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Health Action Line
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Website:
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Health Briefs

Information on a healthy workplace

Leeds, Grenville and Lanark District Health Unit •

IN THIS ISSUE:



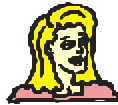
Asthma Action Program

Submitted by Yves Decoste, Public Health Nurse



Back to School Nutrition

Submitted by Dianne Oickle, Public Health Nutritionist



Dear Dora

Submitted by Erin McLean, Public Health Nurse



Parental Love The Key To Being Smoke-Free in Pregnancy

Submitted by Barb Guthrie, Public Health Nurse



You Gotta Wear Shades!

Submitted by Danielle Shewfelt, Public Health Nurse



Are you active enough?

Submitted by Meagan Finucane, Public Health Nurse



You Are Invited! Annual Workplace Health Info Session + registration form

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ASTHMA ACTION PROGRAM

Submitted by Yves Decoste, Public Health Nurse

The Lung Association's Asthma Action Program offers people with asthma, their caregivers and health care professionals' information and advice to improve the lives of those who suffer with asthma. Central to Asthma Action is the Lung Association's Asthma Action Helpline (1-800-668-7682), staffed by Certified Asthma Educators. These dedicated health professionals offer information and advice, answer individual's questions, and help callers understand what well-controlled asthma is. They then follow-up, sending free, customized print information to the caller.

In addition to helping those with asthma, the Lung Association has also provided Asthma Action material to physicians, pharmacists, nurses, respiratory therapists, public health departments and other health care professionals in the community.

The Asthma Action program will soon be distributed to schools and daycare facilities in this area. The Lung Association is also working with federal and provincial health departments to advocate for better care and treatment for those with asthma.

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BACK TO SCHOOL NUTRITION

Submitted by Dianne Oickle, Public Health Nutritionist

It's September. The kids are excited to get back to school, and you are thinking, "OK, what am I going to pack in their lunch this year?" Whether you are talking about preschool or high school, the question of what to send to school for kids always comes up. Fear not! Helping busy kids eat healthy at school is easier than you think.

Lunchtime munchies?

Have you ever thought about what is *really* going in your kid's lunch? In recent years, we have come to rely more on convenience foods and pre-packaged meals than ever before. But these packaged foods are often high in salt, sugar, calories, and low in vitamins and minerals. Consider this.....

- Children typically eat 5-10 times more sodium than they need.
- Packaged oriental noodles with dry soup mix - are deep fried in palm oil, which contains saturated fat, high amounts of salt (sodium?), almost no fibre, vitamins or minerals.
- Bologna, pepperoni, and other fatty luncheon meats are also loaded with salt, fat, and have little protein, vitamins or minerals.
- Some juice boxes that are fruit "drinks", "punch", and "cocktail" may have no more than 10% real fruit juice and are loaded with sugar. Think of them as soft drinks disguised as juice.
- pre-packaged "make-your-own sandwich" packs get 2/3 of their calories from fat and sugar.

Short on time?

Pulling lunch together in a hurry is often the biggest challenge. Try doing a weekly lunch menu. On Sunday night, plan school lunches for the next week with your child. Children tend to eat healthier if they have had a say in what is offered to them. This way, you avoid making last-minute, unhealthy food choices that are low in nutrients. Try packing lunch the night before to avoid the mad rush in the morning.

(Continued on back)

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(Continued)

So what can you pack in a kid's school lunch?

- try building your own "make-your-own sandwich" pack - buy a re-usable foodsaver with compartments and pack it with vegetables, meat (i.e., sliced turkey, roast beef, or ham), cheese, and include some whole grain bread. Kids love the compartments and the idea of building their own lunch
- include at least one serving of fruit in each lunch
- sneak vegetables into sandwiches, such as spinach, green pepper, and tomato
- pack pretzels, dry cereal (i.e Cheerios, Shreddies, and Corn Flakes), or breadsticks into lunch instead of chips
- bagels, english muffins, and multigrain bread are great choices for sandwiches; or you can try soft tortilla shells to "wrap" a sandwich
- pasta salad and potato salad with added vegetables and cheese
- raw vegetable sticks with some salad dressing or fruit pieces with some yogurt for dip
- tuna salad, egg salad, or chicken salad sandwich - or if they prefer to dip crackers in the filling, that's OK too!
- fill a thermos with casseroles, soups, pasta or other hot dishes
- try putting previously rejected foods in interesting containers - colorful foodsavers or very small baggies - it may make it seem like a different food altogether
- don't forget an ice pack to keep cold foods cold, or a thermos to keep hot foods hot. Short on ice packs? Try an "edible ice pack" - freeze an orange and use it as the ice pack - by the time lunch rolls around, the orange will be thawed out and lunch will still be cold

A sandwich with 3 spinach leaves instead of 3 lettuce leaves has 3 times more folate, 5 times more iron and 20 times more vitamin A.

