

Share & Learn Session Descriptions

Wednesday Nov. 28



Getty Stewart

Keynote: "Little things, big impact and far reaching ideas when we work and link together." The task of building healthy communities can seem overwhelming and insurmountable. Can you, your group or your program actually make a difference? Absolutely! In fact, there's nothing better than community members getting together, building partnerships and following their passion to make their community stronger, better and healthier. Explore the example of Fruit Share to see how little things can indeed make a big impact.

Workshop: "Getting the Message Out"

Our ideas are nothing if they are not shared. Explore five key steps to get the word out, connect with participants, rally support, and even raise money. Share and learn practical tips and ideas for radio/tv, newspapers, flyers, email, facebook, twitter and blogging. Resources available at www.gettystewart.com (Events).

Farm to School Healthy Choice Fundraiser is truly a *Made in Manitoba* approach! Learn more about the Farm to School Fundraiser; how it started, how it works and much more! For more information: www.farmtoschoolmanitoba.ca

Dig In Manitoba A new project from Food Matters Manitoba, Dig In Manitoba helps families across the province eat close to home, learn new food skills, and be the difference for fair food. In the summer of 2012, Food Matters Manitoba worked with more than 50 partners to host a "Dig In Challenge" pilot project, in which we engaged 443 families, workplaces, schools and faith groups to commit to learning about and choosing local, sustainable, healthy and fair food options. This session will highlight the successes and learnings of the Dig In Challenge and how you can apply them to your own projects. Visit www.diginmanitoba.ca for more information.

Tobacco and Youth Projects

- **NORMAN Tobacco Tackle Teams** This presentation describes the western campus of the Northern Health Region's project designed for the provincial tobacco reduction funding. It will give a brief history of how Tobacco Tackle Teams started, what we have come to know over the past 6 years and how we are building upon our findings to incorporate a youth cessation piece. Included in the presentation is a slide show of various projects Tobacco Tackle Teams have completed over the years.
- **Working with Schools on Tobacco Prevention, Cessation & Reduction:** Where we started. Challenges and Solutions. Tools and resources to engage youth.

Hope North The World Health Organization defines mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." HOPE North, Suicide Prevention Committee coordinates activities to increase mental wellbeing and promote life. We are Liz Lychuk and Patti Baird-Millar, members of this wonderful and dedicated committee of forty plus people who strive to make a difference in northern Manitoba. We are here at this conference to share with you some of our activities, our strengths, our passion and some of our lessons along the way.

HIGH FIVE is a national program standard created to ensure all children have a rewarding recreation experience. By participating in quality recreation, children experience positive and healthy development, not just physically, but emotionally, socially, and cognitively. Learn how the HIGH FIVE standard works to give all kids a positive recreation experience and how you can get involved. Visit www.reconnections.com and www.highfive.org for more information on the program.

Active Transportation (AT) is any mode of self-propelled transportation that relies on the use of human-generated energy such as walking, skating, skateboarding, snowshoeing, use of non-motorized wheel chairs and more! Short and long-term benefits of AT include improved health and wellness for individuals, communities and the environment. Learn more about the Province's three-year action plan on AT and key initiatives related to safety and public awareness, infrastructure investments, and expanded access to resources to support AT. Find out more about opportunities to partner with municipalities, community organizations and other stakeholders.

Spaces for Kids Means Spaces for Everybody: What it Takes to Get All of us Moving Again

- The Proof of What Kids Want
 - What a Healthy and Safe Community Looks Like
 - Emerging Issues Explained: School Zones, Speed Limits and the Ethics of Engineering
 - Discussion: Emerging Strategies for Community Collaboration and Action
- For related info, visit: greenactioncentre.ca/program/asrts/ and/or activetransportation.ca

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Jeremy Sinclair

Keynote: "Connecting with Youth" Jeremy will share his past life experiences and how these experiences have helped him create effective ways of connecting with youth. Hear about his work with The Pas Community Renewal Corporation and the "Closing the Gap" Youth Committee.

