



# **Resource Guide for Health Related Topics**

**A tool to supplement the  
Curriculum**



In Partnership with North East School Division and Horizon School Division

November 2010  
Updated November 2012

## Resource Guide for Health Related Topics Development and Purpose

This *Resource Guide for Health Related Topics* has been developed by the School Health Promotion Team (SHPT) which includes representatives from various departments of Kelsey Trail Health Region (KTHR) and representatives from North East School and Horizon School Divisions (NESD & HZSD).

This resource guide has been developed with the purpose of providing a quick reference for school teachers, students and others who wish to access credible information or do research on the health topics contained in the guide. This resource guide will be made available to all schools and departments within Kelsey Trail Health Region.

The health topics selected will help support the health curriculum of the Saskatchewan Ministry of Education.

This resource guide has been organized alphabetically with contact information of key KTHR personnel divided into regional and additional contacts.

Individuals who need further information or resources about these health topics can contact the corresponding regional contacts and they will be provided information about locally available contact persons.

Every effort has been made to provide authentic, credible and current websites in this resource guide. All sites were found to be operational as of November 2012.

### School Health Promotion Team:

Alison Amundrud (Co-Chair)	Public Health Nutritionist - Kelsey Trail Health Region
Dr. Mohammad Khan (Co-Chair)	Medical Health Officer – Kelsey Trail Health Region
Linda Barlow (Ex-Officio)	Director of Primary Health Care - Kelsey Trail Health Region
Jessica Chorney	Community Dietitian- Kelsey Trail Health Region
Bev Closson	Coordinator of Student Services- Horizon School Division
Shari Moneta	Dental Health Educator - Kelsey Trail Health Region
Cindy Rae	Parent Representative
Theresa Rederburg-deBoth	Coordinator of Integrated School Services - North East School Division
Candace Rogers	Population Health Educator - Kelsey Trail Health Region
Betty Rudachyk	Community Wellness Coordinator - Kelsey Trail Health Region
Margaret Rudychuk	Public Health Nurse Clinical Facilitator - Kelsey Trail Health Region

# Table of Contents

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ADDICTION AWARENESS.....	4
BODY IMAGE/SELF ESTEEM.....	5
CHRONIC DISEASE PREVENTION AND MANAGEMENT.....	6
Arthritis.....	6
Asthma.....	6
Cancer.....	6
Cardiovascular Disease (CVD).....	6
Chronic Obstructive Pulmonary Disease (COPD).....	7
Dental Decay.....	7
Diabetes.....	7
Epilepsy.....	7
Food Allergies.....	7
Hypertension.....	8
CITIZENSHIP.....	9
Earth Club/Environmental.....	9
Volunteerism.....	10
COMMUNICABLE DISEASE PREVENTION.....	11
Body Art – Tattoo & Body Piercing.....	12
DETERMINANTS OF HEALTH.....	13
DEVELOPMENTAL ASSETS.....	14
GAMBLING.....	15
HEALTHY RELATIONSHIPS.....	16
MENTAL ILLNESS AND STIGMA.....	17
NUTRITION.....	18
Nutrition.....	18
Food/Nutrition Policy.....	19
Food Security/Food Charter.....	20
ORAL HEALTH.....	21
PHYSICAL ACTIVITY.....	23
SAFETY/INJURY PREVENTION.....	24
Acquired Brain Injury.....	24
Bike/Skateboard.....	24
Farm Safety.....	25
Playground Safety.....	25
Sun safety.....	26
SEXUAL HEALTH/ PUBERTY AND REPRODUCTION.....	27
SMOKING/TOBACCO.....	28

All sites were operational as of November 2012. Every effort is made by the professionals to ensure that websites contain current, credible and relevant information.

# ADDICTION AWARENESS

## KELSEY TRAIL HEALTH REGION CONTACTS

### Mental Health & Addiction Services Regional Contact

- Ph: 752-8767

### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

## WEBSITES

Saskatchewan Ministry of Health

[www.health.gov.sk.ca](http://www.health.gov.sk.ca)

To access information on addictions; Choose Programs and Services/Mental Health and Addictions. The Alcohol and Drug Education and Prevention Directorate works with health regions, schools, government ministries, Aboriginal organizations and other agencies to enhance prevention and education efforts related to substance use and abuse.

Centre for Addiction and Mental Health (CAMH)

[www.camh.net](http://www.camh.net)

This link will provide you with concise information about addictions and mental health issues. Whether you are an individual looking for a fact sheet on bipolar disorder, a parent concerned about drug use, or a service provider hoping to find resources in another language, you should find what you are looking for here.

Addictions Foundation of Manitoba

[www.afm.mb.ca](http://www.afm.mb.ca)

**Mission** - To enhance the health of Manitobans (and other web users) by reducing the harm of alcohol, other drugs and gambling through leadership in education, prevention and treatment.

