

# UNIT HEALTH PROMOTION REP TRAINING

Edmonton



**Introduction**

**Health Promotion Overview**

**UHPR Overview**

**Areas of Focus &  
Programming**

**BALANCE/Total Health and  
Wellness Strategy**

**Group Activity**





# INTRODUCTIONS

**Name**

**Unit**

**Where are you from originally?**

**How long have you lived in Edmonton?**

**What is one thing you do to lead a healthier lifestyle?**





**WHAT DOES  
HEALTH MEAN  
TO YOU?**

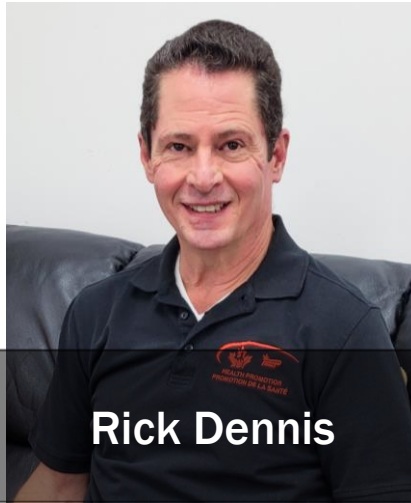
# HP EDMONTON

**Building 161**

**(Community Centre across  
from the Base Gym)**



# OUR TEAM



**Rick Dennis**



**Heather Gareau-  
Miller**



**Nicole Emerson**



**Charissa McKay**



**Vanessa Millman**

# HEALTH PROMOTION

**“...the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and realize aspirations, to satisfy needs and to change or cope with the environment.”**

**- Ottawa Charter of Health Promotion**

# STRENGTHENING THE FORCES

Provides CAF members and their families with the information, skills, and tools to promote and improve health and well-being.

Good health is essential to the well-being of members and to the operational readiness of the CAF.

## Target populations:

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





# WHAT IS A UHPR?

**Unit Health Promotion Representative**

**Someone who wants to make a difference!**

**Characteristics:**

- **Enthusiastic**
- **Engaged and proactive**
- **Positive leadership skills**
- **Interested in promoting a healthier workplace and CAF**
- **A great communicator**
- **Military or civilian personnel**
- **Any rank**

**WHY ARE  
YOU A  
UHPR?**





# MORE THAN ONE UHPR...

Take steps to communicate effectively with each other.

The goal is to work collaboratively.

If preferred, each UHPR can be designated specific roles/responsibilities with opportunities for collaboration on larger-scale projects.





# **UHPR NETWORK MEETINGS**

Held bi-annually (January and September) for all UHPRs across the Base.





**WHAT IS THE BEST WAY TO COMMUNICATE WITH YOU  
AND YOUR UNIT**





# STF HEALTH PROMOTION PILLARS





# INJURY PREVENTION & ACTIVE LIVING

**Injuries have a significant impact on operational readiness:**

- reduces the number of “good to go” personnel;
- increases the stress on limited military personnel;
- increases risk of long-term disability; and
- consumes limited healthcare resources.

**Active living integrates physical activity into everyday routines.**



# ADDICTIONS AWARENESS & PREVENTION

Promote a healthy, addiction-free lifestyle within the CAF community by developing and delivering effective primary interventions:

- educational and personal skill development;
- developing an environment that's supportive of an addiction-free lifestyle; and
- addressing organizational policies.





# NUTRITIONAL WELLNESS

Promote nutritional health within the CAF by delivering effective primary interventions:

- educational and personal skill development;
- enhance the food environment to increase the availability of nutritious choices; and
- addressing organizational policies.

# NUTRITIONAL WELLNESS: PROGRAM HIGHLIGHT

Canteen Check-Up

Community Garden

Tower Gardens





# SOCIAL AND MENTAL WELLNESS

Supports and encourages mental fitness.

