

# Board of Health

Monthly Report -April 24, 2003

## INSIDE THIS ISSUE



### 2 April is Dental Health Month



### 2 Healthy You, Healthy Me

## CONTACT US:

We welcome your comments and suggestions for the Board Report at:

[board@healthunit.org](mailto:board@healthunit.org)



## Healthy Eating...Tasty and Easy!

*Submitted by Heather Deegan, Registered Dietitian/Public Health Nutritionist*

Healthy eating *must* be tasty and easy in order to appeal to today's consumer. More than ever, we are pressed for time, and often healthy eating and other behaviours that are important for health get lost in the daily rush. To help community members overcome their challenges to healthy eating, activities were held during March to promote simple solutions to the healthy eating dilemma.

### Media

A media campaign was used to promote Nutrition Month throughout the tri-county. A press kit containing a press release, nutrition articles and fact sheets was sent to 20 local media contacts.

### Radio

The dietitians were featured as guests on the Bruce Wylie Talk Show (CFJR Brockville) to discuss some solutions to common healthy eating challenges. Also, an interview was done for the radio news program on Country 92 in Smiths Falls. Fly FM (Kingston) also conducted and aired a radio interview highlighting this year's nutrition month theme.

### Print

An interview with the dietitians was printed in the Recorder & Times and the Gananoque Reporter. Also, four nutrition articles were written and printed in several newspapers throughout the tri-county.

### Staff Education

Various methods of communication were used to raise staff awareness about the theme for Nutrition Month, and to help address their healthy eating challenges.

### Community Presentations

Several community presentations were delivered to various audiences in different settings, including workplaces, a support group, Early Years Centre (moms and infants/children), and a senior's group.

### Newsletters

Articles highlighting the theme of Nutrition Month were distributed in the Physicians' Newsletter and the Workplace Health newsletter.

### Website

The Health Unit Website featured an announcement on the main page indicating March is Nutrition Month, with a link to the nutrition section of the Website. Viewers were able to read articles on various nutrition topics.

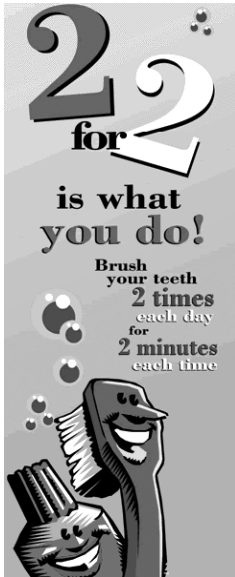
### High Schools

Resource packages were sent to all high schools (17) with information on the theme of Nutrition Month and some ideas on how to promote healthy eating in school.

### General Resource Distribution

Nutrition Month fact sheets were mailed to 35 seniors' organizations and 41 fitness centres in Leeds, Grenville & Lanark.

There has been considerable positive feedback from the public, health professionals and co-workers, which suggests a successful educational campaign for Nutrition Month 2003.



## April is Dental Health Month

*Submitted by Lainie Taylor, Certified Dental Assistant*

The Leeds, Grenville and Lanark District Health Unit is participating in the province wide launch of a new Dental Health Awareness Campaign "2 for 2 is what you do" on April 2nd, 2003.

This campaign is being promoted by the Ministry of Health and Long-Term Care and the Ontario Association of Public Health Dentistry. The message is simple: **brush your teeth twice a day for at least two minutes each time.**

Several activities will be used during dental health month in April to promote the message. These include a media campaign, mall display (Brockville 1000 Islands Mall on April 26th, 2003) and a visit to selected schools.

On April 2nd, 2003, grade two students in selected schools in the tri-county area will be visited by dental hygienists and dental assistants from the Health Unit. These students will participate in a fun and exciting lesson to promote the toothbrushing message. Students will also receive handouts to take home to reinforce this message.

In addition, the Health Unit is urging adults to practice regular brushing and flossing routines and encourage good eating habits. Adults can play an important role in making dental care part of their child's everyday routine. Parents should set a positive example in their home, remembering that children often model their parent's behaviour.

A display will be set up in the front lobby of the Brockville office to promote this new Dental Health Awareness Campaign and to celebrate Dental Health Month.

## Healthy You, Healthy Me

*Submitted by Erin McLean, Public Health Nurse*

During the calendar year, 2002, the Child Care Interdepartmental Committee set out to rejuvenate, revamp and revise information and guidelines provided to the child care agencies in Leeds, Grenville and Lanark. In an effort to save time and effort, we approached KFLA Health Unit for their recent publication for Child Care Centres, but found that regional differences in information and resources had us starting fresh in Leeds, Grenville and Lanark.

The new manual is called Healthy You, Healthy Me. It provides information about keeping healthy for both the staff and the children in the Child Care Centres. It's content was determined by Mandatory Core Program requirements, FAQ's by Child Care Centre staff to individual health unit staff, and the 1-800 line. It includes information on health unit staff disciplines and roles with respect to child care agencies, Reportable and Non Reportable Diseases and exclusion recommendations, Immunization, Dental Health, Safe Use of Medications, Injury Prevention, Nutrition and recent copies of the Nursery News Newsletter.

The public health inspectors delivered a copy of the manual to the child care agencies when they performed an inspection on the Centre between December 2002 and March of this year. Dianne Oickle, one of our Public Health Nutritionists, also presented the manual at a meeting for the directors of the child care agencies in Lanark County.

The response to the manual has been very favourable. Our next step is having the manual posted on the health unit website in the Babies and Children section this month. We intend to promote this electronic version of the manual at the Child Care Conference sponsored by the Ontario Early Years Centre in Lanark in May, where we hope to reach many home-based child care providers.

This manual has been a great collaborative effort between the departments and disciplines within the health unit and the child care agencies that we serve.