



## **Staffing Changes**

After working with **TJ Biemans** in his position as the Tobacco Reduction Coordinator, we were sad to bid him farewell in March as he took on a different position in the north. We are very grateful to TJ for his valuable contribution to our initiative.

**Temilade Adediji** assumed the role of Tobacco Reduction Coordinator in April. Temi comes to us from Saskatoon, where she completed her Master of Public Health degree last year and has been active with community organizations. She has a particular interest in health promotion and education and we are glad to have her on board.

## **Thank You to Our Northern Adult Allies!**

Working with adult allies (teachers, social workers, community education and outreach workers) for delivering workshops has been a key to the successful delivery of these sessions. In preparation for the workshops, the youth facilitator has contacted the adult ally in advance to pre-review the session and held briefing sessions afterwards, which has been immensely helpful. Having the adult ally in the sessions has also contributed to capacity building as they remain a valuable resource in the community or school, and are able to assist with youth inquiries related to tobacco smoking after the workshops.



Adult allies are also encouraged to use our specially created resource, **Youth Tobacco Reduction Workshop Facilitator's Guide**, to provide future workshops. The instructional guide contains information such as video files, powerpoint slides, activity outlines and useful handouts for participants.

## **Tobacco Reduction for Teachers: Additional Support to Northern**

### **Teachers Through Online Webinars**

In March we were pleased to provide free online webinars to teachers within the north.

The aim of the webinars was to provide a convenient and interactive opportunity for teachers (both on and off reserve) to learn more about strategies to provide tobacco cessation and prevention interventions among students. The webinars covered information on brief interventions for tobacco cessation, community supports, available resources, classroom awareness-building ideas and how to support tobacco-free school environments. We also used this opportunity to continue encouraging participation in the *Let's Talk Tobacco* Campaign.



### ***Our Team:***

***Dr Moliehi Khaketla - Clinical Lead***  
***Temilade Adediji - Coordinator***  
***Holly Hallikainen - Youth Facilitator***

***Laura Kuley - NHCP Coordinator***

***Donna Stockdale - Director, Population Health Unit***  
***Northern Tobacco Strategy***

## Learning From Elders : Northern Tobacco Strategy Capacity Building Event



Northern Tobacco Strategy

In February the Northern Tobacco Strategy committee held a capacity building event in Prince Albert, the aim of which was to learn about the significance of sacred or traditional tobacco within Aboriginal communities, from Elders. We were privileged to have four elders from Cree, Dene and Metis communities participate and share information from their different perspectives. The event, which began with a pipe ceremony and prayer, sparked a lot of discussion and was well received by both Elders and participants.



## Northern Youth Take Part in the Provincial Tobacco Reduction Symposium

On the 25<sup>th</sup> and 26<sup>th</sup> of April 2013, our team participated in the 2013 Saskatchewan Tobacco Reduction Symposium which was held at the Delta Bessborough Hotel in Saskatoon. The event, which was hosted by the Ministry of Health, provided an opportunity for us to interact with participants, learn about other community tobacco reduction projects and to share information about our Initiative. Holly Hallikainen delivered a presentation which provided a background to the project and highlighted our activities to date and lessons learned. A youth group from Ile a la Crosse attended and were part of this presentation – they shared their perspectives on tobacco smoking in their community and showcased a video which they had specially prepared for the event. We are very proud of these enthusiastic young northern people – well done!

Dr. Moliehi Khaketla (Deputy Medical Health Officer for the three northern health authorities) gave a presentation which included information on smoking rates in the north and related factors, health effects of smoking, and challenges and successes related to tobacco reduction efforts in the north, highlighting the unique collaboration of the Northern Tobacco Strategy.

---

### *Target Audience:*

- ◆ *Frontline service professionals working with pre and postnatal clients in northern Saskatchewan*
  - ◆ *Northern Saskatchewan Youth*
-

## MEDIA ACTIVITY

### National Non-smoking week January 20-26th 2013

For National Non-smoking week in January, we had a poster featuring our own northern faces in the paper to bring awareness to the week.

### Radio and TV Messages

We continue to have messaging on our local TV and radio channels which provides information about health effects of smoking, and resources to assist with quitting . Look out for them on your local Sandy Bay, Beauval , Ile a la Crosse and La Ronge stations.



### 'Let's Talk Tobacco' Video Contest Winner Announced

Young people and technology go hand-in-hand (no pun intended!). We are proud to have collaborated with Canadian Cancer Society Saskatchewan on this contest. Although we did not get the participation we had hoped for from the north, we hope the campaign sparked some creative ideas among northern youth and schools. The first prize was awarded to an entrant from Regina (10-12 category) for a very creative and funny video. Congratulations to the winner!

---

## *Our Deliverables*

- ◆ Develop and implement a maternal screening and intervention program that will build capacity of frontline service professionals.
  - ◆ Develop and implement a youth tobacco cessation program.
  - ◆ Develop and implement a public awareness campaign.
  - ◆ Develop a northern tobacco reduction resource website for professionals and northerners to access.
  - ◆ Encourage northern organizations to review and update their tobacco policies.
-

## MATERNAL TOBACCO CESSATION UPDATE

### Resources Developed and Training Sessions to be Delivered in June and July 2013

Following a literature review and extensive stakeholder consultations throughout the north, resources have been developed which will be used by service providers and the public. These resources include a prenatal tobacco screening tool and motivational interviewing guide, a screening tool for second and third hand smoke exposure, information brochures intended to support the pregnant woman who is a smoker and her partner, and "survival kits" to assist a client through their smoking cessation journey.

A brief practical workshop intended for frontline service providers working with pregnant women has been designed and piloted is ready for implementation over the months of June and July. This 90 minute session will cover background information on prenatal smoking in the north, current successful intervention strategies and how to apply them in a practical setting, brief motivational interviewing and a review of the developed resources. Some sessions will be delivered face to face and others via telehealth or webex.

Specific information regarding the workshops will be coming out shortly.

*For correspondence related to this Initiative, please contact :*

***Temi Adediji - Tobacco Reduction Coordinator***

***Phone: 306-425-1017***

***Fax: 306-425-1018***

***Email: [temilade.adediji@mcrha.sk.ca](mailto:temilade.adediji@mcrha.sk.ca)***



Population Health Unit (PHU) provides support, expertise and specialized programs in collaboration with the three northern health authorities (Mamawetan Churchill River, Keewatin Yatthe and Athabasca Health Authorities) to preserve and enhance the health of the population.

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