Burntwood
Regional Health Authority

Press Release

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Chronic Disease Prevention Initiative Conference held from Feb. 23 to 25

Thompson, Manitoba – The Burntwood Regional Health Authority is hosting its annual Chronic Disease Prevention Initiative Conference: Pathways to Healthy Living in Thompson from February 23 to 25. The program strives to deal with a high rate of chronic disease through the programs four pillars of increasing physical activity and healthy eating, reducing tobacco use and looking after mental well-being.

The cornerstone of the program's success is it is delivered at the community level, by the community. Local activities are occurring in 22 of the 26 communities in the Burntwood Region, and work towards the prevention of such chronic disease as heart disease and stroke, Type 2 Diabetes, kidney disease, lung disease and some types of cancer such as breast, prostate, lung and colon.

It is recognized in the Burntwood Region that one out of every four people are obese, only one-third of people eat five or more servings of vegetables and fruit each day, and 35.3 percent of people smoke, compared to 20.4 percent provincially. This is why the BRHA sees this as a vital program to combat these trends.

The annual conference brings representatives from the 22 communities together and gives them an opportunity to network and learn important aspects about the prevention of chronic disease and promotion of healthy lifestyles to take back to their communities and incorporate in their activities.

Some of the sessions during the three days include Community Development, Community Engagement, Health and Literacy and Mental Health First Aid. Training sessions will also be offered in the Manitoba Lung Association's Lungs are for Life program and the Manitoba Fitness Council's Active Living Facilitator Course. Keynote speaker for the conference is David Sanderson, the Justice Director for Manitoba Keewatinowi Okimakanak.