



# Health!

## Get it working for you

a workplace newsletter from LifeWorks

February 2006 Issue 3

### Inside this issue...

#### Page 1

- Building a Healthy Workplace

#### Page 2

- Take Time for Your Health  
- Making a Smoke-Free Workplace Work Information Session

#### Page 3

- The Driven to Quit Challenge  
- Get the Facts on Nutrition Labelling

#### Page 4

- Don't Get Burned at Work

#### Inserts

- HBHC in Action-The PRENATAL Component  
- Did You Know-Substance Abuse at Work  
- The TV Turnoff Challenge  
- Smart Shoppers  
- Eat Smart! Dining Guide  
- Making it Work-Network Meeting for Workplace Health



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](mailto:jmcisaac@hpechu.on.ca)

### Building a Healthy Workplace

A comprehensive approach to workplace health is the key to success. This approach addresses individual workers and the broader environment in which individuals work and live. We can look at the workplace as a place to reach adults with a healthy living message. As well, we can see the workplace as a determinant of health. The working environment can contribute to the good health or poor health of the staff who work there.

*Try Health Canada's five-step process for making health promotion part of your workplace.*



For more information on how to implement wellness strategies in your workplace, contact the Healthy Lifestyles Workplace Health Coordinator at 966-5513 ext. 233, or if long distance, call 1-800-267-2803.

Suzanne White, BScN, RN  
Healthy Lifestyles Workplace Health Coordinator



be active



eat well



be smoke-free

## Making it Work

Network Meeting for Workplace Health

If you are interested in a healthy workplace, join us for the first gathering of this new network. For more information, see the enclosed insert.

**Wednesday  
March 29, 2006**

**8:30 a.m. - 10:30 a.m.**

**Breakfast & Door Prizes  
Included**

# Take time for your health: take time for Pap tests

Early morning meetings, kid's soccer practice – between career obligations and family responsibilities, it's no secret women are squeezed for time. Too often though, what gets squeezed out is time for women's own health care. When it comes to cervical cancer however, taking the time for health care is critical.

According to Cancer Care Ontario's Cervical Screening Program, each week, 10 women in Ontario will develop cancer of the cervix, and three will die from the disease. These numbers are all the more tragic in light of the fact that virtually all cases of cervical cancer – and deaths from the disease – can be prevented with regular Pap tests, says Dr. Sara Taman, physician-in-chief at University of Toronto Health Services. "All women who are or who have ever been sexually active need to have regular Pap tests until they're in their 70s", says Dr. Taman. That includes women who are menopausal, women who no longer have sex, and even some women who have had a hysterectomy.

For more information on the Pap test and cervical cancer:

- Talk to your doctor or nurse
- Visit the Ontario Cervical Screening Program at [http://www.cancercare.on.ca/index\\_cervicalScreening.htm](http://www.cancercare.on.ca/index_cervicalScreening.htm)
- Call the Canadian Cancer Society Information Specialists at 1-888-939-3333
- Call the Hastings & Prince Edward Counties Health Unit at 966-5513 ext. 615 or visit [www.hpechu.on.ca](http://www.hpechu.on.ca)



**To book a Pap test**, call your health care provider or the Health Unit at 394-4831. To order a professional display, resource materials or to book a presentation, call Michele at 966-5513 ext. 615, or if long distance, call 1-800-267-2803.

This article is courtesy of the Ontario Cervical Screening Program (OCSP) and the Hastings & Prince Edward Counties Health Unit.

Michele de Jonge RN, BScN  
Public Health Nurse

## WORKPLACES ARE GOING SMOKE-FREE, MAY 31, 2006

Do you know what your responsibilities are?

The Health Unit is holding an information session to let employers know their responsibilities and how to prepare for this change. Resources and programs to assist you in this transition will also be reviewed.

### Making a Smoke-Free Workplace Work

DATE: Wednesday, April 5, 2006

TIME: 12 noon - 1 p.m., a light lunch will be provided

LOCATION: Hastings & Prince Edward  
Counties Health Unit,  
179 North Park Street, Belleville

To register and for more information contact:

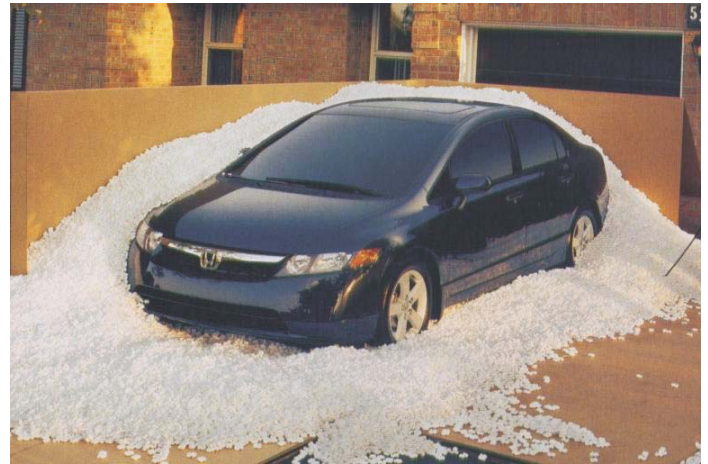
Liana Travis at 966-5513, ext. 301, or if long distance,  
call 1-800-267-2803 or e-mail [ltravis@hpechu.on.ca](mailto:ltravis@hpechu.on.ca).



