



Health!

Get it working for you

a workplace newsletter from LifeWorks

September 2005

Issue 2

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Would you like to receive future issues of this newsletter by e-mail? Contact the editor at (613) 966-5513 ext. 233, or e-mail jmcisaac@hpechu.on.ca

Creating a Healthy Organization:

Great Strategic Leadership + Excellent Execution = Healthy Workplaces

Learn a strategic approach to build a healthy organization!

Lunch and door prizes included

Complete the enclosed registration form and return by email or fax

For more information, call Suzanne Ouellet, Public Health Nurse, at 966-5513 ext. 233 or if long distance, call 1-800-267-2803

Free Workshop
October 26, 2005

Registration required by
October 14, 2005
See registration form inside

KEYNOTE SPEAKER:

Dr. John Yardley, Director,
Workplace Health Research Laboratory,
Brock University

WHO SHOULD ATTEND?

- ✓ Everyone interested in creating a healthy workplace
- ✓ Strategic leaders
- ✓ Business owners, directors, and managers
- ✓ Health and Safety Committee members
- ✓ Occupational Health Practitioners
- ✓ Human Resource Personnel

WHERE:

The Banquet Centre, 1 Alhambra Square, Belleville



be active



eat well



be smoke-free



Dr. John Yardley is the Director of the Workplace Health Research Laboratory at Brock University. He is a highly regarded speaker with 20 years experience in workplace health. Over the last five years, he has focused on conducting research on the management of human resources and consulting with those results to Canadian workplaces.

This session is designed to meet the needs of strategic leaders within organizations as well as helping managers better understand their relationship with staff. Those wanting to learn more about health promotion in the context of a healthy workplace will be interested in this session. Don't miss this dynamic keynote presentation by Dr. Yardley.

Non-Smokers Health Affected by Exposure to Second-Hand Smoke

Exposure to second-hand smoke at work or at home can be hazardous to your health.

DID YOU KNOW?

- Exposure to second-hand smoke may increase your risk of getting lung cancer, heart disease, or respiratory problems.
- Second-hand smoke promotes the growth of blood clots that can lead to heart attacks.
- Second-hand smoke raises your heart rate and damages your heart muscle.
- Second-hand smoke lowers the level of protective HDL cholesterol (good cholesterol) in your blood.
- Second-hand smoke causes between 1,100 and 7,800 deaths per year in Canada - at least a third of them in Ontario.



SECOND-HAND SMOKE AFFECTS PETS

Your pet's health is at risk from exposure to second-hand smoke. Studies have shown that second-hand smoke can cause leukemia in cats. Dogs living in smoking households also have a greater risk of cancer. Your furry friends don't just inhale smoke; the smoke particles are also trapped in their fur and ingested when they groom themselves with their tongues.

Protect yourself, your family and pets by making your home and car smoke-free and supporting local efforts to ban smoking in all public places and workplaces.

Joan Black
Public Health Nurse

SMOKE-FREE CITY OF QUINTE WEST

On January 2nd, 2006 Quinte West is going smoke-free! The Hastings & Prince Edward Counties Health Unit would like to remind everyone that Quinte West will soon be smoke-free. There will be a number of responsibilities given to employers within the City of Quinte West.

After January 2nd, 2006 business owners must:

- **Prohibit smoking in all workplaces and public places.**
- **Post the no smoking signs provided.**
- **Remove all ashtrays from areas where smoking is prohibited.**

Smoke-free by-law kits will be available to business owners and employers for pick-up in November, 2005 at Trenton and Frankford municipal offices and the Trenton office of the Hastings & Prince Edward Counties Health Unit. Questions? Call the "Tobacco Talk" Line at (613) 966-5513 ext. 600.

Don MacAlister
By-Law Enforcement Officer

Talk to Your Children About



Drugs and Alcohol



"Parents are the single most important influence on children's decision to smoke, drink, or use drugs, yet many parents do not fully understand the extent of their influence."

The National Center on Addiction and Substance Abuse at Columbia University.
Substance Use and America's Schools, 2001.

Drug and alcohol use is widespread among youth. A survey of drug use among Ontario students in grades 7 to 12 by the Centre for Addiction and Mental Health in 2003 found that in the past year:

- ◆ 66.2% had used alcohol
- ◆ 29.6% had used cannabis
- ◆ 19.2% had smoked cigarettes
- ◆ 10% had used hallucinogens
- ◆ 6.1% had used solvents
- ◆ 4.1% had used ecstasy

Some children try drugs and alcohol as early as ages 11 and 12 or younger. Talking regularly about drugs and alcohol is one of the best prevention strategies. Here are a few tips:

- ◆ Start talking to children at a young age and throughout their teenage years
- ◆ Set rules about drugs and alcohol and enforce them
- ◆ Be a good role model yourself

Teens have tough choices to make and peer pressure can be strong. Talk to your teen - no lectures, no hassles - just talk!