What if my child will not eat what I pack for lunch?

Sometimes children will not eat an entire lunch packaged for them. Especially with younger children, a large lunch may seem like too much for them to handle. If you present lunch as a variety of snack foods (healthy ones of course!), then children may be more interested in eating smaller amounts of various foods. Experiment with foods smaller in size and smaller in quantity

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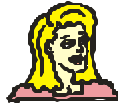
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DEAR DORA

Submitted by: Erin Mclean, Public Health Nurse

I have a daughter who is 10 months old. My friend also has a 10 month old but he is already walking. I have lots of push toys for her to play with and I take her to playgroups but she just can't do it, she can't walk. What am I doing wrong?

Signed,
Suffering in Seeley's Bay

Dear Suffering

One of the hardest things that you learn as a parent is that every child is different. It is very tempting to brag about how advanced your child is to your friends, when your child is the first to do something. It is also difficult to not feel a bit defensive when your child appears to be lagging behind.

So how do you know if your child is developing 'on schedule'? There are a great many books and resources available to parents to guide them through these important early years. There are also many agencies available in the Leeds, Grenville and Lanark Counties to help parents if their child needs some help to achieve their developmental milestones.

One of the resources available to parents is called the Nipissing District Developmental Screen. This allows a parent to answer a series of questions, based on their child's age. It will indicate if there could be a problem in your child's development. The screens are available from the Health Unit for the following ages:

Birth to 2 months	2 years
4 months	30 months
6 months	3 years
9 months	4 years
12 months	5 years
15 months	6 years
18 months	

The screen also comes with a list of helpful suggested activities for parents to do with their child.

A second resource is from 'Invest In Kids' and is called 'The Years Before Five Last the Rest of Their Lives'. It is a booklet that will give you ideas that are age appropriate to try with your child. It gives a broader description of what your child should be able to do as they are growing, from birth to age 5. For copies of either the Nipissing screen or the Years before Five, please call us.

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PARENTAL LOVE: THE KEY TO BEING SMOKE-FREE IN PREGNANCY

Submitted by: Barb Guthrie, Public Health Nurse

A mother's or father's love for their child can begin long before their baby is born. Often this love is the motivator for parents to quit smoking in, or before, pregnancy. Are you expecting now or is there a pregnancy in your future? Are you wishing that you were free of the tobacco habit? Try this quiz. The information may help you to make the smoke-free choice!

- 1) By being smoke-free while you are pregnant, you reduce your chances of which of the following?
 - a) Bleeding during pregnancy
 - b) A miscarriage
 - c) Having a stillborn baby
 - d) Problems in labour and delivery.
- 2) What are the dangers for the baby whose mother smokes during pregnancy or is exposed to tobacco smoke in the environment?
 - a) There are no dangers for the baby.
 - b) The baby may be underweight. Babies who are underweight may become ill more frequently and have health problems.
 - c) Your baby may be born too early, before the lungs are ready to breathe.
 - d) Your baby may have to stay in the hospital after you go home.
- 3) Which of the following is true?
 - a) Quitting smoking in pregnancy is not a good idea because it causes too much stress.
 - b) Quitting smoking is the right approach for Baby and for Mom... but even reducing the amount of smoking in pregnancy increases the chances of having a healthy, baby who comes home from hospital when you do.
- 4) Which of the following is true about babies and tobacco smoke?
 - a) Babies who are around cigarette smoke are more likely to refuse feedings, to be cranky and to spit up.
 - b) Sudden Infant Death Syndrome (SIDS), in which babies die suddenly in sleep, happens more often to babies whose mothers or fathers smoke in the house.
 - c) Allergies and asthma will be aggravated in children exposed to tobacco smoke in their environment.
- 5) If a woman stays a non-smoker she will have which of the following benefits?
 - a) Her skin will stay younger longer.
 - b) She will lower her risk of cancer.
 - c) She will lower her risk of heart disease.
 - d) She will be more likely to be able to use the birth control pill safely.
- 6) How can you help a pregnant woman who is quitting smoking?
 - a) Refuse to accept any of her moodiness.
 - b) Let her know that you are proud of her
 - c) Get some exercise together.
 - d) Don't smoke in front of her.
 - e) Talk to her about her reasons for quitting.

Answers:
1-b,c,d;
2-b,c,d;
3-b;
4-a,b,c;
5-a,b,c,d;
6-b,c,d,e;

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YOU GOTTA WEAR SHADES!

