



## Calendar Highlights

see inside for details

**March 3–4, 2008**

### **20 Most Significant Advances in Obesity Research, Prevention and Treatment**

Hosted by the Pennington Biomedical Research Center *Baton Rouge, Louisiana, USA*

**April 2–4, 2008**

### **Australian Health Promoting Schools Association National Conference**

Connecting the voices of change: Building better health and better learning  
*Adelaide, Australia*

**April 9–12, 2008**

### **Active Living Research Annual Conference**

Connecting Active Living Research to Policy Solutions  
*Washington, DC*

**Contact the JCSH:**

Tel. (250) 356-6057  
[www.jcsh-cces.ca](http://www.jcsh-cces.ca)

## Message from the Executive Director

Building partnerships has been the Consortium's focus in recent months and I had the privilege of traveling to many points across the country to meet with a broad range of groups and individuals to share the Consortium's model for cross-sector collaboration. As I listened to partners and stakeholder groups it was heartening to discover that school health promotion is truly gaining profile in many sectors nationwide.

The development of our *logic model* earlier in the year has provided a strong framework for the Consortium to align its work with other health promotion initiatives happening at the national level, including that of the Canadian Public Health Association and the McGill Think Tank on Childhood Obesity. Many stakeholder groups, such as the Mental Health Advisory Network and the Canadian Association of Principals, have voiced keen interest in collaborating with the Consortium and opportunities to establish new partnerships with the business sector have emerged through our participation in the Conference Board of Canada.

In addition to our work in raising the profile of the Consortium nationally, two more quick scans were released in November, which document current activities and resources in Canadian schools in the areas of *Sexual Health* and *Injury Prevention*. Both of these publications can be found on our website at <http://www.jcsh-cces.ca>

Another key aspect of our consultations this fall was with our member jurisdictions. The School Health Co-ordinators Committee met in November followed by the Management Committee meeting in early December. Both of these gatherings offered opportunities for members to reflect on the Consortium's sizeable list of achievements to date and to provide feedback and direction to the Secretariat as we finalize our three-year strategic plan to establish the Consortium as the key portal to school health promotion in Canada.

Best wishes for the holiday season.

–Claire Avison

## Federal/Provincial/Territorial Exchange

### Manitoba

#### **Grade 9 Physical Education/Health Education Distance Learning Course**

For the first time, Manitoba Education, Citizenship and Youth have developed a distance learning course for grade 9 Physical Education/Health Education (PE/HE). This combined physical education and health education course teaches concepts and skills for active healthy lifestyles and includes a physical activity component. Students plan and record their participation in physical activities of their choice. This

course gives students the opportunity to learn more about themselves and enables them to make more informed decisions about healthy active living throughout their lives.

### Ontario

#### **Revisions to Credit Requirements in Health and Physical Education**

Current Ministry of Education policy allows schools to offer more than one Healthy Active Living Education course in grades 10, 11 and 12, but a student may take only one of those



courses in each grade for credit. A revised policy, effective November 19, gives students the flexibility to take more than one Healthy Active Living Education course for credit in each of grades 10, 11 and 12. In addition, schools may now offer more than one grade 9 Healthy Active Living Education course and a student may take one or more of those courses for credit. Courses include: Personal and Fitness Activities; Large-Group Activities; Individual and Small-Group Activities; Aquatics; Rhythm and Movement; Outdoor Activities.

### **Newfoundland and Labrador**

#### **Living Healthy Commotions 2007**

To start the school year with a healthy message, all schools in Newfoundland and Labrador were invited to organize a Living Healthy Commotion. On September 28, 97 percent of schools held a Commotion as part of the Health Students Healthy Schools (HSHS) initiative. Living Healthy Commotions are school-based events providing an opportunity for schools to showcase and celebrate healthy food selections, active living opportunities and smoke-free environments. Commotions bring together students, teachers, administration, parents and community to celebrate working together to create healthier places for students to learn in.

School Health Promotion Liaison Consultants facilitate the commotion registrations, collect commotion evaluations and prepare commotion summaries for inclusion on the Living Healthy Schools website. A commotion activity book, promotional poster and the school health website help schools plan and promote their commotion. Financial support is provided to help cover healthy snacks, active living tools and promotional items. Rooted in the Provincial Wellness Plan, HSHS is an initiative of the Departments of Education and Health & Community Services, the Regional Health Authorities and the school districts.



### **British Columbia**

#### **Anaphylaxis**

The Ministry of Education led a comprehensive consultation process with stakeholders including Anaphylaxis Canada, the Allergy/Asthma Information Association, the BC Medical Association, health authorities, health officers, educators, trustees and parents to develop the *BC Anaphylactic and Child Safety Framework*. The framework will direct districts as they develop school-based policies for managing anaphylaxis in schools. The framework is available online at [http://www.bced.gov.bc.ca/health/bc\\_anaphylactic\\_child\\_safety.pdf](http://www.bced.gov.bc.ca/health/bc_anaphylactic_child_safety.pdf)

#### **Healthy Schools Network**

A voluntary organization of public and independent schools, the BC Healthy Schools Network gathered in September for their second foundational meeting to share successes from last year and plan action strategies in the areas of healthy eating, physical activity and school connectedness. Schools received a copy of *Creating Healthy Futures: Healthy Schools Network Assessment Tool*, which enables users to prioritize areas for improvement as well as confirm the value of existing health promoting policies and practices, and stimulate discussions in the school and with community partners. Copies of the tool are available online at [http://www.bced.gov.bc.ca/health/hsnetwork/creating\\_healthy\\_futures\\_2007.pdf](http://www.bced.gov.bc.ca/health/hsnetwork/creating_healthy_futures_2007.pdf).

