



*Whole Hearted Living*  
The Oxford Heart Health Network

# *The Oxford Heart Health Network*

Department of Public Health and Planning  
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## **WELCOME MARY!**

Please join us in welcoming Mary VandenNeucker as our new Heart Health Coordinator.

Mary started her role as the new coordinator on April 28, 2003. This was a busy time to get her feet wet in such a large program, as it was the end of the fiscal year, when all the reports were due to the Ministry.

Since Mary has started she has rolled up her sleeves and has been attending conferences, meetings and reviewing the role of the network.

Mary began her career at Tillsonburg District Memorial Hospital and then Grand River Hospital. She worked on the medical/surgical floors as well as obstetrics. Eventually Mary focused her nursing career on Occupational Health nursing and has worked at Michelin and Toyota Motor Manufacturing in Cambridge.

Health Promotion has always been a field that Mary has been interested in and she is delighted to have the opportunity to work closely with the health promotion departments here at the County of Oxford Department of Public Health and Emergency Services.

Mary looks forward to collaborating and strengthening partnerships with network members and working together to continue the success of the Whole Hearted Living Network.



## **REMI NDER**

*The Next Heart Health  
Planning Day*

*Wednesday, October 15, 2003*

*9:00 a.m. to 3:30 p.m.*

*Large Conference Room*

*Oxford County Board of Health*

*Facilitator: Nancy Dubois*

## HEALTHY ACTIVE CHILDREN AND YOUTH ACTION KIT

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Childhood obesity has become a public health epidemic. Recent statistics show that 25% of Canadian children are overweight. The rate of obesity in children ages 7 to 13 has increased by more than 92% in boys and by 57% in girls in the past 15 years. In order to make combating childhood obesity a priority, the issue needs to be discussed and strategies for prevention need to be shared. The Oxford Heart Health Network and the Department of Public Health and Emergency Services has developed a **Healthy Active Children and Youth Action Kit**. This kit has been designed to increase awareness of the factors contributing to the issue of childhood obesity and to provide action tips, resources and tools to support and encourage healthy active lifestyles.

This kit can be used by health professionals to educate clients about the importance of achieving and maintaining a healthy body weight and to encourage healthy eating and quality daily physical activity. Organizations working with children can use this kit to create an environment in their organization that encourages and supports healthy eating and active living. Parents can use this kit to teach their children about the importance of active living and healthy eating and to create an action plan for improving your families eating habits and daily physical activity level.

To borrow a copy of the Action Kit, call the Resource Secretary at 539-9800 extension 251.



## THE CITY OF WOODSTOCK NEW SMOKING BYLAW

Residents of the City of Woodstock will be able to breathe clean on September 1, 2003. A 100% smoke-free bylaw was recently passed for all public places and workplaces, including bars, bingo halls, bowling alleys, raceway slots and private clubs. The Oxford Interagency Council on Smoking and Health, Canadian Cancer Society, Lung Association, Heart & Stroke Foundation and Ontario Campaign for Action on Tobacco made presentations to Woodstock City Council which helped sway opinions. An education campaign will inform residents and businesses of changes that will have to be made to comply with the bylaw. Information will be distributed to everyone who will be affected by the new bylaw. Copies of the bylaw and related information will be posted on [www.ohhn.ca](http://www.ohhn.ca)

Oxford Interagency Council on Smoking and Health plan to host workshops to help other communities move towards being smoke-free.

For more information contact Carol Bossenberry at 519-539-9800 X 205



## NEWSLETTER SUBMISSIONS

With the arrival of Mary and the changes that have been taking place, we have fallen a somewhat behind with the newsletter. We are hoping to get back on track with a September edition to accommodate the upcoming fall programming announcements. Please e-mail your submissions to Jodi at [jbarton@ocl.net](mailto:jbarton@ocl.net) or fax to 539-6206 attention Jodi. Thanks.



# Members Linked at the Heart

## **Active Living Team**

- Lorna Boratto, Donna Burditt, Leanne Boughner, Cynthia McKnight, Heather Aldred-Trepanier, Jackie Beemer

## **Annex Publishing**

- Cynthia McKnight

## **CAMI Automotive**

- Linda Skelton

## **Canadian Cancer Society**

- Mary Hardeman

## **Canadian Red Cross**

- Marilyn Murphy, Robin Kish

## **Community Volunteers**

- Mike Black, Kim Bidwell, Vauneece Haselbah, Joan Milne, Sue Allcock, Dan Smith.

## **DDM Plastics**

- Kim Avey

## **Firestone Textiles Co.**

- Jonathon Rowe, Julie Shipp, Stuart Gomes

## **Fitness 21**

- Tiffany DeGroote

## **Goodlife Fitness**

- Steve Rossiter, Jackie Beemer, Jennifer Giampa

## **Heart and Stroke Foundation**

- Nancy Bomasuit, Julie Powell, Bill Martin

## **Ingersoll Seniors Center**

- Wendy Palen

## **Interagency Council on Smoking and Health**

- Carol Bossenberry, Mary Hardeman, Mike Pape, Mary VandenNeucker

## **Junior Farmers**

- Heidi Danen

## **London Catholic District School Board**

- John VanDommelen

## **O.M.A.F.**

- Kim DeKlein

## **Optimist International**

## **Oxford Community Child Care Inc**

- Darlene Clemens

## **Oxford County Board of Health**

## **Oxford County Dieticians**

- Janice Sloat, Karen Cook, Madeleine Mitchell, Anne Heppell-Fleck, Angela Utting, Karen Reading

## **Oxford County Nutritional Partnership – Breakfast for Learning**

- Lynda Metcalfe

## **Oxford County Libraries**

- Lisa Miettinen, Rosemary Lewis

## **Oxford 4-H Association**

- Gwen King

## **Oxford Media Group**

- Carly Benjamin, Deborah Meadows

## **Primary Care Nurse Practitioners**

- Penny Demarest, Ruth Orrange

## **Sentinel Review**

- Kristi Paladino

## **Southside Aquatic Centre**

- Peter Johnson

## **Southgate Seniors Centre**

- Audrey Taplay

## **Thames Valley District School Board**

- Karen Greenham

## **Tillsonburg Community Center**

- Donna Burditt, Julie Dawley

## **Tillsonburg and District Memorial Hospital**

- Donna Burditt, Julie Dawley

## **Tillsonburg Library**

- Matt Scholtz

## **Timberjack Canada Inc.**

- Phyl Onafrychuk

## **TRW Canada Limited**

- Phil Lambie, Sue Koost

## **Victoria Park Community Centre**

- Nancy Nadalin

## **Woodstock Library**

- Stephen Nelson

## **Woodstock YM-YWCA**

- Heather Aldred-Trepanier