

Tobacco News Updates

December 2008

Legislation banning candy-flavoured cigarillos and setting a minimum package size of twenty passed third reading December 4, 2008 in the Ontario Legislature. Bill 124 entitled *Smoke-Free Ontario Amendment Act (Cigarillos), 2008* was co-sponsored by MPPs France Gelinas (NDP, Nickel Belt) and David Levac Liberal, Brant) and passed with support from both sides of the legislature. The bill was introduced and received first reading on November 5th, second reading on November 27th and was passed on December 4th. The speedy passage of Bill 124 shows again how elected representatives continue to be ready to take action to adopt tobacco control laws, including in new areas, just as has been the case with banning smoking in vehicles with children.

The adoption of the Bill 124 will have a direct public health impact and make it easier for other provinces and the federal government to adopt similar legislation. It will also make it easier to adopt further laws to reduce the appeal of other tobacco products, such as long and slim cigarettes targeted at females and coloured cigarette paper/filter overwraps.

The Ontario Legislation banning smoking in cars carrying passengers under 16 years becomes effective during National Non-Smoking Week on January 21, 2009. Ontario joins British Columbia (age 16), Nova Scotia (age 19) and Yukon (age 18). Prince Edward Island (age 19) and Manitoba (age 16) have bills pending.

University of Waterloo researchers recently released a study investigating tobacco smoke pollution in cars. The study demonstrates that tobacco smoke pollution in cars reaches unhealthy levels even under realistic ventilation conditions such as an open window. Given the restricted area within which smoke is circulated the levels of tobacco smoke pollution in cars under various conditions generated extremely high levels of particulate matter, in some cases (with windows closed) over 100 times the U.S. Environmental Protection Agency's 24 hour standard for fine particle matter exposure and over 15 times the 24 hour hazardous rating for fine particle exposure. Tobacco smoke pollution, which is known to contain many carcinogens, is likely more hazardous per unit weight than outdoor air pollution for which the EPA ratings were created.

Help for Smokers Who Want to Quit

The most recent round of the STOP Study, STOP on the Road, provided free nicotine replacement to 83 Oxford County smokers in November. Access to free nicotine replacement continues to be made available through the STOP Study.

For more information:

Contact Carol Bossenberry, Tobacco Use Prevention Coordinator, at 519-539-9800 X 3412 or cbossenberry@oxfordcounty.ca




Get Up! Go Out!
Be WinterActive!

Being physically active is important all year round, no matter the weather. We are Canadian and the winter is part of being Canadian. Let's embrace the winter, put on hats, mitts, and boots and go out and enjoy the cold and the snow.

However, it is necessary to be safe. If it is too cold or too icy, find ways to be active indoors.

See <http://www.winteractive.ca/en/resources.aspx> for you and your family to be WinterActive!

Health for Everyone

OHHP-Taking Action for Healthy Living

Changing lifestyle and minimizing risk factors are often explained as a way of reducing chronic diseases. Although they are important, there are other factors that affect our health at both the individual and community level. These factors are called the Social Determinants of Health.

"Social determinants of health are the economic and social conditions that influence the health of individuals, communities, and jurisdictions as a whole." The Public Health Agency of Canada refers to these as a non-medical dynamic mix of factors that intersect and combine to impact health.

The concept of determinants influencing health status has been around for many years. The Ottawa Charter was a document that came out of the first international conference on health promotion in 1986. Several components were included, (see table) and, of note, there was a call advocating health promotion activities to aim for equity in opportunities and resources for everyone. Health was considered to be a community *resource*. The World Health Organization explained that the responsibilities for well being go beyond the level of health organizations and health care specifically. Governments at all levels should develop coordinated public policies that enable healthier choices and activities for all.

In 1999, the Federal Government began the Canadian Population Health Initiative (CPHI) in order to achieve 2 objectives:

- to foster a better understanding of factors that affect the health of individuals and communities
- to contribute to the development of policies that reduce inequities and improve the health and well-being of Canadians

Note again the emphasis on both inequity and policy. Population health looks at the broad factors impacting health, exploring such questions as why some groups of Canadians are healthier than others, what society as a whole can do to improve the health of everyone.

