Business**  
   
[Fact sheet number 5](http://cts.vresp.com/c/?FirstCallBCChildandY/ff6a38f209/321050fb30/73758833df) from the Coalition of Child Care Advocates and the Early Childhood Educators of BC is out. It highlights what organizations and businesses such as Surrey Board of Trade and Vancity have recognized: that the $10 a Day Child Care Plan is good for business. Learn more and endorse the plan [here](http://cts.vresp.com/c/?FirstCallBCChildandY/ff6a38f209/321050fb30/605f88c543)

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**Child and Youth Friendly Communities Website Launches**  
   
How child and youth friendly is your community? Find out how your community measures up. The new website [childfriendlycommunities.ca](http://cts.vresp.com/c/?FirstCallBCChildandY/ff6a38f209/321050fb30/50acfc50fa), from the Society for Children and Youth of BC, offers measurement and planning tools to make your community more liveable for children and families.  
   
The website is based on SCY’s Child and Youth Friendly Toolkits and is an ideas bank to share ways you can build your community to better meet the needs of children and youth. There’s information on good practices, current research and initiatives.C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE12\Lines\BD14996_.gif

Do you have a resource, event or information you would like to share?

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly Health Matters Newsletter