- ⑩ Address stigma
- ⑩ Support members better
- ⑩ Access resources
- ⑩ Build Resilience
- ⑩ Foster skills development

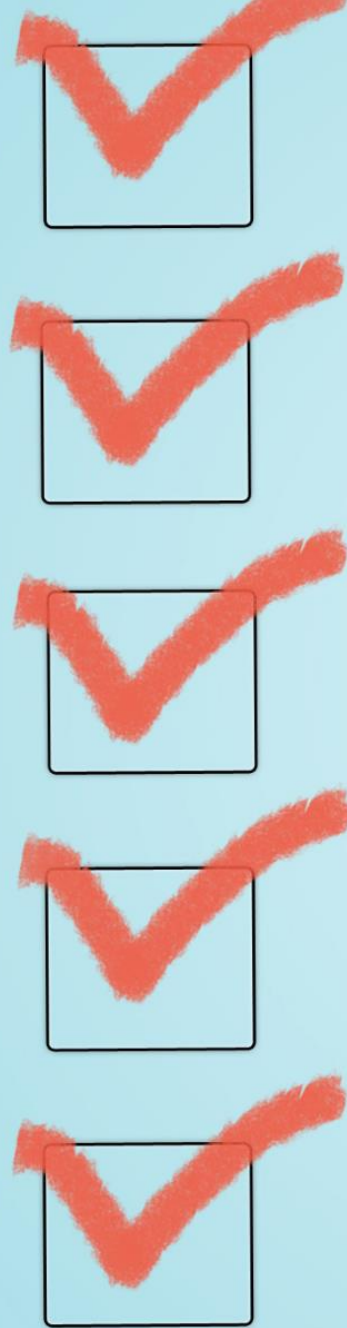




# ROLE OF UHPR







# COORDINATION AND DELIVERY

**Liaise with the POC for the CoC to schedule/plan briefings for the Unit.**

**Can assist with delivery of briefings, if appropriate and interested.**

A close-up photograph of a hand holding a bright pink pen, circling the number 12 on a calendar grid. The calendar shows days of the week (TUE, WED, THU) and various dates (27, 28, 29, 30, 3, 4, 5, 6, 10, 11, 12, 13, 14, 17, 18, 19, 25). The background is a solid black rectangle.

# CAMPAIGNS

Monthly campaigns are set out a year in advance.

Annual campaigns:

- Bell Let's Talk
- Nutrition Month
- Mental Health Awareness
- June is Recreation Month
- Healthy Relationships Campaign
- National Addiction Awareness Week
- Etc.

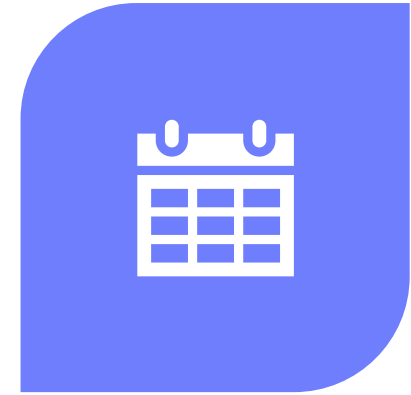
# ROLE OF UHPR: CAMPAIGNS



**PROMOTE CAMPAIGN  
ACTIVITIES TO PERSONNEL AND  
ENCOURAGE PARTICIPATION.**



**DISTRIBUTE ADVERTISING  
MATERIALS AS NEEDED.**



**SCHEDULE CAMPAIGN  
ACTIVITIES AT THE UNIT.**

# CHALLENGES

Can be hosted solely by the HP Dept or in conjunction with other departments.

UHPRs can create workplace challenges within their Unit or challenge other Units.

- HP Dept can provide assistance.





# RESILIENCE BOARDS

Information board(s) that provide useful, rotating information, resources, contacts etc.

HP will provide “board in a bag” options for you.



# **HEALTH & WELLNESS ENVIRONMENTAL SCAN**

Gain a better understanding of the strengths and challenges facing a Unit regarding promoting health and wellness among personnel.

Two part:

1. Anonymous survey distributed to personnel
2. In-person Scan of physical environment

Assesses:

- Injury Prevention and Active Living (e.g., stairwells, PT/fitness facilities, active transportation, etc.)
- Nutritional Wellness (e.g., canteen, vending machines, workplace functions, etc.)
- Social and Mental Wellbeing (e.g., support resources, etc.)
- Addictions Awareness & Prevention (e.g., smoking and tobacco, vaping, cannabis, alcohol, other drugs, etc.)
- Sleep (e.g., shiftwork, sleep facilities, etc.)



