

# Whole Hearted Living Newsletter

Oxford Heart Health Network • Iva MacCausland, Heart Health Co-ordinator • (519)539-9800 or 1-800-755-0394

March 2009

## Heart Health Survey

**We need your feedback! Please complete a short survey to help us better understand how you would like to receive news and information about heart healthy living.** Go to: <http://www.ohhn.ca/> and click on survey link. There will be a draw for a \$25 gift certificate from Merrifield Book Store to encourage participation in the survey.

### **A bit of history and why your help is needed:**

The Whole Hearted Living Newsletter has been produced on a regular basis since the first issue in the summer of 2000. Our approaches in delivering heart health programs have evolved as more is learned through experience...both the successes and failures of past initiatives.

Health promotion has several stages and methods. The primary approach for Whole Hearted Living has been to raise awareness and to increase knowledge through media campaigns, health fairs, displays and community events. In addition to the awareness approach, many programs have focused on education and skill development, assisting participants in acquiring the skills and knowledge for making healthier choices. Grocery shopping tours, presentations and articles on nutritious food have had an emphasis on learning about healthy eating. The non-diet approach to weight loss classes have included activities to help participants recognize their barriers to being more active and work through problem-solving exercises for overcoming these barriers. Through the elementary school HEAL challenge (Healthy Eating Active Living) public health nurses and a nutritionist bring materials teaching teachers on free programs to deliver in their schools on healthy weights for children. "Just Say Moe" has been delivered to grade 4 elementary school children encouraging them to make the right choices and understanding the hazards of tobacco use. The newsletter has been a forum for sharing information on heart healthy living and Heart Health programs delivered to our community. It is

time for us to get your feedback on what, if any, changes should be made to the newsletter and determine the effectiveness of the information in the newsletter.

Please take a few short minutes to complete the survey. Let us hear what you think.

Iva MacCausland  
Heart Health Coordinator

## New Chair of Whole Hearted Living Network

I would like to introduce and welcome the new Chair of Whole Hearted Living Network - Kathy Eller.

Kathy is a sales and marketing executive with Oxford Media Group. Two of her current and on-going projects are the community magazines 'Here in Ingersoll' and 'What's On Woodstock'. In addition to her new duties with Whole Hearted Living, Kathy is on the executive for Oxford Women in Networking, and is a member of the Santa Claus Parade committee. Woodstock is her home town; she graduated from WCI. Her previous work with the Sentinel-Review along with her present work have given her great insight into our community.

Kathy and I will be attending the Ontario Heart Health Network meeting in Toronto in May for training and education regarding the future directions for Heart Health. This will be a great opportunity for Kathy to meet other Heart Health chairs from other regions in Ontario.

Iva MacCausland  
Heart Health Coordinator



## Saturated fats and Trans fats

Your body needs fat for many necessary functions. Fat is an important part of a healthy diet. It provides essential fatty acids and calories and helps your body absorb fat soluble vitamins such as A, D and E.

However, some fats are not good for your health.

Fats and oils are made of fatty acids. This article will discuss both **saturated fatty acids** and **trans fatty acids**. Scientific evidence has shown that trans fats and saturated fats can increase your risk of developing heart disease. You can reduce this risk by choosing healthier foods that contain little or no trans fat. Saturated and trans fat may increase your risk of heart attack or stroke because they increase the “bad” LDL cholesterol in your blood. Trans fat not only increases your “bad” cholesterol but also decreases your “good” HDL cholesterol, and is the most unhealthy fat for heart disease.

### Saturated fatty acids:

- coconut oil
- palm and palm kernel oils
- animal fats (e.g., pork and beef)
- butter
- cheese and other dairy products contain a high proportion of saturated fatty acids

### Trans fatty acids:

- found naturally in small amounts in dairy products, beef and lamb.
- formed during the refining of liquid vegetable oils.
- Trans fats are “man made” fats, created when manufacturers use a process called “partial hydrogenation.” This process turns liquid oil into a semi-solid form, such as shortening or margarine.

### Sources of trans fats

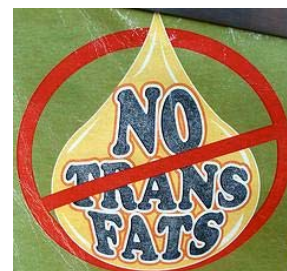
Sources of trans fats include “hard” margarines, commercially fried foods and bakery products that are made with shortening, margarine or oils containing partially hydrogenated oils and fats. Food products made with fats or oils with a high proportion of saturated or trans fatty acids have a longer shelf life than products made with oils that contain a higher proportion of other fatty acids.

Saturated and trans fatty acids play a role in

producing the textures and flavours that make many bakery products and snacks so tempting such as crackers, cookies, donuts, cakes, pastries, muffins, croissants, snack foods and fried foods. Health Canada recommends that trans fat and saturated fat be restricted to less than 10% of daily calories or no more than 20 grams (for saturated and trans fat combined) per day.

To determine whether a food product contains saturated or trans fat you must read the nutrition claim on the food label and choose pre-packaged foods that are “trans-fat free” or “Zero trans fat.” Food products that contain less than 0.2 grams of trans fat per serving can claim to be free of trans fat.

**Janice Sloat, RD**  
Registered Dietitian



## NON-DIET APPROACH TO WEIGHT MANAGEMENT

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

### Non-Diet Approach to Weight Management Classes

Pre-register by April 8th  
Call Oxford County Public Health  
539-9800 ext. 3462  
1-800-755-0394  
Classes held at  
Oxford County Public Health  
410 Buller Street, Woodstock  
April 27th, May 4th and May 11th  
7:00—9:00 p.m.

