

## Websites

The following websites have information that you can access to develop workplace health promotion activities or to order resources.

### A HANGOVER IS THE LEAST OF YOUR WORRIES

Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)

Centre For Addiction & Mental Health  
[www.camh.net](http://www.camh.net)

Heart & Stroke Foundation of Ontario  
[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

Low Risk Drinking Guidelines  
[www.lrdg.net](http://www.lrdg.net)

### NUTRITION

Eating and Activity Tracker  
[www.EATracker.ca](http://www.EATracker.ca)

### TOBACCO USE

Smokers' Helpline Online  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

SmokeFreeEast  
[www.smokefreeeast.ca](http://www.smokefreeeast.ca)

### ATTENTION

If you would like to receive the **Health For All Workplaces** newsletter via email, please complete the enclosed insert.



Paint your plate. Create a masterpiece.

This upcoming campaign, sponsored by the Renfrew County and District Health Unit, promotes eating colourful vegetables and fruit with every meal and as snacks. Most people do not eat the recommended daily servings of vegetables and fruit despite the fact that doing this could offer protection from heart disease and cancer.

What better time to highlight the benefits of increased vegetables and fruit consumption among your employees than during nutrition month in March. The following resources may assist you:

#### Eating Well with Canada's Food Guide

Copies of the new food guide, released in 2007, can be ordered at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

#### Eating Well with Canada's Food Guide Display

This free-standing light-weight display can be reserved for a two-week period by calling 613-735-8651 Ext. 519 or 1-800-267-1097.

#### Healthy Lifestyle Changes DVDs

The following DVDs range in length from 10-18 minutes:

- Restaurants, Fast Food and Parties
- Shop Healthy, Cook Healthy
- Healthy Eating for Life
- How to Make Healthy Lifestyle Changes
- Losing Weight and Keeping it Off
- Getting Active, Staying Active.

They can be borrowed by calling 613-735-8651 Ext. 519 or 1-800-267-1097.



For resources or for program information call Theresa Mann, PHN at 613-432-5853 or 1-800-804-0772 or visit our website at [www.rcdhu.com](http://www.rcdhu.com).



# HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

"Health Promotion Strategies for Managers & Occupational Health & Safety Staff" SPRING 2008

## ABOUT THE HEALTH UNIT

We support workplace personnel and local trade and business associations to improve awareness, develop skills and to improve work environments, as mandated by the Ministry of Health and Long Term Care.

These initiatives are aimed at:

- reducing the risk of chronic diseases,
- preventing alcohol and other substance abuse,
- supporting healthy pregnancies and breastfeeding in the workplace.

We offer consultation and assistance with policy development and health promotion programs. Resources on the following topics are available:

- Healthy Eating
- Healthy Weights
- Physical Activity
- Tobacco-free Living
- Stress Management
- Injury and Substance Abuse Prevention
- Immunizations
- Breastfeeding in the Workplace
- Healthy Pregnancy

## INSERTS

- Your Input is Important to Us!
- Immunize - Monthly Immunization Clinics
- Cheers to a Safe Workplace Registration Form

The Renfrew County and District Health Unit is pleased to present **Health For All Workplaces**, a newsletter for workplace managers and occupational health and safety staff. We hope that you find it useful and welcome your comments and feedback. Enjoy!

Health Unit Workplaces Staff

## A Hangover is the Least of Your Worries...

alcohol is a risk factor for heart disease & cancer



How many alcoholic beverages do you or your employees drink each day? Does this impact your workplace? Remember that one standard drink is equal to 5oz. of wine, 12oz. of beer or 1.5oz. of spirits.

The Centre for Addiction and Mental Health (CAMH) has developed Low Risk Drinking Guidelines to help evaluate and adjust the amount individuals drink on a regular basis. The guidelines indicate that, in addition to the daily limits, women should not exceed nine drinks per week and men should not exceed fourteen drinks per week. Many people exceed these recommendations. Research indicates this can increase the risk of high blood pressure, stroke, breast cancer and other cancers including mouth, esophagus, liver and colon. A hangover is a minor ailment by comparison.

If you would like pamphlets, posters or a display to promote this message in your workplace call 1-613-735-8653 or 1-800-267-1097 Ext. 502.

