

# 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

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## What is Health Promotion?

We all have our own definition of what health is, means and what makes us more or less healthy. In the past, people said that being healthy meant not being sick. We now know that there is more to health than the absence of illness.

According to the World Health Organization, health promotion is the process of enabling people to increase control over and to improve their health. It moves beyond a focus on individual behaviours towards a wide range of social and environmental interventions. This definition suggests that the work to improve health must be targeted to an entire population and not just the individual. This truly drives the work we do in our department.

We at the RQHR Health Promotion Department are pleased to share with you some of our programs and services offered throughout our region by a team of innovative, passionate and dedicated staff. These initiatives can only be successful and sustainable when done in collaboration with our partners.

We hope you enjoy our newsletter and do not hesitate to “make the connection”. Reach out and let us know if we can work with you to help “make the healthy choice the easy choice.”

Regards,

Peggy Chorney  
Interim Manager, Health Promotion Department

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## Our Mission Statement:

*“Making the healthy choice the easy choice where we live, work, learn and play.”*

# Early Years

## Healthy Eating and Children . . . More Than the Four Food Groups

Although “what” foods we serve is important, the mealtime environment and how we approach feeding may be more important. The Division of Responsibility of feeding is a proven and practical approach. When it comes to eating, adults (parents/caregivers) and children have very different “roles” or “jobs”.

Staff have been promoting the Division of Responsibility messages to a variety of community organizations and groups including childcare centres, as well as parent information sessions. The goal is to support parents and caregivers in feeding children well, while making mealtime pleasant.



### Parent Information Session



## Raising a Healthy Happy Eater



Led by a Registered Dietitian this session will provide practical strategies for encouraging healthy eating and making mealtimes more enjoyable.



### Upcoming Sessions

Date	Time	Early Years Family Center
Friday, May 6	10:30 to 11:30 a.m.	Miller High School 1027 College Avenue
Friday, June 10	1:30 to 2:30 p.m.	Scott Collegiate 3350—7th Avenue
Saturday, June 25	10:30 to 11:30 a.m.	Dr. Hanna School 55 Davin Crescent

### Registration is required!

Phone 306.766.7370 or email [healthpromotionRQHR@rqhealth.ca](mailto:healthpromotionRQHR@rqhealth.ca)

## Calling All Rural Parents . . .

Feeling isolated? Looking for an informal, supportive and enjoyable activity close to home?

The **Grenfell Parent Support Group** is free of charge and includes developmental games and activities for your children, presentations from guest speakers, and the ability to connect with other parents in your community.

The support group meets on the first and third Tuesday of each month until the end of June at 9:30 to 11:30 a.m. in the Grenfell United Church.

Interested in learning more or starting a similar group in your community? Contact us at 306-766-7370 or email [healthpromotionRQHR@rqhealth.ca](mailto:healthpromotionRQHR@rqhealth.ca).



# School Age

## **FRIENDS Builds Emotional Resilience**

Do you know that person who always bounces back from stressful situations or crises and always sees the positive side of things? You know, the one that always just, “rolls with the punches” and comes out on top after dealing with their problems and adverse situations. Well, chances are, that person has emotional resilience. Wouldn't it be great if every child had the chance to develop their own emotional resilience? We think so! That's why we support the delivery of the FRIENDS programs in schools and childcare centers throughout our health region.



## **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!

Remember how much fun you had playing tag as a child? All of a sudden the chase was fast and furious and you felt a hand on your back . . . TAG! You're it! Health Promotion is a strong supporter and has been an integral part in the creation and delivery of Saskatchewan Parks and Recreation's Take the Lead! initiative.



- 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 child and youth serving organizations. Give us a call at 306-766-7370 for more information.

# School Age

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## The Health Promotion Department is here to support your School!

What does that mean? What is it that we actually do?

These are questions we get often. Well, ask no further, let us tell you!

The Health Educators from our department can support and work with schools in the following areas:

### Support in Teaching Health as part of the Saskatchewan Curriculum through:

“Teaching Nutrition in Saskatchewan: Concepts and Resources,” are curriculum support documents for **grades one to five** (with more grades to come!)

Download them from [www.rqhealth.ca/primary-health-care/nutrition-services](http://www.rqhealth.ca/primary-health-care/nutrition-services)

**Teacher workshops for a FREE Power to Play Resource** – linked in with Saskatchewan learning outcomes for nutrition and physical activity! Find out more at [www.powertoplay.com](http://www.powertoplay.com)

### We help in creating healthier school environments through:

- Help and support in developing and implementing school food/nutrition guidelines.
- Offer workshops for staff and parents on a variety of school nutrition-related topics.
- Training, education and support for people planning and serving meals and snacks in schools.
- Training, education and support for people planning, implementing or maintaining a school garden and/or compost.
- Support for promoting local foods in school.
- Seeking out and applying for grants to support a healthy school environment.

