

CPNP has 3 core elements:

1. Nutritional counselling, screening, education
2. Maternal nourishment
3. Breastfeeding education, promotion and support

MATERNAL HEALTH

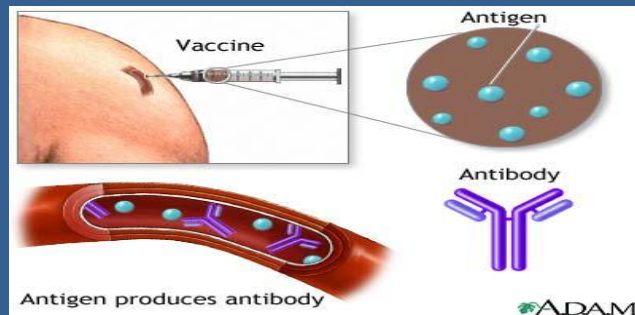
As part of the CHN program the Canadian Prenatal Nutrition Program is about education and awareness (goal of promoting and maintaining healthy pregnancies) that is delivered by CHN and CHA's and is offered to all prenatal/postnatal women living on reserve.

COMMUNICABLE DISEASE CONTROL

CDC is a mandated program for SCHSS. Immunization is a process that helps your body fight off diseases caused by certain viruses and bacteria by exposing your body to vaccines, usually by injections or "shots"..

BC has one of the best immunization programs in the whole world. BC infants are routinely vaccinated against the following diseases: diphtheria, pertussis (whooping cough), tetanus, polio, and Haemophilus influenzae type B (DaPT/IPV/Hib); hepatitis B; measles, mumps, and rubella (MMR); pneumococcal; meningococcal; and varicella (chickenpox).

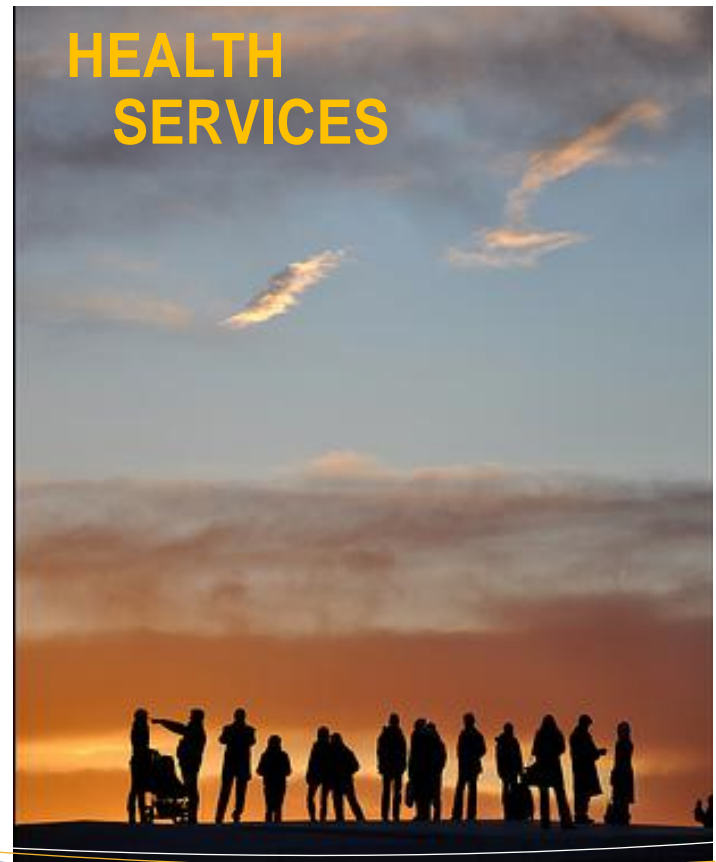
For more information on immunization and immunization programs speak with your health care provider.



Scw'exmx Community
Health Services
Society

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HEALTH SERVICES



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Our vision of health in
Scw'exmx territory is
one of healthy citizens
and healthy communities

To administer a CHN program that enhances the health and wellbeing of First Nation's people living within the Coldwater, Nooaitch, and Shackan communities.

DECREASE THE INCIDENCE OF DETRIMENTAL EFFECTS OF COMMUNICABLE DISEASE

Ensure that individuals have access to health education and intervention

Community Health Programs

MISSION

We are all going to help each other so that we will always go on the right path in everything. If we all prepare ourselves we will all be strong.



CHN PROGRAM

The community health program includes communicable disease control, pre/post natal health, school health, and immunizations. Communicable Disease Control is a mandated program for Scw'exmx Community Health Services. Every third Tuesday of the month a health clinic is held for all children in the three communities where the CHN and CHA's review nutrition, development, oral health, safety, car seat safety, immunizations, sun safety and address concerns and/or questions. Immunizations occur at the local school where

eligible students kindergarten to grade nine are vaccinated and there are also annual influenza clinics

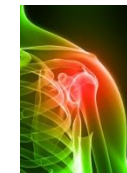
CHA PROGRAM

Through education, research and advocacy, members work together to create an environment for Aboriginal communities to achieve the vision of holistic well being. With SCHSS CHA's share the task of maintaining high standards through monitoring water quality, community health duties, infant massage and creation of health and wellness programming.



HEALTHY HEART

Heart disease and stroke remain the #1 cause of death in BC. Eight in 10 Canadians (80%) have at least one risk factor for heart disease or stroke.



STRONG BONES

Get Moving! Exercise every day. Eat a diet rich in fruits and vegetables. Get vitamin D from the sun or from supplements. Get calcium from plant foods and fortified products.



HEALTHY BODY

The key to a healthier longer life is as simple as eating right and exercising more. Get plenty of sleep – sleep restores our energy. The greatest wealth is health!



YOUR BODY IS PRECIOUS. IT IS YOUR VEHICLE FOR AWAKENING.
TREAT IT WITH CARE.