

HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

**“Health Promotion Strategies for Managers & Occupational Health & Safety Staff”
SUMMER 2007**

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 we welcome your comments and feedback. Enjoy!

Health Unit Workplaces Staff

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.

Healthy Workplace Week is October 22-28

Canada's Healthy Workplace Week is a yearly celebration of workplace health in Canadian organizations. This specific week is set aside each year to increase awareness about the importance of workplace health to personal and organizational performance.

The goal of healthy workplace development, as illustrated in the healthy workplace model below, is not only employee health, but also organizational health and success.

For more information about this model, or for ideas on how to promote healthy workplace week in your organization, visit www.healthyworkplaceweek.ca. Also, check out the Workplace Wellness Challenge article described inside this newsletter.

It's not too early to start thinking about Healthy Workplace Week!

Register for the Second Annual Workplace Wellness Challenge

Now is the time to plan for the 2007 event that will take place during Canada's Healthy Workplace Week (October 22-28). This activity encourages you to motivate employees to increase their physical activity. Workers will track their physical activity and try daily challenges for five days. All employees can participate regardless of their physical activity level or ability. Participating businesses will compete against each other.

The Renfrew County and District Health Unit will award a prize to the large (80 employees and up) and small (1-79 employees) workplace that has the highest percentage of their workforce participating.

The enclosed insert has details on how to register or order your free ready-to-use information package. The package includes promotional materials such as sample email/voicemail messages, pay stub stuffers, a poster and a challenge planning guide.

Join the 2007 Breastfeeding Challenge

Celebrate breastfeeding in a fun "competition" where every child "wins" because they are breastfed!

What: The Quintessence Breastfeeding Challenge 2007 is a challenge for the geographic area (province, state or territory) that has the most "latched on" and breastfeeding babies (as a percentage of the birthrate), at 11 a.m. on September 29, 2007.

Why: To celebrate breastfeeding and provide promotion, protection, support, education, and peer support for breastfeeding women and their families.

Background: When this event started in 2001, 856 babies were registered at 26 sites in British Columbia, Canada. In 2006 there were 4,687 babies registered at 156 sites across Canada and the U.S.A. Hopefully this year the numbers will increase dramatically. Please join the challenge!

For more information about the Challenge, to book a display or to order posters for your workplace, contact Heather Yolkowskie, Public Health Nurse at 613-432-5853 or 1-800-804-0772.

Join the Campaign! Help Prevent Alcohol Use During Pregnancy

Drinking alcohol during pregnancy may cause a baby to be born with Fetal Alcohol Spectrum Disorder. Employers can support pregnant employees to be healthy and alcohol free.

If employees need help:

- Renfrew County Alcohol Drug and Gambling Assessment Referral Service
613-432-9855 or 1-800-265-0197
- Pathways Alcohol and Drug Treatment Services
613-432-8573 or 1-888-241-1135
- Motherisk Alcohol and Substance Use Helpline
1-877-327-4636

Fetal Alcohol Spectrum Awareness Day - September 9, 2007

HEALTH FOR ALL EMPLOYEES...

When You Smoke...Your Family Smokes Too!

Second-hand smoke comes from any burning tobacco.

Second-hand smoke is harmful to your family. It contains over 4,000 chemicals with more than 40 of them known to cause cancer.

Smoking in the home increases your children's risk of getting colds, ear infections, asthma, bronchitis and pneumonia. Babies who regularly breathe in second-hand smoke have a greater chance of dying from Sudden Infant Death Syndrome (SIDS), also known as Crib Death. Exposure to second-hand smoke can also cause lung cancer and heart disease.

Protect your family from these health risks. Don't smoke in your home or car, and seek smoke-free childcare.

Source: "Quit You Have It In You", Ministry of Health Promotion and "Smoke-free Homes" Program Training and Consultation Centre

Since May 31, 2006, smoking is banned from enclosed public spaces and workplaces across Ontario. There's never been a better time to quit!

Great Quitting Resources

Smokers' Helpline:

1-877-513-5333 or visit www.smokershelpline.ca. Free advice and a quit plan.

