

HEALTH PROMOTION - CFB KINGSTON

STRENGTHENING THE FORCES – Terms of Reference

Mission:

Strengthening the Forces is a health promotion program designed to assist Canadian Armed Forces (CAF) personnel, Regular and Primary Reserve, and the greater CAF community to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF operations, and to enjoy a high quality of life.

Vision: ^[OBJ]

To facilitate and empower the CAF community to adopt healthy lifestyles, while strengthening partnerships.

Target Populations

- Regular Canadian Armed Forces and Class B and C Reserve
- Primary Reserve, Cadet Instructor Cadre, Canadian Rangers
- Foreign military personnel on exchange posting or training with Canadian Armed Forces
- Immediate family members of the above
- DND and NPF civilian employees
- Supplementary Reserve
- Cadets and Junior Canadian Rangers

Program Components:

Program components will focus on enabling people to increase control over, and to improve their health. Health is defined as a state of physical, mental, spiritual and social well-being, and not merely the absence of disease or infirmity. Health is a positive resource for meeting the challenges of daily living. It is a positive concept emphasizing social and personal resources, as well as physical capacities.

- ***Injury Prevention and Active Living:*** Injury Reduction Strategies for Sports and Physical Activity – *Commuter Challenge, Bike Repair Racks*
- ***Social Wellness:*** Stress: Take Charge!, Managing Angry Moments, Mental Fitness & Suicide Awareness, Interpersonal Communication, Sleep Fundamentals, Prevent & Respond to Sexual Misconduct (PRSM) and Inclusion & Respect in Defence (IRD) – *Blue Monday, Bell Let's Talk, Mental Health Week, Healthy Relationships Campaign*
- ***Addiction Free Living:*** Alcohol, Other Drugs, Gambling & Gaming - *National Addiction Awareness Campaign*
- ***Nutritional Wellness:*** The Essential Nutrition Course and Workshops – *March is Nutrition Month*

Mandate of the 'Strengthening the Forces' Unit Representatives:

- ☐ Advising the Health Promotion team on health needs and lifestyle issues affecting the Canadian Armed Forces team and their families;
- ☐ Identify yourself to unit personnel and CoC, as the unit HP-STF Unit Rep;
- ☐ Promote various HP programs, workshops, briefings and initiatives provided under the STF programming. HP encourages all STF Reps to participate in HP programs for program knowledge
- ☐ Recommending strategies to promote and deliver Health Promotion programs and services to address emerging issues;
- ☐ Sharing information and providing feedback to the Health Promotion team regarding Health Promotion programs, services and initiatives;
- ☐ Act as a conduit for information regarding Health Promotion (monthly display package information, program feedback, initiative posters, and direct personnel to HP office regarding program information). Display boards are available from HP;
- ☐ Assisting the Health Promotion team to arrange initiatives and logistical support at the Unit/Community level as required;
- ☐ Identifying barriers and gaps in the coordination and delivery of programs and services, as identified from their unit;
- ☐ Participating in the evaluation of Garrison Health Promotion programs and services; disseminate educational and promotional materials to the Unit/Community; and
- ☐ Encouraging and supporting Unit/Community members who wish to make healthy lifestyle choices.
- ☐ HP-STF Unit Reps are responsible to identify a new rep if there is a change – including name and contact information – of the incoming representative
- ☐ Each committee member is responsible to ensure attendance at meetings or send a representative of their unit/section
- ☐ Encouraged to follow @PSPKingston for the most up-to-date program information

Members of the 'Strengthening the Forces - Health Promotion' team will be:

- Volunteers (recognized as a secondary duty)
- Represent Lodger Units and support service organizations within the Garrison
- Represent the target population groups
- Officers, non-commissioned members, and civilian members of the Defence Team
- Act as Unit/Community Health Promotion representatives.