

Board of Health

Monthly Report - July/August 2003

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Brockville City Council Passes Tobacco Bylaw

Submitted by Brent Dalglish, Director, Health Promotion and Chronic Disease Prevention

On July 22nd, Brockville City Council demonstrated leadership by passing an improved tobacco bylaw that will phase out smoking in restaurants, pubs and bowling alleys by July 1, 2004. Council also considered a motion to phase out smoking in bars but this did not receive majority approval.

Smoking in establishments such as billiard halls, bingo halls and legions will be restricted to enclosed, separately ventilated designated smoking rooms (DSR's) with a restricted percentage of overall floor space. Although exposure to tobacco smoke will be reduced in these locations, it will not be eliminated. It is worth noting that DSR's do not protect employees who work within these separate enclosures, as there is no safe level of exposure to second-hand smoke.

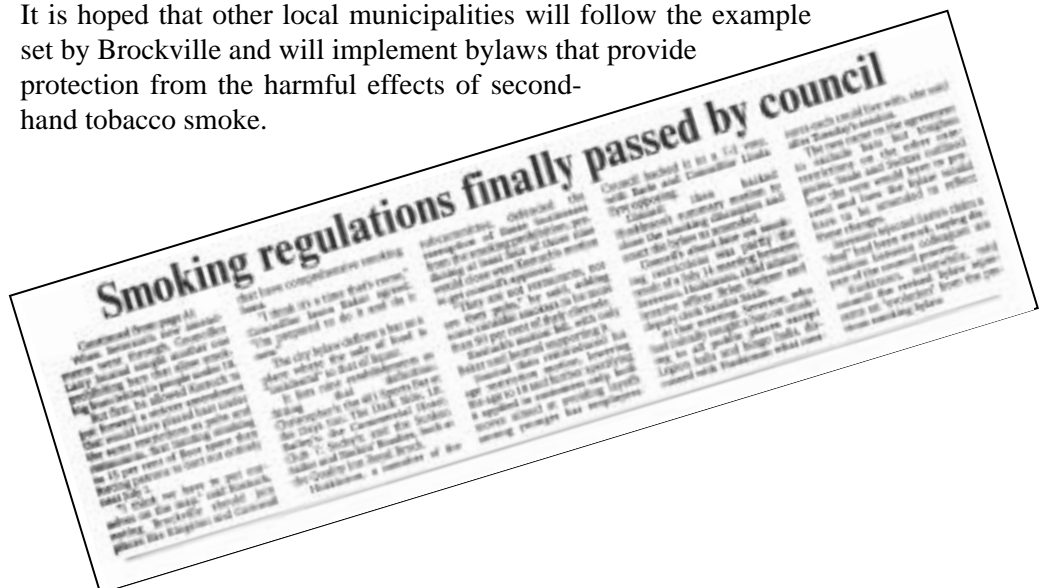
Brockville's new bylaw is a big step in the right direction. It increases protection for both the public and workers. As well, there is room in the future to continue moving towards a 100% smoke-free bylaw. Such a bylaw would effectively eliminate exposure to tobacco smoke in public places and workplaces and would be supported by the majority of area residents.

It is hoped that other local municipalities will follow the example set by Brockville and will implement bylaws that provide protection from the harmful effects of second-hand tobacco smoke.

CONTACT US:

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

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Public Health Nutritionists Educate on New National Guidelines for Food Labeling, Natural Health Products, and Healthy Weights Classifications

Submitted by Dianne Oickle, Registered Dietitian/Public Health Nutritionist

Health Promotion and Chronic Disease Prevention

Healthy eating is a modifiable risk factor for chronic disease prevention. Three new pieces of federal legislation have been developed that will help consumers make healthy food choices.

