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# Alberni Clayoquot Health Network

***E-News September 2014***

***"Healthy & Connected People & Places"***

**Upcoming Events, Resources & More!**

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## **Health Network Update:**

### **Thinking About Our Children this Fall.**

According to the Canadian Health Measures Survey, the most comprehensive national survey ever conducted in Canada to determine fitness levels, today's Canadian children and youth are heavier, fatter, rounder and weaker than they were a generation ago.

Survey results showed that Canadian boys and girls aged 12 are now taller than they were in 1981, however, rates of childhood obesity and overweight have risen because of increased body fat, not greater muscularity. A portrait of a typical 12-year-old boy and girl in 1981 and 2007-2009 can be viewed here: <http://www.statcan.gc.ca/pub/82-003-x/2010001/article/11065/figures/fig3-eng.htm>

The Canadian Physical Activity Guidelines recommend that Canadian youth, aged 5 to 17, accumulate at least 60 minutes of moderate to vigorous intensity physical activity each day, but only 5% of 5 to 17 year olds are meeting the recommendations. Physical inactivity costs Canadian taxpayers approximately \$6.8 billion a year, or 3.7 percent of health care costs. These sad statistics beg the question: how can we work together to improve the health of children in our communities so that daily physical activity is a normal, easy and engaging part of everyday life?

Getting moving and active is associated with as much as a 30% reduction in all causes of mortality rates. The Alberni Clayoquot region is full of opportunity for daily physical activity by way of parks, playgrounds, walking, running, hiking, surfing, kayaking, swimming, bicycling, skate and paddle-boarding, parks and recreation programs, the list goes on and on. Any improvements aimed at creating healthier and more active kids are clearly worth investing in - long into the future.

## Upcoming Meetings, Events & Opportunities:

The next meeting of the **Alberni Valley Community Stakeholders Initiative to End Homelessness Committee** will be Friday September 12, 9:00-11:00 at the Alberni-Clayoquot Regional District. Contact Patty Edwards for more info about the Committee: [Patty.Edwards@leg.bc.ca](mailto:Patty.Edwards@leg.bc.ca)

The next meeting of the **Alberni Valley Social Planning Committee** is on Thursday Sept. 18th at 1pm at the Alberni Valley Employment Centre, 4805B Mar Street. Contact Bill Brown for more info: [bbrown@avemployment.ca](mailto:bbrown@avemployment.ca)

The next meeting of the **Coastal Family Resource Coalition** is Wednesday October 1<sup>st</sup> at the Ucluelet Community Centre. Contact Coordinator Marcie Dewitt for more info about the Coalition: [marcie\\_dewitt@hotmail.com](mailto:marcie_dewitt@hotmail.com)

The next meeting of the **Alberni Children First Table** is on Tuesday October 14<sup>th</sup>, 9:00-11:00am. Location at the ADSS 'Community Room'. Contact Coordinator Julie Rushton for more info about the Table: [julie@albernichildrenfirst.ca](mailto:julie@albernichildrenfirst.ca)

### **Family Farms Day this Sunday, Sept. 14th from 11-3 in the Alberni Valley**

A self guided farm tour in the Alberni Valley including a 30 acre mixed operation farm,

permaculture homestead, organic blueberry farm, a water buffalo dairy, winery and more!  
Find the map to the farms here:

<http://www.acrd.bc.ca/cms/wpattachments/wpID254atID1769.pdf>

### **Girls Speak Out Support Group – Starts September 18<sup>th</sup>**

The [Alberni Community and Woman's Services Society](#) will be running a fourth session of Girls Speak Out starting September 18, 2014 in partnership with The Port Alberni Family Guidance Association to deliver this 12 week group on Thursdays from 4 to 6pm. In the Girls Speak Out support group, young women have the opportunity to explore the issues of violence, mental health concerns and substance through discussion, art activities and media (e.g. video clips and movies). If you know any young women that could benefit from the Girls Speak Out support groups please contact ACAWS for more information contact Marla Kjernisted Youth Support Worker 250-724-7111 ext 227

### **Suicide Prevention – Creating New Conversations. Sept. 19<sup>th</sup> & 23<sup>rd</sup>**

Friday Sept. 19<sup>th</sup> at the Hospitality Inn in Port Alberni and Tuesday Sept. 23<sup>rd</sup> at the Tin Wis Resort in Tofino, 9 to noon. Hosted by the Vancouver Island Crisis Society. Don't miss your opportunity to learn about innovative new online tools designed to enhance resilience and coping. Join us as we explore the power of shifting from "At Risk" to At Promise" approaches. Visit [www.vicrisis.ca](http://www.vicrisis.ca) for more information and registration. \$25

### **Webinar: Poverty Reduction Partnerships with Dr. Gary Bloch. Tue, Sep 23, 2014 3:00 PM - 4:30 PM**

Dr. Gary Bloch has a simple cure for the health problems ailing low-income British Columbians: increase their income. The impacts of poverty on health directly affect 15% of the population of British Columbia, with the poorest 20% having a 60% greater rate of two or more chronic health conditions, when compared to the richest 20%. Inequality also negatively affects the health of everyone through the breakdown of social cohesion. Featured on CBC's The Current and in the Globe and Mail, Dr. Bloch is a strong advocate for addressing the social determinants of health through primary care and political advocacy. This webinar is an opportunity to hear Dr. Bloch talk about his experiences and ideas for making BC a healthier place for everyone, and share his strategic thoughts on raising awareness of the connections between poverty and health with the general public. To register: <https://attendee.gotowebinar.com/register/7277217025404996098> This webinar is part of a 2 day speaker series with Dr. Bloch, Sept. 22 & 23<sup>rd</sup> coordinated by the Poverty Reduction Coalition. See for more details:

