

healthy living

Nutrition, exercise and fulfilling relationships with our family and friends all contribute to our well-being. As Minister of Healthy Living, I am proud of the programs and services we offer Manitobans interested in living healthy and active lives. Here are some resources for you and your family to use in your efforts to live as healthily as possible.

Jim Rondeau



Healthy Child Manitoba

A healthy start in life is one of the most rewarding and important gifts we can give to Manitoba's children. Healthy Child Manitoba coordinates a variety of programs and information resources designed to help parents and caregivers provide the best care possible for their children. Contact 1-800-848-0140 or visit www.gov.mb.ca/hcm.

Manitoba invests in the health of its future citizens with the introduction of Manitoba's Healthy Baby. This program helps income-eligible women with financial assistance for nutrition during pregnancy. It offers social support and informal learning opportunities promoting early, regular pre-natal care and healthy infant development. Contact 1-88-848-0140 or visit www.gov.mb.ca/hcm.

Manitoba's Baby First initiative is a community-based home-visiting program offering information and support to parents facing the many challenges of caring for a baby. While the home visitors are not counsellors or babysitters, they do help parents develop confidence in their ability to problem-solve and manage their family life. Phone 1-888-848-0140.

Fetal Alcohol Syndrome Prevention

Alcohol use during pregnancy can cause substantial behavioural and physical disabilities. The result is Fetal Alcohol Syndrome (FAS) a preventable syndrome that has devastating effects on affected individuals and their families. Healthy Child Manitoba is committed to the prevention of FAS and to supporting individuals already affected.

FAS Information Manitoba provides information and support to all Manitobans regarding alcohol-related disabilities. Phone 1-866-877-0050.

STOP FAS is a three year intensive home visitation program for women who used drugs and alcohol heavily during their pregnancy. Phone 1-888-848-0140.

**New Constituency Office Hours:
9:00 a.m. to 5:00 p.m. Monday to Friday**

Manitoba's Tobacco Control Strategy

In order to reduce a preventable health threat, the province has developed a tobacco control strategy. Help to quit is available through a variety of resources and services. For more information you can contact the Manitoba Lung Association (1-888-566-5864), the Smoker's Helpline (1-877-513-5333) or the Go Smoke Free program of the federal government (1-866-318-1116), www.gosmokefree.ca.

Working with the Manitoba Lung Association, the province delivers two teen anti-smoking programs in Manitoba high schools.

- Not On Tobacco Program, phone 1-888-566-5864 or visit www.mb.lung.ca/not
- Quit For Life Program, phone 1-888-566-5864 or visit www.quit4life.com

The All Party Task Force on Environmental Tobacco Smoke has agreed that a province-wide ban on smoking in enclosed public places and indoor workplaces should be implemented. The primary goal of such legislation would not be to prevent people from smoking, but to protect the general public and all workers from second-hand smoke. It will take Manitoba a long way toward disease prevention by reducing exposure to environmental tobacco smoke. The report is available at www.gov.mb.ca/health/ets.

Water Stewardship

The new Department of Water Stewardship brings all water management, water-related economic development and clean-water initiatives under one roof. This move comes as the increasing complexity of water issues points to the need for heightened coordination of our water strategy. The strategy embraces a holistic approach to protecting our water – from watershed to tap. The new department will be building on measures already taken such as The Drinking Water Safety Act, the ban on bulk water removal, the creation of more conservation districts, and ongoing work on the Red River Floodway.