### We have many educator resource kits available to borrow such as:

- **Nutrition Kits** to support teaching nutrition in the classroom (including topics like label reading, choose most often vs. choose sometimes foods, body image, the four food groups/Canada’s Food Guide, portion sizes, fun food experiences, and more!)
- **Dental Health Kits** to support teaching oral health in the classroom.
- We have **Action Packs!** to get kids up and moving in fun and unique ways.
- We also manage a **Pinterest Page** with many classroom and school activity ideas.

Go to: [www.pinterest.com/rqhealth/](http://www.pinterest.com/rqhealth/)



**Our team includes Rural Coordinators for support in our rural schools as well! Get in touch with us to find out more! Call 306-766-7370 or email [healthpromotionRQHR@rqhealth.ca](mailto:healthpromotionRQHR@rqhealth.ca)**

**For more details, see the complete document “The Health Promotion Department is Here to Support Your School” on our website at: [www.rqhealth.ca/service-lines/departments/health-promotion](http://www.rqhealth.ca/service-lines/departments/health-promotion)**

# Dental Health Program



## Dental Hygiene Pilot Program

Registered Dental Hygienists who work as health educators with our dental team have started a pilot program in March 2016. They are excited to be providing dental hygiene services at no charge for students and their siblings from RQHR's dental targeted schools. This will include scaling, polishing and fluoride varnish applications as well as dental sealant application. This service is geared for children ages 5 to 14. For more information or to see if your children qualify, please call 306-766-6336 or 306-766-6324.



Our dental team is starting a new program . . . **Brushing Buddies!**

The team will be working with summer programs for children, ages 6 to 12, encouraging them to brush their teeth every day!

**To find out more or to become a host site for Brushing Buddies, please contact 306-766-7370.**



## Drop-In Clinics for Children Ages 5 & Under

### **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

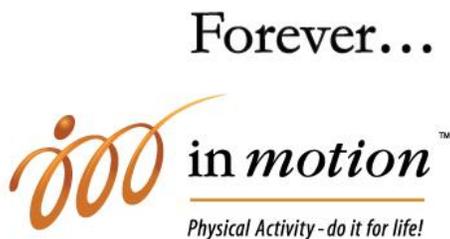
RQHR's dental team runs FREE drop-in fluoride varnish clinics at Public Health offices and clinics around Regina each month.

Fluoride varnish is a protective coating that is painted onto the teeth to help strengthen the enamel and prevent tooth decay. Fluoride can help to slow down or stop cavities from getting bigger. The child will receive a new toothbrush and floss and the dental team will go over proper home care and indicate any areas of concern.

**Drop In &  
Show Us Your Smile**



# Community Programs



**Forever . . . in motion** is an initiative in partnership with Saskatchewan Parks and Recreation Association (SPRA), where the goal is to improve and/or maintain the health of older adults through education and physical activity. The program has been busy growing in the city of Regina and throughout the rural region.

There are a total of 55 FIM sites and 76 classes actively being led by volunteer peer leaders in Regina Qu'Appelle Health Region. The success of the program and its growth in the RQHR is largely due to the volunteer leaders. They are the real champions of moving and growing the program.

## According to the volunteer peer leaders . . .

*"It is a great program for rich or poor. People come because it is free and in their community. Being active, strong and balanced will increase independence and health and save the health system money in the present and future."*

*"I feel this is an excellent program and with a variety of exercises given to us, we can meet the needs and interests of our group. They really enjoy the companionship while exercising".*

## According to participants . . .

*"I get a feeling that I am doing something worthwhile."*

*"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."*

To find a Forever . . . in motion location near you, visit [www.rqhealth.ca/forever-in-motion](http://www.rqhealth.ca/forever-in-motion)

## Keep moving all summer long . . .

We are starting Urban Poling/Nordic Walking as another form of physical activity that is safe and can reduce the risk of falling. Information on the benefits, what to consider when purchasing poles, and where to purchase them will be available at [www.rqhealth.ca/forever-in-motion](http://www.rqhealth.ca/forever-in-motion)



# Community Programs

## Do you have a chronic health condition? Are you looking for ways to cope?

The Live Well with Chronic Conditions and Live Well with Chronic Pain programs are self-management workshops designed to help you feel more confident in managing your physical, mental and emotional health when you have a chronic condition or chronic pain. For more information visit:

[www.rqhealth.ca/livewell](http://www.rqhealth.ca/livewell)



### Upcoming Workshops:

Live Well with Chronic Conditions	Eastview Community Centre	Tuesdays , May 17 to June 21	1:00 to 3:30 p.m.
Live Well with Chronic Conditions	Wascana Rehab Meeting Room 1	Wednesdays, May 18 to June 22	6:00 to 8:30 p.m.
Live Well with Chronic Pain	Eastview Community Centre	Thursdays, May 19 to June 23	1:00 to 3:30 p.m.

