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Alberni Clayoquot Health Network

E-News Nov. 2012

Participate in the network and be a part of healthy change!

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthier communities. The Network aims to:

- involve a variety of sectors which have the potential to impact on the determinants of health.
- involve stakeholders in an ongoing process of deliberation, needs assessment and priority setting
- focus on setting priorities and mobilize solutions that build on community assets and strength
- enhance the skills, abilities, resources, and commitment of communities and community members to care for each other, nurture unique talents and leadership, and act on challenges and opportunities the community faces.
- impact the health and vitality of Alberni-Clayoquot communities in a positive, sustainable manner through collaboration, education, communication and cooperation.
- **Everyone is Welcome! How can you join? It's simple!** Send us an email and ask to join our network list slyle@acrd.bc.ca, 'Like' us on Facebook [Alberni-Clayoquot Health Network](#), Attend our

[Subscribe](#) regional sponsored events. [Share](#) [Contact us!](#) Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700 [Past Issues](#) [Translate](#)

ACHN Strategic Planning Update:

21 members of the Health Network Planning Committee came together on Thursday Nov. 1st for a full day strategic planning session led by Jim Sands of Sparc BC and Tanis Dagert, ACHN Coordinator. It was a very full day with a wide range of topics discussed including the social determinants of health, developing partnerships and collaborations, regional health statistics, taking an assets based approach, the evolution of the network and important next steps/ foci to take us to 2014 and beyond. We will be working on the terms of reference for the ACHN, planning community forums and workshops and strengthening our partner networks that focus on children. Priority issues for the network include children & youth, transportation, affordable housing and food security. One of the first results of the work together is a request to the ACRD to investigate transit for the region and the costs associated with conducting a comprehensive transit plan. There is no shortage of work to be done but the future looks bright because of the many amazing people willing to work together to help make healthier communities in the ACRD.

Thanks for your hard work, energy and enthusiasm to all who attended!

Upcoming Events:

Wed, Nov. 14th, 2 - 4pm: Webcast: "Social and Emotional Development in the Early Years". Sponsored by the BC Healthy Child Development Alliance & the Kelty Mental Health Resource Centre. Features presentation, practical tips & resources in supporting parents to build healthy relationships with their children during the early years.

<http://www.childhealthbc.ca/forms/view.php?id=32>

Nov. 21st: Training Workshop in Nanaimo. BC Healthy Communities (BCHC) and & the [Council of Senior Citizens Organizations of British Columbia](#) (COSCO BC) are holding a regional training opportunity for their "seniors helping seniors" program. Volunteers who are 55+ will learn to facilitate valuable health promotion workshops in their communities on topics such as age-friendly communities and mature driver safety. <http://bchealthycommunities.ca/coscobc>

Monday, November 26th, 7:30pm-9:00pm. Presentation in Nanaimo: The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help ~ With leading anti-violence activist, Jackson Katz Ph.D at the Coast Bastion Inn, Nanaimo. Free <http://havensociety.com/wp2/jackson-katz/>

Friday Nov. 30 1 to 3 pm. Seminar in Tofino: "The Society Act: what you don't know can hurt you" led by Margaret Mason. . Sponsored by the Clayoquot Biosphere Trust. Email: adrienne@clayoquotbiosphere.org or 250-725-2219 to reserve your spot.

Funding Opportunities:

Know any non-profits thinking of starting a social purpose enterprise? Grants are available through VanCity for feasibility studies. Deadline is Nov. 15th. <http://tinyurl.com/a23eyuh1>

BC Healthy Communities (BCHC) is pleased to announce the Municipal Alcohol Policy Program for local governments in BC. Expressions of interest are due by Nov. 27th from local governments, including small, medium and large communities, for seed grants of up to \$7,000 to develop a Municipal Alcohol Policy (MAP) in their communities.

<http://bchealthycommunities.ca/mapp>

The Children's Health Foundation of Vancouver Island (formerly known as the Queen Alexandra Foundation) makes grants to not-for-profit service agencies on Vancouver Island and the Gulf Islands that support the health and well-being of children, youth and families. New grant deadline is Dec. 1st.

<https://childrenshealthvi.org/apply-funding>

The First Nations and Urban Aboriginal Early Childhood Development Steering Committee is pleased to announce the release of its 2012-2013 Call for Applications for Community Early Childhood Development Projects/Programs servicing BC First Nations, Urban Aboriginal and Métis children, zero to six years of age. Funding priority areas Language and Culture and Service Improvements and Quality, up to \$25,000.

<http://fnuaecdsc.ca>

Related News /Resources:

B.C. Health Minister Margaret MacDiarmid is encouraging women with low-risk pregnancies to plan their deliveries at home if that's what they'd like, as long as they are screened to be low-risk & assisted by a registered midwife. See story:

<http://www.vancouver.sun.com/health/health+minister+backs+home+births+risk+cases/7492311/story.html>

Survey reports that 8 in 10 Canadians believe seniors 75+ are seen as less important & are more ignored than younger generations. The 3 most common forms of age discrimination are: being ignored or treated as though they are invisible (41%); being treated like they have nothing to contribute (38%); assuming that seniors are incompetent (27%). <http://www.ctvnews.ca/canada/ageism-widespread-in-canada-survey-finds-1.1021641>

Ross Laird's slides from his west coast presentation 'Tune In and Dropped Out' on the emerging cultures of technology and their impacts on childhood development, family life, and education. (Nov. 2nd & 3rd) can be viewed here: <http://rosslaird.com/slides/parents/#slide1>

Over 200 free online university courses from 33 Universities available through 'Coursera'

<https://www.coursera.org/>

The Centre for Indigenous Resources has developed a new interactive website for youth about the connections between traditional food, culture, the environment and human health. <http://iffculture.ca/>

3 Fact sheets from the Canadian Institute of Planners: 1) Active Transportation, Health And Community Design: What is the Canadian evidence saying? 2) Active Living, Children & Youth: What is the Canadian evidence saying? 3) Health Equity And Community Design: What is the Canadian evidence saying?

<http://www.cip-icu.ca/web/la/en/pa/C9E751B58DB84739A342A5766887FA5E/template.asp>

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Study confirms that when when kids eat out, they gain weight from augmented portion sizes, delicious cheesy carbs & sugar-saturated sodas... fast food has an even more detrimental effect on health and diet in poorer populations. <http://io9.com/5957848/new-study-confirms-our-worst-fears-about-why-kids-are-getting-fat>

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