

# thrive

living **healthy**. living **well**.



## Put Movement Back into “Play”

Children’s ability to move their bodies with big and small movements, in all directions and different environments is one of the key components to school readiness and beyond—but this is not something children just “know” how to do! Children need opportunities to practice and move their bodies through play. This is called physical literacy.

Physical literacy means being confident and competent in your movements, trying new things, practicing what you already know and sharing joy with your loved ones through movement. “This is something that children are struggling with nowadays,” says Prairie Mountain Health Promotion Coordinator Nikki Dean. “One of the main reasons is that kids just don’t play like they used to 10 years ago or



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even 20 years ago.” Formal research, along with anecdotal evidence, shows that many children have difficulty performing skills requiring gross and fine motor competence. You may wonder why this is of concern; it is because we know that in order for children to achieve optimal physical and mental development, they need to move! Movement stimulates the development of systems in our body integral for literacy, attention and learning.

However, it is not all doom and gloom! There are many ways to improve our child’s fine and gross motor skills with play being

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# Moving Forward

**Redevelopment Projects Begin at Brandon Regional Health Centre (BRHC) and the Dauphin Regional Health Centre (DRHC)**

## BRHC

The \$13.75-million Brandon Regional Health Centre (BRHC) redevelopment project has begun. Construction will be completed in various stages so there is limited disruption to patients, families and health-care providers. PMH anticipates construction to take about two and a half years.

The redevelopment will include the renovation of 46,500 square feet of space at the facility and create 12 new medical in-patient single rooms with washrooms, along with expanded and improved areas for storage, staff work and family support. This will bring the total number of beds in the unit to 60. The project also involves relocating the existing pediatric unit to the second floor Annex of the hospital to

accommodate the medical bed expansion on the fourth and fifth floors.

During the first phase of the redevelopment we ask the public visiting patients on the 2nd floor to be aware that the family/visiting area and the public washrooms on this floor will not be accessible during this time. We ask you to use the main floor atrium waiting/visiting space and washrooms.

PMH will be providing further updates as the project proceeds through the various construction phases.

## DRHC

Construction has begun on the new magnetic resonance imaging (MRI) suite at Dauphin Regional Health Centre (DRHC).

The MRI suite will be located in a new, approximately 2,500 square-foot building at the facility and include the MRI control room, the MRI room, equipment and waiting rooms, washrooms, housekeeping, storage, change rooms and staff work areas.



Brandon Regional Health Centre



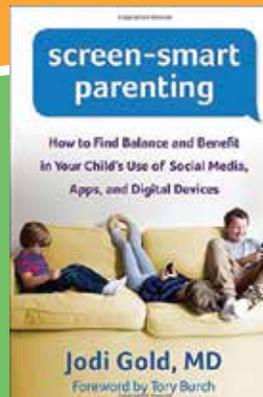
Dauphin Regional Health Centre

Overall construction on the MRI suite is expected to take about 12 months, with an anticipated opening date of spring 2017.

In addition, initial design work is completed on the proposed redevelopment of the Emergency Department and Special Care Unit (SCU) at the Dauphin Regional Health Centre. The project went to tender in early 2016. Once the tender is awarded a more defined construction timeline will be established. ■

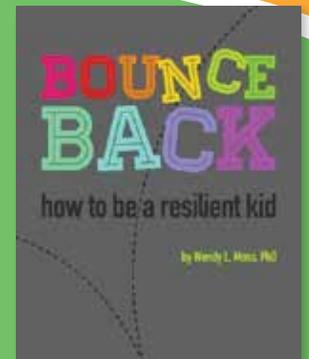


Remember to follow us on Twitter @[PrairieMtHealth](#) and @[pmhcareers](#) and Like us on Facebook.