Food Labeling Regulations

Amount	% Daily Value
Per 125 mL (87 g)	
Calories 80	1 %
Fat 0.5 g	0 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 0 mg	6 %
Carbohydrate 18 g	0 %
Fibre 2 g	
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

New food labeling regulations were enacted federally on January 1, 2003. The previous system had been criticized as confusing and inconsistent. These issues highlighted the need for updated policy to improve the effectiveness of food labeling as an environmental support for making food choices. Although the phase-in period is several years, Leeds, Grenville, and

Lanark consumers have already encountered some of the new labels. Highlights

of the food labeling changes include:

- Mandatory nutrition information on nearly all packaged foods.
- Standardized format of Nutrition Facts
- Core list of calories and 13 key nutrients, including trans fats.
- % DV (Daily Value) will be shown for most nutrients to indicate whether a serving contains a lot or a little of the nutrient.
- Diet related health claims will be allowed for the first time in Canada, to relate certain foods and nutrients to reducing risk of chronic diseases such as heart disease and cancer.

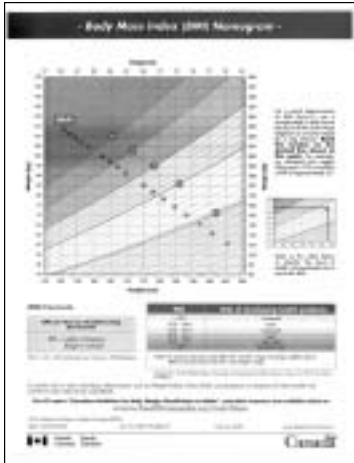
Natural Health Products Regulations

The Natural Health Products Directorate of Health Canada has been created to recognize the increased use of traditional and herbal medicines. Prior to this year, there were no regulations for the marketing or sale of alternative health products and therapies, meaning that the safety and effectiveness of these products was not guaranteed. In June 2003, regulations for natural health products in Canada were legislated by the federal government. The new guidelines to regulate natural health products include rules that will help guarantee the safe use of traditional and herbal medicines. Existing products on the market are subject to a 2-6 year phase-in period. Highlights include:

- A product will need to have a license to be sold in Canada
- Research that proves safety and health is needed to prove health claims.
- A site license will be needed for where the product is made.
- Good manufacturing practices are needed to ensure quality and safety of the product.
- Standard labeling of natural health products is required, where the amount of active ingredient must be specified and warnings and possible negative effects will be stated on the label.
- Negative side effects need to be reported by the product company



<http://www.hc-sc.gc.ca/hpfb-dgpsa/nhpd-dpsn/>



Canadian Guidelines for Body Weight Classification in Adults

Canadian Guidelines for Healthy Weight Classification in Adults, released in 2003, have replaced the 1988 Canadian Guidelines for Healthy Weights. Health care professionals, researchers, and educators will use these guidelines to promote healthy

weights among populations and individuals over the age of 18. Highlights include:

- Body Mass Index (BMI) is a measure of weight according to height (kg/m^2) and is used to assess if someone's current weight puts them at low or high risk for health problems. The new designated healthy weight range is a BMI of 18.5 – 24.9.
- The use of Waist Circumference (WC) is used to assess the amount of abdominal fat in the abdominal area of a person's body. Excess abdominal fat is associated with health problems such as Type II diabetes, heart disease, and high blood pressure. A WC of 102 cm or less for men and 88 cm or less for women indicates the lowest risk for developing health problems.
- A healthy weight is linked to more than just BMI and/or WC. Lifestyle factors, including smoking and exposure to second hand smoke, physical activity, and healthy eating have direct effects on healthy, often independent of an individual's weight.

The Public Health Nutritionists are taking a lead role in supporting consumer and professional understanding of the new guidelines concerning food labels, natural health products, and healthy weight guidelines. Strategies being employed by the Public Health Nutritionists in the Health Promotion and Chronic Disease Prevention Program include communication through newspaper articles and education through presentations and distribution of print materials to the public and health professionals.

