



World Hypertension Day May 14, 2005

What is Blood Pressure?

Blood pressure is the amount of force on the walls of the arteries as the blood circulates around the body.



What do the Numbers Mean?

The upper number is when the heart beats – systolic blood pressure.

The lower number is when the heart relaxes – diastolic blood pressure.

Blood pressure is measured in mmHg (millimeters of mercury).

What is Hypertension?

It is also called High Blood Pressure. Hypertension is a blood pressure of 140/90 mm Hg or greater.



What Causes Hypertension?

95% “not known” – Genetics accounts for 40%, Environment (lifestyle) 60% 5% underlying disease

Your Lifestyle Can Raise Your Blood Pressure

- ♥ Sedimentary lifestyle
- ♥ Unhealthy diet – too little fresh fruit, fresh vegetables and low fat dairy products; too much salt (sodium) and saturated fats
- ♥ Being Overweight
- ♥ Excess alcohol
- ♥ Stress



What can you do....

- ♥ Eat a healthy diet
- ♥ Be active for at least 45-60 minutes 4-5 times/week
- ♥ Control your weight
- ♥ Limit daily alcohol to 2 drinks or less
- ♥ Cut back on salt and processed food
- ♥ Don't smoke
- ♥ Take time to relax



For more information go to the Heart and Stroke Foundation of Canada website www.heartandstroke.ca and click on “Your Blood Pressure Action Plan”.



Quick Facts on Salt



Janice Sloat, Public Health Dietitian, Oxford County

The chemical name for table salt is sodium chloride (NaCl). Sodium is a major mineral and a necessary nutrient that helps keep fluid levels balanced in the body.

Sodium without chloride, may also be added to foods through additives such as disodium phosphate, sodium nitrate or sodium gluconate.

It is important to read the ingredient list of the foods you buy, and to recognize that salt, sodium, baking soda, brine, kelp, seasoning salts like garlic salt, kosher salt, sea salt or soy sauce and (monosodium gluconate) MSG all mean that salt or sodium maybe in the product/food. If salt or sodium is listed as the first, second or third ingredient, the food is probably too high in salt. By 2006, the new nutrition labelling regulations will make the Nutrition Fact table mandatory on prepackaged foods with some exemptions. Sodium is one of the 13 nutrients that will be appearing. If a food contains 240 mg of sodium and the Daily Value for sodium for a healthy adult is 2400mg, then this food is providing 10% of this amount. If the % Daily Value (DV) for sodium on the Nutrition Facts table is 5% or less (120mg or less), the food is low in sodium. Manufacturers who use the new nutrition claim, "a diet low in sodium and high in potassium reduces the risk of high blood pressure," will have to display the new Nutrition Facts table on the food package and demonstrate that the product is low in sodium.

If you want to reduce your sodium intake, here are some tips:

-Use condiments or flavourings that don't contain salt or sodium. Enjoy and experiment with fresh garlic, ginger, lemon, and spices such as ground coriander, or curry powder.

There are commercial salt substitutes available such as herbs, spices, and citrus peel. --Discuss with your doctor the use of salt substitutes made of potassium instead of sodium. Excess potassium in salt substitutes is not healthy.

-Taste your food before you add table salt. Try to

re-educate your taste buds.

-Reduce salt used to prepare foods. One teaspoonful (5ml) of salt contains 2400 mg sodium.

-Try using half the amount of salt specified in your favourite recipes

-Take some time to plan your meals and cook from scratch instead of using convenient foods which often contain much more salt.

-Enjoy more fresh or frozen fruits and vegetables.

- **Use sparingly** pre-packaged pasta/rice, frozen dinners, salted snack foods, "pickled" foods, instant hot cereals, canned or dehydrated soups, and vegetable juices such as tomato.

-Enjoy fresh or frozen meats and fish. Limit the use of processed meats such as smoked meats, bacon, hot dogs, bologna and sausage.

In Canada, most people consume more sodium than they need. Recent research has

shown that people eating healthy—fresh or frozen fruits and vegetables, whole-grain breads, rice, pasta and cereals, lean sources of protein (meat), low-fat dairy products while maintaining or achieving a healthy weight and consuming diets of 1,500 mg of sodium had even better blood pressure lowering benefits. Call Public Health and Emergency Services at 539-9800 ex. 239 for free low salt recipes.

Trying to Lose Weight? Tired of Dieting?

**Non Diet Approach to
Weight Management Classes
Oxford County Board of Health
Tuesday, May 31st, June 7th, & June 14th
From 7:00 to 9:00 p.m.**



TO REGISTER CALL:
Oxford County Public Health
& Emergency Services at
539-9800 ext. 239 or
1-800-755-0394 ext. 239

Enjoy Healthy Eating
Registered Dietitians of the
Oxford County Public Health & Emergency Services



Children Learn What They Live

The Public Health & Emergency Services wish to express our sincere thanks to all those families who attended our kick-off to the “Children Learn What They Live” campaign last Saturday, April 23rd, at CASS. We had a large crowd of 2500 people out to see Dora the Explorer and Scooby-Doo. We thank you for your patience and good humour.