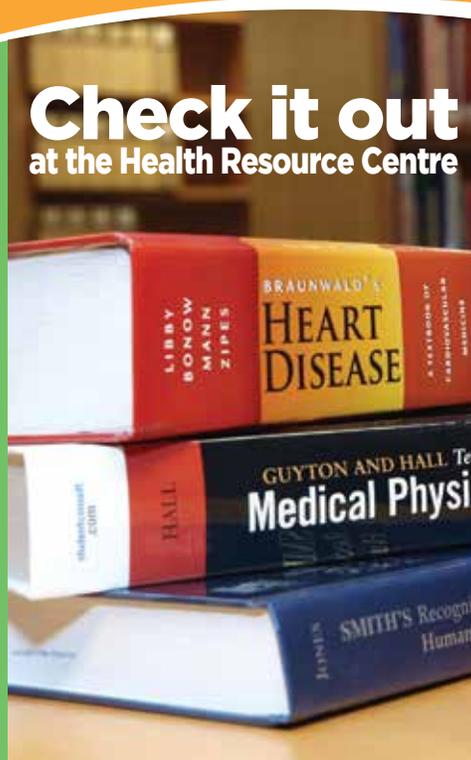


### Screen-Smart Parenting

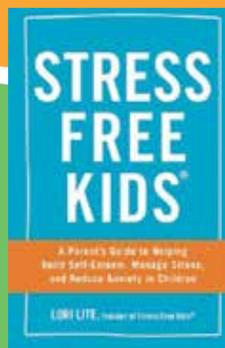
deals with the issue of raising children in the age of digital technology. The information in this book will help parents create a family technology plan that protects children from digital harm while still allowing them to enjoy the benefits that technology has to offer. The layout of this book makes it easy to chart each stage of a child's digital development, from birth until adulthood.



Resilience means being able to “bounce back” from the challenges of life (adversity, trauma, tragedy, threats, or stress). It isn't something you're born with. It must be learned. **Bounce Back** is a book that teaches kids how to be resilient. It'll help them understand their emotions, address social conflicts, identify sources of stress, and deal with difficult decisions.



**Check it out**  
at the Health Resource Centre



Stress is everywhere. Learning how to react to stressful situations is the best way to avoid developing stress-related health issues.

**Stress Free Kids** gives parents the tools they need to raise children who can cope with the increasing demands of everyday life. The strategies offered in this book will help children to reduce worries and anxiety while increasing their self-esteem.

The featured books are available to borrow at the Health Resource Centre (HRC), located at the Brandon Regional Health Centre, or check your local library. The HRC is open to the public Monday to Friday, 8:00 a.m. to 4:30 p.m. To contact us, please call 204-578-4080 or email [library@pmh-mb.ca](mailto:library@pmh-mb.ca).

# Put Movement Back into “Play”

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the basis for learning. First and foremost, the most important thing you can do as a parent is to provide numerous opportunities for your child to be active. This should be through both free play and structured activity. To break this down further, we will look at gross motor skills and then explore how screen time and a small element of risk influences our kids.

Gross motor skills are larger movements that involve the arms, legs or other large body parts to perform movements like running, hopping, jumping and throwing. These fundamental movement skills are foundational to being active for life. The Canadian Physical Activity Guidelines recommends that preschool children get at least three hours of activity at any intensity spread throughout the day. The goal is for preschoolers to increase gradually the intensity of their activity so that by age five, at least one of the three hours is spent in energetic play. Some ways to promote gross motor development in your child include playing games that involve running, hopping, skipping, galloping, throwing, catching, kicking and balancing. Encourage outdoor play with natural elements; jump in puddles, play in mud, climb a tree or set up an obstacle course with anything you have on hand.

## How Much Screen Time is Too Much?

- 0-2 year old: No screen time
- 2-5 year old: less than 1-2 hours per day
- 5-11 year old: no more than 2 hours per day

It likely won't surprise many people to suggest that one of the biggest barriers to active play is screen time and technology which includes TVs, computers, tablets and smart phones. This is not to say that all screen time is bad, and there may be some opportunities for education with technology. However, we all need to take an active role in setting limits on screen time for children.

Age appropriate risk is another important part supporting our children to be physically literate. Yes, we need to be safe in today's world, but if we do not let kids fall, then they will not learn how to get back up. Learning to fall safely is an important part of life. It can be exciting and challenging for kids to climb one step higher, and small successes build confidence. Sometimes, when the environment is safe, we need to resist that urge to say “be careful!”

Prairie Mountain Health has been working with our local and provincial partners to encourage physical literacy by holding workshops and training opportunities for Early Childhood Educators, coaches, recreation professionals, community volunteers and parents. Watch for more opportunities to play and learn with us! There are also many activity programs for preschool children throughout the region. Contact your local recreation department or public health unit for programs in your area. In the meantime, get outside as a family and take advantage of summer! ■

### References:

- *Preschooler Focus Newsletter* (McMaster University)
- Position Statement on Active Outdoor Play (accessed from Participaction)
- Fit Kids Healthy Kids
- Canadian Physical Activity Guidelines



## Take Advantage of Summer to Get Active With Your Family

Use some ideas from our summer bucket list to get started!

