

APRIL 2024



health promotion REP NETWORK

monthly message

WHAT IS HAPPENING?

SURVEY

If you have not yet had an opportunity to complete the Rep Survey for 2024, please take a moment to complete so we can report on what has been going on in your unit. <https://forms.office.com/r/VQA77zgtbR>

Excellence in Health Promotion Award

Nominations for the annual award is still open. Members may self-nominate or request CoC to nominate someone from their unit. Groups such as unit health and wellness committees may also be nominated. Find out more here <https://cfmws.ca/halifax/hp-rep-network/excellence-in-health-promotion-nominations>

UNIT SHOUT OUTS:

Transition Unit was the first to submit a Recipe for our CFB Halifax Nutrition Month challenge! Check our social media for submissions and highlights.

Welcome to Justin Smith and Brennan Hardy who are assuming duties of co-health reps for the CFB Halifax Fire Dept, and CPO1 Steve Clark the new rep for AJAG.

FEATURED PROGRAMS THIS MONTH:

Respect in the CAF | 9 April, 0800-1600 hrs, Halifax

The Essential Nutrition Course | 11 April, 0800-1600 hrs, Halifax

Family Violence Awareness | 12 April, 0900-1100 hrs, Halifax

Inter-Comm (Interpersonal Communication)

18 April, 0800-1600 hrs, Halifax

Respect in the CAF | 23 April, 0800-1600 hrs, Shearwater

Current Schedule: https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_WinterSpring_2024-REV_Jan15.pdf

To register for programs: <https://cfmws.ca/halifax/core-programs-online-registration>

Visit your Rep Network Portal: <https://cfmws.ca/halifax/hp-rep-network>

HEALTH DAYS AND THEMES FOR APRIL:

NUTRITIONAL WELLNESS:

11 Apr We would be remiss if we didn't highlight the roll out of our new The Essential Nutrition Course. Looking to get the details on what a balanced plate means for you? Explore how to cut down on food costs? Some hacks on planning meals for the week? <https://cfmws.ca/halifax/core-programs-online-registration>

SOCIAL MENTAL WELLBEING:

April is the Month of the Military Child -

Did you know that Month of the Military Child was established to recognize and thank children from military families for the sacrifices they make living the military lifestyle? Many children face the challenges of frequent absences, relocations and transitions throughout their lives and develop unique qualities to

face these challenges. During the month of April, the MFRC teams all across the country will be wearing teal to celebrate and show our support for children from military families.

Share a photo of yourself wearing teal on social media and let others know that you support children from military families! **Be sure to tag @hrmfrc in the post and use #TealUp on your social media.**

7 Apr World Health Day

ADDICTION AWARENESS & PREVENTION

It can be easy to use social media or gaming to get through the dark season. As the daylight increases, take the time to assess your use. Is it limiting contact with others, or the time you spend outside? Do you find yourself scrolling for hours? In addition to contributing to sitting for extended periods of time, excessive screen use can affect our mental health, and contribute to mindless snacking, all leading to unintended consequences to our health. To break this routine, set an intention to explore other hobbies or activities to limit screen time.

ACTIVE LIVING & INJURY PREVENTION:

The best-known benefit of sunlight is its ability to boost the body's vitamin D supply; most cases of vitamin D deficiency are due to lack of outdoor sun exposure. Vitamin D is both a nutrient we eat and a hormone we make, helping us to absorb calcium and

phosphorus – important for bone health. Did you know that the sun helps provide us with both D2 (occurs in plants and fungi) and D3 (animals, including humans)?

An extra benefit of sunlight is the boost in serotonin level, which is associated with better moods.

As our daylight increases, make time to spend time outside. Evidence from Harvard shows that the best time for our bodies to get the most benefit is around noon for about 10-15 minutes. As always, practice sun safety by limiting longer exposure and using sunscreen if spending more time in the sun.

<https://www.health.harvard.edu/staying-healthy/time-for-more-vitamin-d>

FOR MORE INFORMATION ON ANY OF THE ITEMS IN THIS MONTHLY UPDATE, PLEASE CONTACT:

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