# The Driven to Quit Challenge

Quit smoking and have a chance to drive away in a 2006 Honda Civic Hybrid! Starting February 20, 2006 you can register to enter the Driven to Quit Challenge and join thousands of Ontarians in quitting. Contestants must stay smoke-free for the month of April, with winners being announced in early May 2006.

Want to promote the Driven to Quit Challenge in your workplace? Call the Health Unit to order posters and entry forms. For more information, call Wia Pietersma, Health Promoter at 966-5513 ext. 273, or if long distance, call 1-800-267-2803.



Not exactly as shown

# Get the Facts on Nutrition Labelling!

Canada has new nutrition labelling guidelines. The new food labels have three types of nutrition information to help you make healthier choices: the ingredient list, the nutrition facts table, and nutrition claims. Let's take a closer look at the nutrition facts table.

## Nutrition Facts

### 1 Serving Size

Shows the amount of food on which the nutrition facts are based. Compare the amount you eat. If you eat one cup of this product you will consume 140 calories.

### 2 Calories and Nutrients

Lists calories and 13 nutrients.

### 3 % Daily Value (%DV)

This tells you if there is a little or a lot of a nutrient.

Choose **high values** for fibre, calcium, iron, and vitamins A and C. For example, for fibre, calcium and iron, a high value is 15% or more.

Choose **low values** for fat, saturated and trans fats, cholesterol and sodium. For fat or sodium, a low value is 5% or less. For saturated and trans fats, a low value is 10% or less.

For more information about nutrition labelling visit [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca), [www.healthcanada.ca/nutritionlabelling](http://www.healthcanada.ca/nutritionlabelling) or call the Health Unit's Healthy Life Line at 966-5513 ext 610, or if long distance, call 1-800-267-2803.

Stacey Kimura, RD, BAsC  
Public Health Dietitian

## Nutrition Facts

Per 1/2 cup (125 mL)

Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 0 g	<b>0%</b>
Saturated 0 g	
+ Trans 0 g	<b>0%</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 5 mg	<b>0%</b>
<b>Carbohydrate</b> 17 g	<b>6%</b>
Fibre 3 g	<b>12%</b>
Sugars 14 g	
<b>Protein</b> 0 g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 4%

# DON'T GET BURNED AT WORK

## True or False?

- \* With UV light being reflected from snow, the UV Index can be moderate to very high (UV Index 3-10).
- \* UV radiation increases 4% for every 1000 (305m) feet of elevation.
- \* Fresh, white snow or ice can reflect up to 85% of UVB rays, thus nearly doubling the radiation that reaches exposed skin and eyes.
- \* The lower lip is a common site for skin cancer.
- \* Two out of three skin cancers occur on the head and neck region.
- \* UV rays can cause eye cataracts or macular degeneration.
- \* Using a tanning salon will not prevent sunburn even during the winter.

**ALL THE ABOVE STATEMENTS ARE TRUE!**

So...

**Seek**  
shade

**Slip**  
on protective clothing

**Slap**  
on a hat that protects your  
face, neck and ears

**Slop**  
on a broad spectrum  
sunscreen and lip balm with an  
SPF 30 or higher

**Slide**  
on a pair of UVA/UVB protective, wrap-around sunglasses



**EVEN DURING THE WINTER!**

For more information, call Cindy Kirkpatrick at 966-5513 ext. 341, or if long distance, call 1-800-267-2803; or call the Canadian Cancer Society's Cancer Information Service at 1-888-939-3333.

Cindy Kirkpatrick, RN, BScN, BA  
Public Health Nurse

You can find us at <[www.lifeworks4health.org](http://www.lifeworks4health.org)>

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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.

The production of this newsletter was made possible through the financial support of the **Ontario Ministry of Health and Long-Term Care.**

## Upcoming Events...

### *The Driven to Quit Challenge*

Grand Prize: 2006 Honda Civic Hybrid.

Promotion/registration period: February 20 - March 31, 2006.

Smoke-free month: April 2006

Prize draw: May 1, 2006

Prize presentation: First week of May, 2006. For more information, see page 3.

### *Making it Work - Network Meeting for Workplace Health*

Wednesday, March 29, 2006.

8:30 a.m. - 10:30 a.m.

Location: Oddfellow's Lodge

For more information, see the enclosed insert.

### *Making a Smoke-Free Workplace Work Information Session*

Wednesday, April 5, 2006.

12 noon - 1 p.m.

Location: Hastings & Prince Edward Counties Health Unit. For more information, see page 2.

### *Alcohol, Drugs and the Workplace*

Monday, April 10, 2006.

9:30 a.m. - 1:00 p.m.

A workplace workshop for employers, managers, human resource and occupational health staff. For more information, please call the Health Unit at 966-5513 ext. 336.

### *Take the Nutrition Month Challenge!*

March 1 - March 31, 2006.

1st prize: \$100 gift certificate to a local Eat Smart! restaurant.

Starting March 1, enter the challenge by visiting

<[www.choosehealthyliving.org](http://www.choosehealthyliving.org)>

or call the Health Unit's Healthy Life Line at 966-5513 ext. 610.

**LifeWorks**  
It's about healthy living.