



*Whole Hearted Living*  
The Oxford Heart Health Network

# The Oxford Heart Health Network

Oxford County Department of Public Health and Emergency Services  
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(519)539-9800 or 1-800-755-0394

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## The 12<sup>th</sup> World Conference on Tobacco or Health Global Action for a Tobacco Free Future Carol Bossenberry

September 2003

The 12<sup>th</sup> World conference on Tobacco and Health was held from August 3 to 8, 2003, in Helsinki, Finland. Over 2,000 delegates, representing professional and NGO tobacco control advocates in 115 countries, from all continents attended the conference. The largest delegations were from the United States, Canada, Sweden and of course Finland as the host country. Carol Bossenberry represented County of Oxford Department of Public Health and Emergency Services.

Conference sessions covered broad tobacco control topics such as the role and the ethics of tobacco control policies, tobacco addiction, smoking cessation, nonsmokers rights, passive smoking, youth prevention and gender issues. One of the keynote speakers was Sir Richard Peto, from England who presented new information about the health toll from tobacco. The cancer burden from tobacco use is shifting to developing countries. While about half of the current tobacco deaths occur in developing countries, that number is expected to rise to more than 70% by 2020.

Elinor Wilson, the Chief Science Officer, Heart and Stroke foundation of Canada, talked about innovative approaches to youth tobacco control by engaging youth in developing proactive strategies.

Effective tobacco control includes scientists, researchers, policy makers, advocates, media, and health workers working together to tackle the health threat caused by tobacco use throughout the world. A major initiative being promoted and supported was the implementation of the World Health Organization Framework Convention on Tobacco Control. This is the first ever global public health treaty which was adopted in May 2003 by representatives from 192 countries, including the Honourable Anne McLellan, Federal Health Minister. The FCTC provides among other things the prohibition of, or restrictions on, tobacco advertising, the protection from exposure to tobacco smoke, the display of health warnings on tobacco packaging, the adoption of measures to fight illicit trade, and cooperation between states on research, surveillance and exchange of information.

The delegates from the Conference will surely stimulate further activity, networking and progress for more work on smoke-free societies back in their home countries.



Opening Ceremonies



Choir "Quit and Sing"

# Eat Smart!

The Oxford Heart Health Network is proud to announce two new restaurants to our Eat Smart! family of restaurants in Oxford County.

On Wednesday, August 13th the Eat Smart Award was presented to Bonnie Martin and Sharon Chegwin, proprietors of the Cricket Room Café and Tea House.

Congratulations!



On Thursday, August 14th the Eat Smart award was presented to Kathy Johnstone and Jeanette Tromblay of the Zeller's Restaurant.

Awesome!



We are always excited to have new restaurants on board for the Eat Smart! Program.

The program offers healthier choices, limited or non-smoking dining as well as food preparation standards.

Making healthier choices now can prevent chronic disease later!



Ontario's Healthy Restaurant Program

## WOODSTOCK

### Dairy Capital Cheese Shoppe

474 Dundas Street  
Woodstock..... 537-7623

### Pita Hut

440 Dundas Street  
Woodstock..... 421-9738

### Subway

976 Dundas Street ..... 421-1601  
343 Norwich Avenue ..... 421-3211

### Williams Coffee Pub

681 Dundas Street  
Woodstock..... 421-0221

## INGERSOLL

### Clog and Thistle

189 Thames Street S  
Ingersoll..... 425-0900

### Pita Hut

131 Thames Street S  
Ingersoll..... 425-1155

## TAVISTOCK

### Quehl's Family Restaurant & Catering

33 Woodstock Street North  
Tavistock ..... 655-2835

# Upcoming Opportunities

**Trying to Lose Weight?  
Tired of Dieting?**

**Call to learn about the  
Non-Diet Approach to  
Weight Management Classes**

Pre-register by September 24/03  
Oxford County Board of Health  
539-9800 ext. 234  
1-800-755-0394

Classes held at OCBH Woodstock  
Thursday October 9th, 7-9 p.m.  
Thursday, October 16th, 7-9 p.m.



