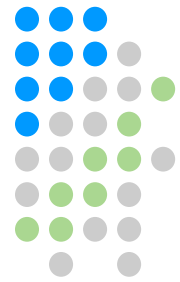




The HTN Hub

Healthy Together Now (HTN)
Western Regional Health Authority - Formerly Assiniboine RHA



Where is Healthy Together Now?

As many of you probably know Healthy Together Now (HTN) is a provincially funded initiative that supports grassroots community projects related to Chronic Disease Prevention. Regional Health Authorities (RHAs) are responsible for dispersing the funding and supporting communities.

In the former Assiniboine RHA (ARHA) we are happy to have 11 communities involved in the HTN initiative:

- Baldur
- Cartwright
- Hamiota
- Killarney
- Minnedosa
- Reston
- Rivers
- Rossburn
- Shoal Lake
- Treherne
- Waywayseecappo First Nation

In many cases it is not just one community but surrounding municipalities along with other smaller communities that are involved in the initiatives.

Getting the scoop on the Community HTN Group...

Something that we have heard many times from

Community Spotlight: Waywayseecappo Takes the Blue Outside

After hearing about the 'Blue Light Project' in Cross Lake, Waywayseecappo First Nation decided that this might be the perfect approach for their community. The project approaches tobacco using a harm reduction technique, focusing on creating smoke-free environments and protection from second hand smoke. If your home is a smoke-free space, screw-in a blue light bulb on your front porch for all to see!

"Waywayseecappo Takes the Blue Outside," launched back in December 2008. Over the years, there have been many successful components to this project. Some of those included an open-house launch event, in-service for health centre staff, school art contest, mini survey, participant declarations, blue light distribution, enlarged map of the community

our various community committee members is that you love to hear about projects that other communities are working on! Obviously, in-person events are great for this purpose, but with our large geography and busy schedules, this is often very challenging! So, we are hoping that this bulletin will help make you feel connected to other HTN communities and projects.

As you all know with the recent amalgamation of RHA's in the province, the ARHA has now joined with the Brandon and Parkland RHAs. This will be an exciting time for Healthy Together Now and being able to share information and ideas with our partners in the former two regions. We look forward to all the positive networking that will take place. Whether it be through a collaborative newsletter or sharing information on one central website, new options will be looked at to best serve our HTN communities and projects.

So stay tuned as we develop new avenues of communications to keep us all connected and growing when it comes to chronic disease prevention ideas. Have a project that you would like to highlight, or suggestions for ways to stay informed let us know.

identifying participating homes, various promotions and continuous incentives!

Glenda Cloud is one of the project facilitators, "Soon after blue lights started being distributed, people driving by on the highways would describe seeing a 'blue glow' above the community. It really gets people talking, and that is the whole point of the project!"

If you would like to know more about the Waywayseecappo project specifically, you can contact Glenda Cloud at 204-859-5080. Also, take a peak on the Manitoba Lung Association website: www.mb.lung.ca, and look under Smoking & Tobacco for other communities that have done a 'Blue Light Project'.

Would a modified version of this project work in your community?

Issue 1

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The Road to Lifelong Health Begins with Breastfeeding

Healthy Eating is a protective factor identified as one of the four pillars within the Healthy Together Now initiative. When you think about issues and needs of your community, your thoughts might wander to healthy cooking, increasing fruit and veggie consumption, making healthier food options available, or food security. But have you ever thought about breastfeeding?

According to the International Lactation Consultant Association (ILCA), research shows that infants who are not exclusively breastfed for their first six months of life are also more likely to develop a wide range of chronic and acute diseases and conditions. This could include ear infections, diarrheal diseases, asthma, Sudden Infant Death Syndrome and respiratory illnesses. In addition, mothers who do not breastfeed are at an increased risk of breast and ovarian cancer.

“The Road to Lifelong Health Begins with Breastfeeding” was the theme for World Breastfeeding Week, October 1-7, 2012.

However, this road to lifelong health is not one for mothers and babies to travel alone. “While breastfeeding is a learned behavior, it is important to remember that the journey to successful breastfeeding begins with support of families, health care providers, governments, employers and communities,” says Cathy Carothers, President of the International Lactation Consultant Association (ILCA).

Ideas for making your community Breastfeeding Friendly:

- * increase awareness about the importance of breastfeeding and supporting mothers
- * Identify Breastfeeding Friendly spaces with posters;
- * In busy facilities, create a quiet , private spaces for mothers who may not be comfortable breastfeeding in public.

Source: 2012 International Lactation Consultant Association
Written by Lisa Akers for World Breastfeeding Week Action Kit

OCTOBER 2012

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NOVEMBER 2012

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Healthy Together Now is supported by: Manitoba Healthy Living, Seniors and Consumer Affairs

Dates to Remember !

- **October:** *International Walk to School Month*
- **Oct. 10:** *World Mental Health Day*
- **Nov. 14:** *World Diabetes Day*
- **November:** *Lung Cancer Awareness Month*
- **November 28–29:** Provincial HTN Share and Learn
(registration details coming soon!!)

Have something for us to include in our calendar section? Let us know!

Did you Know??

Only 15% of Canadian adults are active enough to meet the guideline of 150 minutes of physical activity per week.

Did you Know??

Only 7% of children & youth are meeting Canadian guidelines of 60 minutes of physical activity per day.

Find additional facts and info at:

www.activehealthykids.ca

See the 2012 report card about active play—is it extinct?