



# Health!

## Get it working for you

a workplace newsletter from LifeWorks

September 2006 Issue 5

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### Canada's Healthy Workplace Week October 23 to 29, 2006.

Canada's Healthy Workplace Week (CHWW) is a yearly celebration of workplace health in Canadian organizations. The theme this year, *Make a Difference in Your Workplace*, highlights the fact that whether you're the CEO or on the front line, you can make a positive change in your organization.

One of the goals of the week is to increase awareness of how important a healthy workplace is to the short and long-term success of an organization. A valuable website, [www.healthyworkplaceweek.ca](http://www.healthyworkplaceweek.ca) is available not only during the week but throughout the whole year to support your efforts. The website suggests ways to implement a healthy lifestyle, as well as how to maintain and enhance it. The site also offers a selection of resources including activities and strategies to increase your success in promoting a healthy workplace.

During CHWW, participating organizations will almost certainly observe a positive change. In addition, individuals can look forward to seeing the personal benefits of becoming more informed and active.

Here are two opportunities for workplaces to become involved:

- **Making it Work - Network Meeting for Workplace Health**, a fun and free gathering, to learn and share ideas about workplace health promotion. Join us on September 13, 2006 to learn more about CHWW and the Hastings and Prince Edward Healthy Workplace Challenge.
- **Hastings and Prince Edward Healthy Workplace Challenge**, a free and friendly local competition to help your workplace participate in CHWW. Workplaces that register receive a free toolkit with all material required to run the program. They also receive draw prizes.

For more information or to register for these local opportunities, see the enclosed inserts.

Suzanne White, BScN, RN

Workplace Coordinator for the Chronic Disease & Injury Prevention Department



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)



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 second gathering of this new network.

For more information, see the article above and enclosed insert.

Wednesday  
September 13,  
2006

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

8:30 - Registration & continental breakfast  
8:45 - Session begins

1<sup>2</sup><sub>3</sub>

# Tobacco Facts

1<sup>2</sup><sub>3</sub>

## Consider These Numbers:

- About eight out of every ten people who try smoking get hooked.
- Every 11 minutes, a Canadian dies from tobacco use.
- Every 10 minutes, two Canadian teenagers start smoking cigarettes; one of them will lose their life because of it.
- Yearly, more than 300 non-smokers will die of lung cancer and at least 700 non-smokers will die of heart disease caused by exposure to second-hand smoke.
- Over a year, at one pack of cigarettes a day, a smoker will inhale 73,000 puffs of dangerous chemicals.
- Heart disease rates are 70 per cent higher for smokers than non-smokers.
- Lung cancer is the leading cause of cancer deaths in Canada and smoking accounts for about 85 per cent of lung cancers.

However, with the implementation of the Smoke-Free Ontario Act on May 31, 2006 a very important number came into effect, **100**. On May 31<sup>st</sup> all workplaces and enclosed public places became **100 per cent** smoke-free. Therefore, in the future we should see the above numbers decreasing!

Joan Black, Public Health Nurse  
Chronic Disease & Injury Prevention Dept.

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## Are you pregnant, or the parent of a child under 6?



Congratulations! You are in a wonderful and rewarding stage of life. We understand it's also a stage which is sometimes scary, overwhelming, confusing and frustrating. To help pregnant moms and new parents through this amazing stage of life, we offer a free and voluntary program called **Healthy Babies, Healthy Children**.

HBHC provides:

- a) Pregnant moms with a prenatal screen and information on preparing for baby.
- b) New moms with a postpartum phone call from a public health nurse.
- c) New moms with a postpartum home visit to assess how baby is doing, and provide information on breastfeeding, baby care and community resources.
- d) Parents of an 18-month-old and 3-year-old with a Nipissing Child Development Screen.
- e) A home visiting program for parents of children up to 6 years of age.

Through **Healthy Babies, Healthy Children**, public health nurses and parents trained as family visitors, we all work together as a team to provide you with support through home visiting and links to services in your community.

**For details call (613) 966-5513 ext. 223 or if long distance, call 1-800-267-2803 ext. 223**



### Phone Call From a Public Health Nurse

A phone call from a public health nurse provides:

- Answers to your questions about pregnancy, taking care of your baby and being a parent.
- Encouragement and support.
- Information about supports and services in your community.
- The arrangement of a home visit.



### Home Visit From a Public Health Nurse

During your home visit, a public health nurse will:

- Link your family to support and services in the community.
- Provide information linking you to ongoing support from a Family Visitor, and much more!



### Family Visiting Program

A family visitor is a friendly, caring person who has received special training to encourage and support you as a parent by:

- Visiting you where you feel comfortable.
- Supporting you during your pregnancy.
- Helping you find the resources you need in your community.
- Helping you understand your baby's/child's stage of development.
- Sharing "parenting ideas" and helpful hints, and much more!



# Cater to Your Health!



More and more people are demanding healthy choices wherever they go, even in the workplace. Make your meeting, workshop or workplace event healthier by offering healthy food and beverage choices for everyone!

Most caterers are very accommodating - if you would like to make a request for a healthier substitution, don't be afraid to ask.

Here's a menu that can be modified to make it healthier.

| Lunch Menu               | Suggested Changes   |
|--------------------------|---|
| Coffee or tea with cream | ✓ Offer decaffeinated coffee and tea with 2% milk.  |
| Soft drinks              | ✓ Offer water.<br>✓ Offer 100% fruit or vegetable juices.   |
| Caesar salad             | ✓ Dark green leafy salads with vinaigrette salad dressing served on the side.   |
| Roasted Chicken          | ✓ Remove skin prior to cooking. If too expensive, clients can remove skin when chicken is served.<br>✓ Consider offering a vegetarian choice such as a vegetable stir-fry.  |
| Seasoned potato wedges   | ✓ Lightly oiled oven-roasted potatoes or mashed potatoes made with milk, (2% MF or less), or baked potatoes served with low-fat or fat-free sour cream.<br>✓ Ask for one or two additional vegetables served without added fat (e.g. steamed broccoli and carrots). |
| Cakes, pies, cookies     | ✓ Fresh fruit tray or low-fat fruit crisp.<br>✓ Low-fat yogourt, (2% MF or less).<br>✓ Milk puddings.   |

For more information on healthy eating in the workplace, contact the Healthy Life Line at 613-966-5513 ext. 610.

Stacey Kimura RD, BASc  
Public Health Dietitian

You can find us at <[www.lifeworks4health.org](http://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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## Upcoming Events...

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

Wednesday, September 13, 2006.

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

Location: Hastings and Prince Edward District School Board.

For more information, or to attend, call Suzanne White at 613-966-5513 ext. 233 or see the enclosed insert.

### **Hastings & Prince Edward Healthy Workplace Challenge**

October 23 - 29, 2006

An annual challenge designed to encourage employees to increase their awareness and activity levels in a comprehensive manner. Each participating organization receives a free toolkit that will include all materials required. For more information, see the enclosed insert.

### **Rabies: Protect Yourself**

**What:** Low-Cost Rabies Vaccination Clinic (\$15.00 GST included, payment option may vary).

**When:** Saturday September 30, 2006 (times may vary).

**Who:** Clinics are organized by the Quinte District Veterinary Association in co-operation with your local public health unit.

**Where:** Local participating veterinarians.

For more information you can call 613-966-5513 ext. 320, or visit the Hastings & Prince Edward Counties Health Unit website at <[www.hpechu.on.ca](http://www.hpechu.on.ca)>.

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