

# Primary Health Care

ACCESS • RELATIONSHIPS • TEAMWORK • KNOWLEDGE



# MAKE THE CONNECTION

Population Public Health Services | Health Promotion Department | Regina Area  
Saskatchewan Health Authority (Formerly the Regina Qu'Appelle Health Region)

## The Regina Qu'Appelle Health Region Becomes Part of the New Saskatchewan Health Authority

The Saskatchewan Health Authority began December 4<sup>th</sup>, and replaced the existing 12 health regions in the province of Saskatchewan. Scott Livingstone, CEO of the Saskatchewan Health Authority, emphasizes that “this change will not have a direct impact on client health services,” and “In fact, the transition to a single health system in Saskatchewan is being made to improve the delivery of health services to all Saskatchewan residents.”

In health centres and community settings “clients will continue to see the familiar faces of healthcare professionals that they’ve grown to know and trust, and will continue to receive excellent, high-quality health services when they are required. We look forward to what this transition will mean for the future of health services in Saskatchewan.”

For more, visit [www.saskhealthauthority.ca](http://www.saskhealthauthority.ca), you can also follow the Saskatchewan Health Authority journey here Saskatchewan Health Authority on Facebook, as well as on Twitter at [twitter.com/SaskHealth](https://twitter.com/SaskHealth).

Our phone numbers and contacts remain the same but our emails have changed to end with @saskhealthauthority.ca. Our Health Promotion email (listed below), however, will remain the same for now.

### Contact us:

Phone: 306-766-7370

Email: [healthpromotionrqhr@rqhealth.ca](mailto:healthpromotionrqhr@rqhealth.ca)

Website: Click [Here](#)

Pinterest: Click [Here](#)

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# Health Promotion Values our Partnerships!

Partnerships in Health Promotion are an essential part of our fabric and effectiveness. Understanding the needs of our communities requires communication, connection and commitment. As we partner with other agencies, departments and groups we can combine our resources, areas of expertise, personnel, existing programs and solutions that we can weave together.

Our partners range from municipal and rural governments, to libraries, schools, childcare centers, family resource centers, churches, community and service groups, local businesses and volunteers.

In rural, we work closely and creatively with Regional Kids First and Parenting Plus. As members of individual Primary Health Care Networks and Population and Public Health, we truly have the best of all perspectives; grass roots to great outcomes.



## Health Promotion services:

We can provide information, suggestions and support for community organizations and our partners to learn more about how to make the healthy choice the easy choice. Examples:

- ways to encourage active living & decrease sedentary time
- ideas for how to create positive, inclusive spaces.
- coordinate LiveWell with Chronic Conditions/Pain, Forever...in *motion* and FRIENDS
- staff development
- resources, research, guidance and support
- ways to increase availability of healthy foods
- see inside for more!

**Making the Healthy Choice the Easy Choice  
Where we Live, Work, Learn and Play**

# Healthy Growth and Development

## School Nutrition Resources

Check out some of the school nutrition resources we have online at [goo.gl/d2uTZk](https://goo.gl/d2uTZk) . They include:

- **School Nutrition Posters**
- **Saskatchewan (SK) Curriculum Support Documents** for outcomes related to nutrition. *Grades 1-7* Health, Physical Education and *Health Science 20* are available.
- **[Cost of Meals and Snacks Report](#)** - Shows the average cost of healthy meals and snacks for children and youth in SK. Use these average costs to budget for child nutrition programs.
- **Healthy School Recipes**
- **Newsletters for Schools and Professionals** - health-related research, information, resources, programs, training and initiatives available for your school.
- **School Nutrition Initiatives and Activities** – Farm-to-school, waste free lunches, nutrition month, school gardening and more!

## Contact us for:

### Professional development opportunities from a registered dietitian on topics such as:

- **Curriculum Support** – teaching nutrition as part of the Saskatchewan health, physical education and Health Science 20 curricula. (Support documents available [here](#)).
- **Food Allergies** In partnership with a public health nurse – Awareness and School Planning.
- **Promoting a Positive Body Image in schools** - from in-class activities to school-wide strategies.
- **Planning and preparing healthy School meals and snacks** – lead by a registered dietitian and former chef - with demos, taste tests, knowledge and skill building for nutrition assistants or coordinators.

