

Board of Health

Monthly Report - May, 2004

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CONTACT US:

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

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Some alarming stats on childhood obesity

Submitted by Kim MacInnis, Public Health Nurse

“3 out of 5 children and youth aged 5-17 are not active enough to satisfy energy expenditure guidelines for optimal growth and development.”

(Canadian Fitness and Lifestyle Research Institute –1999)

Reported levels of obesity among children 7-13 have nearly tripled in the past 2 decades.

(Tremblay MS, Willms, JD. (2000). Secular trends in Body Mass Index of Canadian children, Canadian Medical Association Journal, 163(11), 1429-1433)

Our children are less active and as a result less healthy today than ever before. Some of the reasons for this may be due to our changing family lives, dependence upon technology and less time devoted to physical activity in schools.

Quality Daily Physical Education (QDPE) is a program that can help remedy the crisis of inactivity in our youth. QDPE is a well planned, balanced program of instruction that incorporates physical activity into schools through curricular, co-curricular and intramural activities, for an accumulated minimum of 30 minutes per day. This program's focus is on students from kindergarten to grade 12 and helps to instill a positive attitude towards active living.

The Board of Health is mandated to increase by 60% the proportion of youth who include at least 30 minutes of accumulated, moderate physical activity on most if not all days of the week by the year 2010 (Mandatory Health Programs and Services Guidelines, 1997). The Health Unit has been meeting this objective by working in a supportive role with a QDPE group out of Gananoque.

The Gananoque group of schools has already begun to incorporate QDPE into their schools by teaching students a variety of dances that will be

performed during a dance festival on May 26, 2004. Parents, dignitaries, and the media will be in attendance. Please feel free to join us for this important initiative.

Together, a greater impact on increasing physical activity can be achieved!

Some of the benefits of QDPE for students include:

- Increased academic performance.
- Development of positive attitudes about physical activity, school and themselves.
- Creation of a positive school climate. Students are less aggressive and experience fewer disciplinary actions.
- Increased endurance and muscle strength
- Decreased risk for chronic diseases such as cardiovascular disease and type 2 diabetes.
- Improved self-esteem and self-concept.
- Better personal health habits (i.e. less likely to smoke and use drugs and alcohol).

Quitting and Victory Go Hand in Hand

Submitted by Yves Decoste, Tobacco Coordinator

In a race for better health and a chance to win a prize, eight Ontarians were declared victorious April 19th 2004, having become smoke-free in the Ontario Quit Smoking 2004 Contest. Over 16,000 smokers and their support buddies entered the province-wide contest.

To be eligible to win a prize, participants had to stay smoke-free for at least the month of March. Winners were randomly drawn on April 1st and confirmed smoke-free through a simple urine test.

The grand prize of a 2004 Mini Cooper was awarded to Tim Comerford of Fort Erie. A smoker for seventeen years, he had several quit attempts under his belt.

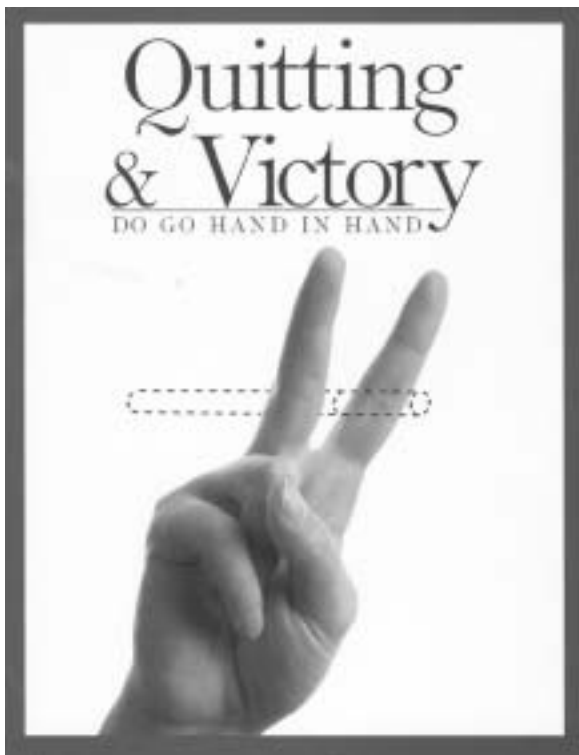
For Leeds Grenville and Lanark, 290 smokers decided to quit for the month of March and participate in the Quit Smoking 2004 Contest, which is an increase from the 2002 participants.

Smokers who called us for support were also provided with self-help booklets from Health Canada and The Canadian Cancer Society booklets "For Smokers Who Want to Quit Smoking" as well as information for the Smoker's Helpline.

Promotion of our contest was done through the provincial radio buy package. Locally, we promoted the contest through our radio and newspapers with ads funded by a grant from the Ontario Tobacco Free Network and through funds from the Tri-Health Team, the Leeds, Grenville and Lanark's heart health coalition.

The Quit Smoking 2004 Contest is funded in part by Health Canada and is supported by more than 60 local councils on smoking and health and public health units throughout Ontario. The Contest is supported by Pfizer Canada Inc., Pfizer Consumer Healthcare Division, the Industrial Accident Prevention Association, the Ontario Smokers' Helpline, Ontario Dental Hygienists Association, Canadian Dental Hygienists Association, Ontario Dental Nurses and Assistants Association, Association of Local Public Health Agencies, Ontario Occupational Health Nurses Association, and the Running Room.

A one year follow-up of the 2002 contest revealed the following interesting data:



- 27% of smokers 18 years and over in Ontario contemplate quitting in the next 30 days, and 55% consider quitting in the next 6 months (*OTRU 2002, 8th Annual Monitoring Report, page 26*)
- the "spontaneous" smoking cessation rate for Ontarians who smoke is 9.2% (*Canadian Community Health Survey – 2001*)
- Opportunities for action, such as smoking cessation contests, facilitate the link between intentions to quit and a quit attempt.
- 94% of the participants said they entered the contest to stop smoking completely.
- 71% said they wanted to quit smoking to improve their overall health (7.5% for financial reasons, 4% to set an example for their children)
- 95.4% said this was the first time they had participated in a quit smoking contest.
- 91% said they would recommend this same type of contest to other smokers who are trying to quit.
- **31.4% (n=109) have NOT smoked since the start of the contest! That's after one year!!!**