



The Green Light Project

The MN-S continues to partner with Dr. Viv Ramsden, Academic Family Medicine, and University of Saskatchewan to offer the Green Light Program. The program is currently being offered in the six northern Métis communities of Ile a la Crosse, Buffalo Narrows, La Loche, Green Lake, Beauval and Turnor Lake, as well as through Saskatoon's West Winds primary Health Care Centre, Regina Métis Sport and Culture, Inc. and the Sturgeon Lake First Nation.

The initiative differentiates between tobacco misuses from ceremonial use and is designed to celebrate smoke-free homes by providing a green compact-fluorescent light bulb or a green ribbon/sticker as a visible symbol to the community of a smoke free home. The project aims to increase the number of smoke-free homes within these communities in order to reduce the impact of second-hand tobacco smoke on individuals and families. The program also includes access to free nicotine replacement therapy for those who do not have access through other programs.

We are currently working to implement a second phase of the Program, specifically, expanding the number of communities participating, seeking individuals interested in providing peer support, facilitating a referral process, continuing with project implementation and helping with evaluation. Please contact us for more information.

Tobacco cessation program gets the “Green Light”



The MN-S, in partnership with the University of Saskatchewan's Department of Academic Family Medicine, is ready to embark on the next phase of its “Green Light Project,” a community-based smoking cessation project.

The program is already being offered in the six northern Métis communities of Île-à-la-Crosse, Buffalo Narrows, La Loche, Green Lake, Beauval and Turnor Lake. The initiative differentiates between tobacco mis-use from ceremonial tobacco use and is designed to celebrate smoke-free homes by providing an environmentally friendly green light bulb or green ribbon/sticker for display on the exterior of homes with a smoke-free environment.

The idea of the green light came about when community members indicated that they were not comfortable with asking others not to smoke in their home.

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therapy to those who do not have access through other programs.

Besides the six northern Métis communities already mentioned, another eight Saskatchewan communities are currently participating in the Green Light Program, including six communities of Saskatoon's West Winds Primary Health Centre; members of the Regina Métis Sports and Culture Centre Inc.; and the Sturgeon Lake First Nation. More than 645 smoke-free homes have already received their green lights, 74% of which were already smoke free, while 26% are becoming smoke free.

It is also inviting individuals from Île-à-la-Crosse, Buffalo Narrows, La Loche, Green Lake, Beauval and Turnor Lake to become involved as peer-counselors in smoking cessation, to help to facilitate the Green Light Program, and to help undertake an evaluation of the project's next phase.

Building on the project's success, project partners are now seeking interest from other northern Saskatchewan communities looking to participate. For more information, please contact the MN-S Health Department at (306) 343-8285 or email Tara Turner at tturner@mn-s.ca or Cheryl Troupe at ctroupe@mn-s.ca.
