



**health
promotion
REP NETWORK**

orientation



Health Promotion in the Canadian Forces
**STRENGTHENING
THE FORCES**
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes



cafconnection.ca/Halifax/HP

ORIENTATION

Welcome to the CFB Halifax Health Promotion Rep Network! We understand the many responsibilities you have as a member of the Canadian Armed Forces, so we thank you for taking on the additional role of a health rep. You are a key ally of our team. At Health Promotion Services, we count on you to act as a liaison between us and your unit/base/wing to ensure that we are supporting members to be the healthiest they can be. We look forward to this exciting opportunity to work collaboratively with you as a health rep!

The purposes of the Health Promotion How-To Handbook are to:

- Clearly articulate what your role is as a rep and the associated responsibilities
- Provide you with a number of tools and ideas of various health initiatives and activities you may implement if you so choose
- State what the Health Promotion Rep Network is and the purpose it plays
- Bring awareness to the resources and supports that are available to you from Health Promotion Services as well as the broader Defence Team community
- Encourage and inspire you to further act as an advocate for health and wellness priorities at your respective formation
- State who we are at Health Promotion Services and what we aim to achieve

WHO

Health Promotion Services works in partnership with the Defence Team to enable CAF members to increase control over and to improve their overall health and well-being. Good health is essential to the well-being and operational effectiveness of CAF personnel. The CFB Halifax Unit Health Promotion Rep Network, coordinated by Health Promotion Services, will ensure the identification and prioritization of health needs and implementation of Health Promotion (HP) programs and initiatives relevant to the needs of local Defence Team members.

WHAT

There is no mandatory training required or costs associated with being a health rep. You will guide the delivery of HP programs and initiatives by working in partnership with Health Promotion Services to set health and wellness priorities. As a health rep, you will provide strategic advice on health and wellness policies and programs in response to emerging needs of your unit/base/wing. You will also be a voice toward changes in health and wellness policies and programs in response to emerging needs of the Defence Team.

WHY

The Health Promotion Rep Network is designed to assist CAF members in maintaining a high level of physical, mental, and social well-being. You are in a position to know best what HP programs and initiatives at your formation. This will contribute to operational readiness and effectiveness of CAF personnel and to their quality of life and that of their families.

REQUIREMENTS OF THE POSITION

- Execute a minimum of two initiatives per year as outlined in the Health Promotion “How-To” Handbook, or equivalent.
- Distribute and advertise Health Promotion Services program schedules as required
- Keep up-to-date with information sent to you from Health Promotion Services
- Provide feedback and communicate actively with Health Promotion Services
- Act as an advocate and role model in your workplace for healthy choices (i.e. meal options, taking the stairs, discouraging tobacco smoking, etc.)
- If you are no longer able to continue as a health rep, we ask that you notify us as well as make an effort to find a replacement, or provide us with a contact at your workplace who can assist us in finding a replacement.

Have your own idea you would like to see added to the Health Promotion How-To Handbook?

Contact the CFB Halifax Health Promotion Office at 902-722-4956 or HFXHealthPromotion@forces.gc.ca and provide us with the following information:

- Is the idea related to Active Living and Injury Prevention, Addiction-Free-Living, Nutritional Wellness, or Social and Mental Wellbeing?
- What does the goal aim to achieve?
- What resources are necessary in order for this idea to be implemented (equipment, time, space, people)?
- In what ways can Health Promotion Services help you?
- Is there anywhere health reps can obtain more information on the suggested activity?