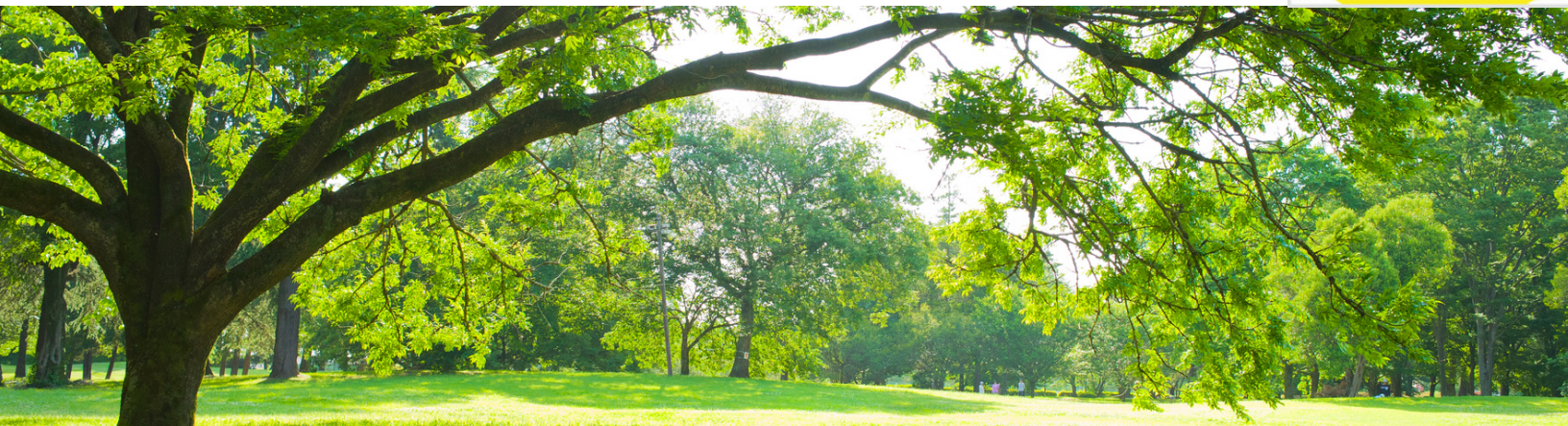


MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 85 | UP-TO-DATE INFORMATION AS OF FEBRUARY 10TH, 2022



If you or someone you know is in need of assistance, please email health@mnbc.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

Click [here](#) to register for your COVID-19 vaccine

Click [here](#) to use the COVID-19 self-assessment tool if you are feeling unwell

MÉTIS 24HR CRISIS LINE

1-833-MÉTIS-BC

(1-833-638-4722)



INSIDE ISSUE 85

B.C. VACCINE CARD EXTENDED

VACCINATION REQUIREMENT
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PARKS CANADA PASSES TO
PATIENTS

BC Vaccine Card requirement extended to June 30



COVID-19 IN BC

The BC Vaccine Card requirement has been extended until June 30 to help keep people safe and communities safe. People must present their BC Vaccine Card and ID to access some indoor settings like restaurants, concerts, services, and businesses.

For more information on proof of vaccination, visit:
<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/proof>



UPDATE ON VACCINATION REQUIREMENT FOR HEALTH PROFESSIONALS

All healthcare professionals in British Columbia will be required to be vaccinated for COVID-19, beginning March 24. Under the order, regulated health professionals who are vaccinated with one dose before March 24, 2022, may continue to work as long as they receive a second dose 28-35 days after their first dose.

The order applies to the following health professions:

- acupuncturists
- audiologists
- chiropractic doctors (chiropractors)
- certified dental assistants
- dental hygienists
- dentists
- dental technicians
- dental therapists
- denturists
- dietitians
- hearing instrument practitioners
- massage therapists
- midwives
- naturopathic physicians (naturopaths)
- nurse practitioners
- registered nurses
- occupational therapists
- opticians
- optometrists
- pharmacists
- pharmacy technicians
- physical therapists (physiotherapists)
- physicians and surgeons
- podiatric surgeons (podiatrists)
- licensed practical nurses
- registered psychiatric nurses
- psychologists
- speech-language pathologists
- traditional Chinese medicine (TCM) practitioners

“I have spoken many times about the importance of all of us as healthcare professionals doing everything we can, and it is our obligation to make sure that we’re taking all of the measures to protect those patients in our care, especially the more vulnerable people that we serve.