- Play with sidewalk chalk
- Blow bubbles then chase and pop them
- Run through a sprinkler
- Free play at the playground
- Go on a scavenger or treasure hunt
- Go on a nature hunt and then make art with your finds!
- Go for a family bike ride
- Go for a walk or hike and pack a picnic lunch
- Try geocaching
- Make mud pies
- Raining outside? Dance in the rain or catch raindrops on your tongue
- Start an annual outdoor family Olympics
- Count how many times you can somersault, cartwheel, hop on one foot or frog jump before you get tired
- Play catch
- Check out a local pool or splash pad
- Fly a kite on a windy day
- Give your cars, dolls and other toys an outdoor bath
- Learn to hula hoop
- Build an outdoor fort
- Jump rope

For more resources or activity ideas:

- Fit Kids Healthy Kids ([www.fitkidshealthykids.ca](http://www.fitkidshealthykids.ca))
- Active For Life ([www.activeforlife.com](http://www.activeforlife.com))
- Participaction ([www.participaction.com](http://www.participaction.com))

## DASH Tent — Sunday, June 5<sup>th</sup>, 10 a.m. to 4 p.m. Kirkcaldy School Grounds, 10 Knowlton Drive

### THANK YOU TO OUR 2016 DASH SPONSORS

Prairie Mountain Health and the BRHC Foundation thank the following businesses, partners and volunteers who help make Dudley's Ambulatory Surgical Hospital - DASH Tent a huge success. Because of their support this fun and educational event is FREE to the children and their families!

- |                           |                             |                           |
|---------------------------|-----------------------------|---------------------------|
| • Boston Pizza            | • Domino's Pizza            | • Safeway - Corral Centre |
| • Brightside Dental       | • Giant Tiger               | • Summit Promotions       |
| • BSN Medical             | • McDonald's Restaurant     | • Superstore              |
| • Canada Moving           | • MGEU                      |                           |
| • Canadian Blood Services | • PMH Print Room            |                           |
| • Child & Family Services | • Prairie West Academy      |                           |
| • Dietitians of Canada    | • Regent Custom Cresting    |                           |
| • Display Manitoba        | • Reid Takvam - Tent Rental |                           |

*DASH Tent is held in conjunction with the Westman Dreams for Kids Children's Country Fair!*



  
PRAIRIE MOUNTAIN HEALTH

  
Brandon Regional Health Centre FOUNDATION

# Assessing Equity in Brandon's Foodscape

by Nancy McPherson, Associate Professor, Department of Nursing  
 Dr. Derrek Eberts, Associate Professor, Department of Geography  
 Dr. Dion Wiseman, Associate Professor, Department of Geography

You may remember completing a survey a while back asking about where your family gets food. This was part of a larger research project developed through a partnership between Brandon University, Neighborhoods Alive!, and the Brandon Neighborhood Renewal Corporation.

The research questions were:

1. What is in place within the City of Brandon that promotes food security? and
2. What ought to be in place within the City of Brandon to promote food security?

According to the World Health Organization, food security refers to all



PMH Health Promotion Dietician Laurie Evans works with a local grocery store in Swan River and with community leaders in Camperville and Duck Bay to improve access to healthy foods, such as the creation of a Food Action Committee to support programs such as Better Access to Groceries (BAG).

people at all times having access to sufficient, safe, nutritious food to maintain a healthy and active life.