## **BREAKING THE HABIT**

Quit Smoking Program

**Weekly classes for smokers  
who want to quit**



## **QUIT SMOKING SUPPORT GROUP**

Get help to:

- ⊗ Plan for quitting
- ⊗ Deal with cravings
- ⊗ Cope with slips

Talk to others and learn how to deal with  
situations that make you want to smoke

Monthly sessions in Woodstock & Tillsonburg  
7-9 p.m.

Please call for locations  
County of Oxford Department  
of Public Health and Emergency Services  
410 Buller Street, Woodstock  
519-539-9800 ext. 205 or 1-800-755-0394

**Woodstock Introductory Session  
Thursday, September 18, 2003  
7:00 pm to 9:00 pm**

**Tillsonburg Introductory Session  
Tuesday, September 16, 2003  
7:00 p.m. to 9:00 p.m.**

For registration and location information call:  
519-539-9800 ext. 205 or 1-800-755-0394

## Rolling into the 21st Century

Lorna Boratto

Sedentary living is a phenomenon of modern life. Obesity, particularly in our young people, is increasing at an alarming rate. Dramatic changes in technology and occupations have happened so quickly that our bodies have not had time to adapt to a less active lifestyle.

There are several reasons for this decline in physical activity. The advent of television is one of the biggest culprits. Research has shown that there is a direct correlation time between number of hours of TV time and obesity. In the past decade computer use has skyrocketed as it has become one of the primary means of communication and information access, and for some, of recreation.

The last quarter of the last century saw a significant increase in the number of women in the workforce. Consequently, there are fewer families with one parent who is home full-time. This has made it more difficult for children to be spontaneously active, and parents have less time to be active with their children. Children, going home to an empty house after school, are required to stay in rather than going outside to play. This is necessary to keep them safe.

In addition, parents recognize that to keep children safe, they need to be closely supervised. This restricts pick-up play with other children in the neighbourhood. Closer supervision is a good thing, but it is a change that has resulted in decreased spontaneous activity for children.

Fewer children are walking to school. While it is necessary to accompany young children to school, many parents drive, rather than walk with them. With consolidation of schools and changed expectations, more and more children are transported to school by bus.

Fortunately, the school boards are committed to having quality daily physical activity in their elementary schools. This is a challenge for some schools. High schools only require one physical activity credit over 4 years. Unless teens become involved in extra-curricular activities or have an active lifestyle, they tend to have low activity levels.

Working parents have to cope with meal preparation time, thus increasing the use of prepared foods, which often have higher fat, sugar and salt content. Eating out where healthy choices are limited, has also become more common. In addition, "fast food" and other snacks are easily accessible to children and teens.

Perception of one's capability to be active can be under-estimated. Some feel that they cannot be active because they are not "athletic", they have a problem that may make increasing physical activity a challenge, or they may be "out of shape" so think that they cannot do it.

Time is the mitigating factor for almost everyone. It is difficult to schedule activity into already crammed schedules.

What can we do? Enroll children in organized sports and other activities. Even when children are involved in extra-curricular activities that are not considered to be active, i.e. art or music, studies have shown they are more active in other ways and have a lower obesity rate. Encourage their participation in intramural sports at school. While organized activities are good, we need to recognize that playing hockey or soccer once or twice a week does not teach them active living.

We, as adults need to start with ourselves and develop an active lifestyle that is a good example for all children. This requires a critical look at our day and creative determination to incorporate activity into the course of our day.

Next Month:  
Active Living – Making it Possible

There are 1440 minutes in every day....schedule 30 of them for physical activity

# Members Linked at the Heart

## **Active Living Team**

- Lorna Boratto, Donna Burditt, Leanne Arthur, Heather Aldred-Trepanier, Jackie Beemer

## **Annex Publishing**

- Cynthia McKnight

## **CAMI Automotive**

- Linda Skelton

## **Canadian Cancer Society**

## **Canadian Red Cross**

- Betianne Hedges

## **Community Volunteers**

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

## **DDM Plastics**

- Kim Avey

## **Firestone Textiles Co.**

- Jonathon Rowe, Julie Shipp, Stuart Gomes

## **Fitness 21**

## **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, Mike Pape

## **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, 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

## **Primary Care Nurse Practitioners**

- Penny Demarest, Ruth Orrange

## **Sentinel Review**

## **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**

- Lisa Gardner

## **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