Canadian Centre on Substance Abuse

[www.ccsa.ca](http://www.ccsa.ca)

The Canadian Centre on Substance Abuse has a legislated mandate to provide national leadership and evidence-informed analysis and advice to mobilize collaborative efforts to reduce alcohol- and other drug-related harms

## BODY IMAGE/SELF ESTEEM

### KELSEY TRAIL HEALTH REGION CONTACTS

<b>Public Health Nutritionist</b> <ul style="list-style-type: none"><li>▪ Ph: 752-6310</li></ul>	<b>Mental Health &amp; Addiction Services Regional Contact</b> <ul style="list-style-type: none"><li>▪ Ph: 752-8767</li></ul>
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<b>Community Wellness Coordinator</b> <ul style="list-style-type: none"><li>▪ Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)</li><li>▪ Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)</li><li>▪ Hudson Bay-Ph: 865-3277</li><li>▪ Nipawin- Ph: 276-7913 (Porcupine Plain)</li></ul>	<b>Public Health Nurse</b> <ul style="list-style-type: none"><li>▪ Melfort – Ph: 752-6310</li><li>▪ Tisdale – Ph: 873-8282</li><li>▪ Nipawin – Ph: 862-0761</li><li>▪ Cumberland House – Ph: 888-2244</li><li>▪ Kelvington – Ph: 327-4723</li><li>▪ Hudson Bay – Ph: 865-2634</li></ul>
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### WEBSITES

Eating Disorders Prevention and Awareness (EDAP)

<http://edap.org>

EDAP is a national, nonprofit organization dedicated to promoting the awareness and prevention of eating disorders.

National Eating Disorder Information Centre (NEDIC)

<http://www.nedic.ca>

A Toronto-based, non-profit organization, established in 1985 to provide information and resources on eating disorders and weight preoccupation.

Peel Region – Ontario

<http://www.peelregion.ca/health/>

For resources on body image search under health topics A-Z- Body Shape/Self-Image or School Health 101/Health topics/Healthy eating/Body Image.

Children Youth and Women's Health Services

<http://www.cyh.com/SubDefault.aspx?p=255>

Search for Body Image under Topics A-Z.

Don't Laugh At Me

[www.dontlaugh.org](http://www.dontlaugh.org)

The goal of the *Don't Laugh at Me* is to support teachers, in creating a caring, compassionate, and cooperative classroom and school environment. The program focuses on expression of feelings, creative resolution of conflicts and appreciation of differences

# CHRONIC DISEASE MANAGEMENT

## KELSEY TRAIL HEALTH REGION CONTACTS

### Manager Chronic Disease

- KTHR – Ph: 862-7248

### Diabetes Nurse Educator

- Melfort - Ph: 752-8786
- Tisdale - Ph : 873-6522
- Nipawin - Ph : 862-7251

### Community Dietitian

- Melfort - Ph: 752-8785/752-8751
- Tisdale - Ph : 873-6523
- Nipawin - Ph : 862-7255

## WEBSITES

- **Arthritis**  
Arthritis Society of Saskatchewan  
[www.arthritis.ca/arthritis%20home/default.asp?s=1&province=sk](http://www.arthritis.ca/arthritis%20home/default.asp?s=1&province=sk)  
Click on Publications and Resources to access various print and online resources about various types of arthritis.
- **Asthma**  
Saskatchewan Lung Association  
[www.sk.lung.ca](http://www.sk.lung.ca)  
Click on Lung Diseases and choose asthma to access information on asthma including a printable asthma guide.
- **Cancer**  
Saskatchewan Cancer Agency  
[www.saskcancer.ca](http://www.saskcancer.ca)  
  
Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)
- **Cardiovascular Disease (CVD)**  
Heart and Stroke Foundation  
[www.heartandstroke.ca](http://www.heartandstroke.ca)  
Click on Kids/Teen Zone to access information and resources for kids, parents and teachers.



- **Chronic Obstructive Pulmonary Disease (COPD)**  
 Saskatchewan Lung Association  
[www.sk.lung.ca](http://www.sk.lung.ca)  
 Click on Lung Diseases and choose COPD to access information on COPD including a guide to living with COPD.
  
- **Dental Decay**  
 \*See oral health section page 21-22
  
- **Diabetes**  
 Canadian Diabetes Association (CDA)  
[www.diabetes.ca](http://www.diabetes.ca)  
 Click on Diabetes and You to access various information and resources on diabetes.

National Diabetes Information Clearinghouse (NDIC)  
<http://diabetes.niddk.nih.gov/>  
 Click on Diabetes and go to the A-Z list of topics and titles to access information and resources on diabetes
  
- **Epilepsy**  
 Epilepsy Canada  
[www.epilepsy.ca/eng/content/goals.html](http://www.epilepsy.ca/eng/content/goals.html)  
 This site provides information on epilepsy including downloadable fact sheets/brochures and teen and child's guide to epilepsy.
  
- **Food Allergies**  
 Health Canada  
<http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>  
 Click on food allergies to access downloadable pamphlets on nine priority food allergens.

Calgary Allergy Network  
<http://www.calgaryallergy.ca/>  
 This site has various resources and links to information on allergies.

American Academy of Allergy, Asthma and Immunology  
<http://www.aaaai.org>  
 Access information on allergies by clicking on patients and consumers including games and puzzles under *Just for Kids*.

Food Allergy Network  
<http://www.foodallergy.org>  
 Click on Education to access information for schools and to download fact sheets on allergies.

- **Hypertension**

Canadian Hypertension Society

<http://www.hypertension.ca/>

Click on Public/Resource Center to access information on blood pressure etc.

Canadian Hypertension Education Program (CHEP)

<http://www.hypertension.ca/chep/>

The Canadian Hypertension Education Program (CHEP) is an innovative knowledge translation program designed to reduce the disease burden of the leading risk for death in Canada.