## National Immunization Awareness Week

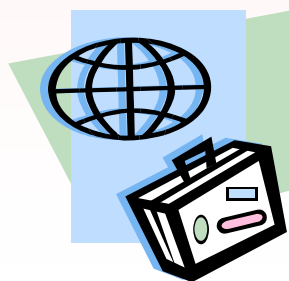
April 20 – 26, 2008

National Immunization Awareness Week is held in late April each year to promote the importance of vaccinating everyone to prevent disease. Many parents are careful about protecting their children, but forget about protecting themselves. Adults continue to need immunizations for several reasons:

- Some vaccines do not provide life-long protection (e.g., all adults need a booster for tetanus and diphtheria every ten years).
- Adults may need vaccines when they travel to other countries.
- Some vaccines are recommended based on individual lifestyle, occupation, underlying illness and age.

Keeping immunizations up-to-date is a lifelong process. Let's work together to raise awareness about the importance of immunization for your employees:

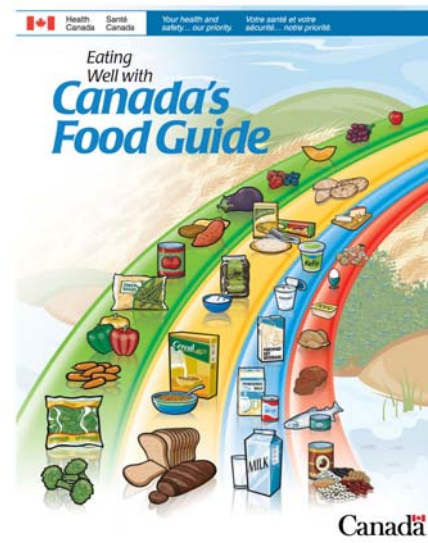
- Post the enclosed immunization insert
- Reserve a tetanus and diphtheria booster display by calling 613-735-8651 or 1-800-267-1097 Ext. 519.
- Request immunization information for employees who are required to travel by calling the Health Info Line at 613-735-8666 or 1-800-267-1097 Ext 666.









## HEALTH FOR ALL EMPLOYEES...

### The Super-Size Illusion

How do your usual food “portions” compare to Canada’s Food Guide amounts? Visualize one serving using the examples in the chart below.



One Food Guide Serving is...	Looks like...
125 ml (½ cup) fresh, frozen or canned vegetables or fruit	light bulb 
250 ml (1 cup) raw greens or salad	cupped hand 
½ bagel (45 g)	hockey puck 
50 g (1 ½ oz) cheese	3 stacked dominoes 
75 g (2 ½ oz)/125 ml (½ cup) cooked fish, shellfish, poultry, lean meat	computer mouse 
30 ml (2 tbsp) peanut butter	golf ball 

Your usual serving of spaghetti and meatballs, with tomato sauce may count as 3-4 servings of grain products, 1-2 servings of meat and alternatives and 1-2 servings of vegetables and fruit.

For a copy of the new Eating Well with Canada’s Food Guide visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

## Cheers to a Safe Workplace

What would you do if one of your employees was coming to work under the influence of alcohol, drugs or was using these substances during working hours? Does your workplace have a procedure to follow if a problem occurs?

Every employee needs to be aware of the rules and consequences around substance use in the workplace. Most workplaces that take the time to plan for substance use issues are well prepared to assist their employees in changing their behaviours and achieving a successful work experience. Some aspects include:

- workers’ safety
- protection of equipment
- productivity
- process of reporting
- employee support
- employee health and morale.



The Renfrew County FOCUS Community Project, in partnership with the Renfrew County and District Health Unit, is offering a one day workshop to address the issues of substance use in the workplace on Wednesday May 21, 2008. For more information see the enclosed registration form or call 613-735-8651 or 1-800-267-1097 Ext. 502.

## Make Your Home and Car Smoke-Free!

There is no safe level of second-hand smoke exposure. Second-hand smoke is more harmful to children than adults because their lungs are smaller and they breathe faster.

Children exposed to second-hand smoke:

- cough and wheeze more than other children
- have more ear infections
- have decreased lung capacity
- have bronchitis and pneumonia more often
- are more likely to develop asthma
- make more trips to the hospital



Babies who regularly breathe in second-hand smoke have a greater chance of dying from Sudden Infant Death Syndrome (SIDS).

The Smoke-Free Ontario Act bans smoking in many areas, such as indoor public places and workplaces. The legislation does not cover spaces such as the home and car. People who smoke are encouraged to take it outside and away from children ... make your home and car smoke-free! It is important to protect children and others from the negative effects of second-hand smoke.

For information on how to make your home and car smoke-free call the Health Info Line at 613-735-8666 or 1-800-267-1097 Ext. 666. For help to quit smoking, call Smokers’ Helpline at 1-877-513-5333 or [www.smokershelpline.ca](http://www.smokershelpline.ca), speak with your health care provider or contact your local Health Unit office.

PLEASE POST THIS PAGE FOR EMPLOYEES