

2018-2019 Regional Action/Work Plan Prairie Mountain Health South

Mental Wellness

Actions and priority areas

*Address gaps in Mental Well Being in schools

Priority Population: Grades 6-9 students

* Speaker on Social media impact on MWB for providers and public-

Priority Population: Grades 5-12 students; parents; general community

*Education to help prepare young adults for life after Grade 12 (e.g. Life Stress/Realities of Life, resilience and coping promotion; managing social media and realities of life)

Priority Population: Grade 9-12 students, parents of students transitioning into adulthood

*Healthy Body Image promotion and resource sharing

Priority Population: Grade 4-10 students

*Advocacy and implementation of programming for the gaps in service on FN communities (E.g. Mental Health First Aid, advocacy and support to add increased Mental Health Services to FN communities – MH support on the Mobile Bus)

Priority Population: First Nations

*Post-partum support groups

Priority Population: Post-partum parents; expecting parents

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Physical Activity

*Promotion of physical activity as a lifelong journey across an entire lifespan

Priority Population: Children and Youth (ages 0-12), Parents, Professionals working with 0-12 year olds

*Promotion & awareness of the 24hr movement guidelines & screen time

Priority Population: Parents, Professionals working with children and youth

*Screen time/connection with PA and MWB

Priority Population: Youth

* Steppin' Up with Confidence

Priority Population: Seniors

*FN community leaders to initiate physical activity programs in their community

Priority Population: First Nations

*Active Transportation initiatives

Priority Population: School-aged children, Adults

*Support Walking/Running programs (e.g. run/walk to quit)

Priority Population: Adults

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Healthy Eating

*Food skills programs in communities

Specific topics: cooking for one, basic cooking/following a recipe, offer further resources as needed.

Priority Population: Low-income, seniors, youth

*User friendly budget tools for healthy eating to community groups, food banks, employment centres, and recreation departments.

Priority Population: Low-income, newcomers, youth (14-29)

*Food Literacy and growing food – (e.g. “food is fuel for your body” campaign)

Priority Population: Youth

*Programs that support easy meal prep time for the transition from youth to adulthood

Priority Population: Youth

*Community food leader training

Priority Population: newcomers, Indigenous

*Advocate to food businesses near schools (i.e. healthy school specials)

Priority Population: youth

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Tobacco

*Tobacco Prevention (including: cigarette smoking, e-cigarettes, chew tobacco)

Priority Population: Youth

Priority Population: First Nation

*Tobacco denormalization and protection

Priority Population: Children and Youth and their parents

Priority Population: First Nation

*Tobacco cessation

Priority Population: Youth and Young Adults

Priority Population: First Nation