Submitted by Danielle Shewfelt, Public Health Nurse

- Sunglasses are more than a fashion accessory!
- Your eyes need protection from ultraviolet (UV) radiation, UV-A, UV-B and strong light.
- UV rays can damage the eyes over a lifetime.
- Properly chosen sunglasses help your vision by reducing glare and improving contrast and help protect your eyes from UV rays.
- Sunglasses improve your safety anytime you are in the sun whether you are driving, riding a bike, playing sports, working or just going for a walk.
- Never stare at the sun – even with sunglasses on damage can occur. It takes only 10-15 seconds for the sun's image to burn your eyes.
- Choose sunglasses with lenses dark enough for the brightness in which you will wear them.
- Make sure that your sunglasses are labelled with the amount of UV blockage they provide.
- General-purpose sunglasses block between 60-92% of UV-A and visible light and between 95-99% of UV-B rays.
- Remember sunglasses can be fun; there are a variety of styles and colours to choose from, go ahead wear yours today!

Information adapted from Issues-Sunglasses, Health protection Branch, Health Canada, 1995

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ARE YOU ACTIVE ENOUGH?

Submitted by Meagan Finucane, Public Health Nurse

The Tri-Health Team of Leeds, Grenville and Lanark is proud to announce the arrival of the Leeds, Grenville and Lanark Trail Guide. This guide features 15 beautiful trails, which offer easily accessible walking, hiking, cycling, roller-blading, canoeing/kayaking, skiing and snow-shoeing routes.

The Tri-Health Team is a group of agencies that have linked together to promote healthy lifestyle choices. Smoking, physical inactivity and unhealthy eating can lead to chronic diseases such as heart disease and cancer. The Tri-Health Team exists to reduce the rate of these risk factors in Leeds, Grenville and Lanark.

Canada's Physical Activity Guidelines to Healthy Active Living recommends that adults accumulate 60 minutes of light physical activity each day. As individuals progress to more moderate activity they can reduce their time to 30 minutes four days each week. Are you active enough?

Walking is one of the greatest activities to get you started on the road to physical activity. It's easy, it can be done almost anywhere, anytime, and it's free! Walking can be a fun, social event with friends and family or a solitary, relaxing time. So what are you waiting for? Now is a perfect time to pick up a Leeds, Grenville and Lanark Trail Guide at one of the following locations: Tri-Health Partner offices, Health Unit offices, Chamber of Commerce. Call the Tri-Health Team through the Health Unit at a location nearest to you to obtain a free copy of the guide.

August 2001

YOU ARE INVITED!

ANNUAL WORKPLACE HEALTH INFO SESSION

We are happy to announce that the Leeds, Grenville and Lanark District Health Unit is having our Annual Workplace Health Info Session October 2, 2001 at 9:00 am. We are inviting anyone who is interested in an update on various health topics and promoting it in their workplace to attend. We will be providing a great deal of information and resources for you to share with your worksite. There will be presentations and displays on various topics.

It will take place at the Leeds Grenville and Lanark District Health Unit, 52 Abbott Street, Unit #2, Smiths Falls, Ontario.

Presentation Topics

Breast Health, Low Risk Drinking Guidelines, General Healthy Eating, Speech and Language, Supporting Reduction/Cessation of Tobacco Smoke Exposure for Pregnant Workers, STD Update.

Displays

General Cancer Information, Tobacco and Periodontal Disease, Heart Health, Tri Health Coalition, Birth Control, Travel and Flu Vaccine, Breastfeeding, Speech and Language, Safe Water.

Schedule

9:00-9:30 Registration, Network, view displays

9:30-10:30 Presentations

10:30-11:00 Break, view displays

11:00-12:00 Presentations

Refreshments will be provided.

If you are interested in attending please fill in the attached registration form and fax it back to us at your earliest convenience. Space is limited so be sure to register soon!

If you won't be able to attend and are not currently receiving our workplace newsletter but would like to be added to our mailing list please fill in bottom portion of the registration form and fax it to back to us.

Please come and share the morning with us! Thank you for taking the time to consider attending our Info Session.

If you have any questions please call Danielle Shewfelt, Public Health Nurse at (613) 256-1203.

Sincerely,

THE CORPORATION OF THE LEEDS, GRENVILLE
AND LANARK DISTRICT HEALTH UNIT

Danielle Shewfelt, BNSc, RN





Fax Back Form—Annual Workplace Health Info Session

- Yes I would like to attend your Workplace Health Info Session**
- No I will not be able to attend your Workplace Health Info Session**

If you are interested in attending:

Name of Workplace: _____

Name (s)	and	Position (s) of those who will attend
_____		_____
_____		_____
_____		_____
_____		_____

Where is your workplace located? (town only) _____

Business Phone (613) _____

Email Address _____

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Name: _____

Business Name: _____

Address: _____

City: _____ **Postal Code:** _____

Phone Number: (613) _____ - _____

**If you have any questions please call Danielle Shewfelt,
Public Health Nurse at 256 1203**