



May 2007



Interlake Communities In Action.....



WELL (Wellness for Eriksdale & Lundar Living) Group Success Story

WELLness Fair

The Wellness Fair was an event that combined all aspects of the Chronic Disease Prevention Initiative (CDPI) of physical activity, nutrition, tobacco reduction as well as cultural activities for the aboriginal students. The event was designed to involve all ages from K - 12 from within our two communities.

The Wellness Fair was set up like a science fair where the high school students did class projects based on physical activity, nutrition and tobacco and then created booths to display their findings and share the information with those that were in attendance. Students from the younger grades were asked to draw a poster that showed what healthy living meant to them or what some of the effects of an unhealthy life looked like. The event also featured displays from Public Health and Mental Health as well as a variety of community groups and sport groups from Sport Manitoba.

A healthy canteen was available for lunch and snacks and all participants that came to the event were entered in to a draw for a pedometer. The day ended with a mass participation event of a variety of tag games on the grounds of the building.

Congratulations to Helena Baert, the high school physical education teacher and our CDPI Co-Chair for her efforts in making this event so successful within our communities.

Health Promotion Website Links

The following are website links which promote healthy living:

Knowledge Exchange Network - www.cancer.ca

Canadian Best Practices Portal - <http://cbpp-pcpe.phac-aspc.gc.ca/>

The Canadian Health Portal - www.healthportal.ca

Canadian Fitness & Lifestyle Research Institute - www.cflri.ca

Active Healthy Kids Canada - www.activehealthykids.ca

"New" Canada Food Guide - www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Smokers Help Line - <http://ccs.stopsmokingcentre.net>

Chronic Disease Prevention Initiative (CDPI) Youth Survey Results

The Interlake Regional Health Authority, the Interlake's Health Promotion Working Group and Cancer Care Manitoba in cooperation with Interlake schools, conducted and analyzed almost 5,500 youth surveys to support the Interlake RHA's role in Manitoba's new Chronic Disease Prevention Initiative, a community-led approach to improving our population's health. These survey results on youth health behaviours are now available for almost all communities within the Interlake Region.

These results will provide community committees with baseline information so that community initiatives can be focused where they are most needed and, over time, the communities will be able to determine the effectiveness of the initiatives.

Some of the survey findings indicated that:

- Only 1 out of 2 youth Grades 6 - 12 receive the recommended amount of daily physical activity. Regular physical activity boosts self-esteem, reduces depression and enhances coping abilities and can greatly reduce the risk of a number of chronic diseases. Physical activity is also a way to maintain healthy weights.
- 9 out of 10 Interlake children and youth do not eat vegetables and fruit 5 times or more per day as recommended. The number of vegetables and fruit is an important indicator of healthy eating. Nutrition has an impact not only on their behaviour, performance and emotional well-being, but also on health risks for a number of diseases as they age.
- By Grade 11, 1 out of 3 Interlake youth are smoking. The addictive nature of smoking is evident when a large % of these youth are already stating that they would like to quit. 22% of all deaths in Canada are attributed to smoking so it is a significant preventable health risk.

The Interlake Regional Report of the Youth Health Survey is available on the website at www.irha.mb.ca. For more information please contact Judy McKinnon, Health Promotion Coordinator at 886-4316.

Working in partnership with Interlake communities

Chronic Disease Prevention Initiative in Selkirk

The Selkirk Chronic Disease Prevention Initiative (CDPI), in partnership with the City of Selkirk, Selkirk Junior High School and the Youth Coalition are beginning a new initiative which will provide more activities for youth in Grades 6-9 during after-school hours and on weekends. There will be structured and unstructured Gym Time so that students who are not into team sports may take part in other activities such as Hip Hop Dancing, Kick Boxing, Ball toss, etc. Built into this program is a nutrition piece. Nutritious snacks are provided, brief discussions about eating healthy and how the right fuel can give active people an edge.

To get the community out walking, we are rolling out a "Walking with A Passport" for families of all ages. The program will involve walking to specified locations listed in their passport and have their passport stamped as proof. Incentives will be given to those walking to all the locations identified within the community. We have approximately 12 - 15 participants who have offered to be a location which mean more community involvement and added awareness of the Chronic Disease Prevention Initiative.

The Community Kitchen is already in action and families are learning how to prepare healthy meals on a budget and what to look for on the labels while shopping for groceries or preparing their meals. Smoking Cessation presentations are taking place in various locations with the first one being held at the Selkirk Friendship Centre.

For more information regarding the Chronic Disease Prevention Initiative in Selkirk, please contact **Elaine Elliott** at **482-6741**.

Arborg / Riverton Chronic Disease Prevention Initiative

The Healthy Arborg / Riverton Committee has an action plan that builds on current community activities, programs and policies related to the chronic disease risk factors and has identified the following objectives within our 2007 plan:

- 1. Increase Grades 5-8 students who eat fruit and vegetables 5 or more times per day from 2% to 4% by 2008**
- 2. Decrease smoking rates in Grade 9 students to half of the present. Arborg from 39% to 20%; Riverton from 12% to 6%**
- 3. Increase leisure physical activity of Arborg/Riverton residents by 2% by 2009.**

Riverton Collegiate's new course for 2006: Foods combined with Promotions. One of the goals is to provide nutritious affordable lunches to students and staff two days of the six day cycle. Has it worked? According to Linda Stevens "Just working with the students on this project has done so much good for the whole school environment. We hope to build on our success and keep promoting healthy choices!" Gail Kreutzer noted: "As the logo that the students designed says 'Eat Right... Learn Right' students are beginning to make healthy choices that taste good". Tom Kowalchuk added, "Our school actually sets a great example. The Riverton Community can do great things when we all work together."

Arborg Community Garden initiative started small in 2006. This year it will expand and include a perennial flower garden, next to the new hall and seniors complex. Raised planting boxes are handicap accessible.

Behaviours established in early childhood and youth tend to carry into adulthood. Some of the ways in which you can become involved may include:

- learn it - live it - teach it
- become a leader in healthy living
- join the planning group
- help others live it
- stay informed
- change unhealthy habits
- advocate for healthy lifestyles

For more information regarding the Chronic Disease Prevention Initiative within Arborg / Riverton, please contact:

Cynthia Thomsen, Chairperson at **378-5356** or
Otto Christensen, Coordinator at **376-2995**

Should We Take Action?

It is recommended that children and youth have a minimum of 90 minutes of physical activity per day. School / community programming is effective when a combination of approaches are used including:

- Education
- Accessible facilities
- Physical activity programming (intramurals, intervarsity and a variety of sports / activities).

Effective action requires coordination between school and community, since no one group can fulfill all these requirements.