2012 Youth Health Survey & Video - Brief background of the Youth Health Survey (YHS) and presentation of "Moving Towards Healthier Lifestyles: Stories from the Manitoba Youth Health Survey" video as well as an update on the current implementation of the YHS and development of the Adult Health Survey. Video available online at: <http://partners.healthincommon.ca/>

Nutritious Food Basket: The Cost of Eating Healthy according to the Nutritious Food Basket report was developed by a team of nutrition professionals to determine the cost of healthy eating in Manitoba. This report may be used for program planning, informing policy decisions and supporting and promoting access to nutritious, safe and personally acceptable foods. Throughout this session we will discuss the findings of this report as well as the role of food skill, knowledge, equipment and self efficacy to promote well nourished individuals and families. Learn more about the cost of eating healthy for your health region. www.heartandstroke.mb.ca/nutritiousfoodbasket

The Healthy Eating Toolkit: A Resource for Teaching English as an Additional Language was developed to provide EAL educators and other community workers with tools and ideas on food and nutrition topics to teach English to EAL learners. It consists of four modules: Food Basics, Eating Well with Canada's Food Guide, Meal Planning and Shopping and an Introduction to Food Safety. This presentation will highlight the toolkit, as well as, engage session participants in a learning activity.

Move to Healthy Choices: Actions to Support Healthier Eating in Recreation Centres

A focus on the MOVE to Healthy Choices initiative which supports the improvement of access and availability of healthier choices offered in Westman Recreation Centres. You will leave with tools and information to help make improvements in your local community recreation places.

- MOVE to Healthy Choices Toolkit
- Nutrition Policy Development Guidelines
- Tournament Menu
- Newsletters
- Westman Taste Test Grants
- Westman Healthy Lifestyles Coalition Website

Manitoba *in motion* – Is Active Play Extinct?

This workshop will:

- Give a brief overview of the 2012 Active, Healthy Kids Canada Report Card, *Is Play Extinct?*
- Provide an opportunity to discuss ways to include more active play in the everyday lives of our children
- Share some Manitoba in motion and ParticipACTION tips and tools designed to help bring back play
www.manitobainmotion.ca/; www.activehealthykids.ca/; www.participaction.com/Bring-Back-Play

Tobacco, NRTs & More:

- **Quitting smoking is hard!** What do you do if you want to quit? Where do you start? Can attending a single session really do any good? Will this be just another session about the harms of tobacco, with all the ugly pictures and lectures!?!? Interlake RHA partnered with MANTRA (Manitoba Tobacco Reduction Alliance) to deliver Tobacco Awareness & Cessation sessions. These single session in-services helped 30+ year smokers "kick" the habit. This session will tell the story. www.mantrainc.ca
- **Central & Assiniboine Regions** are working together to focus on best practices for tobacco cessation for the in-patient population. RHA Central is focusing on early identification of tobacco users on admission and Assiniboine is looking at best practice in provision of Nicotine Replacement Therapy (NRT) and brief intervention counseling. Learn from the experiences of these two regions and how your community can support smokers who would like to quit smoking.

Building skills through Yoga will include the benefits of Yoga in the School and Yoga Tools that can be used in any situation to deliver positive results which relax the body, lead to a peaceful demeanor, better sleep patterns as well deliver cognitive skills, gross and fine motor skills. www.returntowellness.ca

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Out of the Blue presentation will include a power point providing an overview of the Out of The Blue campaign. This campaign targets mental health as well as suicide prevention. The power point include information regarding mental health the evidence and research behind the techniques and what the campaign as looked like over the past 2 years. For more information please visit our website at www.outoftheblue4u.ca

After the School Bell Rings With only 7% of Canadian children and youth meeting the latest recommended levels of daily physical activity the after school time period provides an important opportunity for children to be more active. After The School Bell Rings: A Manitoba After School Recreation Project aims to increase physical activity, healthy eating and active transportation within after school programs for children 6 to 12 years of age. The workshop will describe activities occurring within the project and identify available resources to support healthy, active after school programs. Additional information and resources are available at www.afterschoolmanitoba.ca

Active & Safe Kids Manitoba is a new provincial initiative on injury prevention strategies for children 0 – 19 years of age. Injuries due to recreation specific activities such as swimming, playground use, skateboarding, cycling and ice skating have been researched and in many cases have been identified as preventable. Targeted resource materials have been created to promote key safety messages for families and evidence-based strategies for communities to implement and prevent unintentional injuries. This session will review common recreation related injuries, suggest program ideas for prevention and educational awareness as well as the opportunity to work through a planning session in small groups to sample the support materials. For more information visit: www.activesafekidsmanitoba.ca