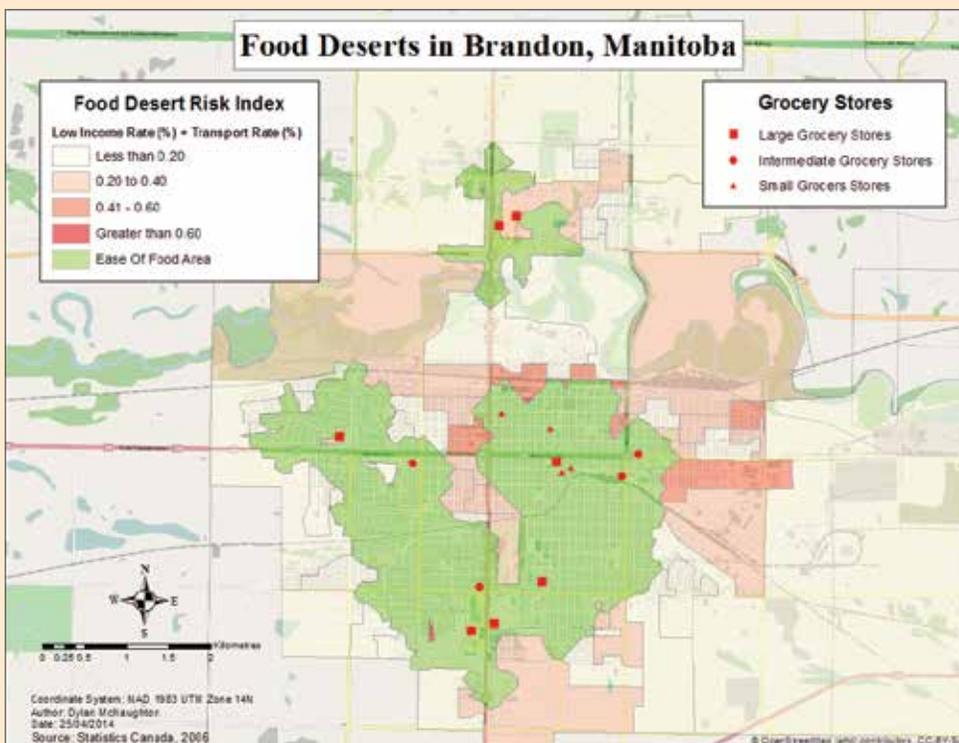
Survey results showed that:

- Food hampers and the soup kitchen were the most frequently used community food resources.
- Most people in Brandon get their food from large supermarkets.

- There is a broad awareness of the Farmers' Markets.
- There is a perception that fair trade products are more costly, and this prevents people from purchasing them.

The geography component of the project mapped the food outlets within the city of Brandon. This provided a visual representation of food deserts in the city – those areas that do not have access to affordable, healthy food options within a travelling distance that could be managed by those without a car. The map included three categories of grocery stores: large (greater than 30,000 square feet), intermediate (less than 30,000 square feet with more than 2 cash registers), and small (2 or less cash registers but had one or more aisles of food carried in larger grocery stores). Through the mapping process, we learned that many of the lower income areas in the city are also food deserts.

Many efforts to support food security have expanded throughout Brandon over the last few years (see Box for examples). Plans to support food security in other communities in Prairie Mountain Health are underway. For example, in Camperville and Duck Bay, the Health Promotion Team with Prairie Mountain Health is spearheading the formation of a Local Food Action Committee and the distribution of Good Food Bags. ■



## Food Security Initiatives in Brandon

### Food Charter

The City of Brandon signed a Food Charter in 2014 to strive to ensure that all citizens, regardless of economic and social status, have access to sufficient, affordable and nutritious food to meet their dietary needs and to be free from hunger.

### Community Gardens

There are 15 garden locations with over 800 garden plots. The garden network also offers free workshops and seminars to the community from April to October of each year.

For more information on Brandon's Community Gardens, contact Blake Hamilton at [Hamiltonblake@gmail.com](mailto:Hamiltonblake@gmail.com) or call 204-573-5314

### Canadian Mental Health Association

The **Global Market** is an open market for all producers, artisans, and food vendors to sell their goods and food.

The Global Market **Community Kitchen** located at 1233 Rosser is a fully-stocked government inspected kitchen for the community to use at \$10/hour 24/7.

The Global Market **Good Food Box** makes local produce and fruit accessible at the lowest price possible to the community. The Good Food Box is offered in 3 sizes (small \$8, medium \$15, large \$20) to the community on a bi-weekly basis.

To inquire about any of the Global Market programs, contact Erin Gobeil at [globalmarketbrandon@gmail.com](mailto:globalmarketbrandon@gmail.com) or call at 204-761-4385.

Nancy McPherson is an Associate Professor in Nursing in the Faculty of Health Studies and is the **Population Health Planner Analyst with Prairie Mountain Health**. Dr. Derrek Eberts and Dr. Dion Wiseman are Associate Professors in Geography in the Faculty of Science. Acknowledgement also needs to be shared with two Geography students, Dylan McNaughton and Peter Brandt.

