

Whole Hearted Living Newsletter

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

June 2009

The New Healthy Communities Approach

The spring OHHN-Taking Action for Healthy Living meeting was held in Toronto the end of May following a day long session sponsored by the Ministry of Health Promotion.

The Ministry provided initial information on its new "Healthy Communities Approach". The framework is not finalized and many questions remain. However, it is clear that the Ministry is changing their approach with a focus on multiple risk factors, addressing specific vulnerable populations (eg. children and youth), while maintaining community health and chronic disease prevention outcomes. New partnerships encompassing a broad spectrum including multiple levels of government along with private sector and NGO's are expected to engage in activities and programs that promote healthy public policies.

The Healthy Communities Approach Framework is divided into 3 categories or Funding Streams:

- local/regional stream a "one-window approach to funding community partnerships to plan and deliver integrated programs"
- planning stream "to link integrated health promotion planning to implementation at the local, regional, and provincial levels" which determines the community priorities and multi-year plans. Heart Health Networks fit into this category.
- Provincial funding stream that is specific for corporate, not-for-profit organizations, First Nations and Aboriginal organizations that have a provincial scope.

Priorities for funding must address several risk factors from a list of 3 core factors:

Priorities for funding must address several risk factors from a list of 3 core factors:

- Healthy Eating
- Physical Activity/Sport/Recreation
- Tobacco Use/Exposure

and 3 complimentary factors:

- Injury Prevention
- Mental Health
- Substance and Alcohol Misuse

Further details can be found at:

http://www.mhp.gov.on.ca/english/healthy_communities/HCO-Framework.pdf

We expect to have details on how this impacts the structure and function of Oxford's Whole Hearted Living Network by the next newsletter.

Iva MacCausland
Heart Health Coordinator



And the Winner Is . . .

Thank you to everyone who completed the survey for the Whole Hearted Living Newsletter. Winner of the gift certificate to Merrifield BookShop is Lynda Bartlett, Coordinator of Social Services Oxford County Housing.

The survey was important to gain information on how relevant the Newsletter is both in format and content. Feedback from everyone confirms that the present way of doing things should continue.

Special thanks go to Bernie Geris for the great and creative work she does in putting it all together and making it a great newsletter!

The Whole Hearted Living Newsletter offers an excellent opportunity to keep everyone current on Heart Health initiatives, so as news is made, it will be shared.

Please contact me or any of the writers with specific comments on articles you read and topics you would like to see in the future.

Iva MacCausland
Heart Health Coordinator



TOBACCO FREE SPORTS AND RECREATION

Tobacco Free Sport and Recreation is a movement that started in 2002 when the World Health Organization celebrated World No Tobacco Day. The theme of Tobacco Free Sport was supported that year by United States Centre for Disease Control (CDC), International Olympic Committee (IOC), Federation Internationale de Football Association (FIFA) and other regional and local sport organizations.

In Ontario local public health units have supported the movement and partnered with local, regional, and provincial sport organizations to promote tobacco free sports and recreation and assist with policy development.



WHAT IS TOBACCO FREE SPORTS AND RECREATION

Tobacco Free Sports and Recreation means that everyone taking part in a sport or recreational activity – participants, volunteers, officials and spectators- do not smoke or chew tobacco while participating in a tobacco free activity. It can be implemented by groups, teams, or organizations at the local, regional, provincial, and national or international level through the development of policies to make your organization smoke free.

WHY IS IT IMPORTANT?

The benefits of tobacco free sports and recreation include:

- **Preventing youth from starting to smoke**-Children model behaviour from people they look up to coaches, leaders, family, and peers.
- **Protection from second hand smoke** - There is no safe level of exposure even outdoors.
- **Performing at their best**- Tobacco use goes against the health benefits gained by participating in sport and recreation activities
- **Creating a tobacco free culture**-It is important for youth to receive the same tobacco free message at sports and recreation activities as they experience at school and the wider community.

- **Protecting the environment**- Cigarette butts are one of the biggest sources of litter and take 15 years to biodegrade.