As well, it is important for us to protect our own health as part of being able to continue to contribute to the healthcare of others during this challenging time.”

**Dr. Bonnie Henry
February 9th, 2022**

For more information, visit:

<https://news.gov.bc.ca/releases/2022HLTH0047-000195>



BC VACCINE CARD REQUIREMENT FOR 12 YEAR OLDS ADJUSTED

Proof of vaccination requirement for 12-year-olds to only require one dose of vaccine for entry to an event or setting where proof of vaccination is required.

It has been reported to public health that 11-year-olds who have had one dose of pediatric vaccine and are able to enter these settings are then blocked from entry when they turn 12 because they only have one dose of vaccine and have not had time to get a second dose.

This change is aimed at fairness for this age group, while they are waiting for the recommended time to receive their second dose.

YOUTH TOURNAMENTS TO RESUME

Sport tournaments for children and youth will resume effective Feb. 1, 2022. The prohibition on adult tournaments will continue to be in effect.

Both amendments will be reflected in the Public Health Order covering Gatherings and Events.

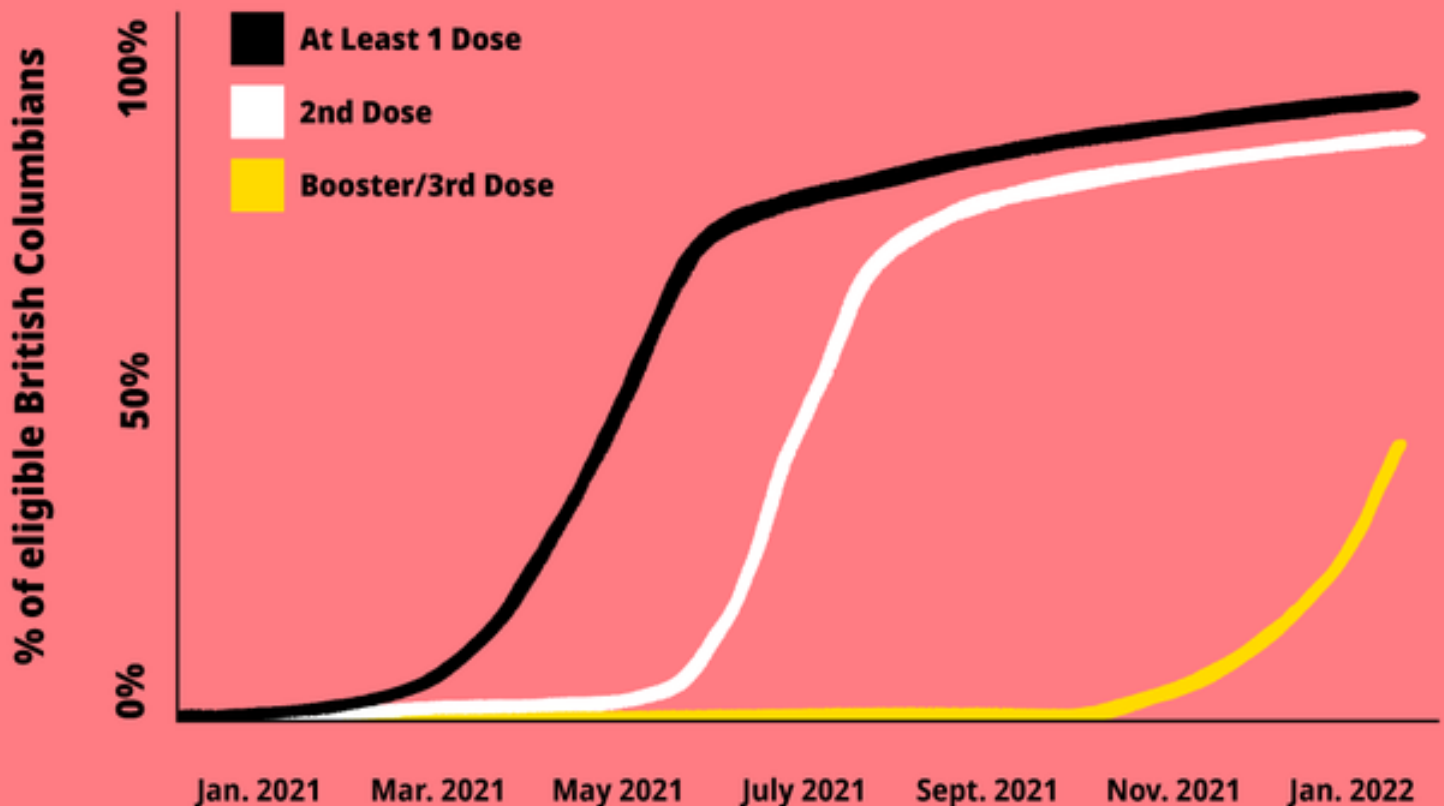


Thank you British Columbians for doing your part to protect each other by getting first & second doses of the vaccine. The booster shot is available to everyone 12+.

When you see your invite, book your appointment right away. Let's all keep doing our part. <http://gov.bc.ca/booster>

Source: BC Government News Twitter (February 8th, 2022)

Let's keep going: get boosted!





A Vision for the Future of the Health of Métis People in B.C.

Resiliency and self-determination are strengths among existing challenges with poorer health outcomes, as indicated in the new report on Métis health and wellness in B.C.