A big thank you goes out to all of the community sponsors that contributed to our success. Donations were made by:

- ˘ All Aboard
- ˘ Capital Theatre
- ˘ Chicopee
- ˘ Scholastic Book Fair
- ˘ Small Wonder’s Children’s Clothing
- ˘ Wal Mart
- ˘ Natrel
- ˘ Wellington Hair Studio

The three year campaign “Children Learn What They Live” is designed to help parents understand the consequences of both positive and negative parenting styles. Every three months new resources will be distributed throughout the community. Watch for them!

We hope that the positive parenting message of the campaign was able to reach as many families as possible and that parents will find the resources helpful in enhancing their parenting skills.

Thank You.



...children learn what they live

IF children live with criticism, they learn to condemn
IF children live with praise, they learn appreciation

IF children live with hostility, they learn to fight
IF children live with kindness and consideration, they learn respect

IF children live with fear, they learn to be apprehensive
IF children live with security, they learn to have faith
in themselves and in those about them

IF children live with pity, they learn to feel sorry for themselves
IF children live with encouragement, they learn confidence

IF children live with ridicule, they learn to feel shy
IF children live with approval, they learn to like themselves

IF children live with jealousy, they learn to feel envy
IF children live with sharing, they learn generosity

IF children live with shame, they learn to feel guilty
IF children live with acceptance, they learn to love

IF children live with tolerance, they learn patience
IF children live with recognition, they learn it is good to have a goal

IF children live with honesty, they learn truthfulness
IF children live with fairness, they learn justice

IF children live with friendliness,
they learn the world is a nice place in which to live

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Get Up And Go Commuter Challenge

June 5 – 11, 2005

Get up and Go! by participating in the **National Commuter Challenge**, which promotes the use of sustainable modes of transportation to and from work. The Oxford Active Living Team is encouraging Oxford residents to challenge themselves and their friends by getting involved in this friendly competition, during **Environment Week, June 5-11**. When you walk, cycle, carpool, take public transit or telework, you are moving towards a healthier future – for your health and your environment.

The Commuter Challenge goes much further than a competition. Active and sustainable transportation enhances physical, mental, and emotional health. Research shows that moderate physical activity reduces the risk of premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression and colon cancer. In Canada, the number of cars per 1,000 persons has doubled since 1960. (Transport Canada, 1997) The distances driven and the frequency of trips are also steadily increasing. As a result, while carbon dioxide emissions have decreased on a per vehicle basis, overall they are rising.

By incorporating physical activity into your day, you play a significant role in reducing harmful greenhouse gas emissions and other pollutants, all while improving your health.

Active Transportation, which includes all modes of transportation that require human power, is an ideal way to be physically active and friendly to our environment. It is a healthy travel alternative that reduces the number of daily vehicle trips thereby reducing the amount of emissions into the atmosphere. Automobile emissions significantly contribute to air pollution and smog. By parking the car and going the active way, each of us is doing our part to decrease pollution and meet Canada's One Tonne Challenge.

Join Oxford County in the Commuter Challenge.

You can register as an individual, or worksites and organizations can register and encourage their employees to participate.


To register for this friendly competition, go to www.commuterchallenge.ca.

For more information call Lorna Boratto, Oxford County Public Health & Emergency Services, 539-9800 or 1-800-755-0394 ext 213 or email lboratto@county.oxford.on.ca or go to www.ohhn.ca.

Get Up and Go!



International Trail Day June 4th




TrailsCanada
Member Of The Green Network

TrailsCanada.com
Virtually everything about trails in Canada

SentiersCanada.com

- / More than 4,000 Canadian trails listed
- / Most detailed online trail information available
- / Calendar of events across the country
- / Trail Mapper fact sheets
- / Downloadable trail building information
- / Pathfinder newsletter
- / Trail T@k online forum

TrailsCanada will keep you on the right track.



Logos for: Green Network, ASP, DM, and Tereakbank.

Oxford Nutritional Partnership



Support your local school
breakfast/snack program

Join us
for
McHappy Day

May 18, 2005
McDonald's Restaurant
Tillsburg Location

\$1.00 from the sale of each McMuffin Sandwich,
Happy Meal and Big Mac sold on this day, will be
donated to Tillsburg schools to support their
breakfast and snack programs.

Volunteers will be working from 11:00-1:00 p.m.
and 4:30-6:30 p.m. inside the restaurant, plus
cleaning windshields and selling pins with all
proceeds donated to local schools.

Oxford County Nutritional Partnership

Upcoming Events



May

National Summer Safety Week
(<http://www.safety-council.org>) (May 1-7, 2005)

June

Stroke Awareness Month
(<http://www.heartandstroke.ca>)

Canadian Environment Week
(<http://www.ec.gc.ca> - Jun 5-11, 2005)

National Sun Awareness Week
(<http://www.cancer.ca> - May 30-Jun 5, 2005)

National Water Safety Week
(<http://www.redcross.ca> - Jun 1-8, 2005)

Safe Kids Week May 30-June 5

Bicycle Helmet Fitting

Saturday, June 4, 10 a.m. to 2 p.m.

Canadian Tire Woodstock outside front entrance

*For information call Oxford County Public Health &
Emergency Services*

1-800-755-0394 or 519-539-9800

Oxford Nutritional Partnership BBQ

Friday, May 13th
2:00 p.m. to 6 p.m.

&

Saturday May 14th
11:00 a.m. to 4:00 p.m.

All proceeds to
benefit the D.M.
Sutherland
Public School
Snack Program

