

# school of wellness

peepeekisis  
VS Standing Buffalo

## community health challenge

Presented by:



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Saskatchewan Association  
of Health Organizations

LIVE WELL WITH  
**PHARMASAVE**



# The Early Stages

## **Background:**

- Original School of Wellness partners:  
Pharmasave, SAHO, University of Saskatchewan
- Unsolicited grant from Pfizer
- Mini MedSchool approach
- Small success

# The School of Wellness

January 2009:

2<sup>nd</sup> School of Wellness was born

Partners:

- Pharmasave
- SAHO
- University of Regina, Faculty of Kinesiology and Health Studies
- Regina Qu'Appelle Health Region
- File Hills Qu'Appelle Tribal Council

# Goals and Objectives

- To work with a high risk population in health promotion/maintenance
- To create a sustainable program that can be taken to other organizations/communities for implementation;
- To train the trainer

## Application deadline August 17, 2009

Name: .....

Address: .....

Phone number: .....

E-mail address: .....

I am at least 18 years of age.

### I belong to the:

- Peepeekisis First Nation  
 Standing Buffalo First Nation

### I am looking for help with the following:

(Please check one or more)

- weight  physical activity  
 healthy eating  diabetes (or are at risk)  
 high cholesterol  high blood pressure  
 more positive outlook on life

Tell us why you would like to participate in the challenge.  
.....  
.....

### T-shirt size (circle one)

S M L XL XXL

### Please Note:

- Up to 10 participants will be chosen from each community.
- If your application is selected, you will need to get a physician's approval before participating and sign a waiver.

Please tear off this form and mail it to or drop it off at the Fort Qu'Appelle or Baber's Pharmasave store, or at the Peepeekisis or Standing Buffalo Health Centre.

### Questions?

Call FHQ First Nations Health Services at 306.332.8241.

### Kickoff Event

Tuesday, September 22, 7 – 8:15 p.m.

at Legion Hall, Fort Qu'Appelle

Evening includes:

- registration
- measurements (e.g., waist size, body mass index, blood pressure)
- educational and motivational speaker

### Final Celebration

Tuesday, December 8, 2009 from 7 – 8:15 p.m.

at Legion Hall, Fort Qu'Appelle

Evening includes:

- community challenge results
- awards to participants

### Brought to you by:



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peepeekisis  
VS Standing Buffalo  
school  
of wellness  
community health challenge

Get Healthy!  
Have Fun!

It's  
FREE

Enroll in the  
**School of  
Wellness**  
Community Health  
Challenge!

**Tuesday Evenings**  
September 22 – December 8

# About the School of Wellness

This 12-week program that gives participants the knowledge and tools they need to live a healthier life.

This community health challenge is a friendly and fun way to:

- get more physically active
- improve eating habits
- cope with or prevent diabetes and other diseases
- have a positive outlook on life
- connect with like-minded people in the community
- get support from Elders and health professionals
- find help quitting smoking

# Who are the participants?

- Two teams of 10 people each are chosen to represent Peepeekisis and Standing Buffalo First Nations
- Participants have to be at least 18 years of age, excited about living a healthier life and committed to attending the 12 weekly program sessions

# Requirements

- Participants must complete a health form and waiver prior to being accepted
- Participants with existing health conditions may require their physician's approval prior to entering the challenge
- Information folders distributed to physicians and nurse practitioners in the area

# Community Involvement

- Most sessions will be open to the public, friends, family and community members
- All are welcome to learn information about health and wellness and to cheer the team members on
- Only registered participants will be able to take part in the talking circle at the end of each session

# What happens at the weekly sessions?

- Separate sessions will be held in each community, offering information on physical activity; healthy eating; chronic disease prevention and management; holistic care and spirituality; smoking cessation and more
- An elder from each community will provide guidance and support, and lead a talking circle with participants at the end of each session

# What do participants receive?

- A binder with information on fitness, nutrition, physical activity, and health services
- Welcome gifts: T-shirts, water bottles, exercise equipment, cookbooks, pedometers
- Prizes during and at the end of the challenge

# How is the Winner Determined?

- Determined by the total waist inches lost per team
- At the first meeting, the waist size of participants in each community will be measured and added together
- Three 3 measurements scheduled

# What does the winning community receive?

- The winning community will receive \$5,000 towards a community health initiative
- The second place community will receive \$1,000 towards a community health initiative

# When and where are the sessions?

- Tuesday evenings from 7 to 8:15 p.m.,  
September 22 to December 8
- Most sessions will be held at the Peepeekisis  
Pesakastew School Gym or the Standing  
Buffalo School Gym