After years of research conducted through Métis Nation BC, the Office of the Public Health Officer, and the BC Ministry of Health, the report, *Taanishi Kiiya? Miiyayow Métis Saantii Pi Miyooayaan Didaan BC: Métis Public Health Surveillance Program-Baseline Report, 2021*, was released. This is a joint report by the Office of the PHO and Métis Nation British Columbia. The report provides a baseline assessment of the health and wellness of Métis people in BC. The report also identifies four priorities and four recommendations to improve Métis health and wellness, and sets 15 targets to be achieved by 2030.

To read the report, visit:

https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/reports-publications/annual-reports/pho_metis_report_2021c_f3.pdf

FEBRUARY 4, 2022

WORLD CANCER DAY

WWW.BCCANCER.BC.CA



During the pandemic, alcohol use in British Columbia increased by 22% compared to pre-pandemic alcohol use. The most common reasons Canada-wide for the increased use of alcohol were boredom (60%), stress (58%), and convenience (53%) (e.g., lack of a regular schedule, at home more often, access to alcohol), loneliness (37%) and insomnia (17%) were also mentioned as reasons for increased alcohol consumption.

The World Health Organization's (WHO) International Agency for Research on Cancer (IARC) published a study in the summer of 2021, which found an association between alcohol use and a substantially higher risk of several forms of cancer, including breast cancer. In Canada, alcohol use was linked to 7,000 new cancer cases in 2020, including 24% of breast cancer cases.

Dr. Jürgen Rehm, a Senior Scientist for the Institute for Mental Health Policy Research, indicated that "each standard-sized glass of wine per day is associated with a 6 percent higher risk for developing breast cancer." Dr. Kevin Shield, a co-author of the study, indicated that the main reason alcohol causes cancer is by impairing the body's ability to repair DNA. Alcohol also dysregulates sex hormones, leading to an increased risk for breast cancer.

To book a mammogram call 1-800-663-9203 or visit BC Cancer Care (<http://www.bccancer.bc.ca/screening/breast/get-a-mammogram>) for more information or to find a clinic near you.

Visit Living with Cancer (https://www.mnbc.ca/.../LWC_Metis_Web_May2017_compressed.pdf) for access to Métis and First Nations stories, and a cancer toolkit.

