



Health!

Get it working for you

March 2010

Issue #16

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Hastings & Prince Edward Counties Health Unit contact information: 613-966-5500 or if long distance 1-800-267-2803. (TTY Line 613-966-3036 Mon.-Fri. 8:30-4:30)



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Men, Health, and the Workplace

Why have an entire newsletter issue on this topic? Because men don't fare as well as women when it comes to health. Men's life expectancy is less. They have higher rates of cancer, heart disease, diabetes, suicide, and injury¹. Also, men are less likely to seek out help for medical problems, or delay getting help.

There are a number of factors that put men at greater risk. Traditionally men have been socialized to be risk takers and that can have benefits to society, such as taking on roles as fire fighters, police, or soldiers. However, it also means that men may take risks that lead to ill health and injury; smoking, drinking, driving fast, and being involved in violence. Males also face certain workplace health hazards. For example, metal workers and auto-mechanics have an increased risk of bladder cancer. Men in both white and blue collar jobs are injured at twice the rate of women — with men in blue collar jobs at greatest risk².

Today's work environment also impacts men negatively. Men who work more than 35 hours per week have increased chance of injury³. Men who work more than 40 hours per week are more likely to be obese than those working between 30 to 40 hours⁴. Obesity is a risk factor for heart disease, type-2 diabetes and other chronic illness.

Men have some health problems unique to them such as [prostate](#) and [testicular](#) cancer. They may neglect or avoid preventive measures for these and other illness due to lack of knowledge, embarrassment, or just not paying attention to signs of ill health.

Despite all this bad news... (Continued on page 2)



be active



eat well



be smoke-free



Working for you!

Your Guide to a Healthy Workplace

is available at www.lifeworks4health.org

- ▶ Download ready-to-use resources
- ▶ Access essential workplace health information
- ▶ Learn proven health promotion strategies to build a thriving workplace



Contact information:
613-966-5513 ext. 233; workplacesupport@hpechu.on.ca

FATHERS — AN IMPORTANT ROLE MODEL IN A CHILD'S LIFE



Fathers are an important role model for their children. Positive father involvement is a key factor in healthy child development.

Father involvement benefits children's:

- ✓ emotional health
- ✓ peer relationships
- ✓ physical well-being
- ✓ ability to cope with stress
- ✓ school success

Below are some ideas in how to be an involved father:

- ✓ Play, read, and spend time with your child – they won't be young forever.
- ✓ Assist in child care and household responsibilities.
- ✓ Support your child's interests; make your child feel important.
- ✓ Praise your child often.
- ✓ Be a positive role model. Remember, your child will be watching you and your interactions with others.

The rewards of being an involved father are endless. For more information on positive fathering and programs for dads and their children, please contact the Child Health CARELine at 613-966-5513 ext. 223 or toll-free; 1-800-267-2803 ext. 223. TTY 613-966-3036 Monday to Friday from 8:30 am - 4:30 pm.

Submitted by Elizabeth Michael, BScHE
Health Promoter, Family Health Department

Protein Myths Busted!

Protein is important for athletic performance, but it is only one part of a healthy diet.

Myth: More Protein = More Muscle

Fact: Excess protein from diet or supplements, like protein powder, does not result in muscle gain. Instead, it will be used for energy or stored as fat. If you follow Canada's Food Guide, protein needs for athletes can generally be met by diet alone.¹ For a healthy body, include strength activities such as lifting weights, endurance activities such as cycling, and flexibility activities such as stretching.

¹ Rodriguez NR, DiMarco NM, Langley S. (2009).

² Clark, N. (2003).

Myth: Protein supplements are the best sources of protein

Fact: The amount of protein in supplements is often less than what you would get from foods such as low fat milk or fish, and can be up to four times the price per gram of protein.² Protein is not the only nutrient you need. A healthy diet following Canada's Food Guide will provide all the necessary nutrients for health, and improved performance. For a copy, please visit: www.healthcanada.gc.ca/foodguide

Submitted by Abby Bryan-Pulham, BASc
Dietetic Intern

Chronic Disease & Injury Prevention Department

Men, Health, and the Workplace (cont'd from page 1)

there is much that can be done to improve men's health.

