



Health Promotion Chair

Health Promotion Initiatives

CCCN's scientific program includes abstracts that demonstrate health promotion activities that are helping to decrease the risk of cardiovascular disease in Canada. The health promotion oral sessions and poster presentations share numerous initiatives and successful strategies that are assisting patients, family members, professional colleagues and the community at large to achieve their optimal cardiovascular health. This year CCCN adopted the slogan, "Health Promotion Starts With Us", originally developed by the BC & Yukon Chapter. This slogan encourages nurses to take care of their own cardiovascular health by increasing physical activity, minimizing stress, choosing healthy foods and choosing to be tobacco free. In other words, to practice what we preach to our patients!

In addition, health promotion activities were incorporated into the health promotion educational sessions at the National Conference. In Vancouver 2006 a 30 minute walk preceded the educational session. This was well received by members and will be offered again in Quebec City for 2007.

Health Promotion Educational Session 2006

The Health Promotion Educational Session held in Vancouver was a great success. Dr. Martin Collis, North America's foremost speaker on personal and professional wellness, captivated the audience with his outstanding, talk, "Workplace Wellness – It Starts with You". He clearly demonstrated to us how walking and incorporating 10,000 steps (5 miles) a day results in overall physical and mental wellness. Delegates left the session motivated to begin or increase walking, with some committed to walking across Canada! Dr. Collis provided access to his website (speakwell.com) where his book, "Walking, Weight and Wellness" and pedometers can be ordered and where information on virtual walking, such as the circle Canada route can be found. Dr. Collis's invigorating presentation achieved the objectives of the Health Promotion Educational Session - to educate, motivate and challenge CCCN members from across Canada, to continue promoting and participating in public health activities and policy development initiatives with respect to the issue of physical inactivity as a cardiovascular risk factor.

Health Promotion Educational Session 2007

This year in Quebec City, CCCN's Health Promotion Committee is pleased to present a Health Promotion Educational Session on Tuesday morning October 23, 2007, from 0800 - 0900 hours. The topic will be "Obesity: Current Non-Pharmacologic Approaches". CCCN is delighted that Dr. Paul Poirier MD, PhD, FRCPC, FACC, FAHA, Associate Professor of Pharmacy and Director of the Cardiac Prevention/rehabilitation program at Laval University, has agreed to share his vast expertise in this area. Dr. Poirier is actively involved in research, clinical practice, has authored or co-authored numerous scientific papers and will share with us his long-term interest in exercise, obesity, diabetes, cardiomyopathy and the role of weight loss and exercise in the management of these diseases. The risk of cardiovascular disease from obesity remains a timely and emerging health care issue that requires education and intervention within our population.

Smoking Cessation

CCCN members remain active around smoking cessation. Members continue to lobby their local, provincial and federal politicians, as well as being visible through the media, with the outcome of influencing proposed and current legislation for a smoke free environment. CCCN members continue to provide numerous smoking cessation programs and health education initiatives on non-smoking within their institutions and local communities across Canada.

Volunteers

CCCN members are committed volunteers across the country participating in numerous health promotion initiatives, as well as working collaboratively with the Heart and Stroke Foundation at the local, provincial and national levels in promoting a heart healthy lifestyle for patients, their family members and the general public. This past year, health promotion initiatives included public and professional education sessions on the new Canadian Hypertension Guidelines. The symposium on this topic held in Vancouver on October 21, 2006 was well attended by CCCN members. This year a combined CHEP-CCCN hypertension pre-conference workshop will be offered on Sunday October 21st.

CCCN Web Site

The Members Lounge area of the CCCN web site provides an excellent opportunity to share your thoughts and ideas. The Health Promotion Committee has two areas where you can collaborate with online members. There is a Discussion Board where you can post messages and an area for document sharing. The web site is a great way to maintain communication on CCCN's Health Promotion accomplishments and provides links to other resources such as the Canadian Hypertension Society, Canadian Lipid Nurse Network and the Heart and Stroke Foundation of Canada.

I would like to thank Sandra Matheson for her very hard work over the years as Chair of the committee, for her continued tireless efforts for CCCN and especially for her support this year in my transition to this role.

Respectfully submitted,

Dorothy Morris