2SLGBTQQIA+ EATING DISORDER AWARENESS

FEBRUARY 7, 2022



2SLGBTQQIA+ EATING DISORDER AWARENESS

RISK FACTORS FOR 2SLGBTQQIA+ PEOPLE:

- CULTURAL EXPECTATIONS OF BODY IMAGE
- BULLYING/DISCRIMINATION/VIOLENCE
- COMING OUT AND REJECTION FROM FRIENDS OR FAMILY MEMBERS
- MENTAL HEALTH I.E. DEPRESSION, ANXIETY, ALCOHOL USE
- STRUGGLES WITH GENDER IDENTITY OR GENDER DYSPHORIA
- LACK OF ACCESS TO GENDER AFFIRMING CARE
- LACK OF SUPPORT OR BELONGING



2SLGBTQQIA+ EATING DISORDER AWARENESS

CREATING SAFE AND AFFIRMING HEALTHCARE SPACES:

- SEEKING ONGOING ANTI-RACISM AND 2SLGBTQQIA+ SPECIFIC TRAINING; AND
- HAVING GENDER-INCLUSIVE INTAKE AND REGISTRATION FORMS AND COMMUNICATIONS.

BELONGING IS FUNDAMENTAL IN CREATING INCLUSIVE, OPEN, AND AFFIRMING CARE RELATIONSHIPS, WHERE YOUR 2SLGBTQQIA+ CLIENTS CARED FOR AND SUPPORTED.



2SLGBTQQIA+ EATING DISORDER AWARENESS

CREATING SAFE AND AFFIRMING HEALTHCARE SPACES:

- USING AN INTERSECTIONAL APPROACH TO CARE BY LEARNING ABOUT HOW DIFFERENT PARTS OF AN INDIVIDUAL'S IDENTITY SHAPE THEIR EXPERIENCES;
- INTEGRATING LIVED EXPERIENCES OF 2SLGBTQQIA+ CLIENTS WHEN PERFORMING ASSESSMENTS;
- USING CULTURALLY SENSITIVE AND AGE-APPROPRIATE LANGUAGE TO BUILD





DOCTORS IN B.C., OTHER PROVINCES CAN PRESCRIBE PARKS CANADA PASSES TO PATIENTS

Retrieved from: CBC News (<https://www.cbc.ca/news/canada/british-columbia/bc-parks-canada-prescription-1.6344141>)

