



## HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 2017

### CONNECTING TO NATURE

#### Teaching and Learning

The Nature Playbook is a strategy to connect young people with Nature in Canada. It is meant to guide and inspire actions that all Canadians can take to connect a new generation with Nature.

For more information see: [Canadian Parks Council](#) and [The Nature Playbook](#)

### HEALTHY EATING AND PHYSICAL ACTIVITY

#### Partnerships and Services

**The following information can be shared in parent newsletters:**

1. **Healthy Families BC** has tips on [Growing Healthy Kids](#).

## 2. BC's Childhood Healthy Weights Intervention Programs:

### **MEND - Mind Exercise, Nutrition, Do it!**



This **Free** 10-week early intervention program is available for children above a healthy weight. It empowers families to become healthier by participating in group sessions focused on healthy eating and meal planning, physical activity and goal setting. Sessions are starting in early 2017 and are available for children 5-13 years old and their families. MEND is currently offered in 22 communities across BC, including **Cranbrook, Kamloops, Kelowna, and Penticton.**

**To enroll** in MEND contact your local community centre directly at: [MEND Programs in BC](#)

For more information see: [MEND BC Website](#)

### **SHAPEDOWN BC**

This **Free** family-centered weight management program is offered in five BC communities, including **Kamloops**, twice a week for ten weeks and is for children aged 6-17 who may benefit from a more intensive intervention. It is supported by a multidisciplinary team that helps families to identify and problem-solve around their own unique challenges to healthy eating and active living.

For more information see: [Shapedown BC website](#), the [Interior Health website](#) or contact the [Kamloops Public Health Unit](#).

### **HEALTHLINK BC- Eating and Activity Program for Kids (telehealth service)**

This is a **Free** telehealth service to help BC children and teens (aged 0 to 18) and their families reach healthy weights and improve their overall health and quality of life. It includes healthy eating and active living coaching with a registered dietitian and qualified exercise specialist for at-risk families in rural and remote parts of the province.

For more information see: [HealthLink BC Eating and Activity Program for Kids website](#)

# NUTRITION

## Teaching and Learning



### **New Action Schools! BC Website Launch**

A New Year brings the launch of the new Action Schools! BC [website!](#) Be sure to check out the enhanced Action Schools! BC program for information

on updated Healthy Eating workshops, downloadable resources such as the Action Planning Guide, and how to find your Regional Development Coordinator.

Also included on the new website are online workshop registration, materials that reflect the new BC curriculum and streamlined action planning.

# TOBACCO REDUCTION

## Teaching and Learning

### **National Non Smoking Week 2017**

National non-smoking week is a great time to bring awareness to your health. National Non-Smoking Week is January 15-21, 2017

### **The New Year 2017**

If your New Year's resolution is to quit smoking then you are in good company. Planning ahead can make your healthy resolution a reality. Visit [Quitnow.ca](#) to help you plan for your smoke free new year.

## **What parents should know about vaping devices**

If you don't know the difference between an e-hookah and a vape pen, you're not alone. But it might concern you that most teenagers do. If you're [discussing e-cigarettes](#) and other vaping devices with your child, it's definitely helpful to have a good understanding of the available products as a foundation. To learn more please visit: <http://www.centeronaddiction.org/e-cigarettes/recreational-vaping/what-parents-should-know-about-different-vaping-devices>

## **Nicotine Exposure**

Nicotine exposure during adolescence, a critical period for brain development, can cause addiction and can harm the developing brain. For more information visit: <http://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

## **Surgeon General Report**

A new report from the U.S. Surgeon General raises public health concerns about e-cigarette use among U.S. youth and young adults. To read the report please visit: <http://e-cigarettes.surgeongeneral.gov/resources.html>

## **Help smokers achieve a smoke-free life**

The Canadian Cancer Society is pleased to promote the second year of an innovative program that helps smokers quit...**Run to Quit**. Participants must be the age of majority at the time of registration. For more information please visit: <http://www.runtoquit.com/>

## **World No Tobacco Day**

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and additional risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The theme for World No Tobacco Day 2017 is "Tobacco – a threat to development." For more information please visit: <http://www.who.int/tobacco/wntd/en/>

## **Community Partnerships**

### **IH Tobacco Contacts:**

Do you need to reach the Interior Health Tobacco Team? **Email:** [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca)

**For previous newsletters: [Health Promoting Schools Newsletters](#)**

Or contact:

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