



Better Health

Keewatin Yatthe Regional Health Authority
MONTHLY HEALTH PROMOTION NEWSLETTER



January 2013 Theme – Tobacco

Welcome, Tansi, Edlaneté, Happy New Year!

It's a new year — the perfect time to launch a new health promotion newsletter. Each month will feature a health topic, with related articles, tips, links, resources and events to keep you informed — and healthy!

Share the good news with co-workers and clients. Post in your facility.

Please feel free to send me your feedback, comments, inputs, ideas and stories to share.

amanda.laboucance
@kyrha.sk.ca
(306) 235-5833

Smoking and your health

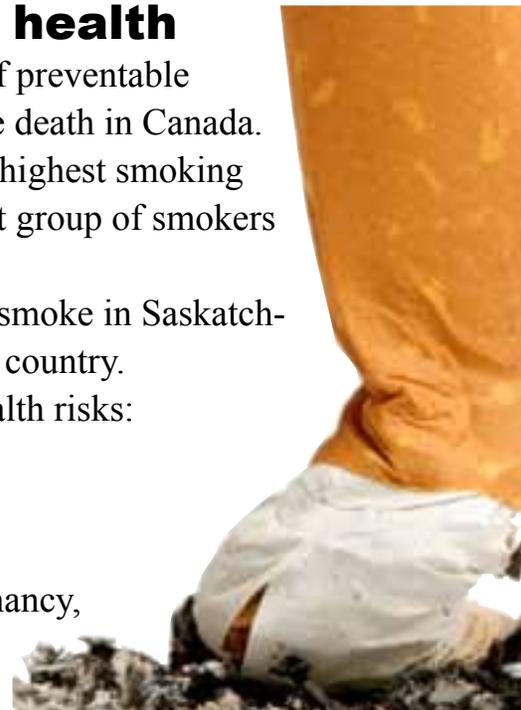
Smoking is a leading cause of preventable illness, disability and premature death in Canada.

Saskatchewan has one of the highest smoking rates in Canada, with the largest group of smokers 20 to 24 year olds.

And more 15 to 19 year olds smoke in Saskatchewan than anywhere else in the country.

Tobacco use poses many health risks:

- Cardiovascular disease,
- Cancers,
- Respiratory problems,
- Negative effects during pregnancy,
- Gastrointestinal effects,
- Problems with gums, teeth.



LET'S MAKE 2013 A SMOKE-FREE YEAR!

*Launched by the Population Health Unit, the **Northern Tobacco Strategy** is educating youth, raising awareness about the harmful effects of tobacco and teaching about the traditional use of tobacco in Aboriginal culture. Coordinators have worked closely with Ile a la Crosse youth and are starting to expand to other communities in our region.*

National Non-Smoking Week January 20-26, 2013 *Give it a try!* <http://nnsnw.ca>

Change your triggers!

If you reach for a cigarette when you feel stressed — go for a five-minute walk instead.

If you usually have a smoke with your coffee — have an orange juice or coffee instead.

If you like the social part of a “smoke break” — hang out with non-smokers on your break.

The first step in identifying your triggers: Look for patterns and try new things to break the cycle!

DIABETES ALERT:

Smokers are at greater risk of developing type II diabetes.

If you already have diabetes, smoking can cause more harmful effects and complications.

Free, confidential, bilingual access to a trained “quit specialist”— Connect to Quit

smokers' helpline

smokershelpline.ca
1 877 513-5333