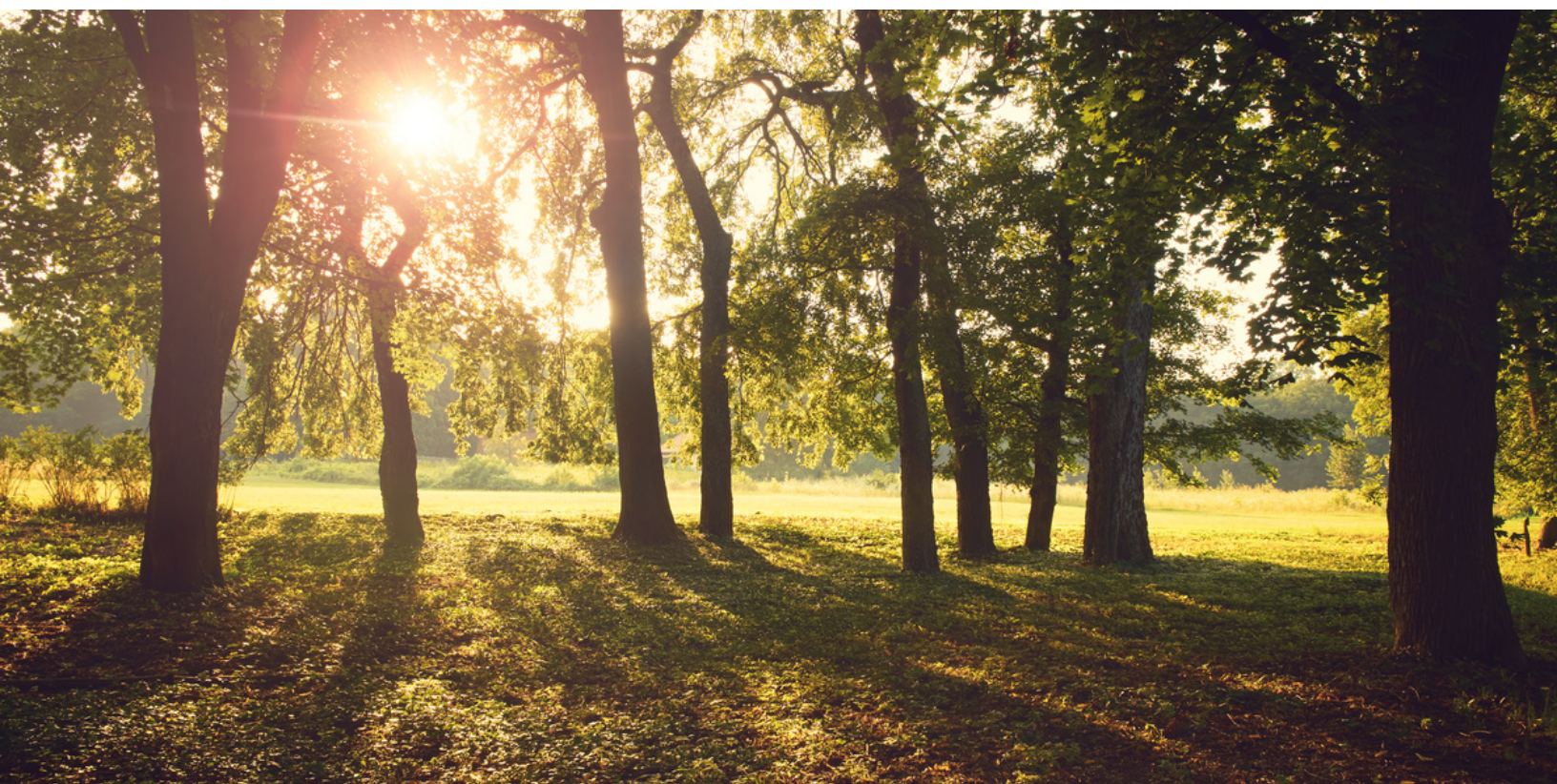
Doctors and other licensed health-care professionals in four provinces can now prescribe a free pass to Canada's national parks.

PaRx, Canada's first national nature prescription program, was started by the B.C. Parks Foundation in November 2020 to help health-care professionals develop a "nature prescription" that encourages patients to spend time outdoors as a way to manage anxiety and improve mental and physical health.

Citing a growing body of research on the health benefits of time in nature, the program recommends about two hours a week in nature, for at least 20 minutes at a time.

On Jan. 31, Parks Canada announced its support for the initiative. Licensed health-care professionals who register with PaRx can offer patients a Parks Canada Discovery Pass — which costs around \$72 for an adult — free of charge.

To learn more, visit: <https://www.parkprescriptions.ca/>



Don't forget that there are resources and support available if you are struggling. For support services visit:

The Métis Crisis Line, available 24 hours a day at 1 833 638-4722

The KUU-US Crisis Line Society provides a 24-hour, provincewide Indigenous crisis line for Indigenous Peoples in B.C. Adults, call 250 723-4050. Children and youth, call 250 723-2040. Toll-free: 1 800 588-8717

Indian Residential School Survivors Society, phone: 604 985-4464 or toll-free: 1 800 721-0066

Tsow-Tun Le Lum for Indigenous Peoples in B.C., phone: 1 888 403-3123

For a list of Community Counselling Resources, visit [here](#)

See previous issues of the Health and Wellness Newsletter [here](#)

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COVID-19 Risk Factors

COVID-19 Safety

Boosters vs. 3rd Dose

Kids & Vaccines Day

Health Authority News

BCCDC COVID-19 Surveillance

Do you need a COVID-19 test?

If you test Positive

How to self-isolate after your COVID-19 test

Influenza vaccine

Drug poisoning advisory in Greater Victoria

Myths & Facts of Supervised consumption sites



marsii
thank you

**TO ALL THE HEALTH CARE WORKERS
FOR YOUR DEDICATION AND SERVICE**