For more information about BU Health Studies research, contact Donna Epp, Research Facilitator, at [eppd@brandonu.ca](mailto:eppd@brandonu.ca) or 204-571-8532.

## It's Tick Season: Take Precautions to Minimize Risk of Lyme Disease

Lyme Disease season is upon us once again. The ticks that carry a bacteria that cause Lyme Disease are blacklegged ticks. These are most commonly found within and along the edges of wooded or forested habitats and in areas with thick, woody shrubs and other vegetation that provide sufficient cover and typically high humidity.

Residents and visitors to Lyme disease risk areas are strongly encouraged to take precautions to minimize their risk of exposure to blacklegged ticks, including:

- applying an appropriate tick-repellent, following label directions, on exposed skin and clothing,
- inspecting yourself, children and pets after spending time outdoors ,
- removing ticks as soon as possible from people and pets
- staying to the centre of walking trails,
- wearing long pants and long sleeved shirts, and
- keeping grass and shrubs around your home cut short to create drier environments that are less suitable for blacklegged tick survival.

The signs and symptoms of Lyme disease vary and usually appear in stages.

A small, red bump often appears at the site of a tick bite and resolves over a few days. This is normal after a tick bite and does not indicate Lyme disease.

However, the following signs and symptoms may occur within a month after you've been infected:



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- **Rash.** From 3 to 30 days after an infected tick bite, an expanding red area might appear that sometimes clears in the center, forming a bull's-eye pattern.
- **Flu-like symptoms.** Fever, chills, fatigue, body aches and a headache may accompany the rash

If untreated, new signs and symptoms of Lyme infection might appear in the following weeks to months. These include a rash in other areas of your body, joint pain or neurological problems.

Only a minority of blacklegged tick bites leads to Lyme disease. The longer the tick remains attached to your skin, the greater your risk of getting the infection. Lyme infection is unlikely if the tick is attached for less than 36 to 48 hours.

If you think you've been bitten and have signs and symptoms of Lyme disease—particularly if you live in an area where Lyme disease is present—contact your doctor. Treatment for Lyme disease is more effective if begun early.

For more information please visit [www.gov.mb.ca/health/lyme/surveillance.html](http://www.gov.mb.ca/health/lyme/surveillance.html).



## CAREER OPPORTUNITY

Prairie Mountain Health Professionals...

### DELIVERING QUALITY HEALTH SERVICES

For a complete listing of available opportunities, please visit our website.

[www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca)

# Learning to See the “Health” in “Mental Health”



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There is a certain mystique with the term “mental health”. It has become one and the same with “mental illness” or “mental health problem,” and not the literal meaning—being mentally healthy. One question that is front of mind these days is how do we prevent mental health problems or illness? However, we should also look at how to keep our kids, and ourselves, mentally healthy. Let’s dive into the distinction between these two ideas for a moment.

First of all, let’s take a look at the difference between mental distress, mental health problems, and mental illness. Dr. Stanley Kutcher and the good people at [teenmentalhealth.org](http://teenmentalhealth.org) explain that **mental distress** is something everyone experiences every day, and is our brain’s natural reaction to daily events. Mental distress is good for us and can be helpful for our kids to learn and grow in new ways. One way we try to prevent mental health problems is to avoid mental distress. However, this could have negative effects such as a poor development of coping skills and intensified mental health problems. The more we can learn to manage and cope with mental distress, the more we will be able to bounce back from life’s problems. This is called resilience. Mental distress is often good for us. It helps us solve problems, create new ideas

and learn new skills. Finding the right balance of mental distress is key, as too much can lead to mental health problems.

Moving up the ladder from mental distress, Kutcher further explains that **mental health problems** are our brain’s response to more persistent life problems such as divorce or persistent ill-treatment from others. It is important to understand that this occurs many times during anyone’s lifetime and displays that sometimes we need a little help to cope and bounce back from life’s more persistent difficulties. Family, friends and supports have a big role to play in helping someone experiencing a mental health problem. Coaching and modelling healthy responses to difficulties is important, as well as listening, support, and good old-fashioned time. Sometimes, mental health problems do require assistance from a mental health professional such as a counsellor, mental health worker, social worker or therapist (among others). The benefit of working through a mental health problem with the caring people in your life is essential for successful emotional development.