#### **Healthy Living Performance Standards and Assessment Tool**

The Healthy Schools Network (HSN) October 2007 newsletter is now available online and includes updates on the development of the Network's *Healthy Living Performance Standards* and the *BC Healthy Schools Network Assessment Tool*, in addition to information on a number of great resources for schools for supporting physical activity and healthy eating. The October newsletter can be found at [http://www.bced.gov.bc.ca/health/hsnetwork/newsletter\\_oct07\\_reg.pdf](http://www.bced.gov.bc.ca/health/hsnetwork/newsletter_oct07_reg.pdf).

## Support for Food and Beverage Sales in Schools

To assist schools in the implementation of the *Guidelines for Food and Beverage Sales in BC Schools (Revised September 2007)*, the HSN released a special edition newsletter about the new *School Guidelines Support Initiative*, led by Dietitians of Canada. From the launch of a Brand Name Food List website ([www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)) to the new Dial-a-Dietitian service, a wealth of services and information are available to help schools incorporate healthy choices into their food and beverage offerings. View the *October Special Edition* newsletter at [http://www.bced.gov.bc.ca/health/hs-network/newsletter\\_oct07.pdf](http://www.bced.gov.bc.ca/health/hs-network/newsletter_oct07.pdf)

## Resources to Support Tobacco Free School Grounds

The Ministries of Health and Education have worked collaboratively to develop tools to support school districts in meeting their obligations under this new legislation. These resources are accessible through the Ministry of Health's Tobacco Control site at <http://www.health.gov.bc.ca/tobacco/>.

## Research Briefs

### Obesity and Chronic Disease Prevention: Best Practices Review

The US Centers for Disease Control and Prevention conducted an extensive literature review and hosted a series of workshops and discussions on physical activity policy. The resulting report, entitled *Best Practices in Reducing Obesity and Related Chronic Disease Risk in Children and Youth: A Synthesis of Evidence with 'Best Practice' recommendations*, provides a simple model describing relationships among policy, the environment, behaviour and health. A framework for policy interventions is described and priorities for public health efforts to promote physical activity are proposed. To read the report visit [http://www.activelivingresearch.org/alr/files/JPAH\\_3\\_Schmid.pdf](http://www.activelivingresearch.org/alr/files/JPAH_3_Schmid.pdf)

### Measures of Obesity and Metabolic Risk among Inuit Populations

Research published in the April 2007 issue of the *American Journal of Public Health*

suggests that universally accepted criteria for measuring obesity may not reflect the same degree of metabolic risk for populations such as the Inuit and recommends the development of ethnic-specific criteria. Free access to the abstract of *Prevalence of Obesity and Its Metabolic Correlates among the Circumpolar Inuit in 3 Countries* is available at <http://www.ajph.org/cgi/content/abstract/97/4/691>

## Resources/Related News

### Developmental Assets Support Positive, Healthy Youth

According to the Search Institute, the extent to which young people experience a key set of 40 developmental assets is a critical determinant in their ability to grow up healthy and positive. Surveys conducted since 1989 with over two million youth in the US and Canada show that exposure to a high number of the developmental assets results in a more positive and successful development, while exposure to fewer assets increases the possibility of engaging in risky behaviors. Within Saskatchewan, as in other Canadian jurisdictions, developmental asset champions work within communities to facilitate the Search Institute's model for positive youth development. For more about the 40 developmental assets visit the Search Institute's website at <http://www.search-institute.org/assets/>

### Reach Out and Read: Linking Literacy and Health

One of Unesco's two Confucius Prizes for Literacy was awarded this year to the US organization Reach Out and Read for its work with health care providers to reach low-income children at risk of dropping out of school. Doctors participating in the program distribute developmentally and culturally appropriate books to vulnerable children aged six months to five years living in or near poverty. Research indicates that children participating in the program show improved language development; a critical component of school readiness. Read more about the program at [http://portal.unesco.org/en/ev.php-URL\\_ID=39020&URL\\_DO=DO\\_TOPIC&URL\\_SECTION=201.html](http://portal.unesco.org/en/ev.php-URL_ID=39020&URL_DO=DO_TOPIC&URL_SECTION=201.html)



## Upcoming Events

### Baton Rouge, Louisiana

March 3–4, 2008

#### **20 Most Significant Advances in Obesity Research, Prevention and Treatment**

Hosted by the Pennington Biomedical Research Center, this conference will bring together the scientists, clinical investigators and public health experts who are responsible for the major discoveries and advances impacting obesity research in the last few decades. For more information visit [http://www.pbrc.edu/flash/20/20th\\_anniversary.html](http://www.pbrc.edu/flash/20/20th_anniversary.html)

### Adelaide, Australia

April 2–4, 2008

#### **Australian Health Promoting Schools Association National Conference**

The theme for this event is *Connecting the Voices of Change: Building Better Health and Better Learning*, bringing together the voices of all those people who work together to promote health and learning within a school context. Concurrent sessions will explore: a) connecting voices within schools and preschools; b) connecting voices across schools and local communities, and; c) connecting voices of research and practice. For more information visit [www.sapmea.asn.au/ahpsa2008](http://www.sapmea.asn.au/ahpsa2008)

### Washington, DC

April 9–12, 2008

#### **Active Living Research Annual Conference**

The theme of this conference is *Connecting Active Living Research to Policy Solutions*, providing researchers and policy makers opportunities to interact, exchange ideas and discuss potential synergies between research and policy development. For more information visit the conference website at <http://activelivingresearch.org/alr/conference/2008>