For more information, call Substance Abuse Prevention at (613) 966-5513 ext. 259 or if long distance, call 1-800-267-2803.

Erin Chesher
Public Health Nurse

Believe it or Not... Finding Reliable Nutrition Information

From books and magazines to tv and the internet, there is something on just about every food and nutrition topic. Who and what can you believe? The next time you read or hear nutrition news, ask yourself these five questions:

1. Are there any promises made for a quick fix or instant cure?
2. Does the claim sound too good to be true?
3. Do you have to buy any special products?
4. Is the recommendation based on personal success stories or testimonials?
5. Does the advice contradict Canada's Food Guide to Healthy Eating?



If you answered yes to any of these questions, chances are the information is not trustworthy. Promises and claims about special products are just too good to be true. As you come across nutrition news, don't forget about Canada's Food Guide to Healthy Eating which promotes sound nutrition advice.

For a free copy of the Food Guide or for more information on how you can promote healthy eating in your workplace call the Healthy Life Line at 966-5513 ext. 610. If long distance, call toll-free 1-800-267-2803 ext. 610.

Stacey Kimura
Public Health Dietitian

Adapted from Lifestyle Matters, Hastings & Prince Edward Counties Health Unit. March/April, 2001

Active Living Every Day...Every Way

Medical experts say that nothing holds as much promise for sustained health as a lifetime program of regular physical activity. About 57% of Canadians are not active enough to meet Health Canada's recommended physical activity guidelines. Since most Canadians spend so much time at work, the workplace is a central setting for encouraging physical activity. (Health Canada, 1999)

Physical activity does not have to be very hard to improve your health. This goal can be reached by building physical activity into your daily routine. Just add it up in periods of at least 10 minutes, 30 minutes per day, most days of the week.

For example:

- Park your car at the back of the parking lot
- Walk at least 10 minutes at a time during your breaks
- Start a walking group, call the Health Unit for ideas
- Have "walking meetings"
- Whenever possible, use stairs instead of the elevator
- If your workplace has a fitness or wellness program, sign up for an activity or try a class
- Request secure bicycle parking, so you can bike to work

Top 10 Reasons To Be Physically Active

- | | |
|--------------------------------|---|
| 1. Better health | 6. Weight control |
| 2. Improved fitness | 7. Feeling more energetic |
| 3. Better posture and balance | 8. Relaxed and reduced stress |
| 4. Feeling good about yourself | 9. Continued independent living later in life |
| 5. Stronger muscles and bones | 10. Social connections |

For more information on ways to promote physical activity in the workplace, call Lesley Kennedy at (613) 966-5513 ext. 339 or if long distance, call 1-800-267-2803.

Lesley Kennedy
Health Promoter

Name the Newsletter Contest Winner!

Thanks to all those who submitted a name for the Workplace Newsletter contest. Congratulations to Lesley Kennedy, Health Promoter with the Hastings & Prince Edward Counties Health Unit, for submitting the winning name for our new newsletter.

Health!

Get it working for you

Lesley will be awarded a \$50 gift certificate to an Eat Smart! restaurant of her choice, a LifeWorks t-shirt, and a pedometer. Thanks also to those LifeWorks partners who helped select the winning title.

Upcoming Events...

Creating a Healthy Organization

Wednesday, October 26, 2005

9:15 - 3:30

For more information, see the front page article and registration insert.

Canada's Healthy Workplace Week

October 24 - 30, 2005

A yearly celebration of workplace health in Canadian organizations.

For more information about the local Healthy Workplace Week Challenge see the insert.

For more information about the week visit:

www.healthyworkplaceweek.ca

Drug Awareness Week

November 20 - 27, 2005

For information on how to talk to your children about drugs and alcohol, pick up a "Talk" package at any office of the Hastings & Prince Edward Counties Health Unit while quantities last, during the month of November.

For more information, contact Erin Chesher at 966-5513 ext. 311.

Rabies Low Cost Vaccination Clinics

Saturday, October 1, 2005

9:30 - 2:30 at participating veterinarian offices.

Cost - \$15 per animal.

Rabies is no way for a friend to die. Protect your pet with a yearly vaccination.

For more information, call your local veterinarian, or contact the Health Unit at 966-5513 ext. 320.

Remember: vaccinations are mandatory in this area.

You can find us at <www.lifeworks4health.org>

This workplace newsletter is produced by LifeWorks. Articles may be reproduced provided the source is acknowledged. Comments, suggestions, or articles for submission are welcomed.

We reserve the right to edit as necessary. Articles for submission can be sent to:

The Editor, Health! Get it working for you

179 North Park St., Belleville, ON K8P 4P1 or faxed to (613) 966-9418.

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 LifeWorks
It's about healthy living.