

We are moving! Upstream

Many of you have heard the old adage that an ounce of prevention is worth a pound of cure. At Fraser Health we take this to heart, and have embarked on a renewal process in Population and Public Health to focus more of our efforts on upstream prevention and engagement with community partners.

How might this impact schools? The school setting has been highlighted by an expert review as an area that needs more attention. For many years, Fraser Health has been involved in schools in a variety of ways, including providing vaccinations to ensure that students are protected from preventable illness. However, we have not been able to support you in the creation of healthy school environments in which children thrive and become better learners. As the renewal moves forward, we anticipate that there will be more resources to work together and develop a shared vision of healthy schools.



Warning: lethal drugs continue to circulate.

Between January and December 31, 2016, there have been 914 illicit overdose deaths in B.C, an increase of 79.2% compared to 2015. A high percentage of these deaths are attributable to fentanyl. While only a small number of youth have died in this crisis, drugs don't discriminate and many youth will continue to use drugs. We also know many more are impacted by the drug use of their friends and family. Schools have an important role to not only ensure youth have accurate facts about drugs, but also to help create a protective environment for young people. We encourage teachers to have open and honest conversations with their students and work to create caring and supportive environments. In September, Fraser Health distributed an [information kit for schools and parents](#). We hope that you continue to find this useful. If you require more information or support please contact your local public health unit.!

It's Flu Season

As the cold weather is upon us, so is the flu season. Influenza, or the flu, is a serious disease that can lead to complications and hospitalization. Even healthy people can get very sick from the flu and pass it to others. To get your flu shot, Visit [Immunize BC](#) to find a location near you. When you get vaccinated, you also help protect others. If your school is experiencing absentee rates above 10% please contact your local Public Health Nurse.

Move More, Sleep More

The newly released [Participaction Report Card 2016](#) finds that Canadian children may be too tired to move. A groundswell of research indicates that the relationship between sleep deprivation and movement is important – children who move more sleep better and the reverse is also true.

- ♥ **Only 9%** of Canadian children get the heart pumping activity they need
- ♥ **In recent** decades children's nightly sleep duration has decreased by 30 to 60 minutes
- ♥ **31% of** school-aged kids and 26% of adolescents in Canada are sleep deprived

A lack of sleep doesn't just mean tired and cranky students, but can also contribute to hyperactivity, lack of verbal creativity and problem solving, as well as, adverse changes to hormonal levels associated with obesity, diabetes, and hypertension.

The good news is that regular heart, pumping activity can help kids get a good night's sleep. So, this winter get active with your students and ensure that they Live 5-2-1-0!



Useful Resources

- ♥ [Healthy Schools BC](#) includes grant opportunities, resources for health education, and success stories.
- ♥ [Fraser Health](#) website features information on school health including immunizations, lice, food safety and allergy awareness.
- ♥ [Live 5210](#) includes ready to use healthy living resources

New curricular resources on TeachBC	Head Lice
<p>The ministries of Education, Health and Child and Family Development have collaborated with various partners to develop 29 instructional samples for the new PHE curriculum. These samples address the areas of health and well being, sexual and reproductive health, and sexual orientation and gender identity. In addition, DASH BC is working to develop further resources related to physical activity/literacy and healthy eating as part of their updated Actions!BC program. We hope that these resources are useful education tools. The instructional samples can be accessed at https://teachbcdb.bctf.ca/</p>	<p>Head lice are common in children and are not associated with serious disease or poor hygiene. Head lice are tiny grayish brown wingless insects that live on the human scalp. They are spread directly by head-to-head contact or indirectly by sharing brushes, combs or hats. It is important to find and treat head lice early. If you need advice, please contact your local Public Health Nurse or visit HealthLinkBC.ca</p>
	Stay Healthy Wash Your Hands <p>Teaching children to wash their hands 5-7 times a day keeps kids, families, and teachers healthy throughout the year. Focus on the pivotal moments for hand washing – before eating and after going to the washroom. For more information on hand washing and access to fun resources visit: http://www.dobugsneeddrugs.org</p>
<p>Is “Good” Good Enough?</p> <p>British Columbia is considered one of the healthiest places to live in the world. But how is the health and wellbeing of our children and youth? The Office of the Provincial Health Officer recently partnered with Child Health BC to complete a baseline analysis of 51 key indicators of child health and well-being. The report looked at 5 dimensions of child and youth well-being: physical health and well-being, mental and emotional health & well-being, social relationships, social relationships, economic and material well-being, and cognitive development. It considers a life course approach and encourages a dynamic balance among the dimensions to support children and youth to reach their full potential. While there have been improvements in some areas, many of our rates have only remained stable and show little sign of improvement. From a provincial perspective geographic disparities in terms of location and rural vs urban still exist and there are also demonstrated differences related to gender and sex. The following are some highlights from the report.</p> <p>Physical Health & Well-being:</p> <ul style="list-style-type: none"> ♥ Most youth rated themselves as having “good” or “excellent” health ♥ Almost 1/3 of children are not up to date with their immunizations ♥ 1 in 4 students has an unhealthy weight based on self-report <p>Mental & Emotional Health & Well-being</p> <ul style="list-style-type: none"> ♥ Females considered and attempted suicide at a higher rate than males; however males have a higher suicide mortality rate. ♥ Compared to males, fewer females report high self-esteem and positive life satisfaction <p>Social Relationships</p> <ul style="list-style-type: none"> ♥ Social relationships are protective factors that foster healthy development, decision-making, and behaviours ♥ Youth report higher school connectedness than in previous years ♥ Few youth report having an adult they can talk to if they have a serious problem <p>Economic & Material Well-being</p> <ul style="list-style-type: none"> ♥ Although improving, 7 percent of students in gr. 7-12 went to bed hungry ♥ The percentage of children not in education, employment or training was consistently higher than the national average, with significant regional variations ♥ Percentage of people with unmet core housing needs was the highest in the country <p>Cognitive Development</p> <ul style="list-style-type: none"> ♥ Percentage of students that graduated high school is highest (87.6%) in the Fraser Health region, by almost eighteen percentage points compared to the North ♥ There has been an increase in the percentage of kindergarten children identified as “vulnerable” in the EDI subdomains of Social Competence and Emotional Maturity <p>The report concludes that “good” is not good enough and we must do better for the children and youth of our province. The expert panel provides five recommendations to help inform policy and program planning with a focus on reducing inequities across the province.</p> <p style="text-align: center;">To review the complete report please visit childhealthindicatorsbc.ca</p>	
<p style="text-align: right;">January 2017</p>	