There is no absolute list of the Social Determinants of Health. Clyde Hertzman, an internationally recognized Canadian physician, believes that early childhood development is in the centre of a framework of the social determinants of health. The Early Development Instrument measures children's physical health and well-being, social competence, emotional maturity, language and cognitive development, communication skills and general knowledge. All these factors have an impact on the long term well-being of children.

Ontario

Ten years following the first CPHI initiative, the Ontario Ministry of Health Promotion is in the process of making these concepts more concrete. Through the Ontario Heart Health Program - Taking Action for Healthy Living, the Ministry is providing new guidelines

for communities to follow. During the next year Community Partnerships are expected to start working toward program outcomes that focus on policy development and creating supportive environments. Priority populations are to be identified within each community and their needs addressed. Key priority populations are those at greatest risk, including low income.

Dates are not yet confirmed, but the Ministry of Health Promotion is planning training days in early spring for coordinators and community partners to move their partnership activities into programs that result in supportive environments and lead to policy development. We will be presented with methods and frameworks for determining community needs and strengths for integrating social determinants of health.

Ottawa Charter for Health Promotion's *Prerequisites for Health*

- Peace
- Shelter
- Education
- Food
- Income
- A stable ecosystem
- Sustainable resources
- Social justice
- Equity



Public Health Agency of Canada Determinants of Health

- Income and social status
- Social support networks
- Education
- Employment and working conditions
- Physical and social environments
- Biology and genetic endowment
- Personal health practices and coping skills
- Healthy child development
- Health services
- Gender
- Culture

Adapted from D. Raphael, Social Determinants of Health: Canadian Perspectives 2004.

Iva MacCausland; Coordinator, Whole Hearted Living - Oxford Heart Health Network

Available to borrow from the health unit: Social Determinants of Health: Canadian Perspectives. Dennis Raphael (editor) 2004 contact Iva
Resources for further information:
http://www.hhrc.net/pubs/hh_newsletters/@heart_23.pdf
<http://www.phac-aspc.gc.ca>
<http://www.earlylearning.ubc.ca/ClydeHertzman.htm>
http://www.who.int/hpr/NPH/docs/ottawa_charter_hp.pdf
1. Raphael, Dennis. (2004) Ed. Social Determinants of Health Canadian Perspectives. p.1.

Cooking Skills to Develop for Heart Health

A healthy eating pattern means building meals and snacks around foods that are low in fat but high in complex or starchy, higher fibre carbohydrates, vitamins, minerals and natural plant chemicals, including antioxidants.

Build your meals around Eating Well with Canada's Food Guide. Include at least one food from each of the four food groups.

Fill three quarters of your plate with whole grain foods, vegetables, fruit or legumes.

Round out your meal with a lower fat milk or milk alternative and a smaller serving of lean meat, poultry, unsalted nuts, beans, lentils, tofu, or fish.

Eat at least two Food Guide servings of fish each week. Choose fish such as char, trout, herring or salmon.

To become more confident in heart healthy cooking, consider adding these basic tools to your kitchen inventory:

- Non-stick cookware and bakeware which lets you cook without adding fat
- Sharp kitchen knives for trimming fat and skin from meats, poultry and fish
- Wok or large heavy skillet for stir frying with little added fat
- Roasting rack for meats and poultry to allow the fat to run off
- Non-aerosol spritzer of oil to lightly coat the cookware
- Ridged grill pan for stovetop grilling that lets the fat drain away
- Cookbook that features lower fat recipes and cooking methods that are specific and easy to master

You can still enjoy the flavour and great taste of your favourite foods by experimenting with low fat cooking methods such as broiling, roasting, steaming, poaching, baking, microwaving, or barbecuing.

