

CDPI Connections e-bulletin

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To: Healthy Together Now (CDPI) Community of Practice

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Purpose: to provide a short, concise update regarding CDPI Training events, dates and related information

Exciting News:

For everyone that was involved in the Youth Health Survey, please read on for news about one of the positive outcomes of Health and Education working together!!!

“On behalf of the Manitoba Physical Education Teachers Association, congratulations goes out to the Regional Health Authorities of Manitoba on being selected as the recipient of the **Coalition Award** for the outstanding contribution to the wellness (including physical activity and physical/health education) of students across Manitoba with the Youth Health Survey.”

Partners in Planning for Health Living (PPHL) and the Youth Health Survey... by Kate McGarry

PPHL is a network of organizations who have come together to support the use of evidence in program and policy development aimed at promoting healthy living. The evidence generated to date is from the Youth Health Survey (YHS). Reports have been generated at the school, school division and RHA level. This information may be useful in helping you target your programs to areas of concern that have been identified by the youth in your community. To obtain a copy of a report in your region please contact your local RHA. For additional tools and resources including the Provincial YHS Report visit the PPHL website (www.healthincommon.ca/pphl).

Planting the seeds for a healthy future by Susie Strachan

Gardening program teaches kids about nutrition

Kids and dirt go together like french fries and ketchup, but getting kids to eat tomatoes and boiled potatoes is a whole other row of beans!. Check out the rest of the Point Douglas's CDPI story and pictures at

<http://www.wrha.mb.ca/healthinfo/news/100928.php>

Reporting:

A friendly reminder that we are looking for monitoring reports!

- ★ The CDPI Community Monitoring forms for April 1st to September 30th, 2010 are needed for the CDPI 2010-11 mid-year reporting.
- ★ We would like to have your reports into our Neepawa office by November 5th, 2010 so that we can collate the packages for MHLYS

Community Project Templates

At the last CDPI Share & Learn, communities asked for a way to share their projects with other communities and to learn from each others' experiences. A small working group developed a template called "*Create. Share. Learn. A template for Communities to share CDPI Project Details*"

We are getting very close to having all the community project templates and linked with their resources up on the website – I'll send out an e-blast when everything is in place!!

Share & Learn 2011 – watch for details coming soon to your email "inbox"

Resource Ideas - Second Hand Smoke

STARSS (Start Thinking about Reducing Second Hand Smoke), is NOT a quit smoking program although it contains strategies to support moms who make this choice.

STARSS is a supportive, sensitive strategy for mothers who smoke and are interested in learning ways to protect their children from the effects of secondhand smoke.

The program's goal is to enable moms to protect their children as much as possible from secondhand smoke in the home without a focus on smoking cessation. The program description on the website goes on to say "During the development of **STARSS**, we learned the importance of the small steps approach to supporting women, especially low-income mothers, in their attempts to protect their children from the effects of secondhand smoke. More importantly, we rediscovered that the harm reduction approach encourages both cessation and quit attempts by providing a less threatening message regarding smoking." To learn more visit

<http://www.aware.on.ca/starss>

Smoke Free Environment and More

Check out the Best Start website - for materials relating to smoke free environments and more <http://beststart.org/resources/tobacco/index.html>.

"Creating a smoke free environment for your children" video and 16 page facilitator's guide, which you can download from the site – or if you order the video, the facilitator's guide is included.

A French video and complementary material were produced previously and are available at: <http://www.meilleurdepart.org/resources/tabagisme/index.html>.

Thank-you to Caroline McIntosh for sharing the above tobacco resource information and web links.

If you have ideas or information you would like to share with others involved in **Healthy Together Now** (CDPI) please send them to bkozak@arha.ca – *Thank-you!*