Warning: Spoiler Alert. In the movie *Inside Out*, the two concepts of mental distress and mental health problems are displayed perfectly. Different scenes throughout the movie show Riley, the main character, experiencing mental distress such as losing an important hockey game. When her family and team support Riley, she can bounce back. Things progress further when their family moves from their hometown and Riley loses her friends and hobbies. Slowly Riley starts

showing signs of difficulties such as sadness, a lack of interest in activities she used to enjoy, disconnection from family and friends, and finally anger. This progression represents a developing mental health problem that can be improved by help from family to assist her to cope with all of these new stresses.

Now, let’s move on to mental disorders or **mental illness** for another familiar term. A mental disorder occurs when an individual’s brain is not functioning as it should, and this causes significant difficulties in their life. Mental disorders require treatment and diagnosis from professional mental health staff along with constant support from family and friends. Mental disorders are caused by a combination of genetic and situational or environmental factors and affect approximately 20% of the population.

If we can shift the focus from avoiding mental distress or mental health problems to being mentally healthy, we can embrace the positivity of experiencing adversity and focus on growth and wellness.

Consider the following when you evaluate your or your child’s mental health: Are you...

- **Able to enjoy life** – Can you live in the moment and appreciate the “now”? Are you able to learn from the past and plan for the future without dwelling on things you cannot change or predict?
- **Resilient** – Are you able to bounce back from hard times? Can you manage the stress of a serious life event without losing your optimism and sense of perspective?
- **Balanced** – Are you able to juggle the many

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# Nurse Practitioners: Enhancing Access to Care Within Prairie Mountain Health

**D**octors and nurses. These are usually the first two professions that come to mind when listing health care providers. However, for a better part of the past decade, a third option has increasingly become a very important part of providing and complementing health care services in Manitoba—Nurse Practitioners.

Nurse Practitioners (NPs) have been working in the province since legislation was passed in 2005. They can work independently and can provide many of the services offered by a family physician. These include:

- Assessments and physical exams, including Pap Tests and pre-natal exams;
- Diagnosing and managing common issues and chronic conditions;
- Prescribing most medications and therapies;
- Ordering diagnostic tests like blood work, x-rays, and CT scans;
- Performing minor procedures; and
- Referring to other health providers including specialists.

NPs collaborate and consult with physicians and other health-care providers. They work in a variety of settings, including primary care clinics and personal care homes.

Prairie Mountain Health (PMH) has 12 Nurse Practitioners providing service within the region. They are currently based in Birtle, Boissevain, Carberry, Glenboro, Grandview, Minnedosa, Roblin, Russell, Wawanesa, and the 7th Street Health Access Centre in Brandon.

NPs also provide service on the PMH Mobile Clinic, which has been seeing patients in the region since February 2014.

In Roblin, Nurse Practitioners Heather Hollinda and Sheila Kringle have been practicing since 2010. They trained with



*Left to right: Nurse Practitioner (NP) Jodi Allard, who will be working out of Winnipegosis starting in June, along with NPs Heather Hollinda and Sheila Kringle, who both work in Roblin and Grandview and provide services on the Mobile Clinic to San Clara and Tootinaowaziibeeng First Nation, as well as teen clinics in Roblin, Swan River and Dauphin.*

Ed Doering, Roblin Review

physicians in Grandview and provide services at Roblin District Health Centre and Grandview Medical Clinic. They also currently provide service to the communities of San Clara (north of Roblin) and Tootinaowaziibeeng First Nation via the mobile clinic.

NPs help reduce the strain on the health care system in part because of their accessibility to patients and the time they can give to their clients.

“In taking a more holistic approach to health care, we can spend more time with clients and together, work on an overall plan to make positive changes to their health. We can take time for more discussion, leaving patients feeling more involved in their health plan,” says Sheila Kringle.

“We try to be partners in our clients’ health. We see many people with chronic diseases like diabetes, high blood pressure, osteoarthritis and even mental health issues,” Hollinda added.

“Women are very reluctant to see male doctors with some of their health issues, so we can help in timely access to care in that way.”

In Brandon, Sheryl Campbell became the first NP back in 2010 and worked out of the 7th Street Health Access Centre. She now provides service in Boissevain.

Campbell says as a NP there is often more dialogue with their patients regarding their well-being and health goals.

Campbell sums it up best when she did a presentation to students; it was an example of “a day in the life of a NP” when she worked at 7th Street Health Access Centre.

