



# HEALTH FOR ALL WORKPLACES

Produced by Renfrew County and District Health Unit

“Health Promotion Strategies for Managers and Occupational Health & Safety Staff “

SUMMER 2016

## Renfrew County and District Health Unit Supports Workplace Health Initiatives

We use a comprehensive health promotion approach to increase the capacity of workplaces to develop and implement healthy policies and programs and to create or enhance supportive environments.

The Health Unit offers consultation and assistance with policy development and health promotion resources and programs on the following topics:

- healthy eating
- healthy weights
- physical activity
- comprehensive tobacco control
- alcohol and other substances
- work stress
- exposure to ultraviolet radiation
- falls across the lifespan
- road and off-road safety
- immunization
- breastfeeding in the workplace
- healthy pregnancy

### Inserts

- Free Materials Order Form
- Canada's Low-Risk Drinking Guidelines Pamphlet/Poster
- CAMH Saying When App Poster/Wallet Card
- Rethink Your Drinking Poster
- Alcohol and Pregnancy Warning Poster
- Make Quit Memorable Poster and Palm Cards
- First Week Challenge Poster and Tear-off Sheets

## Encourage Employees to “*Rethink*” Their Drinking

Even though many people drink alcohol at a safe level – others do not. Reducing the amount of alcohol people drink can reduce the risk of alcohol-related problems. Over time, alcohol use can lead to complications with physical, emotional and mental health.

Employers can educate employees on the risks associated with alcohol consumption by hanging posters, offering resources and promoting the ***Rethink Your Drinking*** campaign to encourage employees to make healthy choices.

**RETHINK<sup>o</sup>  
YOUR DRINKING.ca**

***Rethink Your Drinking*** is an awareness campaign that encourages moderation or low-risk drinking to support healthy lifestyle choices and reduce short and long-term risks associated with alcohol consumption. The ***Rethink Your Drinking*** campaign focuses on individuals exploring their relationship with alcohol, like why, when and how much they drink. Cutting down on alcohol consumption will reduce the risk of alcohol-related problems. Employers can encourage employees to “rethink” their drinking by ordering free campaign materials (see inside for details).

For more information visit the ***Rethink Your Drinking*** website:

<http://www.rethinkyourdrinking.ca/>



This newsletter is available electronically. Subscribe by emailing [rquathamer@rcdhu.com](mailto:rquathamer@rcdhu.com)

### Canada's Low-Risk Alcohol Drinking Guidelines

Alcohol is a significant part of many social get-togethers. Keeping track of how much you drink can be difficult when:

- you do not normally measure your drinks
- you enjoy mixed drinks
- you choose beverages that come in large size containers

All drinks are not equal, when it comes to alcohol content. Check out the "Home Bartending Challenge" created by the LCBO at <http://www.deflatetheelephant.com/>. With this useful tool you can try to pour standard drinks in different sized glasses. It is not as easy as it looks!

If you choose to drink, **Canada's Low-Risk Alcohol Drinking Guidelines** can help you decide when, where, why and how. The guidelines recommend:

#### To prevent chronic disease:

Women should not drink more than 2 drinks a day and no more than 10 drinks a week

Men should not drink more than 3 drinks a day and no more than 15 drinks a week

Men and women should have non-drinking days to ensure that they are not developing a habit

#### To reduce the risk of injury and harm:

Women should not drink more than 3 drinks on any single occasion

Men should not drink more than 4 drinks on any single occasion

### How much is one drink?



341 ml (12 oz.)  
glass of 5%  
alcohol content  
(beer, cider or cooler)



142 ml (5 oz.)  
glass of wine  
with 12%  
alcohol content



43 ml (1.5 oz.)  
serving of 40% distilled  
alcohol content  
(rye, gin, rum, etc.)

© Canadian Centre on Substance Abuse 2012

The guidelines also highlight situations where alcohol should be avoided.

Do not drink when you are:

- Driving a vehicle or using machinery or tools
- Taking medication or other drugs that interact with alcohol
- Doing any kind of dangerous physical activity
- Living with mental or physical health problems or alcohol dependence
- Pregnant or planning to be pregnant
- Responsible for the safety of others or making important decisions

*Article adapted from KFL& A (2013) Alcohol and the Workplace Tool Kit. pg. 31.*

**PLEASE POST OR PHOTOCOPY THIS PAGE FOR EMPLOYEES**



# RETHINK<sup>o</sup> YOUR DRINKING.ca

**Saying When**, is a free, mobile phone app to help people engage in moderate or low-risk drinking when it comes to alcohol consumption. This app complements the **Rethink Your Drinking** campaign which encourages individuals and communities to examine their relationship with alcohol, like why, when and how much they drink. These cards are available to order, free of charge, from Renfrew County and District Health Unit.



