



October 2008



Interlake Communities In Action.....



What's In Your Lunch?

The Selkirk CDPI Committee, Lord Selkirk School Division, and the Interlake Regional Health Authority have just launched a series of poster boards to help people make healthy lunch choices. Sherri Gurney, the project lead was recently awarded a Health Promotion Recognition Award at the Interlake RHA's Annual General Meeting.

The boards highlight five components: dairy items, fruit and vegetable selections, grains, beverages, and "lunchable" type items. The boards are a tool kit to help consumers understand what they need to look for when purchasing lunch items. They highlight the Nutrition Facts Label, what and where to look to find ingredients, and what nutrients are important in each category.

The boards have been at a number of schools in the Selkirk area already. Parents, students, and teachers are learning a lot of from this project. The plan is to have the boards on display through out the division during the school year.

There are several other partners that have contributed to the success of this project. Perimeter Industries provided graphic design and support and printed the project. Canada Safeway has provided a number of healthy choices for taste testing and coupons for consumers to take away. Walmart is our newest partner and they have provided healthy items for families to take home for their child's lunch.

What's In Your Lunch boards are also being promoted through out the Interlake. Watch for them at a location near you!

What's With the Blue Light Bulbs?

In Lundar and Eriksdale the CDPI committee wants to see a lot of blue light bulbs! A blue light bulb on your porch or outside your home will signify that the home is a smoke free home.

Second hand smoke in a vehicle or home is very dangerous for all. When someone smokes in your home, second-hand smoke spreads from one room to another, even if the door to the smoking area is closed. In addition, potentially toxic chemicals in second-hand smoke can cling to rugs, curtains, clothes, food and other materials, and can usually remain in a room or car long after someone has smoked there. Second hand smoke can contain as many as 4,000 chemicals.

You may think you can clear the smoke from a room or your car by opening a window or turning on a fan, but this is not the case. Studies have shown there is no level of ventilation that will eliminate the harmful effects of second-hand smoke. Even air filters (air purifiers) are not enough. Second-hand smoke is composed of both particles and gases. Most air filters are designed to remove fine smoke particles from the air, but they do not remove the gases that can cause diseases.



This fall the communities of Lundar and Eriksdale are hoping a show of blue light bulbs will have people asking; "I have a blue bulb, why don't you?" Keep the air in your home and vehicle smoke free.

Blue Hula-Hoop Event

At 10:00 a.m. on November 14, thousands of Canadians will pick up whimsical, blue branded Hula Hoops and hoop it up for diabetes. Hoopers will be participating in a series of Blue-La Hoop events that are taking place across Canada to mark United Nations World Diabetes Day and to raise awareness of diabetes and the 2.4 million Canadians who live with this chronic disease. Blue Hula Hoops were chosen as inspiration for the event as a blue circle is the international symbol for diabetes and the symbol for World Diabetes Day.

Local communities that will be participating in the day include; Pinamootang and Little Saskatchewan.



Working in partnership with Interlake communities

Healthy Sustainable Kitchens

Workshops were held in Arborg on September 30 and October 1 in Selkirk. These workshops were designed to look at recreation facilities that have licensed kitchens. Sessions for the day included: Food for Thought: Making the Move to Healthy Choices; Attention to Detail: Kitchen Planning & Design; Trends Changing Food Handling & Food Safety; Provincial Health Regulations & Requirements; More Than Just Bingos: Local Food Entrepreneurs May Provide An Alternative Revenue Stream; and Realize Your Dreams: Potential Funding Opportunities.

There were 69 participants between the 2 workshops. Both days were very positive and there was a lot of information packed into the day. Participants received a binder full of great information and each presenter had handouts for the attendees.

The event was sponsored by Interlake Municipal Recreation Association, Interlake Regional Health Authority, Culture, Heritage, Tourism, & Sport, and Manitoba Agriculture, Food & Rural Initiatives.



Getting Kids Active in Riverton

The KidFit Cardio program is now running in Riverton. This is an exciting new program that kids can get involved in. KidFit Cardio is a non-sport specific, non-competitive exercise and nutrition program for kids aged 7 to 14. The program consists of approximately 35 minutes of constant movement. It includes warm up and cool down, some martial arts, and circuit training. All participants receive a T-shirt to help promote a sense of belonging and teamwork to the group.

Tracey Bjornson-Collins is the facilitator of the sessions. The sessions are held at the Riverton Early Middle School. The Arborg Riverton CDPI sponsored the program. For more information on KidFit Cardio, visit www.kidfitcardio.com

Health Promotion Fund

Just a reminder that the deadline for the Health Promotion Project Fund Deadline is November 30, 2008. Grants of up to \$1,000 are available for projects in communities that focus on physical activity, healthy eating, smoking cessation, and injury prevention.

For more information, please contact
Theresa Klus at 886-4316
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World Diabetes Day

November 14, 2008 is World Diabetes Day. World Diabetes Day is a birthday celebration on a global scale. It was created to raise awareness of the diabetes epidemic, which now affects 246 million people and their families around the world. November 14 is also the birthday of Canadian Sir Frederick G. Banting, the co-discoverer of insulin.

World Diabetes Day is a global event. It brings together millions of people in more than 160 countries to raise awareness of diabetes, including children and adults living with and affected by diabetes, healthcare professionals, healthcare decision-makers and the media. World Diabetes Day unites the global diabetes community to produce a powerful voice for diabetes awareness.

World Diabetes Day was created by the International Diabetes Federation (IDF) and the World Health Organization (WHO) in 1991, in response to concern over the escalating incidence of diabetes around the world. World Diabetes Day, as of December 2006, is an official United Nations World Health Day.



Health Promotion Recognition Awards

Congratulations to (bottom to top) Jan Keryluk, Gimli Wellness Club; Kim Petaski, Selkirk Teen Clinic; and Sherri Gurney, What's In Your Lunch Project. These three individuals were recognized for their efforts in their projects which promote health in the region. The awards were presented on October 9th, at the Interlake RHA's Annual General Meeting.