

HEALTH PROMOTING SCHOOLS NEWSLETTER

October 2012

NUTRITION

NUTRITION: Partnerships and Services

Farm to School Grant Opportunity

Grants will be available to schools to purchase salad bar equipment to help support local fruit and vegetable consumption. Schools can apply for a maximum of \$10,000. Grant applications and more information will be available the week of October 10th on the BC Agriculture in the Classroom Foundation website at www.aitc.ca/bc and the Public Health Association of BC Farm to School website at www.phabc.org/farmtoschool

NUTRITION: Teaching and Learning

Teleconference- “Farm to School: Getting Started” October 22 from 3:30 pm – 4:30 pm

The Public Health Association of BC is pleased to offer an orientation session for school staff, community members, health professionals and others who are interested in starting up a new program. Join us by teleconference to learn more about farm to school and successful program models. Learn about the latest resources available to support the planning and implementation of a new program, including the new Salad Bar Equipment Grants. To participate in this teleconference, please RSVP to Brenda Kent, Provincial Coordinator, at farmtoschoolbc@gmail.com

NUTRITION: Teaching and Learning

Eat Well Campaign

With an initial focus on the busy back-to-school time period Health Canada has developed the Eat Well Campaign. The campaign profiles year-round awareness and features information to promote healthier eating among Canadians; including the way we shop, prepare foods and select foods when eating out. Check out the Eat Well Central website where you will find lots of simple, user-friendly healthy eating tips to use every day. www.healthycanadians.gc.ca/eatwell

NUTRITION: Teaching and Learning

Introducing the Nutrition Fact Sheet Generator

The Fact Sheet Generator (FSG) is a specialized web-based nutrition tool that allows you to customize nutrition fact sheets using evidence-based key messages and supporting tips for different audiences such as parents and teens. The FSG was created by Dietitians of Canada with support from the BC Ministry of Health and currently includes fact sheets focusing on sodium and sugary drink reduction. Visit the Interior Health School Nutrition website and try out the FSG! <http://www.interiorhealth.ca/YourHealth/SchoolHealth/SchoolNutrition>

MENTAL HEALTH

MENTAL HEALTH: Teaching and Learning

Building Resilience in Young Children

Reaching IN, Reaching OUT <http://www.reachinginreachingout.com/aboutresilience.htm>

is an organization that has developed and delivered training on resilience since 2002. The Reaching IN, Reaching OUT training for ECE workers, teachers, and professionals working with children under age 8 has been successfully delivered to more than 4500 people across Canada. The recently launched Bounce Back and Thrive! 10-session program for parents has a supportive website, tip sheets, and other materials.
<http://www.reachinginreachingout.com/resources-parents.htm>

MENTAL HEALTH: Teaching and Learning

**Webinar: Keeping Youth Connected, Healthy and Learning– October 24, 2012
12:00-1:00pm**

“Moving beyond the evidence to exploring practical and effective responses to substance use in school settings”. For more info go to: http://www.carbc.ca/Helping_Schools.aspx

PHYSICAL SAFETY

PHYSICAL SAFETY: Social and Physical Environment

I ThinkFirst! CONTEST encourages students to share creative projects telling us what they do to stay safe. Entrants can win helmets for themselves or their entire class. Students can submit creative art projects explaining in their own words how and why they “think first” before engaging in sport, recreation, and/or play. The contest will run from October 8, 2012 to March 1, 2013. For more information go to:
<http://www.thinkfirst.ca/ithinkfirst/contest2012.aspx>

Canada's Favorite Crossing Guard CONTEST recognizes the role crossing guards play in keeping children safe. Do you know a crossing guard in your area who has gone above and beyond the call of duty to help children get to school safely?

Students, teachers and parents across the country are invited to nominate their favorite crossing guard. The contest runs from September 24 to November 23, 2012. Winning crossing guards and their school each receive \$500! Nomination and award details can be found here: <http://www.safekidscanada.ca/professionals/Safety-Information/Pedestrian-Safety/Crossing-Guard/Crossing-guard-2012.aspx>

TOBACCO REDUCTION

TOBACCO REDUCTION: Partnerships and Services

IH Tobacco Contacts:

Do you need tobacco reduction information? Do you need to reach the Interior Health Tobacco Team? Check out the website at: Interior Health Tobacco Reduction or email: tobacco@interiorhealth.ca

TOBACCO REDUCTION: Teaching and Learning

Canadian Tobacco Use Monitoring Survey Results (CTUMS)

The prevalence of smoking among the Canadian population 15 years and older was 25% in 2001 (about 6.1 million smokers) when the Federal Tobacco Control Strategy (FTCS) was launched. The annual results of the Canadian Tobacco Use Monitoring Survey (CTUMS), conducted from February through December 2011, reveal that the smoking prevalence has statistically significantly decreased to 17% (about 4.9 million smokers). In 2011, 14% reported smoking daily, while 4% reported smoking occasionally. More males (20%) reported smoking than females (15%). Daily smokers smoked an average of 14.4 cigarettes per day.

Smoking prevalence in Canada has declined since it was first measured. However, as smoking prevalence reaches lower levels, it becomes more and more difficult to show year to year statistically significant differences. In the context of the future of tobacco control in Canada, the focus of this year's CTUMS release is a comparison of the 2011 rates to those of 2001 when the FTCS was launched.

For supplementary tables, see:

http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_ctums-esutc_2011/ann-eng.php

Summary of Key Points:

- CTUMS results released today found 2011 current smoking prevalence at 17%, unchanged from 17% in 2010.
 - With 17% prevalence and 4.9 million Canadians who smoke, far more must be done in terms of policies and programs to drive smoking rates down further.
 - Current prevalence among youth aged 15-19 was 12%, unchanged from 12% in 2010, while current prevalence among young adults aged 20-24 was 21%, compared to 22% in 2010
 - Every 1% decline in smoking rates among Canadians translates into huge public health benefits. Tobacco products are the leading preventable cause of disease and death in Canada, killing 37,000 Canadians each year.