Motherisk

Call Motherisk's Alcohol and Substance Use Hotline at 1-877-FAS-INFO (1-877-327-4636) or visit www.pregnets.org if you have a baby or are expecting.

Health Care Providers

Talk to your doctor, pharmacist, dentist or nurse or contact Renfrew County and District Health Unit at 613-735-8666 or 1-800-267-1097 Ext 666.

What You Should Know About The New Canada's Food Guide

The following information highlights the key points found in the new "Eating Well with Canada's Food Guide" that was released in March 2007.

1. The number of recommended daily food servings is based on age and gender.
2. Vegetables and fruit have greater importance. Include one dark green and one orange vegetable each day.
3. Canadians over 50 years of age should use a Vitamin D supplement to help prevent osteoporosis.
4. Eat at least two servings of fish each week. Limit fresh tuna, sword fish and shark to reduce mercury exposure.
5. Limit foods and beverages high in calories, fat, sugar and salt.
6. Limit added unsaturated fats (oil, salad dressing) to two to three tablespoons per day.
7. At least half of the grain products eaten daily should be whole grains.
8. Be more active every day.
9. "My Food Guide" lets users personalize information based on age, sex, food and activity choices. Try "EATracker" at www.dietitians.ca to enter daily food and activity choices.

Receive personalized feedback on calorie and nutrient intake compared to the recommendations.

To obtain your own copy of the new food guide or use “My Food Guide” visit www.healthcanada.gc.ca/foodguide.

Source: Nutrition Resource Centre - www.nutritionrc.ca.

Decrease Idling ~ Improve Health & The Environment

In Canada, the transportation sector is the largest source of greenhouse gas emissions contributing to climate change and airborne pollutants affecting respiratory health.

Did you know?

- Smog kills more Canadians than car accidents, breast cancer, prostate cancer and melanoma.
- **More than 2,000,000 litres of fuel** would be saved and **10,000 tonnes of carbon dioxide** would not enter the atmosphere yearly if each motorist in Renfrew County stopped idling for five minutes a day.
- Drivers idle their vehicles, on average for five to ten minutes every day. Pollutants in exhaust are greater when idling.
- Every kilometre walked reduces one tonne of greenhouse gas.
- Many fleet operators have implemented idling policies to **reduce fuel cost**.

What can workplaces do?

- **Consider** idle-reduced loading zones.
- **Encourage** company drivers and all employees to limit warm-up time.
- **Ensure** drivers shut off vehicles while waiting (restart only when the heater or air conditioner is needed).
- **Explore** ways to have trees planted, at work, at home or at schools.
- **Encourage** employees to car-pool and increase the number of times they walk. This will increase physical fitness and encourage community spirit.

Visit <http://oee.nrcan.gc.ca/transportation/fleetsmart.cfm> for information about grants, initiatives and the anti-idling tool kit.

FEATURED WORKPLACES

Healthy Living Partnership Workplace Award Winner The Heliconia Press – Beachburg

The Heliconia Press facilitates and encourages healthy living among their employees through the provision of flexible hours of work, benefit and incentive programs and regular staff celebrations. The Heliconia Press property is 100% smoke free. To promote regular physical activity they have installed an ice rink and foose-ball table. Staff are encouraged to use flex-time to walk the nearby trails. They allow full use of their kitchen facilities to discourage employees from eating out regularly or bringing processed food for lunch. All offices are furnished with ergonomically correct equipment to avoid repetitive strain injuries. The Heliconia Press offers flexibility to fit all employees' needs and the opportunity for physical activity to be built into the workplace.

Congratulations to The Heliconia Press!

Websites

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

Sun Safety

www.cancer.ca

www.dermatology.ca

Reproductive Health in the Workplace

www.beststart.org/index_eng.html

Working and Breastfeeding

www.infactcanada.ca

www.ilca.org

Fetal Alcohol Spectrum Disorder

www.phac-aspc.gc.ca/fasd-etcaf/index.html

For resources or for program information call Theresa Mann at 613-432-5853 or 1-800-804-0772 or visit our website at www.rcdhu.com.