Develop your new cooking skills by trying a few of the following tips:

- Stir fry or sauté using wine, broth or fruit/vegetable juices.
- Use a colander to drain fat from ground meats. Rinse cooked meats with warm water to remove more fat.
- Trim the visible fat from meats and poultry before cooking.
- Prepare and bake slowly over low heat bringing out the flavour of meatless casseroles.
- Make soup stock, stews and braised meats a day ahead and refrigerate. Skim off hardened fat before reheating.
- Reduce the meat portion of your recipe, and add extra vegetables, rice, pasta or legumes to mixed

dishes such as chilli, stews, and soups. These ingredients add variety and little or no fat.

- Puree fruits or vegetables in a food processor or a blender and use as a sauce or dip rather than high fat based sauces.
- Use paper liners instead of oil to prevent muffins from sticking to the pan
- Use more spices, herbs, onions, garlic and lemon juice.

Practising lower fat cooking methods is a positive lifestyle change that will be of benefit to your family's health.

By Janice Sloat, Registered Dietitian



Fresh Fruit Salad as a Snack or Dessert

1-2 cups low fat or fat free sour cream, OR

1-2 cups low fat/fat free plain yogurt

For variety flavour yogurt with gelatin lite powder (strawberry)

1 tablespoon frozen orange juice concentrate

1 teaspoon of grated orange rind

5-6 cups chopped fresh fruit: kiwi, mango, strawberry, apples, grapes, banana, cantaloupes or favorites, and/or seasonal fruits

Mix first 4 ingredients together in a small bowl. Cover and refrigerate for 1 hour. Cut in banana slices just before serving. Stir sauce and fruit together in a large bowl. Serve immediately

Variation: Add spices-cinnamon/nutmeg. Add sliced almonds.

Winter Walk Day February 11, 2009

Green Communities Canada is gearing up for the new year and announcing a new activity for Active & Safe Routes to School – **Wednesday, February 11 is the first Ontario Winter Walk Day.** This “walk to school day” health promotion initiative will encourage students to be active and walk to school year round. It is an adjunct to the Walk to School Day held each year during International Walk to School Month - October!



We will be assisting Green Communities Canada in getting these materials into schools across Oxford County through the promotion by our school nurses and through the Healthy Eating Active Living (HEAL) Challenge. Schools that register will receive winter walk key/ski tags for their students.

We hope to see more children bundling up and making the trek to school just as we did when we were little. You remember the stories you heard from your parents about walking to school uphill, through snow, sleet, for miles and miles just to get to school! This campaign will help children see that walking to school is fun and a healthy activity, and it is certainly not as bad as it used to be portrayed!

Get up, go out and be active this winter and have fun!

Kelly Vanderhoeven, Public Health Nurse



Carbon Monoxide Detectors Information

The tragic events of the past couple of weeks in Woodstock have had an impact on the whole community. In memory of the Hawkins family we want to pass this information on to you.

This Canada Mortgage and Housing Corporation webpage has very good information on carbon monoxide and carbon monoxide detectors. Please read and pass on to your family and friends.
http://www.cmhc-schl.gc.ca/en/co/maho/yohoyohe/inaiqu/inaiqu_002.cfm

http://www.safeathome.ca/co_alarms.htm

Canada's Report Card on Physical Activity for Children and Youth for 2008 is the fourth annual overview of key indicators in relation to the physical activity levels of Canada's young people. While the Report Card is again a comprehensive overview of issues, this year the focus is on screen time and physical activity.

Canada's Overall Grade 2008: D

Read the report at:

http://www.activehealthykids.ca/programs_2008reportcard.cfm

NON-DIET APPROACH TO WEIGHT MANAGEMENT

Trying to Lose Weight? Tired of Dieting?

**Non-Diet Approach to
Weight Management Classes**

Pre-register by January 19th
Call Oxford County Public Health
539-9800 ext. 3426
1-800-755-0394
Classes held at
Caressant Care, Woodstock

January 27th, Feb.3rd,10th,17th
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 and why diets don't work