## Encourage Healthy Lifestyle Choices in your Workplace

- Promote the **Rethink Your Drinking** Campaign by posting the enclosed "Everything Matters" poster. Order **Rethink Your Drinking** posters free from Renfrew County and District Health Unit.
- Order free Canada's Low-Risk Alcohol Drinking Guidelines posters, pamphlets, magnets and sample paycheque inserts from the Renfrew County and District Health Unit. The Health Unit can also assist you in the development of a workplace alcohol policy to address concerns regarding alcohol use in the workplace.
- Borrow Canada's Low-Risk Alcohol Drinking Guidelines display for your workplace.
- Order free alcohol and pregnancy brochures, posters and educational material.
- Promote CAMH's **Saying When** mobile phone app and order free app cards.
- Post a video on social media or the employee website about the Low-Risk Alcohol Drinking Guidelines (Middlesex-London Health Unit) <http://www.youtube.com/watch?v=NbpdMFE-AIE>
- Promote the **Make Quit Memorable** campaign by posting the enclosed **Make Quit Memorable** poster and palm cards to let young adults know about evidence-based tools to help them quit smoking.
- Promote the **First Week Challenge** Contest by posting the enclosed **First Week Challenge** poster and tear-off sheets to let adults know about this quit smoking contest.

**This Newsletter is Available Electronically**

Call 1-800-267-1097 ext. 533, 613-735-8651 ext. 533 or email [rquathamer@rcdhu.com](mailto:rquathamer@rcdhu.com) for more information or to be added to the email distribution list.



## Encourage Employees to Quit Smoking

**Leave The Pack Behind**, the best practice program for young adult smoking cessation and prevention funded by the Ministry of Health and Long-Term Care, is currently promoting its cessation and relapse prevention campaign, **Make Quit Memorable**, for young adults age 18-29.

Research shows that it can take many attempts to quit smoking for good, so individuals who use commercial tobacco products should be encouraged to make quit attempts as often as possible.

Leave The Pack Behind's *Make Quit Memorable* campaign encourages Ontario young adults to try and try again with the message "*Any day can be your quit day. Make Quit Memorable!*" The campaign motivates young adults to capitalize on memorable days like birthdays, anniversaries, holidays, or pop-culture events to quit or quit again soon after a relapse. Since many of your employees may be young adults, we are asking you to assist us in promoting the campaign to increase young adult awareness about **free**, proven, age-tailored tobacco cessation resources available through Leave the Pack Behind.

Employees can:

- Order FREE nicotine patches and gum online (while supplies last)
- Read the quit smoking mini-booklets
- Download the free ***Crush the Crave*** mobile phone app to help them quit
- Join the online run & quit program-***QuitRunChill***

For more information, visit [www.LeaveThePackBehind.org](http://www.LeaveThePackBehind.org), Facebook ([facebook.com/LeaveThePackBehind/](https://facebook.com/LeaveThePackBehind/)) or Instagram ([instagram.com/leavethepackbehind/](https://instagram.com/leavethepackbehind/))



The **First Week Challenge Contest** is a health promotion campaign designed to motivate Ontario tobacco users to quit smoking or stop using other forms of tobacco for one week for the chance to win a \$500 cash prize. Entrants must sign up by the last day of the month and stay tobacco-free for the first week – the first 7 days – of the next month. Every month, a new winner will be randomly chosen and called the week after the first week quit period.

Research shows that people are 9x more likely to quit smoking for good if they quit for a week. Registrants for the contest will receive support to quit through Smokers' Helpline and will also receive a discount coupon for nicotine replacement therapy.

Employees 19+ years can register for the Canadian Cancer Society's First Week Challenge Contest by the end of each month at:

- [www.FirstWeekChallengeContest.ca](http://www.FirstWeekChallengeContest.ca)
- Smokers' Helpline at 1 877-513-5333 (or the number on cigarette packages)

Enclosed are resources (posters, palm cards and tear-off sheets) to promote these opportunities with your employees.  
Additional resources, social media posts/images and LCD screen ads are available by request.