

Education and Health Communiqué # 6 – March, 2019

To: CWL Parish Education & Health Chairpersons

From: Sharon Mayor, Regina Diocesan Education and Health Chairperson

Dr. Rayleen De Luca, National Sub-Committee Chairperson of Education and Health wrote in the last issue of *The Canadian League* about the positive and negative effects of cannabis, since its legalization. She also voices her concern that cannabis education be developed and implemented in Canadian schools so that children and youth make informed choices. The positive effects of legal sales of cannabis are dismantling of the black market, improved quality and safety control, increased tax revenue, increased availability of medicinal cannabis and many new job opportunities. United Nations Children's Fund (UNICEF'S) reported in a comparative overview of Child Well-Being in Rich Countries that 28% of Canadian youth (age 11-15) had used marijuana illegally in the past year. The negative effects are that children and youth may be susceptible to trying more dangerous drugs. Regular use of cannabis includes problems with brain development, depression, anxiety, lung and respiratory problems, schizophrenia and addiction. Asthma can worsen with exposure to second hand smoke and there is a risk of respiratory and ear infections.

Health

The Saskatchewan Call for Conscience asked us to write a letter by the end of February 2019 to the Minister of Health requesting the need for legislation to protect healthcare professionals from having to participate in Medical Aid in Dying (MAID). I hope you had the opportunity to do so. If you go to the website www.CanadiansforConscience.ca, watch the short video and listen to doctors, nurses, pharmacists and a psychiatrist state why they do not want to participate in MAID. A sample scripted letter is also included. "This bill passed with support from all parties after Manitoba legislators, received over 14,000 letters, through our Call for Conscience campaign."

12 Hours of Prayer for Palliative Care May 5-11, 2019 was chosen to run simultaneously with National Hospice Palliative Care Week of the Canadian Hospice Palliative Care Association. A palliative care kit will be available on the national website to download. I encourage parish councils to select one day during the designated week for this initiative and request a mass intention to recognize the ongoing need for palliative care.

Canada's New Food Guide released in 2019 suggests eating plenty of vegetables and fruits, choosing whole grains, and eating "protein foods." Pictures of the new Canada Food Guide show a plate, with one half covered in vegetables and fruit, one quarter protein, and one quarter whole grains. "It is not so much as portions as it is proportion." Milk and alternatives" and "meat and alternatives" were grouped together. For Dairy products, Health Canada provides lower-fat milk, yogurt, kefir and cheese as examples of protein food. Fish, chicken and lean red meat, like game, are also mentioned. Drink water, instead of sugared juices and pop. Dr. Hasan Hutchinson, director general of the Office of Nutrition Policy and Promotion at Health Canada, which prepared the Canada's New Food Guide, states that our food budget will decrease by thirty percent if we avoid the purchase of processed food. The recommendation is that we cook at home.

Environment According to the annual reports sent in by the councils in the Regina Diocese, twelve councils reported recycling. Ten councils said that they had reduced the use of Styrofoam cups and seven councils reported reducing paper use. Three councils stated that their council had eliminated plastic water bottles and one council said they used green bins for organic waste.

Please refer to the prayer in *The League Magazine* written for the CWL theme, *Care for the Common Home*, by Mary Ryan from St. Dunsten Parish Council, Fredericton, New Brunswick.

References: *The Canadian League* magazine

www.CanadiansforConscience.ca

[Canada Food Guide 2019](#)