Come and learn about:

- Healthy eating
- Meal planning for balance
- Portion control
- Craving control
- Active Living
- Energy in and energy out
- Why diets don't work



The New Revised Edition  
of  
***Pause to Play...  
Turn Off The  
Screens  
Week***

**April 27 – May 3,  
2009**



For 7 days in April 2009, students will be keeping track of time spent being active and time spent viewing screens while participating in ***Pause to Play...Turn Off the Screens***

Each student will receive a log-sheet, to be signed by a parent/guardian, to record screen time and physical activity.

Students are encouraged to build more physical activity into their day and to reduce the time spent in front of a screen.

There are many free activities offered to families during the week and students can win great prizes.

For more information, please contact the Public Health Nurse assigned to your school.

***Pause to Play!  
Get up and Get Moving!***

## Just Say Moe Youth Smoking Prevention Program Returns to Oxford County

Maxwell and Ta Dah the Magically Hip returned to Oxford County last week to present the Just Say Moe Youth Smoking Prevention Program to grade 4 students. The Just Say Moe program is 75-minutes of magic with a message combining fun with a powerful learning experience! Moe stands for: Making the right choice, Opportunity of a life-time, and Every day a smoke-free day. Students learned the health effects of tobacco use, how to say no to smoking and "if you never start you will never have to stop". Some lucky students and teachers had the opportunity to go up on the stage and assist the Magicians Maxwell and Ta-Dah! with some of the magic tricks.

Each year the magicians sponsor the Tell Us Moe contest where students can write a story or a poem, draw a picture or describe how attending the Just Say Moe program has affected their life. In the past two years local students have been winners of the Tell Us Moe contest with their heartfelt stories and drawings.

Since 2002 more than 11,000 Oxford County students have participated in this unique educational experience sponsored by the Oxford Heart Health Network and Oxford County Public Health. Performances were held in Woodstock, Ingersoll, Tillsonburg and Innerkip.

Carol Bossenberry  
Tobacco Use Prevention Coordinator



## Trails Day Events

The Oxford County Trails Council, Town of Ingersoll, Town of Tillsonburg, City of Woodstock and the Avon Trail Club invite you to a Celebrate Trails!



### Tillsonburg

Keep Tillsonburg Beautiful Day  
Saturday, May 2, 2009  
9:00 AM – 12:00 Noon  
Coronation Park Pavilion  
Plant a Tree – Help Clean Up – Explore Trails

### Avon Trail Club

Avon Trail Day --- Sat. May 16/09  
Avon Trail Day is a day dedicated to the opening of the new section of our trail, getting us off the road near Camp Bimini.

We will meet at the Tavistock Rod and Gun Club #336994 Line 33, Oxford County.  
Registration at 9:30am. Several small group hikes:  
(a) from trail head to trail end with bus shuttle back (approx 8 km)  
(b) bus shuttle to trail end, hike to trail head (approx 8 km)  
(c) short hike available (approx 4 km)  
(d) Ribbon Cutting Ceremony (all hikers to witness)

A hearty lunch will be served at the Tavistock Rod and Gun Club.

Display tables related to hiking, chances to buy or renew Avon Trail memberships etc.

Everyone participating in the Avon Trail Day will receive a souvenir mini-map.

**All day inclusive cost is \$5.00 per person**

For more information and to let us know numbers planning to attend

**Please RSVP by May 12, 2009 by calling:**

Dennis @ 519 273-6798, Marj @ 519 273-0872, Shirley @ 519-273-2513 or by emailing [avontrailinfo@hotmail.com](mailto:avontrailinfo@hotmail.com)

### Woodstock

Woodstock Trails Day  
Saturday, June 13, 2009  
Pittock Conservation Area  
Park Admission - \$5.00 per car for non-runners  
Special thank you to our major sponsors: Oxford Small Business Support Centre, Big Lix, City of Woodstock

### Trail Day Events for Everyone!!!

Paddle the Thames, Enjoy a Nature Hike, Row the Dragon Boats, Hook a Fish, Gawk at the Hawks, Pedal the Pines, Munch a Healthy Lunch, Jive to Live Music

### That Dam Trail Run

Half Marathon Trail Run  
5 KM Trail Run  
1 Mile Fun Run  
Registration Fee \$30.00 for Half Marathon and 5 KM (\$40.00 on race day)

For registration and more information on all events see [www.trailsdaywoodstock.ca](http://www.trailsdaywoodstock.ca)

### Ingersoll

Saturday June 20, 2009

### Great Trails Quest

Ingersoll Cheese Museum  
9:00 AM – 12:00 noon

### Dinner & Dance Under the Stars and Moonlight Walk to Remember

6:30 PM – 12:00 AM  
Wine tasting, dinner & dancing, silent auction, artisans

## Blood Pressure Education

The Oxford County Blood Pressure Education Program is a community-based educational program funded by Alexandra Hospital in Ingersoll with support from many of Oxford County's health care agencies and professionals. Education is offered to all residents of Oxford County, who have been diagnosed with hypertension. Education sessions will be held 6:30 – 8:30 pm in the staff education room located in the basement of the Alexandra Hospital

### Alexandra Hospital, Ingersoll:

April 21,22,23,  
May 19,20,21,  
June 16,17,18,  
July 14,15,16,  
August 18,19,20,  
September 15,16,17,  
October 20,21,22,  
November 17,18,19,  
December 15,16,17,

For more information, please contact:  
Patti Coudenys R.N.  
Oxford County Blood Pressure Education Program Coordinator  
Alexandra Hospital  
T: 519-485-1700 ext. 298