

## **Report from Chair of the Board-AGM 2019**

The Manitoba Lung Association continues to be recognized as the leader in advancing lung health for all Manitobans. On an ongoing basis, we review our work to ensure we are upholding our commitments to donors and stakeholders to support our mission and goals as well as honouring commitments to patients and caregivers to provide them with ongoing support. This past year has been one of reflection and evaluation as part of our continued efforts to ensure we have a future free of lung disease. This year, the Manitoba Lung Association restructured its staffing model in order to provide greater efficiencies for the organization. We continue to work on our mission and goals as well as provide information and support to help Manitobans breathe with ease.

We recognize there is a huge need for lung health education in our province, especially in relation to smoking, vaping, air quality and the rising incidence of Chronic Obstructive Pulmonary Disease (COPD). One in five Manitobans have lung disease and respiratory disease is the third leading cause of death (not including lung cancer). Through advocacy and education, we have worked closely with our local and national partners to reduce the impact of factors which negatively affect lung health. Specifically, we hosted 5 courses for health care professionals to upgrade their knowledge and skill in managing COPD and providing spirometry testing.

Tobacco use remains the single greatest preventable cause of death and disease in Manitoba. Through our partnership with Manitoba Health Seniors and Active Living, we run a yearly Manitoba Quits Smoking Campaign with a parallel Indigenous campaign called “Keep the

Tradition, Break the Addiction". 1098 Manitobans participated in Manitoba Quits from over 190 towns. The "Journey to Quit Work Book" has also been updated and is now called "That's it, I Quit".

This resource includes important information about how vaping and smoking cannabis are damaging to lung health. We continue to work on smoking prevention programs for youth including the updating of the "Lungs are for Life" program for grades 4-8.

We successfully worked with our partners the Manitoba Tobacco Reduction Alliance (MANTRA), and the Canadian Cancer Society to convince the provincial government to maintain the current price of tobacco when the sales tax is lowered by one percentage point.

COPD is the number one avoidable cause of hospitalization in Canada. LUNGtivity has been identified as a lifestyle program that can improve the health of individuals with COPD as well as reduce the impact this disease has on the health care system. We have worked with our health care partners over this past year to develop and implement LUNGtivity programs within their systems, ensuring that more Manitobans have access to these support networks. The first instructor training course was held, and the first pilot course was operated at the Wellness Institute.

We continue to be the number one advocate in Manitoba for the improvement and maintenance of good lung health. Our priority is achieving good air quality, which includes the reduction of second-hand smoke and the elimination of pollutants such as radon. Over this past year we have provided ongoing advocacy and education and worked with our partners-particularly the Canadian Lung Association-to decrease the impact of these factors on lung disease.

Looking forward to next year, we intend to continue to be the recognized leader and primary resource for lung health within our province, working with our partners and stakeholders, including The Canadian Lung Association. The Board has identified our priority for lung health programs as smoking prevention and cessation, LUNGtivity, health care professional development and radon awareness.

In closing, we would like to thank our staff, volunteers, community partners and especially our funders and donors, for all their efforts and support to help Manitobans breath with ease.

Brenda Dyck

Board Chair, Manitoba Lung Association