## CYCLING WORKSHOP

**Wednesday, June 8**

**6:00 to 9:00 p.m.**

**Core Ritchie Neighbourhood Centre**

**445 - 14th Avenue**

Cost \$10/person. Space is limited.

*Adults only. Ages 12 and up may register along with a registered parent.*

Register online at [saskcycling.ca/wp/membership](http://saskcycling.ca/wp/membership)

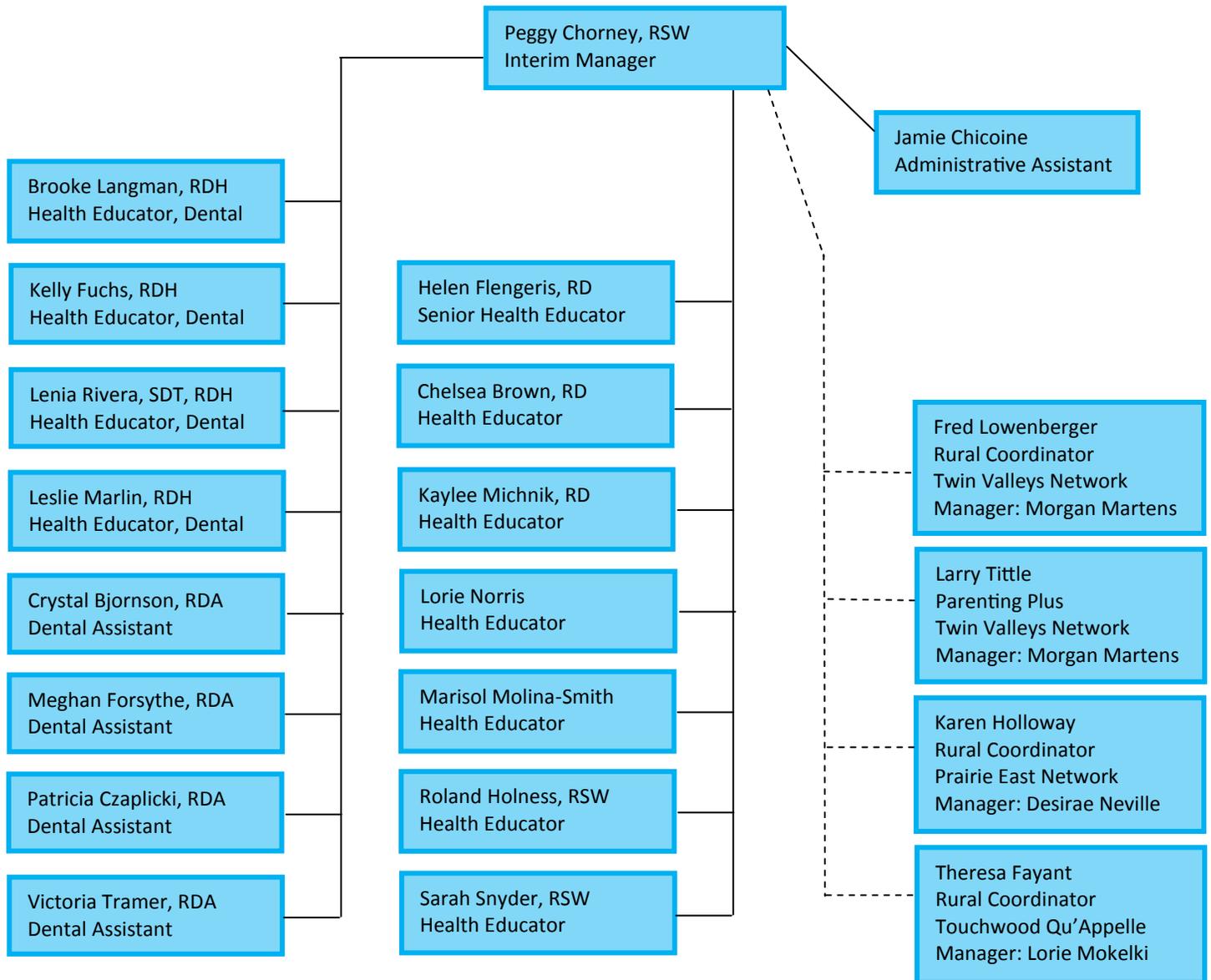
Questions? Call 306-766-7062 or email [sflorizo@regina.ca](mailto:sflorizo@regina.ca)

### Workshop Content:

- Helmet and Bike ABCs
- Traffic Safety and Road Rules
- Bike Handling Skills
- Commuter Riding Skills

**Bring your own bike and helmet.**

# Staff



Need more information? Want to get involved?

RQHR Health Promotion Department  
 4211 Albert Street, Regina, SK, S4S 3R6  
 Phone: 306.766.7370  
[healthpromotionRQHR@rqhealth.ca](mailto:healthpromotionRQHR@rqhealth.ca)