### Nutrition and healthy eating resources, research, guidance and support in the school or at the division level. For example:

- updating or reviewing school nutrition administrative procedures
- working with school health and nutrition teams
- planning for food at school events or celebrations
- class activity ideas and student health projects (not available to do individual class presentations unless part of a larger school-wide initiative)
- incorporating more local foods in schools
- school gardening
- healthy fundraisers
- searching and applying for nutrition grants

# FRIENDS

(Mental Health – Resiliency program) - The FRIENDS Programs help people of all ages build resilience, confidence, and emotional wellbeing which improve learning and social outcomes in schools, homes, and work settings. The FRIENDS programs:

- provide useful and effective tools for children, youth, and adults to build their resilience, confidence, social skills, and emotional wellbeing.
- are grounded in evidence based research and kept up-to-date with current psychology expertise.
- are developed by the FRIENDS Foundation which is endorsed by the World Health Organization.

There are four variations of the FRIENDS program, tailored to suit different age groups:

<b>Fun FRIENDS</b> Ages 4-7 years Positive Social and Emotional Development	<b>FRIENDS for Life</b> Ages 8-11 years Inspiring Confidence and Emotional Strength	<b>My FRIENDS Youth</b> Ages 12-15 years Building Positive Peer and Family Relationships	<b>Adults Resilience</b> Ages 16-18+ years Developing resilience for all Adults
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## Baby Friendly Spaces Program

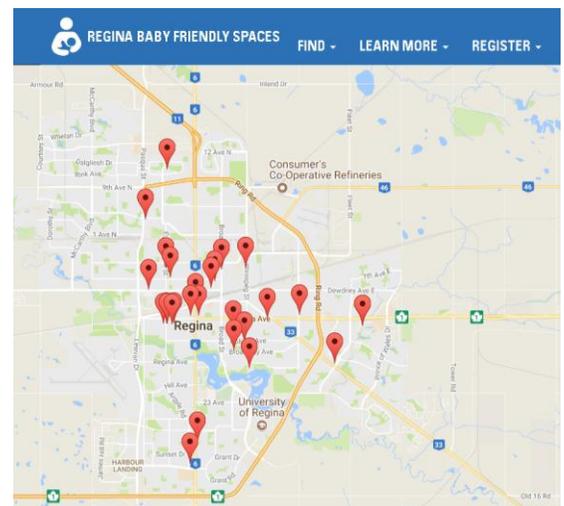
### Supporting Breastfeeding Women in our Community

It is well acknowledged that a mother and baby who have consistent support from loved ones, healthcare providers and their community will be more likely to succeed in their breastfeeding plans and can enjoy a lifetime of benefits.

The Baby Friendly Spaces Program provides the opportunity for businesses and organizations to reassure families that breastfeeding is allowed and supported. The program aims to promote the fact that breastfeeding is protected by the Saskatchewan Human Rights Commission. Mothers are able to breastfeed anywhere, anytime.

Research shows that families support businesses/organizations that are baby friendly. Becoming a recognized baby friendly space allows families to put the needs of the child *first* and not rush out to care for the child. This results in spending more time and more visits at the business or organization. For more information and to register as a Baby Friendly Space please go to: [www.reginakids.ca/bfs/](http://www.reginakids.ca/bfs/).

You can also view business and organizations that have registered.



# Healthy Built Environments

People make behaviour changes when the healthy choice is the easy choice where we live, work, learn and play. Supportive environments help people implement positive health behaviours. A supportive environment means easy access to:

Healthy Foods

Nature, Parks and  
Open Spaces

Opportunities to be  
Physically Active

Positive Social Interactions  
within your Community

## Highlights from this year:

When we consider that 60% of what makes us sick is related to our living conditions and our environments, how we design our communities can have a huge impact on health. The city of Regina approved both a *smoke free public spaces* bylaw ([Bylaw No. 10167](#)) and *transportation master plan* (TMP). Health Promotion was involved in preparing letters of support for both of these milestones.



### Transportation Master Plan



The TMP provides the planning direction that can encourage physical activity levels through ensuring that active transportation i.e. walking, cycling and wheeling, and improved access to public transit is the easy choice within the city. For example, a person's decision for how they get to work may have to do with whether they feel safe to bike there, the distance and time it takes to walk, and the efficiency of the public transportation system. These factors all influence how people move around the city and thereby, their physical activity levels. Community design can either encourage physical activity levels OR act as a barrier.

### Smoke Free Spaces Bylaw

There is no safe level of second hand smoke. Tobacco smoke pollution outdoors can reach as high as or similar to indoor levels (1) and high levels of tobacco smoke pollution in outdoor environments can be found as far away as 9m from the burning cigarette, even under windy conditions (2).