Canadian Stroke Network

[www.sodium101.ca](http://www.sodium101.ca)

This website provides endless information on sodium and the effects on health



## CITIZENSHIP

### KELSEY TRAIL HEALTH REGION CONTACTS

#### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

#### Volunteer Services

- Ph: 752-7583

### WEBSITES

#### Earth Club/Environmental

[www.ecokids.ca](http://www.ecokids.ca)

This is an award winning environmental education site for kids and teachers. As an educator, sign up for FREE access to the Teacher's Lounge for lesson plans, printable activities, a literacy corner, contests and more.

[www.wrwcanada.com](http://www.wrwcanada.com)

This website is all about ways to reduce our ecological footprint. It provides ideas for planning Waste Reduction Week activities and encourages the adoption of 'waste reduction' as a commitment & lifestyle choice every day vs. one week/year.

Click on [www.wrwcanada.com/images/stories/Presentation1.ppt](http://www.wrwcanada.com/images/stories/Presentation1.ppt) for a power point presentation related to waste reduction

[www.wastefreelunches.org](http://www.wastefreelunches.org)

If you're interested in finding out more about waste-free lunches, this is the right place. Their aim is to provide you with all the information you need to participate in (or to start!) a waste-free lunch program at your school or place of employment.

[www.saskwastereduction.ca](http://www.saskwastereduction.ca)

Helping Saskatchewan and its people attain the environmental, economic and cultural benefits that come from reducing waste, this website provides description of events, links, projects and contact information related to Saskatchewan's efforts at reducing waste.

## **Volunteerism**

[www.givingandvolunteering.ca](http://www.givingandvolunteering.ca)

This website is the Canada Survey of Giving, Volunteering and Participating. It provides the most comprehensive overview of the contributions of time and money Canadians make to nonprofit and charitable organizations and to each other.

[www.worldvision.ca](http://www.worldvision.ca)

What's happening in the world? What challenges do our fellow citizens face every day? Find out more about the issues, what World Vision is doing and how you can help within this website.

[www.canadianredcross.ca](http://www.canadianredcross.ca)

The Red Cross is all about helping mankind. This website offers information about how to get involved, links and resources.

# COMMUNICABLE DISEASE PREVENTION

## KELSEY TRAIL HEALTH REGION CONTACTS

<b>Medical Health Officer</b> <ul style="list-style-type: none"><li>▪ Ph: 752-6310</li></ul>	<b>Communicable Disease Coordinator</b> <ul style="list-style-type: none"><li>▪ Ph: 752-6310</li></ul>
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<b>Public Health Nurse</b> <ul style="list-style-type: none"><li>▪ Melfort – Ph: 752-6310</li><li>▪ Tisdale – Ph: 873-8282</li><li>▪ Nipawin – Ph: 862-0761</li><li>▪ Cumberland House – Ph: 888-2244</li><li>▪ Kelvington – Ph: 327-4723</li><li>▪ Hudson Bay – Ph: 865-2634</li></ul>	<b>Community Wellness Coordinator</b> <ul style="list-style-type: none"><li>▪ Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)</li><li>▪ Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)</li><li>▪ Hudson Bay – Ph: 865-3277</li><li>▪ Nipawin – Ph: 276-7913 (Porcupine Plain)</li></ul>
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## WEBSITES

Saskatchewan Ministry of Health

[www.health.gov.sk.ca](http://www.health.gov.sk.ca)

Find information under Programs and Service/Disease Prevention

Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Go to A-Z section and search under “diseases and conditions” or search by name of disease. Also the section “It’s your health” contains articles on communicable diseases.

Public Health Agency of Canada

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Search for information under infectious diseases or immunization and vaccines

Peel Region – Ontario

<http://www.peelregion.ca/health/>

For resources search under School Health 101/Health topics/Illness, Immunizations and Infection

World Health Organization

[www.who.ch](http://www.who.ch)

Search for infectious diseases under health topics.

- **Body Art – Tattoo & Body Piercing**

Kelsey Trail Health Region

<http://www.kelseytrailhealth.ca>

KTHR pamphlet for those thinking about getting a tattoo or body piercing.

Search under Publications/KTHR brochures/Body Art

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/99vol25/25s3/index.html>

Infection Prevention and Control Practices for Personal Services: Tattooing, Ear/Body Piercing, and Electrolysis

Alberta Health Services

<http://www.albertahealthservices.ca/1395.asp>

Alberta Health Services tips to keep in mind if you are considering getting a tattoo or body piercing.

# DETERMINANTS OF HEALTH

## KELSEY TRAIL HEALTH REGION CONTACTS

<b>Medical Health Officer (MHO)</b> <ul style="list-style-type: none"><li>▪ Ph: 752-6310</li></ul>	<b>Population Health Educator</b> <ul style="list-style-type: none"><li>▪ Ph: 752-8767</li></ul>
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<b>Community Wellness Coordinator</b> <ul style="list-style-type: none"><li>▪ Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)</li><li>▪ Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)</li><li>▪ Hudson Bay – Ph: 865-3277</li><li>▪ Nipawin – Ph: 276-7913 (Porcupine Plain)</li></ul>
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## WEBSITES

World Health Organization;

[http://www.who.int/social\\_determinants/en/](http://www.who.int/social_determinants/en/)

Search under Programs and Projects/Social Determinants of Health for information.

