**HEALTH PROMOTING SCHOOLS NEWSLETTER**

**March2013**

**TOBACCO REDUCTION**

**TOBACCO REDUCTION: Teaching and Learning**

**Smoking in kids' movies**

Of all top-grossing movies in 2011-2012, kid-rated movies delivered more than 90 percent of tobacco impressions to BC theater audiences, compared to just over 60 percent in the US

This year, [94 percent of the movies depicting smoking that are nominated in major Oscar categories](http://www.bchealthyliving.ca/sites/all/files/images/uploads/Smoking-Oscars_Academy-Awards-2013-v3-2-BC.xls" \t "_blank) are youth-rated in BC. That’s double the number (47%) youth-rated in the US.

The Oscars also promoted E-cigarettes which are not approved devices in Canada.

To read more visit: BC Healthy Living: [Welcome! | BC Healthy Living Alliance](http://www.bchealthyliving.ca/)

**Quitting Smoking pays off for your Heart**

Last month, Canadian, American and British researchers concluded that people who quit smoking by age 30 are close to never-[smoker death rates](http://www.cbc.ca/news/health/story/2013/01/23/smoking-quit-lifespan.html), after considering their risks of heart attack, stroke and lung and other cancers. The earlier you quit the better chances of gaining the same health quality of life as non-smokers.

To read more visit:

<http://www.cbc.ca/news/health/story/2013/02/20/smoking-quit-health.html>

**Smart Steps** - Youth (13 to 18)

This flip book contains gender specific information with the guys on one half and the girls on the other half. It contains valuable information about tobacco and youth.

This resource is free to order from Quitnow.ca: <http://www.quitnow.ca/helping-others-quit/order-quitnow-materials/product_category/20/product/47.php>

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**NUTRITION**

**NUTRITION: Teaching and Learning**

**Nutrition Month!**

March is Nutrition Month - the perfect time to start thinking about how food choices can affect your health. Small changes can pay off big by reducing risk for obesity, diabetes, heart disease and cancer. Interior Health’s Community Nutritionists dish up some [nutrition tips for families.](http://www.interiorhealth.ca/AboutUs/MediaCentre/NewsReleases/Documents/Put%20Your%20Best%20Food%20Forward.pdf)

**Healthy Eating After School Report**

Health Canada’s [Healthy Eating after School Report](http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/index-eng.php) examines the literature and presents key informant insights on how to incorporate healthy eating and food skills into after school programs. The report profiles four promising after school initiatives as case studies.

**NUTRITION: Partnerships and Services**

**Cook it. Try it. Like it!**

[Cook it. Try it. Like it!](http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition/Documents/Cook%20it%20Try%20it%20Like%20it.pdf) is a 5 week after school cooking program designed for elementary school students in grades 4 to 7. The program was developed by Interior Health Community Nutritionists in partnership with a Healthy School Coordinator, the City of Kamloops, School District 73 and Interior Community Services. The program teaches children how to prepare healthy food, gives them an opportunity to try new foods and models the benefits of healthy eating habits.

**PHYSICAL HEALTH**

**PHYSICAL AND HEALTH LITERACY: Teaching and Learning**

**HANDS UP for Health and Physical Literacy** is a three part illustrated video series that will teach children and youth about the importance of physical and health literacy in a fun and engaging way. Take a look. Each video is only a few minutes long!

**Introduction to Physical & Health Literacy** is the first video in the three part series and is intended for **children aged 4-9**. In this video, children will be introduced to the concepts of physical and health literacy. A general overview of both terms will be introduced and defined in order to help children and youth build the ground level knowledge needed to lead a healthy and active life every day.

[**http://www.youtube.com/watch?v=\_okRtLv-7Sk&list=UUMGm-7ilLkYaWNGzlNX\_Xaw&index=6**](http://www.youtube.com/watch?v=_okRtLv-7Sk&list=UUMGm-7ilLkYaWNGzlNX_Xaw&index=6)

**Exploring Physical & Health Literacy** is the second video in the three part series and is recommended for **children and youth aged 8-13**. It delves deeper into the concepts of physical and health literacy. Children and youth explore the concepts as related to the world around them. Children and youth will gain a deeper understanding of these concepts which lead to a healthy and active life every day.

[**http://www.youtube.com/watch?v=e4PjX9mXYq8&list=UUMGm-7ilLkYaWNGzlNX\_Xaw&index=5**](http://www.youtube.com/watch?v=e4PjX9mXYq8&list=UUMGm-7ilLkYaWNGzlNX_Xaw&index=5)

**Applying Physical & Health Literacy** is the final video in the three part series and is recommended for **youth aged 12-18**. It allows youth the opportunities to apply the concepts of physical and health literacy in their own world. Definitions will be reviewed and concepts will be examined at a higher level. Children and youth will have a strong grasp of the skills which lead to a healthy, active life.

[**http://www.youtube.com/watch?v=cDudzvfZdBs&list=UUMGm-7ilLkYaWNGzlNX\_Xaw&index=4**](http://www.youtube.com/watch?v=cDudzvfZdBs&list=UUMGm-7ilLkYaWNGzlNX_Xaw&index=4)

**For previous Health Promoting Schools Newsletters see:** <http://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/HealthPromotingSchoolsInitiative.aspx>

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**IH School Engagement Educator**

**Promotion and Prevention**

**Trail, B.C.**

***“Connecting health promotion staff with school staff to improve student’s health”***