### Regular physical activity can reduce the risk for certain conditions by as much as 50%.

Physical activity does not need to come from time at the gym. Ten minute increments built within our day results in a more active and less sedentary population and more time within our day.

People who **live near trails** are **50%** more likely to meet physical activity guidelines

People who live in **walkable neighbourhoods** are **2 times** as likely to get enough physical activity than those who do not

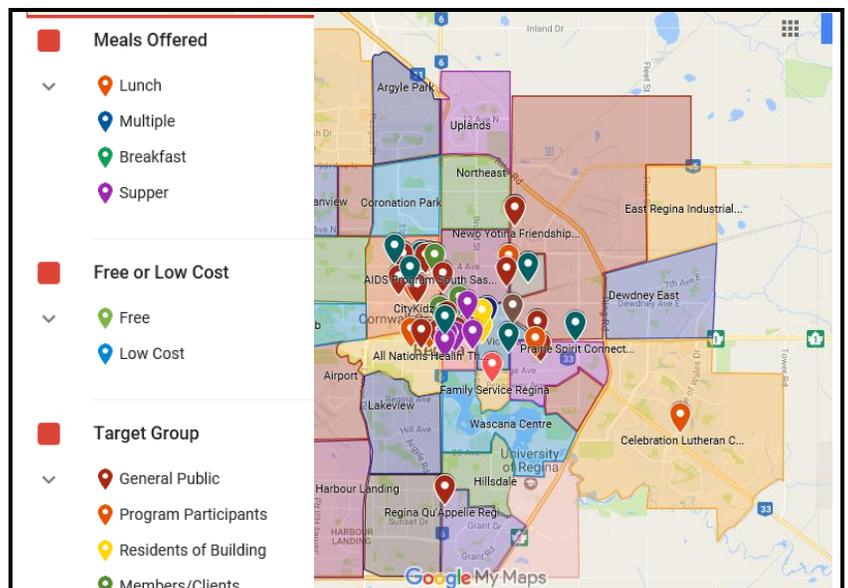
# Healthy Populations

## Regina Food Asset Map

This map highlights food assets located in Regina. Food assets are places where people can grow, prepare, share, buy, receive or learn about food. At this point, the map focuses on meal programs and access to free/low-cost food.

### The map is designed to:

- provide a tool to community members and partners for locating community food assets that are current, easy to use and easily updated.
- build community capacity to support community members dealing with food insecurity.
- make it easier for Regina community partners to view and use community food assets strategically.



Click on the following link to view the map! [goo.gl/EyD1P1](http://goo.gl/EyD1P1)

## Forever...in *motion* and LiveWell team up with Primary Health Care

Health Promotion is working with Primary Health Care (PHC) to strengthen services to reduce unnecessary hospital visits for clients who suffer from Chronic Obstructive Pulmonary Disease (COPD). The goal is to work together as a team to provide a seamless transition from COPD rehab to the community based programs, LiveWell with Chronic Conditions (LWCC) and Forever...in *motion*.

We are in the process of meeting with each Primary Health Care Network to talk about the logistics of implementing this partnership within their areas and hope to roll this out in 2018. We are also looking to get staff and volunteers trained to become peer leaders in the programs.

To find out more about the LiveWell with Chronic Condition and Forever...in *motion* programs and training opportunities, please visit, [www.rqhealth.ca/departments/health-promotion](http://www.rqhealth.ca/departments/health-promotion)

# Oral Health

## Contact us at:

Phone: 306-766-6331, or email:  
[dental@rqhealth.ca](mailto:dental@rqhealth.ca)

## School Visits

Our dental team provides preventative dental services in schools which include:

- a dental screening
- oral hygiene instruction
- protective sealants on the teeth with deep grooves
- fluoride varnish application

**Preparing for School Visits** - To help prepare students for our visits, prior to the dental professionals coming into the school or after, school staff is encouraged to:

- request either a brief presentation from our staff,
- borrow literature and/or
- borrow our activity kits for younger students (grades pre-k to K).

We are always looking for help to “plant the seed of oral health awareness.” Please let us help your students make the most out of the dental health experience!

### 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

\* Please Note - if the date falls on a Statutory Holiday, there is no clinic that day.

## Schedules

To see our 'Dental Sealant School Schedule at a Glance 2017-18' visit:  
[www.rqhealth.ca/department/health-promotion/dental-health](http://www.rqhealth.ca/department/health-promotion/dental-health)