# HP LENDING LIBRARY





# BALANCE

CAF Physical Performance Strategy

## TOTAL HEALTH AND WELLNESS STRATEGY

Focusing on the Wellness of the Defence Community

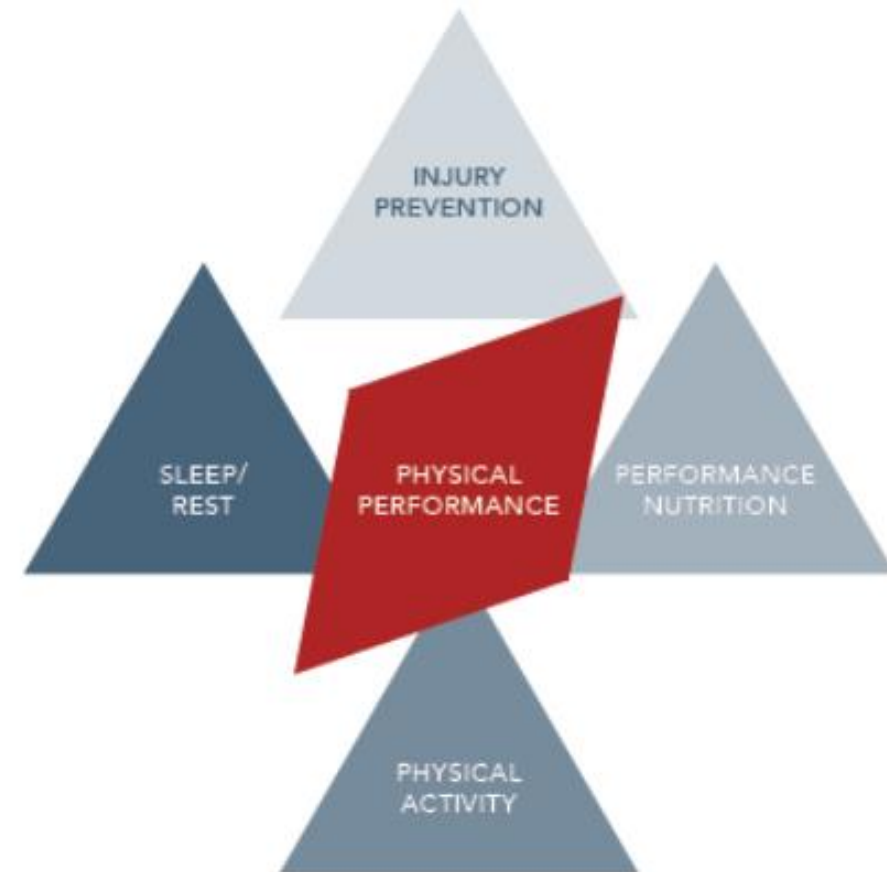


# BALANCE

Physical performance is an essential component of operational readiness.

Research indicates that, to perform at your best, you need to be trained and fit, properly fueled, well-rested and free from injury.

Designed to enhance the CAF culture of fitness and improve operational effectiveness through the Performance (P4) Behaviours.





# BALANCE: WHY WILL THIS WORK?

## Involvement

- At all levels in all stages of development and implementation

## Steering Committees

- Mention your local committee

## Mix of Responsibility

- Individual responsibility and CAF accountability

## Considerations

- Environment and the influence of those around you in supporting your efforts

## Activities

- Local and national activities with evaluation plans



# TOTAL HEALTH AND WELLNESS STRATEGY

Focusing on the whole  
person at work and at  
home.



# PROMOTING HEALTH: WHAT CAN YOU DO?

Foster a culture of health and wellness

- Lead the change and be the champion.

Reach out

- Talk to PSP HP and Fitness Depts to let them know what would make the healthy choice the easy choice.

Walk the walk

- Take personal responsibility for your own fitness and health (nutrition, physical activity, sleep, injury prevention).



# PHYSICAL ACTIVITY IN THE WORKPLACE

Fact sheet is provided at  
[www.cafconnection.ca/BALANCE](http://www.cafconnection.ca/BALANCE)

Information on potential interventions, including:

- Stair prompts
- Physical activity promotional material
- Walking routes
- Workplace challenges
- Bike storage
- Flextime for wellness activities
- Physical activity breaks





**WHAT ARE THE HEALTH- AND WELLNESS-RELATED  
ISSUES IN YOUR UNIT?**





**WHAT CAN BE DONE TO TARGET THESE ISSUES?**



# THE WAY FORWARD



**What do you want to do?**

**How are you going to start?**

**Do you need additional support?**

**How will you know when you have success?**



# CONTACT US



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