

MARCH 2024



health promotion

REP NETWORK

monthly message

WHAT IS HAPPENING?

IT IS SURVEY TIME!

Once again it is time for the annual survey so we can report on what has been going on in your unit. Please take a moment to complete the survey by 31 Mar.

<https://forms.office.com/r/VQA77zgtbR>

WHOSE DISH WILL REIGN SUPREME?

Units are invited to submit their recipes to Health Promotion to be featured in an upcoming CFB Halifax/Shearwater cookbook!

Recipes should be health focused, and representative of the unit's unique character.

Formal invitations will be sent out shortly, though more information and guidelines for submission will be available at: cfmws.ca/Halifax/CFB-Halifax-nutrition-month For any questions, please contact hfxhealthpromotion@forces.gc.ca

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>

FIT FOR FEB

February had 77 members registered from 40 different units participate in a virtual fitness challenge to

boost cardio for heart health month. At the time of this writing, over 5,075,000 steps and counting were amassed!

UNIT SHOUT OUTS:

Welcome to HMCS Halifax new reps S1 Mark Latter and CPO2 John Steg, and Highlanders new reps A Coy Cpl Keith MacCormack and Highlanders Band Cpl Mitchell Tate.

FEATURED PROGRAMS THIS MONTH:

Respect in the CAF | 5 March, 0800-1600 hrs, Halifax

Mental Fitness and Suicide Awareness (MFSA)

7 March, 0800-1600 hrs, Halifax

Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA)

12 & 13 March, 0800-1600 / 0800-1200 hrs, Shearwater

Stress.Calm | 14 March, 0800-1600 hrs, Halifax

The Essential Nutrition Course | 11 April, 0800-1600hrs, Halifax (*course will be offered in Shearwater in June*)

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/coreprograms-online-registration>

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

HEALTH DAYS AND THEMES FOR MARCH:

NUTRITIONAL WELLNESS:

March is Nutrition Month! Have members in your unit submit their best healthy recipes. Combine all recipes and have your unit select one to be featured in our cookbook! Who will reign supreme?

SOCIAL MENTAL WELLBEING:

8 Mar is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.

S120 Drill Hall 1300-1500 (1:00-3:00pm)

Theme: Inspire Inclusion @ IWD 2024

More info: email Halifax.DWAO@forces.gc.ca

ADDICTION AWARENESS & PREVENTION

17-23 Mar is National Poison Prevention Week

Each year, 4,000 Canadians lose their lives due to poisoning and annual unintentional poisoning deaths have now surpassed transport-related deaths in Canada. With many potential poisons, such as medications, household cleaners and cannabis products in Canadian homes, it is important to know how to safely store them. Find out more at <https://parachute.ca/en/program/poison-prevention-week/>

ACTIVE LIVING & INJURY PREVENTION:

15 Mar is World Sleep Day. Health Promotion offers a 1 hour briefing on Sleep. Schedule this for your unit today!

Did you know that snoring is a health marker and often linked to sleep apnea? <https://css-scs.ca/canadian-public-health-campaign-on-sleep-sleep-on-it/>

What normal sleep changes can be expected as you age? Find out at <https://sleeponitcanada.ca/special-reports-on-sleep/what-normal-sleep-changes-can-be-expected-as-you-age/>

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

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