# Budget

- Prize money
- Elders honorarium
- Honorarium/mileage for speakers
- Honorarium/mileage for student co-ordinators
- Printing/photocopying

# Communication

- Letter to physicians
- News release
- Prize donation request
- Radio script
- SofW logo
- SofW brochure, flysheet, poster
- SofW T-shirt
- Media plan

# **SCHEDULE of 2009 School of Wellness Community Health Challenge**

## **Each weekly session included:**

- Opening Remarks
- Prayer by Elders
- Physical Activity
- Guest Presenter(s)
- Questions/Discussion /Closing Remarks
- Talking Circle – successes/challenges from previous week and goal for upcoming week
- Weekly sessions were held on Tuesday evenings from 7:00 to 8:15 pm.

All participants met together for Weeks 1 (Kickoff), 3 (Grocery Store Tour), 6 (Cooking Demonstration) and 12 (Final Celebration). All other sessions were held in the school gym at the individual team's community.

# Weekly Schedule

<b>Session</b>	<b>Week</b>	<b>Content</b>
<b>Let's Get Started!</b> <i>Program Kick Off</i>	Week 1	Welcome/Prayer Challenge Overview Diabetes and Risk Factors Measurement Week How to Use Pedometers
<b>Let's Get Moving!</b>	Week 2	Presented by the Faculty of Kinesiology and Health Studies, University of Regina
<b>Shopping for Your Health</b> <i>Grocery Store Tour</i>	Week 3	Grocery Store Tour Led by Dietitian

# Kick-off Event – September 22, 2009



# Measurement Week





**Co-ordinators**

<b>Sharing Circle</b>	Week 4	Question and answer period with community health care professionals
<b>Physical Activity and Diabetes</b>	Week 5	Presented by the U of R Paul Schwan Centre
<b>Cooking for Good Health</b> <i>Cooking demonstration</i>	Week 6	Cooking Demonstration presented by dietitians Measurement Week
<b>Healthy Spirit, Healthy Outlook</b>	Week 8	Talk and discussion with Elders
<b>Sharing Circle</b>	Week 9	Question and answer period with community health care professionals
<b>Never Quit Quitting</b> <i>Strategies for Finally Kicking the Smoking Habit</i>	Week 10	Strategies for finally kicking the smoking habit led by community health professionals



## Cooking Demonstration – Oct.27<sup>th</sup> (Week 6)

Dietitians from the FHTC led the joint session



## Cooking Demonstration

Carmen LaSwisse, Standing Buffalo First Nation (left) and Alma Poitras, Peepeekisis First Nation, cook taco soup in the Fort Qu'Appelle Legion kitchen Tuesday, October 27

# Weekly Schedule

<b>Participants' Choice</b>	Week 11	Team members choose a fun physical activity Measurement week
<b>Final Celebration</b>	Week 12	Greetings and comments from partner organizations Statements from participants Physical Activity Announcement of Winners Participant Feedback/Evaluation Food and Beverage

# Team Peepeekisis



# Team Standing Buffalo





# The Finale

December 8, 2009



## Participants Speak

# Testimonials

- At first I did it because I didn't want Peepeekisis to win, but then I saw it as a challenge with myself to keep going.
- I've been diabetic for 14 years, but didn't listen to my doctor. Now I've cut down on a lot of junk food and pop and I'm doing lots of exercises at home.

# Testimonials

- It's so nice for us to see that people care about us. No one has ever done something like this for us.
- After a while I realized the challenge wasn't against the other people, it was a challenge with myself to keep up with healthy ways of eating and to keep up my exercise.

# Testimonials

- I enjoyed the sharing circles and meeting the people. All the presentations had something relevant and helpful. It's so nice to know that people do care.
- As a group we learned together, laughed together and helped each other along the way. We're like a basket that we've weaved together, and now we'll go into the community to share what we've learned.

# Recognition

- Saskatchewan Regional Centre of Expertise (RCE) annual recognition award
- Finalist in the Regina Chamber of Commerce Paragon Awards, Community Alliance category
- Pharmasave National, UofR Senate

# Challenges

- Commitment for 12 weeks
- Unfamiliar with native culture
- Distance to travel
- Communication!!
- H1N1
- Weather

# What would we do differently?

- Conduct event in a workplace to remove challenges with participation / attendance
- More of a focus on integrating local health care team into the challenge
- Have the facilitator from within the community
- Conduct the challenge over a shorter period of time

# Next steps

- Planning stages are in place to implement this in the Cypress Region

For more information visit:

- [www.schoolofwellness.ca](http://www.schoolofwellness.ca)