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>

Search under Home/Health Promotion/Population Health/What Determines Health?

Centres for Disease Control and Prevention

<http://www.cdc.gov/socialdeterminants/>

Search in the A-Z index Social Determinants of Health.

## DEVELOPMENTAL ASSETS

### KELSEY TRAIL HEALTH REGION CONTACTS

#### Population Health Educator

- Ph: 752-8767

#### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

### WEBSITES

Search Institute

<http://www.search-institute.org/assets/>

Search Institute is a leading global innovator in discovering what children and adolescents need to become caring, healthy, and responsible adults. Drawing on extensive research, Search Institute brings hopeful solutions to pressing challenges in the lives of young people and their communities.

# GAMBLING

## KELSEY TRAIL HEALTH REGION CONTACTS

### **Mental Health & Addiction Services Regional Contact:**

- Ph: 752-8767

## WEBSITES

Saskatchewan Ministry of Health

<http://www.health.gov.sk.ca/risk-of-problem-gambling>

Saskatchewan Health co-ordinates the efforts of health regions, government ministries, community groups and the gaming industry to provide services related to the prevention, education and treatment of gambling problems.

Addictions Foundation of Manitoba

<http://www.getgamblingfacts.ca/>

This website provides viewers with facts about gambling. Developed by the Addictions Foundation of Manitoba this site is not intended to promote gambling or to give anti-gambling messages, but rather to help viewers to make informed choices about gambling.

Addictions Foundation of Manitoba/Lucky Day

<http://www.luckyday.ca>

This website was created by the Addictions Foundation of Manitoba. They want to give you the facts on gambling so you can make decisions that are right for you

Canadian Centre on Substance Abuse

<http://www.cwf.ca/V2/files/GamblingInCanada.pdf>

Gambling in Canada 2005 Statistics and Content



# HEALTHY RELATIONSHIPS

## KELSEY TRAIL HEALTH REGION CONTACTS

### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

### Public Health Nurse

- Melfort – Ph: 752-6310
- Tisdale – Ph: 873-8282
- Nipawin – Ph: 862-0761
- Cumberland House – Ph: 888-2244
- Kelvington – Ph: 327-4723
- Hudson Bay – Ph: 865-2634

### Mental Health & Addiction Services Regional Contact:

- Ph: 752-8767

## WEBSITES

North East Outreach and Support Services

[www.northeastoutreach.ca](http://www.northeastoutreach.ca)

This website provides support services and resource information for Northeastern Saskatchewan, related to sexual assault and healthy relationships.

Canadian Centre for Child Protection- Kids in the Know Program

[http://www.cybertip.ca/pdfs/relationships\\_en.pdf](http://www.cybertip.ca/pdfs/relationships_en.pdf)

This information sheet, for 12-15 year olds, explains the differences between healthy and unhealthy relationships.

Project Respect

<http://www.yesmeansyes.com/>

Project Respect is a youth-driven prevention and education program aimed at preventing sexualized violence among youth ages 14 - 19.

Kids Health/Teens Health

<http://kidshealth.org/teen/>

This website provides information about health, growth and emotions for teens.

# MENTAL ILLNESS AND STIGMA

## KELSEY TRAIL HEALTH REGION CONTACTS

### **Mental Health & Addiction Services Regional Contact:**

- Ph: 752-8767

## WEBSITES

Canadian Mental Health Association

[www.cmha.ca](http://www.cmha.ca)

Access to print resources and information about various topics around mental health

The Canadian Network for Mood and Anxiety Treatments

[www.canmat.org](http://www.canmat.org)

Website provides resources for mood and anxiety disorders

Here to Help

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

Hereto Help is a project of the BC Partners for Mental Health and Addictions Information. They are a group of seven leading provincial mental health and addictions nonprofit agencies that, since 2003, have been working together to help individuals and families better manage mental health and substance use problems.

# NUTRITION

## KELSEY TRAIL HEALTH REGION CONTACTS

### Public Health Nutritionist

- Ph: 752-6310

### Community Dietitian

- Melfort - Ph: 752-8785/752-8751
- Tisdale - Ph : 873-6523
- Nipawin - Ph : 862-7255

### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 ( Porcupine Plain)

## WEBSITES

### ▪ Nutrition

Saskatchewan Ministry of Health

[www.health.gov.sk.ca](http://www.health.gov.sk.ca)

Click on healthy Living/Nutrition and exercise.

Health Canada

<http://www.hc-sc.gc.ca>

This site provides tools for healthy living; click on the Food and Nutrition link and choose from a list of topics. Included are an educator's page and Canada's Food Guide and resources.

Dietitians of Canada

<http://www.dietitians.ca>

Provided by food and nutrition professionals in Canada, this site provides access to nutrition education resources, nutrition professionals, and nutrition news.

Mission Nutrition

[www.missionnutrition.ca](http://www.missionnutrition.ca)

This site has fun, interactive learning activities to use in the classroom (K-8) and at home to get children excited about healthy living!

Fight Bac!

<http://www.canfightbac.org/en/>

The Canadian Partnership for Consumer Food Safety Education is a national association of public and private organizations committed to educating Canadians about the ease and importance of food safety in the home. Lessons plans, fact sheets and interactive activities are available.