<http://bcpovertyreduction.ca/speakerseries/>

### **Family FUNdamentals Training Opportunity October 16 & 17th in Ladysmith.**

This is a comprehensive parenting program for families with children 2-4 years old. Through interactive (parent/child) activities, the program helps parents to support the

healthy growth and development of their children by addressing healthy eating, the importance of play and physical activity as well as social and emotional wellbeing. There is no fee for the two day training, but we expect all sites to send two facilitators to the training and to make a commitment to offering the Family FUNdamentals program to families in their community within 6 months of the training. Interested? Contact Dawn Livera Family FUNdamentals Program Coordinator [fundamentals@familyservices.bc.ca](mailto:fundamentals@familyservices.bc.ca) 604 293 1634.

### **Vancouver Island Traditional Foods Conference Oct. 24th & 25<sup>th</sup> Ucluelet**

Registration for the Vancouver Island Traditional Foods Conference October 24th & 25th, 2014, Ucluelet, BC, hosted by 'tuk'waa'ath First Nation is now open. For more info about this conference contact Norine Messer, Conference Coordinator [norinemesser@hotmail.com](mailto:norinemesser@hotmail.com) and to register here: <http://www.indigenousfoodsvi.ca/register/>

### **United Way Public Policy Institute 2015 – Application Deadline Oct. 10<sup>th</sup>.**

Are you a changemaker and want to help strengthen your organization's capacity to advance social change? Organizations applying to attend this training program must be from the non-profit sector, active in the areas of social or health-related services and interested in affecting public policy change in those areas. This program is specifically designed to help non-profit leaders and their organizations increase their knowledge of the public policy process and their capacity to influence it. Monthly two-day sessions will be delivered over a six month period; from January to June 2015. A dedicated and very experienced cohort, the opportunity for shared learning as part of a small cohort of 25 sector leaders and an applied learning approach with a manageable course calendar make this a unique capacity building opportunity. For more information please visit the program webpage at <http://www.uwlm.ca/public-policy-institute>

## **Helpful Resources:**

The Fall '**Port Alberni' Healthy Living Guide**' is out and can be viewed on the City's Website at [www.portalberni.ca](http://www.portalberni.ca) or picked up at Echo Centre.

The **Tofino Parks and Recreation Guide** can be downloaded here: <http://www.tofino.ca/content/tofino-recreation-programs>

The **Ucluelet Parks & Rec Fall Programs** can be viewed here: [http://issuu.com/khodder/docs/fall\\_supplement\\_2014](http://issuu.com/khodder/docs/fall_supplement_2014)

### **Competencies for First Nations Relations**

The BC Public Service has launched a new resource aimed at employees who relate to and interact with Aboriginal customers and partners. The website contains tip sheets,



implementation guides, planning sheets etc. and outlines 17 competencies designed to help employees improve their “individual and collective abilities to appreciate and empower the Aboriginal people of BC.” Check out [Aboriginal Relations Behavioural Competencies](http://www2.gov.bc.ca/myhr/article.page?ContentID=55246cff-6276-7a2d-e7e3-71356191492f) located at: <http://www2.gov.bc.ca/myhr/article.page?ContentID=55246cff-6276-7a2d-e7e3-71356191492f>

### **Survey Input: Let's Talk Families BC!**

The BC Council for Families wants to know what you think about family life in BC and wants to understand the challenges families in BC face. Click on this link: [Lets Talk Families BC!](http://fluidsurveys.com/s/BCCFInvite/) or cut and paste this address into your browser address bar: <http://fluidsurveys.com/s/BCCFInvite/> The Council is a BC non-profit organization that provides training and support to professionals working with all types of families in BC. Knowing more about you and your family helps the Council's work to improve the quality of life for all BC families.

### **'Find Grants' Tool: Ministry of Jobs, Tourism and Skills Training**

Grants are a rich resource for funding. Use this grant search tool to connect with a wide range of funding opportunities. You can narrow the search by grant description, name, subject area or the application deadline. If you are aware of funding opportunities that are relevant to rural communities but are not listed here, please let us know at [ruralbc@gov.bc.ca](mailto:ruralbc@gov.bc.ca).

## **Healthy Eating, Active Living, Tobacco Cessation:**

### **Online Chronic Disease Self-Management Program**

The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

### **Tobacco Free Tuesdays!**

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes. [www.tobaccofreetuesdays.com](http://www.tobaccofreetuesdays.com)

### **Shapedown BC Program**

10 week program designed for children/adolescents between 6-16 with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian

must attend the twice weekly sessions with their child. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.

**Join the network & 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 healthy sustainable communities. Everyone is Welcome! How can you participate? It's simple! Attend our meetings and regional sponsored events. Send us your news & we'll share it!

Email and ask to join our network list: [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca)  
Join us on Twitter: ACHHealthNetwork

'Like' us on [Facebook](#) & receive on our ongoing newsfeed.

Contact Us! Tanis Dagert, Network Coordinator [tanisd@live.ca](mailto:tanisd@live.ca) (250) 668-5159 or Shelli Lyle, Admin Assistant, [slyle@acrd.bc.ca](mailto:slyle@acrd.bc.ca) (250) 720-2700