

The HTN Hub

Healthy Together Now (HTN)
Prairie Mountain Health— Formerly Assiniboine RHA

Issue 5

July 2013

Health Promotion
Coordinators:

Sherrill-Lee Hyra
Base: Rivers
204-328-7541
shyra@arha.ca

Melody Stewart
Base: Rivers
204-328-6215
mstewart@arha.ca

Christa Veitch
Base: Rivers
204-328-7101
cveitch@arha.ca

Angela Hewett
Base: Killarney
204-523-3224
ahewett@arha.ca

Roslyn Cullen
Base: Killarney
204-523-3246
rcullen@arha.ca

Tara Smith
Base: Hamiota
204-764-4273 ext. 268

Ideas or
suggestions
for future
newsletters?
Please share!

Community Spotlight: Minnedosa Supports Active Teens

Minnedosa's active teen sponsorship project began as a partnership between the local CURVES business and Healthy Active Minnedosa (HAM) to address the fitness needs of at-risk teenage girls. The program was offered to girls ages 12-18 years, who had to complete 20 hours of fitness work at CURVES in order to get their reduced rate costs rebated. This program was successful, but HAM realized their target audience was quite limited.

The project has since expanded to all high school students who wish to apply for funding for registration in fitness activities. This also allows students taking the grade 11/12 compulsory physical activity section of their grade 11/12 physical education course more options for out of school activities.

Many of the applications indicate that students are registering at the Minnedosa Fitness Centre. There are also applications for activities such as dance, yoga and skiing. HAM knows that not all of our applicants are at-risk students, however this program allows all students the chance to participate in activities that they might not have had an opportunity to try.

The facilitator is responsible for promotion and advertising of the sponsorship, which involves sending information to the local newspaper and working with the school to spread the word at the start of each school term, as well as intake of applications and issuing cheques.

In 2012-2013, 12 teens were reimbursed \$60.00 each, and so far in the 2013-2014 year, 8 teens have taken part in this project.

This project has had additional funding support thanks to the Minnedosa Foundation.



Did you Know??

- Only 47% of Canadians in the lowest income bracket rate their health as very good or excellent, compared with 73% of Canadians in the highest income group.
- Low-income Canadians are more likely to die earlier and to suffer more illnesses than Canadians with higher incomes, regardless of age, sex, race and place of residence.

Find additional facts and info at: **Public Health Agency of Canada**
(www.publichealth.gc.ca) (Home > Health Promotion > Population Health > What Determines Health? > What Makes Canadians Healthy or Unhealthy?)

Determinants of Health ~ Factors that Determine our Healthiness

What does the word “health” mean to you?

Does it mean whether you are sick or not?

How you are feeling physically at this moment?

Or maybe factors that contribute to good health?

Many people do not think about how health status is determined. Health status relates to the conditions in which people are born, grow, work, live and age. The social determinants of health are mostly responsible for health inequities—the unfair and avoidable differences in health status (World Health Organization Commission on Social Determinants of Health). There are a set of factors that determine our healthiness. These are the determinants of health, and include:

Income and Social Status—Studies show that health status improves at each step up the income and social ladder. Income is the single most important determinant of health.

Social Support Networks—The health benefits from caring and supportive relationships may be as important as risk factors such as smoking, physical inactivity, obesity and high blood pressure.

Education—Health status improves with each level of education. Education increases opportunities for income and job security and gives people more control over their lives—key factors influencing health.

Employment and Working Conditions—Unemployment, underemployment and stressful work are associated with poorer health.

Social Environments—Social stability, diversity, safety, and cohesive communities provide a supportive society which reduces or removes many risks to good health.

Physical Environment—Air and water quality are major influences on health. Human-built environments, such as housing, workplace safety, community and roads are also important.

Personal Health Practices—Knowledge, behaviours and coping skills affect our health.

Healthy Child Development—Prenatal and early childhood experiences powerfully affect a person’s health, well-being, coping skills and competence in subsequent years.

Culture—Culture is created by personal history and social, political, linguistic, geographic and economic factors. Multicultural health issues demonstrate the importance of considering physical, mental, spiritual, social and economic well-being at the same time.

Health Services—Health services which focus on maintaining and promoting health, preventing disease and restoring health contribute to the health of a population.

Gender—Gender refers to the various roles, personality traits, attitudes, behaviours, relative powers and influences which society assigns to the two sexes. Each gender has specific health issues or may be affected in different ways by the same issues.

Biology and Genetic Endowment—The way our bodies are built, our genetic make-up and inherited predispositions are fundamental in determining our health status.

(From the Public Health Agency of Canada website)

HTN communities can act to address the Social Determinants of Health through projects that focus on creating equitable opportunities for those who live in the community. Examples are:

- ⇒ reducing the cost of healthy activities,
- ⇒ increasing opportunity for education about health for all members of community,
- ⇒ improving access to healthy activities in the physical environment (e.g., walking trails, parks, safety of sidewalks, etc.).