B.C. Dairy Foundation

[www.bcdairyfoundation.ca](http://www.bcdairyfoundation.ca)

Downloadable lessons and resources to help bring Canada's Food Guide and healthy eating alive in the classroom.

Dairy farmers of Ontario

[www.teachnutrition.org](http://www.teachnutrition.org)

This site was created by Registered Dietitians and provides access to nutrition education resources and activities for Pre-K – Grade 8.

## ▪ **Food/Nutrition Policy**

Saskatchewan Ministry of Health

[www.health.gov.sk.ca](http://www.health.gov.sk.ca)

Choose Healthy Living, Nutrition and Exercise and then **Healthy Foods for My School** to access a guide that helps schools provide healthy food options for students. The guide also helps identify minimum standards for packaged foods and offers tips on healthy food choices for school aged children.

Saskatchewan Ministry of Education

[www.education.gov.sk.ca](http://www.education.gov.sk.ca)

Choose the feature link **Nutrition and Physical Activity** or choose the information link **Comprehensive School Community Health** to access the nutrition policy document **Nourishing Minds Eat Well, Learn Well, Live Well**, suggested support materials and websites that include tools to help with action planning, research and information about the importance of nutrition.

Health Canada

<http://www.hc-sc.gc.ca>

This site provides information about Health Canada's nutrition policy report. Evidence-based policies and programs that support healthy eating and enhance population health require relevant and current research and the capacity to measure progress and outcomes.

Joint Consortium for School Health

<http://www.jcsh-cces.ca/>

The JCSH is a leader in supporting the advancement of comprehensive school health in Canada. The website provides tools and resources for keeping up to date on latest approaches to comprehensive school health in Canada and around the world. The site also lists links for each province in Canada that highlight healthy schools and the resources they use.

Centers for Disease Control and Prevention

<http://www.cdc.gov/nccdphp/DNPAO/policy/nutrition.html>

The following link provide policy and legislation resources for professionals working in the area of nutrition

- **Food Security/Food Charter**

Food Secure Saskatchewan (FSS)

<http://www.foodsecuresaskatchewan.ca/>

Food Secure Saskatchewan is a coalition of individuals and groups working toward, or interested in, achieving food security for all Saskatchewan citizens by way of a healthy and sustainable food system. *The Cost of Healthy Eating in Saskatchewan 2009: Impact on Food Security* report and *The Northeast Food Charter* are available at this site.

Breakfast for Learning (BFL)

<http://www.breakfastforlearning.ca>

Breakfast for Learning is a national non-profit organization that empowers communities across Canada to start and sustain much-needed school breakfast, lunch and snack programs in order to enhance learning and the healthy development of children and youth.

Food Banks Canada

<http://www.foodbanksCanada.ca>

Food Banks Canada is the national charitable organization representing the food bank community across Canada. The site provides facts and statistics about hunger in Canada. Various position papers, briefs, links and resources are also available on the site.

Thought About Food

<http://www.foodthoughtful.ca>

This site provides access to the Thought about Food workbook and video ***A Workbook on Food Security & Influencing Policy.***

Health Canada

<http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/index-eng.php>

Health Canada plays a leading role in monitoring key food and nutrition indicators, including household food insecurity. Understanding the patterns of household food insecurity in Canada over time is helpful in developing and assessing the impact of policies and programs related to food security.

# ORAL HEALTH

## KELSEY TRAIL HEALTH REGION CONTACTS

### Dental Health Educator

- Melfort Ph: 752-6310
- Nipawin Ph: 862-0761

### Dental Therapist

- Cumberland House Ph: 888-2180

### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

## WEBSITES

SK Ministry of Health

<http://www.health.gov.sk.ca/dental-health>

Dental handouts

Saskatchewan Dental Therapy Association

<http://www.sdta.ca/tradeatooth.html>

Trade a tooth Poster

BC Oral Health Association

<http://www.bcdental.org>

Videos on how to brush teeth, importance of baby teeth and tip sheets and posters

Calgary Health Region

<http://www.calgaryhealthregion.ca/programs/dental/teacher.html> -

Teacher Resource

- Grade 5 lesson plan “Teeth for a Lifetime” Power Point presentation
- Teaching Package for Rethink your Drink

Canadian Dental Association

<http://www.cda-adc.ca>

Teaching resources

- Children’s Dental Health
- Fact sheets, posters, activities

Canadian Dental Hygienist Association

<http://www.cdha.ca>

Resource material

Canadian Dental Hygienist Association

[www.smilecity.ca](http://www.smilecity.ca)

Tips, activities, games

Nova Scotia Dental Association

<http://www.healthyteeth.org>

Healthy teeth is about what goes on inside your mouth from baby teeth to braces and is produced by dentists for elementary aged kids.

Ontario Dental Association

<http://www.youroralhealth.ca>

Oral health and your body

- Kids Zone

Health Canada

<http://www.hc-sc.gc.ca>

Oral health is under **healthy living** and provides a good resource for oral health issues



# PHYSICAL ACTIVITY

## KELSEY TRAIL HEALTH REGION CONTACTS

### Exercise Therapist

- Melfort Ph: 752-1750
- Nipawin Ph : 862-9822

### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 ( Porcupine Plain)

## WEBSITES

Saskatchewan Ministry of Health

[www.health.gov.sk.ca](http://www.health.gov.sk.ca)

Choose Healthy Living, Nutrition and Exercise and then Fitness and Exercise to access information on the topic of Fitness and exercise.