Men can eat a healthy diet, exercise regularly, follow [low risk drinking guidelines](#), be smoke-free, watch for symptoms of health problems such as [diabetes](#) or [depression](#), get regular check-ups and seek medical help promptly.

Workplaces can make occupational health and safety a priority, avoid requiring overtime of employees (as much as possible), and offer flexible work schedules, supporting work-life balance. They can provide education on health topics of concern to men. Workplaces can also put policies in place that support employee efforts to be physically active and attend medical appointments.

¹ Statistics Canada, 2005

² Health Canada 2009

³ IBID

⁴ Statistics Canada, 2009

Submitted by Bernadette Hymus, BScN, RN
Workplace Health Coordinator
Chronic Disease & Injury Prevention Department

MEN WHO GET ACTIVE IN MIDLIFE LIVE LONGER

It's never too late to start exercising. A new study found that men who start doing physical activity when they are 50 can extend their life span by more than two years.

Researchers found that those doing high levels of activity (vigorous effort) at the age of 50 lived 2.3 years longer than inactive men and 1.1 years longer than those who reported medium levels (moderate effort) of activity.¹

Light Effort (60 minutes) - light walking, easy gardening, stretching.

Moderate Effort (30 - 60 minutes) - brisk walking, biking, raking leaves, swimming, dancing, water aerobics.

Vigorous Effort (20 - 30 minutes) - aerobics, jogging, hockey, basketball, fast swimming, fast dancing.

Source: Canada's Physical Activity Guide to Healthy Active Living

Starting to be regularly active at an early age and making physical activity part of every day will not only help you add more than years to life, but life to your years. If you haven't started yet, the science shows that any time is a good time to get active.

Reminder: Consult with your health professional before starting a physical activity program.

Physical activity ideas: walk or cycle to and from work, walk on breaks or at lunch, or check out a local gym or recreation centre.

For more ideas email lkennedy@hpechu.on.ca or call 613-966-5513 ext 339

¹ Michaëlsson, K. & Katz, D.L. 2009.

Submitted by Lesley Kennedy, BA, Health Promoter
Chronic Disease & Injury Prevention Department

*LifeWorks Networking Meeting
Coming May 26th - Stay Tuned*

TOBACCO AND YOUR SEX LIFE

We all know smoking tobacco is bad for your health, but did you know it may affect your sex life? Men who smoke may have less healthy sperm, and are twice as likely to experience problems having an erection (impotence), as men who don't. The longer you smoke, the greater the damage to your reproductive system, and the greater likelihood of impotence.

No matter how old you are, or how much you smoke, quitting will reduce your health risks. Full or partial recovery of your sexual function can occur by quitting smoking. Quitting is a process and often takes several attempts. Free Quit Smoking Kits are available at all five Hastings & Prince Edward Counties Health Unit offices.

For information call: **Tobacco Talk Line 613-966-5513 x 600; 1-800-267-2803 x 600;**
TTY 613-966-3036, Weekdays 8:30 am to 4:30 pm.

Submitted by Joan Black, Public Health Nurse
Chronic Disease & Injury Prevention Department

Real Men. . . . Get Screened

Colorectal cancer is a devastating disease that invades the large intestine of approximately 7,800 Ontarians each year. Colorectal cancer does not discriminate men or women, and even the healthiest individual can develop the disease.

The risk for men (and women) to develop colorectal cancer increases with:

- Age (particularly after 50)
- Polyps (small growths in the inner wall of the colon and rectum)
- Family history (of polyps, colon, breast or uterine cancer)
- Diet (especially high in fat and red meat and low in fruit and vegetables)
- Obesity
- Physical inactivity
- Heavy alcohol consumption (>2 drinks per day)
- Living with inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- Smoking

When detected early through screening, there's a 90 per cent chance of curing colorectal cancer. A simple fecal occult blood test (FOBT), which can be done in the privacy of your own home, could save your life. Adopting a healthy lifestyle over the long term may lower your risk of developing colorectal cancer.