Racing Against Drugs 2003

Submitted by Rebecca Kavanagh, Public Health Nurse, Health Promotion and Chronic Disease Prevention Services

RACING AGAINST DRUGS 2003, which ran from May 27th to May 30th, proved once again to be a success by its many organizing committee members, teachers, and participants. This year, approximately 1800 grade 5 and 6 students visited the Brockville Memorial Centre over a 3 and a half-day period. Students were able to visit approximately 12 out of 26 pit stops that delivered interactive messages about the risks associated with drug and alcohol use.

RACING AGAINST DRUGS is a community-based program developed in partnership with members from the London Detachment of the R.C.M.P., the Ford Motor Company of Canada and the former City of London Board of Education.

This program uses the theme of sport car racing, which has no room for error and zero tolerance for drug and alcohol use.



This year's core committee consisted of representatives from the Safe Community Coalition of Brockville and District, Leeds, Grenville and Lanark District Health Unit, Brockville Police, Smiths Falls FOCUS Coalition, OPP, 3M, Leeds & Grenville EMS, RCMP, and CAARL. The event ran smoothly and students received consistent messages throughout their two-hour session about substance abuse and injury prevention.

Due to a very generous community donation, every student that participated in the event received a RACING AGAINST DRUGS knapsack to help carry the messages they learned beyond the actual event. This year the teachers participated in the final race. The winning teachers were then given enough race tickets for their entire class to attend the Brockville Ontario Speedway on June 6th, 2003. As in past years, students not only got to see a night of entertaining racing but they were also invited on a tour of the pits and had a chance to meet the drivers themselves.

A huge thank you is sent out to the many staff members that assisted during the week to ensure that RACING AGAINST DRUGS 2003 was another high quality event!

Report on Safe Kids Week, June 2-8, 2003

Submitted by Carol Quinlan

198 Children's Safety Products Collected

Canadian homes are full of products designed to help parents raise their children safely, from cribs and car seats to strollers and highchairs. Children under nine spend more than 70% of their time indoors at home; therefore the home environment is the place of exposure for most injuries.

In Canada, statistics on emergency room visits for treatment of injury show that:

- For birth to four year-olds, more than 75% of these injuries happen in the home
- For five to nine year-olds, 40% of these injuries occur in the home.
- Almost 40% of all home injuries involve a product or the environment such as stairs, floors or walls.

For Safe Kids Week 2003, the Health Unit in collaboration with the Smiths Falls, Perth and Brockville and District Safe Community Coalitions; local Fire Departments; Prescott and Perth Police; Early Years Centres; Gananoque and North Grenville Waste Depot Sites and Goulbourn Sanitation, joined forces to encourage the safe disposal of unsafe children's products. The public was asked to drop off any old, broken, no longer used, and unsafe child safety products to local sites for safe disposal. Products disposed of included: car seats, cribs, crib mattresses, walkers, strollers, highchairs, playpens, bike/hockey helmets, toys, baby gates, bath seats, change tables, swings, and jolly jumpers.

The one week campaign was delivered to eight communities across the Tri County- Almonte, Carleton Place, Perth, Smiths Falls, Kemptville, Prescott, Brockville and Gananoque; and was promoted through newspaper ads, posters, pamphlets and letters that were sent out to day care centres, schools, churches, physicians offices, second hand stores; Children's Aid Societies and Connections.

Safe Kids Week had four main messages:

1. Some children's equipment is unsafe and should no longer be used.
2. Some children's equipment can seriously hurt a child.
3. Children's equipment must be used correctly.
4. No amount of children's safety equipment can take the place of adult supervision.

Overall, approximately 198 items were collected from our community; worthy of mention is the North Grenville Community that collected 112 of the 198 items. Each item returned during this campaign signifies the reduced potential for injuries to our children.

The campaign was a success. The Community of Leeds, Grenville and Lanark lead the way in Eastern Ontario for collecting a greater number of articles than either of the City of Ottawa Health Unit; Kingston, Frontenac and Lennox and Addington Health Unit; Eastern Health Unit or Renfrew and County District Health Unit. The Leeds Grenville and Lanark District Health Unit is pleased to confirm that Leeds, Grenville and Lanark communities are now one step closer to becoming safer for our children.