Saskatchewan Ministry of Education

[www.education.gov.sk.ca](http://www.education.gov.sk.ca)

Choose the feature link **Nutrition and Physical Activity** or choose the information link **Comprehensive School Community Health** to access the Physical Activity Policy framework and guidelines document **Inspiring Movement Play Well, Learn Well, Live Well**, suggested support materials and websites that include research and information about the importance of physical activity. They also include tools, suggestions, and ideas for physical activity.

Saskatchewan In Motion

[www.saskatchewaninmotion.ca](http://www.saskatchewaninmotion.ca)

Saskatchewan **in motion** is a province-wide movement aimed at increasing physical activity for health, social, environmental and economic benefits. The website contains various links that provide great ideas, tools and resources, statistics and research, programs and services, leadership opportunities and more!

Public Health Agency of Canada

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

Access Canada's **Physical Activity Guide to Healthy Active Living** by clicking Health Promotion and then Physical Activity under the topics list.

Foundation for Healthy Active Kids

[www.activehealthykids.ca](http://www.activehealthykids.ca)

Active Healthy Kids Canada strives to be a trusted source for “powering the movement to get kids moving”—a ‘go to’ source for knowledge, insight and understanding that influences thinking and action among issue stakeholders to help them build better programs, campaigns and policies in order to increase physical activity among children and youth.

## SAFETY/INJURY PREVENTION

### KELSEY TRAIL HEALTH REGION CONTACTS

#### Public Health Nurse

- Melfort – Ph: 752-6310
- Tisdale – Ph: 873-8282
- Nipawin – Ph: 862-0761
- Cumberland House – Ph: 888-2244
- Kelvington – Ph: 327-4723
- Hudson Bay – Ph: 865-2634

#### Community Wellness Coordinator

- Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)
- Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)
- Hudson Bay – Ph: 865-3277
- Nipawin – Ph: 276-7913 (Porcupine Plain)

### WEBSITES

#### Acquired Brain Injury

Saskatchewan Ministry of Health

<http://www.health.gov.sk.ca/>

For information about acquired brain injury; under *Resources* choose Programs and Services/ Services for People with Disabilities/Acquired Brain Injury. Visit [www.abipartnership.sk.ca](http://www.abipartnership.sk.ca) to access resources and publications and to learn more about *The Acquired Brain Injury Partnership Project* partnership between Saskatchewan Government Insurance (SGI) and the Saskatchewan Ministry of Health.

Saskatchewan Brain Injury Association

[www.sbia.ca](http://www.sbia.ca)

The SBIA is a non-profit group providing support, information sharing, public information and awareness. The website contains various downloads and links that provide information about brain injury.

#### Bike/Skateboard Safety

Saskatchewan Prevention Institute

[www.preventioninstitute.sk.ca](http://www.preventioninstitute.sk.ca)

Access information and resources about various health topics through the search/Go menu

## **Bike/Skateboard Safety**

Safe Kids Canada

<http://www.safekidscanada.ca/gateway.aspx>

This Canadian site provides some excellent material about bike and skateboard. The site was developed and maintained by the national injury prevention program of Toronto Sick Children's Hospital in Toronto. Look under the professionals and parent sections for resources.

Peel Region – Ontario

<http://www.peelregion.ca/health/>

For resources on safety search under School Health 101/Health topics/Personal Safety & Injury Prevention/Bicycle Safety

Canada Safety Council/Elmer the Safety Elephant

<http://www.elmer.ca/home.php>

Great resources for parents and educators.

## **Farm Safety**

Farm Safety Association

[http://www.farmsafety.ca/public/pages/children\\_justforkids.html](http://www.farmsafety.ca/public/pages/children_justforkids.html)

This helpful website includes other links for easy access of information, activities and downloadable teaching materials related to farm safety - a virtual "one-stop-shopping site"

Saskatchewan Safety Council

[www.sasksafety.org/farm.php](http://www.sasksafety.org/farm.php)

This site offers a list of products & services available through the Saskatchewan Safety Council's farm division including the Farm Safety Power Pac Program which offers farm safety presentation to students in any Saskatchewan school

Alberta Farm Safety Centre

[www.abfarmsafety.com/resources/activitybook.htm](http://www.abfarmsafety.com/resources/activitybook.htm)

This site offers downloadable Grade K-6 Activity books related to farm safety

## **Playground Safety**

Saskatchewan Prevention Institute

[www.preventioninstitute.sk.ca](http://www.preventioninstitute.sk.ca)

Access information and resources about various health topics through the search/Go menu

Saskatchewan Parks and Recreation Association

<http://www.spra.sk.ca/Default.aspx?DN=9e6b36ec-4061-46e0-a584-815bbcfa7f39>

Information on how to access a CPRA Canadian Certified Playground Inspector Certification program

Capital Health

<http://www.capitalhealth.ca/NR/rdonlyres/ezsytnb4dquuk7c7v27ngqvwdhzqun4ge52pao7rhua6juxc3fhjpacdhkerkckno7lhsuzxlatyvpaibd23ufydhud/PlaygroundSafetyResourceKitNovember2009FINAL.pdf>

Access a downloadable copy of a Playground Safety Manual which includes lesson plans, quizzes, and student information sheets.