A new tool kit, *Promoting Cancer Screening in the Workplace*, is available. For more information call 613-966-5513 ext. 296.

Submitted by Wia Pietersma, Health Promoter, Chronic Disease & Injury Prevention Department

Too Old for an STI . . . Not a Chance!

The number of people diagnosed with chlamydia, gonorrhea, HIV, and syphilis is increasing. Other sexually transmitted infections (STI's) such as Herpes and human papillomavirus (HPV) continue to spread from person to person.

What can men do to protect themselves from becoming infected?

1. Be immunized for Hepatitis A & B. Encourage female partners to immunize with Gardasil (HPV).
2. Use a condom every time. If you experience breakages or have difficulty with their use, call the Sexual Health Clinic.
3. Be tested for STIs and encourage your partner to be tested too. STI testing is available through your health care provider, or the Sexual Health Clinic.
4. Seek information about alcohol or drug use, especially if the use leads to casual sex situations or sharing of equipment.

Age offers no protection, therefore if you are in a new relationship, take precautions.

For more information, please contact the Sexual Health Clinic at 613-966-5513 ext. 243

Submitted by Beth Shaw, Public Health Nurse,
Communicable Disease Department

More for You in 2010

We are making some changes to the newsletter we hope you will find helpful.

More issues - We are adding a summer issue.

Each issue will focus on an important health topic:

March - Men's Health

June - Summer Health

September - Women's Health

November - Healthy Communities

Why not become an e-subscriber? Not only will you receive the LifeWorks' newsletter, but you will also receive relevant health information throughout the year.

Contact: jmcisaac@hpechu.on.ca to start receiving this newsletter and other health information by e-mail.

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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Upcoming Events

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Healthy Measures Classes for Women

Healthy Measures is a FREE 6-week healthy living program. Join us in a grocery store tour, try a new physical activity each week, learn about portion sizes and much more!

Quinte West - March 30 - May 4, 2010. 6:30 pm - 8:30 pm

Wellington - March 25 - April 29, 2010. 6:30 pm - 8:30 pm

To register please call 613-966-5513 ext. 226.

North American Occupational Safety and Health Week - May 2-8

Why not focus, reinforce and strengthen commitment to occupational safety and health in your organization by hosting a NAOSH week event?

For information and ideas, go to www.naosh.org.

Diabetes Symposium 2010 - A Spring Tune-Up For You and Your Diabetes

Canadian Diabetes Association

April 24, 2010. 8:30 am - 12:00 pm

Maranatha Church, 100 College St. Belleville

To register, please call 613-962-6520 or e-mail April McCann at april.mccann@diabetes.ca

Relay for Life - Canadian Cancer Society

Celebrate-Remember-Fight Back

Relay dates: Brighton June 4; Bancroft June 11; Prince Edward County June 11; Belleville June 25; All events start at 7 pm. For information on how to participate, call 613-962-0686 www.cancer.ca/relay

Health Promotion Days

March

- ◆ [National Nutrition Month](#)
- ◆ [National Colorectal Cancer Awareness Month](#)
- ◆ [World Tuberculosis Day](#) March 22

April

- ◆ [Daffodil Month: Cancer Awareness](#)
- ◆ [Oral Health Month](#)
- ◆ [National Immunization Awareness Week](#) April 24 - May 1
- ◆ [Earth Day](#) April 22
- ◆ [National Day of Mourning: Remembering lives lost or injured in the workplace](#) April 28

May

- ◆ [Emergency Preparedness Week](#) May 2 - 8
- ◆ [National Mental Health Week](#) May 3 - 9
- ◆ [National Road Safety Week](#) May 11 - 17
- ◆ [World No-Tobacco Day](#) May 31

The Health Unit has information and resources related to many of these health promotion days. For details, visit us at www.hpechu.on.ca/Resources/WorkplaceResources or contact Bernadette Hymus, Workplace Health Coordinator, Hastings & Prince Edward Counties Health Unit at 613-966-5513 ext. 233 or bhymus@hpechu.on.ca

