

Primary Health Care

ACCESS • RELATIONSHIPS • TEAMWORK • KNOWLEDGE



MAKE THE CONNECTION



NEWSLETTER BROUGHT TO YOU BY HEALTH PROMOTION DEPARTMENT
POPULATION & PUBLIC HEALTH, REGINA QU'APPELLE HEALTH REGION

The health promotion team is excited to release our third newsletter!
We hope you will find it both useful and informative.

ISSUE 03

SPRING 2017

Did you know?

75% of the things that help make us healthy are not part of the health care system? Health is influenced by the social, economic and physical environments that we live in.

In fact, health has more to do with the quality of the conditions in our homes, schools, neighborhoods, and work places than with the quality of our health care services.

Our health promotion team works to positively influence the personal, social, economic, environmental and cultural contexts that affect our health and well-being.

Our goal is that people from all stages of life have a fair opportunity to live a healthy and productive life, regardless of their income, education or ethnic background.



HEALTH BEGINS

...IN OUR HOMES AND NEIGHBOURHOODS

...WHERE WE WORK AND GO TO SCHOOL

...IN EARLY CHILDHOOD

...WITH OPPORTUNITIES TO CHOOSE

What's Inside

Baby Friendly Spaces	2
FRIENDS	2
Built Environment	3
Live Well	4
Forever in Motion	4
Oral Health	5
Resources	6
Contact Us!	6

Our Mission Statement:

"Making the healthy choice the easy choice where we live, work, learn and play."

Healthy Growth & Development

Baby Friendly Spaces

- * Encourage families to feed their children anytime, anywhere.
- * Have staff and volunteers who are aware of how to make their businesses or organizations a Baby Friendly Space.
- * Let the public know businesses or organizations are a Baby Friendly Space.

To register your business/organization **OR** for a list of businesses/organizations registered in the Baby Friendly Spaces Program visit: www.reginakids.ca

Brought to you by: Community Breastfeeding Advisory Committee, Regina & Area Early Childhood Network



Breastfeeding
welcome here

Take the Lead!



- trains and supports youth to take responsibility for planning, implementing and assessing inclusive and positive play
- promotes physical activity, safe and active play, a healthy approach to nutrition, and positive mental health while developing leadership skills
- provides youth with an opportunity to take responsibility for making positive contributions in their schools and communities, allowing them to make healthy personal choices, be a positive role model to their peers and pursue active and healthy lifestyles.

RQHR Health Promotion is excited to offer the Take the Lead! Provincial initiative throughout the region through promoting and coordinating adult training workshops in our communities, schools, and youth serving organizations. Give us a call at 306-766-7370 for more information.

FRIENDS helps children . . .

- build emotional resilience
- learn the skills they need to reduce anxiety and depression
- how to recognize and manage their emotions
- solve problems and cope with stress
- set and reach their goals
- learn the value of social connection
- to build a support network
- to support others when they have times of stress



If you want to know more about the FRIENDS programs, give us a call - 306-766-7370.

After all . . . we all need FRIENDS!

Healthy Built Environments

The Health Promotion team works with rural and urban municipalities and community organizations to make the healthy choice the easy choice within the built environment. The built environment is the “human made or physical spaces in which people live, work and play. These include our homes, communities, schools, workplaces, parks/recreation areas, business areas and transportation systems”. The way we design and structure our built environments can either improve mental health, physical activity levels and nutrition or prevent our ability to be the best we can be.

Healthy built environments are made up of:

- A food system that has safe, affordable and equal access to healthy food, protects and restores environment and supports the local economy;
- Transportation networks that are safe, accessible, and prioritizes active transportation, such as walking or biking to places such as work, schools, parks and recreation and healthy food;
- Neighbourhood design where people can easily access day to day services, which create chances for social interaction;
- Housing that is affordable, accessible and free of environmental and physical hazards; and
- Natural environments which are protected, connected and accessible for all to enjoy.



Our work with communities can range from helping to start community walking tours or bicycle paths to promote physical activity or working with neighbourhood corner stores or recreation facilities to increase access to healthy foods. We also provide further education sessions and workshops on healthy design and how to maximize your communities’ health potential. We talk with the community to identify a process that works for that specific community. The need is determined by the community, for the community.

Community Assessments: Partnered with the community, our focus is to assess and take action to reduce the risk factors and in the end increase the health in the whole community.

Review of Official Community Plans & Development Reviews: Working with a team (including Emergency Medical Services, Environmental Health and the medical health officer) development applications and official plans are looked at through a health lens. This lens blends traditional planning ideas such as land use, transportation, community facilities, parks and open spaces with healthy themes such as physical activity, public safety, healthy food access, mental health, air and water quality and social inclusion.

Rural Active Living Assessment (RALA): Tools are designed to do a complete active living audit of rural communities. This includes collecting data on physical environment features and amenities, community characteristics, community programs and policies that could potentially impact levels of physical activity among residents in your community.