Safe Kids Canada

<http://www.safekidscanada.ca/safekidsCanada/>

This Canadian site provides some excellent material about playgrounds (plus numerous other accident prevention materials respecting child safety). The site was developed and maintained by the national injury prevention program of Toronto Sick Children's Hospital in Toronto. It provides some very good checklist and an explanation of the CSA standards for Playgrounds. Look under the section "Injury Prevention Professionals and Community Partners" for the material on Playground Safety. This is a very good site to visit.

Canadian Standards Association

<http://www.shopcsa.ca/onlinestore/GetCatalogDrillDown.asp?Parent=1085>

This site provides excellent guidelines and recognized Canadian Standards but there is a charge for this information. When on this site, use the search vehicle and look under "Playground" for the standards. The specific standard you require in Canada is CAN/CSA-Z614-98 - Children's Playspaces and Equipment. The present price is \$45 and you may obtain the standard as a hard copy, CD-ROM or download a PDF file directly for this price.

## Sun Safety

Saskatchewan Cancer Agency

[www.saskcancer.ca](http://www.saskcancer.ca)

Search under Prevention to find an education/information package for skin cancer created by the Saskatchewan Skin Cancer Prevention Coalition.

Health Canada

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Choose healthy Living/Sun safety to access information on sun safety including the **UV Index Sun Awareness Program** which encourages Canadian schools and daycares to teach children about UV radiation and how to practice sun safety. Register your class, get ideas for teaching sun protection, and find sun safety activities for kids.

Canadian Cancer Society

<http://www.cancer.ca>

The site offers information about cancer, cancer prevention and more. For information about sun safety, choose Canada-wide/Prevention/Sun and UV.

Toronto Public Health

<http://www.toronto.ca/health/cancerprevention/sunsafety.htm>

General information, resources, lesson plans and related links to help teach how to protect yourselves from the harmful effects of the sun.

# SEXUAL HEALTH/PUBERTY AND REPRODUCTION

## KELSEY TRAIL HEALTH REGION CONTACTS

### Public Health Nurse

- Melfort – Ph: 752-6310
- Tisdale – Ph: 873-8282
- Nipawin – Ph: 862-0761
- Cumberland House – Ph: 888-2244
- Kelvington – Ph: 327-4723
- Hudson Bay – Ph: 865-2634

## WEBSITES

Society of Obstetricians and Gynecologists of Canada

[www.sexualityandu.ca](http://www.sexualityandu.ca)

This site contains teaching presentations and up to date research on most aspects of sexuality. Puberty, contraception, STIs, pregnancy are included.

Alberta Health Services

[www.teachingsexualhealth.ca](http://www.teachingsexualhealth.ca)

This site provides information on how to teach sexual health. Instructional methods, fact sheets, lesson plans and also how to teach students with differing abilities are included.

Nova Scotia Government

[www.gov.ns.ca/hpp/healthy\\_development/publications.asp](http://www.gov.ns.ca/hpp/healthy_development/publications.asp).

This site contains the “Healthy Sexuality Resource” which may be used for youth. There are also other publications provided.

# SMOKING/TOBACCO

## KELSEY TRAIL HEALTH REGION CONTACTS

<b>Mental Health &amp; Addiction Services Regional Contact:</b> <ul style="list-style-type: none"><li>▪ Ph: 752-8767</li></ul>	<b>Dental Health Educator</b> <ul style="list-style-type: none"><li>▪ Ph: 752-6310</li><li>▪ Ph: 862-0761</li></ul>
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<b>Public Health Nurse</b> <ul style="list-style-type: none"><li>▪ Melfort – Ph: 752-6310</li><li>▪ Tisdale – Ph: 873-8282</li><li>▪ Nipawin – Ph: 862-0761</li><li>▪ Cumberland House – Ph: 888-2244</li><li>▪ Kelvington – Ph: 327-4723</li><li>▪ Hudson Bay – Ph: 865-2634</li></ul>	<b>Community Wellness Coordinator</b> <ul style="list-style-type: none"><li>▪ Tisdale – Ph: 873-8278 (Star City, Arborfield, Bjorkdale)</li><li>▪ Kelvington – Ph: 327-4510 (Rose Valley, Archerwill)</li><li>▪ Hudson Bay – Ph: 865-3277</li><li>▪ Nipawin – Ph: 276-7913 (Porcupine Plain)</li></ul>
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## WEBSITES

Alberta Alcohol and Drugs

<http://www.albertahealthservices.ca/AddictionsSubstanceAbuse/if-tch-teaming-up-teachers-resource.pdf> - Alberta Alcohol & Drugs – Teaming up for Tobacco Free Kids – Teachers resource kit

<http://www.albertahealthservices.ca/2694.asp> - Alberta Alcohol & Drugs – Teaming up for Tobacco Free Kids Lesson plans for grades 4-6

Canadian Cancer Society of Saskatchewan

[http://www.tobaccotoolkit.ca/index.php?option=com\\_content&view=article&id=90&Itemid=162](http://www.tobaccotoolkit.ca/index.php?option=com_content&view=article&id=90&Itemid=162) – Canadian Cancer Society of Sask. & Heart & Stroke Foundation of Sask. - Transitioning to Tobacco-Free Schools