“I saw a 65-year-old woman who needed a refill of her blood pressure (BP) pills. I checked her BP, listened to her chest, checked her legs for edema (swelling). Asked her questions about chest pain and edema, and it turned out her BP was up. We talked about diet, exercise, and quitting smoking. I provided another prescription for her BP meds and something to reduce smoking cravings, and referred her to the smoking cessation counsellor; I ordered blood work, a chest X-ray, and an EKG and asked her to come back in two weeks. I think the takeaway message from all of that is we can see and potentially manage clients over a longer term to coordinate care.”

In Birtle, NP Shannon Emerick joined the Birtle Primary Care Clinic team in May 2015. She also provides services via the Mobile Clinic.

“After I returned to Birtle about five years ago, I quickly became aware of the need in the town and surrounding communities

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## Nurse Practitioners

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for consistent primary care services. I decided to advance my education to help fill the need of providing that type of continuing care,” Emerick stated.

PMH Primary Health Care Manager Diane Ciprick says there are a number of ways the region works to recruit and retain Nurse Practitioners.

“One of our most successful recruitment efforts was our “Grow Your Own NP” strategy. In 2014, PMH sent out a call to PMH nurses who were enrolled or interested in enrolling in a NP Master’s program. We were able to identify and support five individuals towards completion of their NP education in return for future services,” Ciprick stated.

“Shannon Emerick (NP) was our first graduate from this successful initiative and within 2016, we expect our final four to

graduate. By the end of 2016, we anticipate having a minimum of 16 NPs providing primary health care within PMH.”

PMH also works closely with universities to support training of NP students, with the practicing NPs mentoring these students during their practicum placements. Ciprick notes that it gives “trainees” an opportunity to see what the region has to offer.

“Currently, we have NP students doing placements in the region from University of Manitoba, University of Regina and Athabasca University,” Ciprick added.

PMH Primary Health Care Director Pam Walker says the region will remain supportive of “grow your own” strategies.

“Many of our NPs and students have benefitted from grants, scholarships, and bursaries available to NP students. Local community foundations have also supported NP students. This is a very important source of support and a good return on investment for communities to consider.

PMH is a leader in Manitoba, and the region will continue incorporating Nurse Practitioners into the health care team. If you or your family are looking for a family doctor or nurse practitioner who can provide you with a home base for your health care needs simply call Family Doctor Finder toll-free 1-866-690-8260, Monday to Friday between 8:30 a.m. and 4:30 p.m.

For more information on NPs and the role they play in the health care system visit the Nurse Practitioner Association of Manitoba’s website at [www.nursepractitioner.ca](http://www.nursepractitioner.ca) or the Canadian Nurses Association’s NP site at [www.npnow.ca](http://www.npnow.ca) . ■

## Learning to see the “Health” in “Mental Health”

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aspects of your life? Can you recognize when you might be devoting too much time to one aspect, at the expense of others? Are you able to make changes to restore balance when necessary?

- **Self-actualized** – Do you recognize and develop your strengths so that you can reach your full potential?
- **Flexible** – Do you feel (and express) a range of emotions? When problems arise, can you change your expectations—of life, others, and yourself—to solve the problem and feel better?

([www.teenmentalhealth.org](http://www.teenmentalhealth.org))

For more information and resources, go to [www.teenmentalhealth.org](http://www.teenmentalhealth.org). You can also contact Prairie Mountain Health’s Child & Adolescent Treatment Centre at 1-866-329-5459 or go to [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca). ■

### By the Numbers

Check out the *Community Health Assessment* on the PMH website at [www.pmh-mb.ca/index.php/pmh-releases-community-health-assessment](http://www.pmh-mb.ca/index.php/pmh-releases-community-health-assessment) ! One of many highlights include the Youth Health Survey results for Grade 7 to 12 students living in the Prairie Mountain Health Region. Students reported the following:

**37%** Students who “often” or “always” had trouble going to sleep and staying asleep

**23%** Students who “often” or “always” found it difficult to stay awake during class or school

**25%** Students who consumed five or more drinks of alcohol within a couple of hours on at least one day in the past month

**25%** Students who used an illegal, prescription or over-the-counter drug for the purpose of getting high in the past year

**14%** Students who considered themselves to be a current smoker

**25%** Students who were exposed to second-hand smoke “every day” or “almost every day”



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