For more information or for assistance in planning an assessment in your community, please contact us at 306.766.7283 or healthpromotionRQHR@rqhealth.ca

Healthy Populations



LiveWell with
Chronic Pain and
LiveWell with
Chronic Conditions

are programs that provide workshops to help people take charge of their life and get the support they need to find practical ways to deal with pain and chronic conditions.

Female with Chronic Pain

"I use it now in my every day life. It has greatly helped me to succeed in my goals and kept me on track."

Male with Coronary Artery Disease

"This program has given me tools to be able to continue and maintain a healthy lifestyle for many years in the future."

For more information or to find a workshop near you, please visit www.rqhealth.ca/livewell

Volunteer Training Opportunity



Become a Peer Leader!

What does a Peer Leader do?

You will lead 1 or more workshops per year with another Peer Leader. Each workshop contains 6 sessions: 2.5 hours each week for 6 weeks.

Why would you want to be a Peer Leader?

Boost your health and your community's, build and share skills while you learn NEW ways to manage your symptoms, how to action plan, problem solve, and so much more!

**October 24 to 27, 2017
Eastview Community Center
615 - 6th Avenue, Regina**

**SIGN
UP
NOW!**

For registration or for more details, please contact Sarah at **306-766-7207** or sarah.snyder@rqhealth.ca

Be a part of this life changing program!

Forever...in motion is a program that helps older adults become physically active through volunteer led physical activity. The goal is to improve and/or maintain the health of older adults living in the community through education and physical activity. The program includes endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions.



Click here to find a location near you!

www.rqhealth.ca/forever-in-motion

Participant's Testimonials:

"Knowing that I am doing what I can to remain active and in good shape."

This gets me out of my home for exercise and meeting others."

This is an excellent program with great instructors."

Oral Health

Oral Health in Long Term Care

Proper Oral Health is more profound for seniors residing within long-term care facilities now more than ever. Seniors are keeping their teeth longer than they did in the past, yet many are unable to access preventative dental care or treatment to keep their mouths healthy. Evidence has shown that oral care is often overlooked in residents of long-term care homes, many of whom have poor oral health.

“*Better Oral Health in Long Term Care*” is an education and training program adapted from Australia to train long term care staff in Saskatchewan to provide quality, individualized daily oral care. The Health Promotion dental team is currently piloting this training program in 12 rural long term care facilities throughout the region.

Balcarres
Broadview
Fort Qu’Appelle
Grenfell
Imperial
Indian Head
Lestock
Montmartre
Moosomin
Raymore
Whitewood
Wolseley



The purpose of this program is to improve overall health and quality of life of individuals within long term care homes by improving oral care standards. Good oral health is essential for chewing, nutrition and speech and will help to increase the residents’ quality of life.

DROP-IN FLUORIDE VARNISH CLINICS

North

Public Health Office
204 Wascana Street
2nd & 4th Friday*
every month
8:30 am to 12:00 pm

East

Public Health Office
1911 Park Street
2nd & 4th Monday*
every month
8:30 am to 12:00 pm

Central

Public Health Office
1080 Winnipeg Street
2nd Thursday of each month*
1:00 to 4:00 pm

Four Directions Health Center

3510—5th Avenue
2nd Wed of each month*
1:00 to 4:00 pm

* Please note - if the date falls on a statutory holiday, clinic will be cancelled.

Did You Know?

The RQHR dental team visits over 80 schools and sees over 6000 students for preventative dental services every year!



Resources

Educational Resource Kits for Loan

- Dental Kits for grades pre-K to K.
- Action Pack! Physical Activity Kits for grades pre-k-6
- Body Image Kits for grades 4-9
- Healthy Eating and Nutrition Resource Kits



To borrow one of these kits:

Please contact healthpromotionRQHR@rqhealth.ca
or call 306-766-7370

Follow Regina Qu'Appelle Health Region
on Facebook and watch for posts by:



- Your Health Promotion Team #RQHRHP

#MyCommunityMondays #WhatWeDoWednesdays #ForTheHealthOfItFridays

Have you seen the Regina Qu'Appelle Health Region Pinterest page? Lots of useful resources and also great tips and tricks! Click on the logo below and check it out!



An integral part of the Health Promotion Department are the Rural Health Promotion Coordinators.
For Health Promotion information in your community, please contact:

Twin Valleys
Touchwood Qu'Appelle
Prairie East

Fred Lowenberger
Tiffany Muise-Rein
Karen Holloway

306-696-7518
306-332-3301
306-735-2027



RQHR Health Promotion Department
4th Floor, 4211 Albert Street, Regina, SK, S4S 3R6
Phone: 306.766.7370
healthpromotionRQHR@rqhealth.ca
www.rqhealth.ca