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/index-eng.php>  
Youth Zone – Smokefree (appropriate for Grades 4 – 12)

Lung Association

<http://www.lungsareforlife.ca/>  
Lungs are forever (resources for Grades K – 12)

Physicians for a Smoke-Free Canada

<http://www.smoke-free.ca/>  
(appropriate for Grades 6-12)

Public Health Agency of Canada

[http://www.phac-aspc.gc.ca/chn-rcts/tobacco-tabagisme-eng.php?rd=tobacco\\_tabac\\_eng](http://www.phac-aspc.gc.ca/chn-rcts/tobacco-tabagisme-eng.php?rd=tobacco_tabac_eng)

Tobacco (Tobacco resources for youth and educators)

Partnership to Assist with Cassation of Tobacco (PACT)

[www.makeapact.ca](http://www.makeapact.ca)

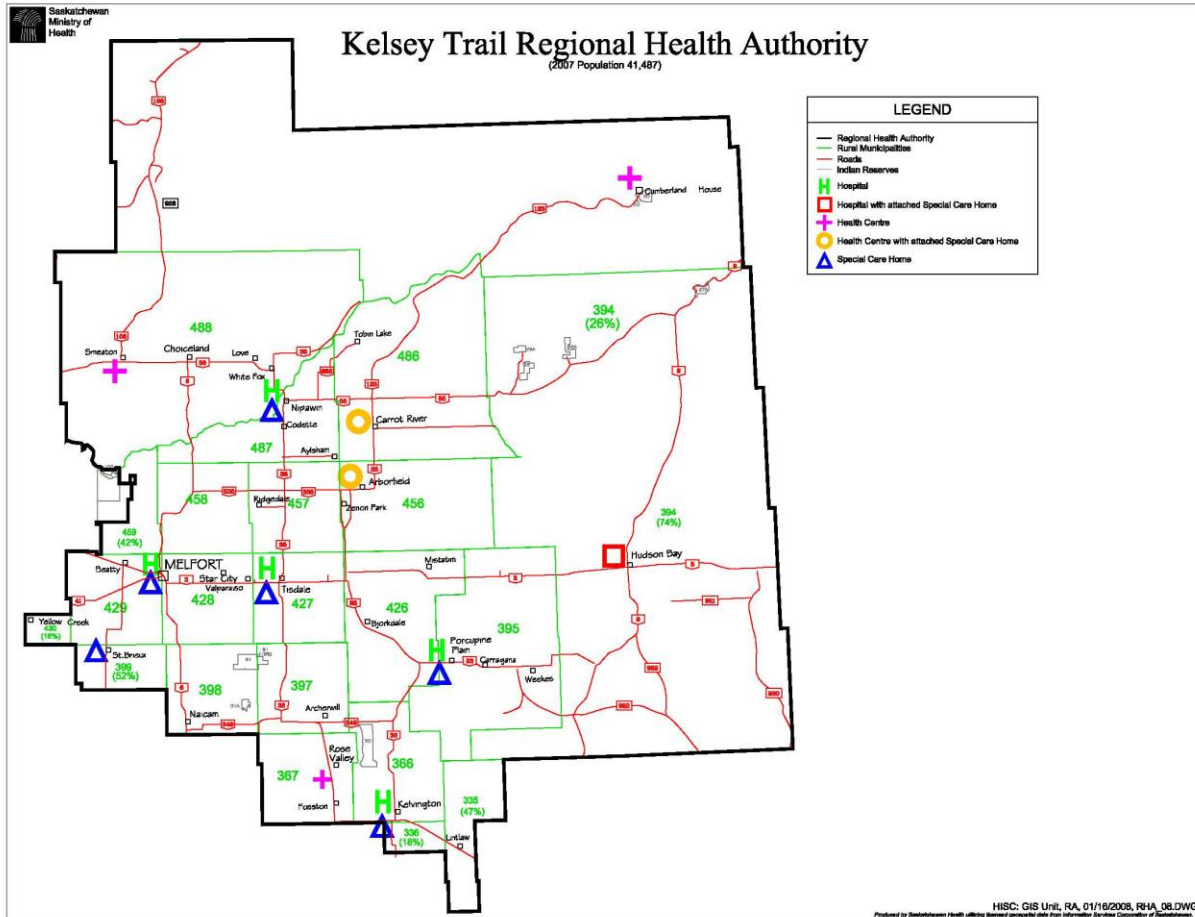
Search under Study Hall to access various school resources on to topic of becoming or remaining tobacco free.

Tobacco Tool Kit – Canadian Cancer Society and Heart and Stroke Foundation of Saskatchewan

[www.tobaccotoolkit.ca](http://www.tobaccotoolkit.ca)

This site provides resources for those who want to make smoke-free the norm in their community.





The Resource Guide for Health Related Topics is a publication of the **KELSEY TRAIL HEALTH REGION**, created in partnership with the North East School Division and the Horizon School Division.

For more information about this publication or other services of the Kelsey Trail Health Region, contact the Regional Office at (306)873-6600 or visit our website at [www.kelseytrailhealth.ca](http://www.kelseytrailhealth.ca)

**Provincial Health Line**  
24 hour health advice

**HealthLine**  
**1-877-800-0002**

[www.healthlineonline.ca](http://www.healthlineonline.ca)