Local Health Units have developed educational information and tools including a Tobacco Free Sports and Recreation Policy Tool Kit to assist organizations and teams to form their own tobacco free policies. A website has also been launched playlivebetobaccofree.ca which includes examples of tobacco free policies, success stories, and downloads of Tobacco Free Sports and Recreation logos, brochures, and the tool kit. If your sport or recreation organization is interested in developing a tobacco free policy be sure to check out the web site or contact Gerry Moniz at gmoniz@oxfordcounty.ca to help your team **play, live, be tobacco free**.



What are Probiotics

According to the Whole Health Organization, Probiotics are “live microorganisms which, when administered in adequate amounts, confer a health benefit to the host.”

Probiotics are good bacteria and microbes, (an example yeast) that may help to promote digestive health. An example is yogurt containing microorganisms. Researchers continue to investigate the role of probiotics in the prevention of constipation, diarrhea, lactose intolerance, inflammatory bowel disease, and irritable bowel syndrome. It is important to remember that different probiotics have different health effects. More research is needed to determine which probiotic is beneficial and in what dose for each condition. The health benefits of probiotic products are lost if you do not consume probiotics regularly.

Many ‘probiotic’ products are available for sale, and can be safely incorporated into a healthy diet following Eating well with Canada’s Food Guide.

Janice Sloat RD

Be Safe Be Seen Regional Injury Prevention Group promotes safe physical activity

Oxford County Public Health is a partner on the South West Injury Prevention Network (SWIPN), a collaboration of community partners, dedicated to preventing injuries. SWIPN has developed a campaign designed to raise awareness for safe and healthy activities, including commuting and physical activity.

As the community promotes healthy lifestyles, more and more people will be out enjoying the beautiful weather, running, walking, cycling, and playing. We want everyone to be able to continue these activities for many years to come.

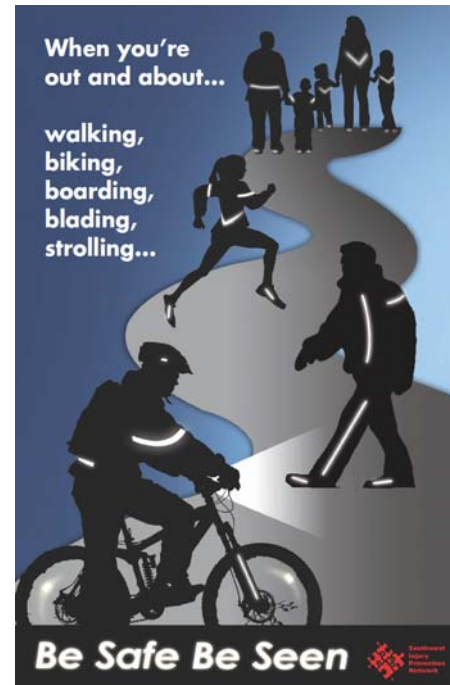
Do all you can to **Be Safe Be Seen**.

In the Southwest Region over the last 5 years, 252 pedestrians have been severely injured while doing everyday activities. These injuries have occurred walking to work, playing with friends, biking throughout the city and other healthy lifestyle choices.

SWIPN promotes safe commutes to work and play activities. Take the precautions to keep yourself safe. Wear the appropriate gear, including a helmet. Make sure that you are visible to motorists by wearing light/bright coloured clothes, reflective gear, and be aware of motor vehicles. It is the responsibility of all to make sure our activities are safe.



Summer can be a deadly time for pedestrians and cyclists. Take the steps to keep yourself and your family safe and **Be Safe Be Seen**.



Lorna Boratto
Public Health Nurse

Road Safety—Initiative of the Year

“Be Safe Be Seen” - Oxford County Injury Prevention Team

Oxford County's “Be Safe Be Seen” initiative encourages pedestrians, cyclists and other vulnerable road user to increase their visibility to motorist during low-light times by using reflective and bright clothing and lighting. The program started as a billboard in Oxford County and grew into a multi-county initiative featuring cards, bus ads and additional billboards. The program uses straightforward images to illustrate how and why reflective clothing and lights should be used. The Southwest Injury Prevention network has expanded the campaign and many members have purchased

reflective armbands, posters and information cards for distribution in their respective communities. This campaign addresses an important, but often overlooked, road safety issue in a clear and demonstrable way.



Buy Locally Grown

Farm Gate shopping provides an opportunity to enjoy locally grown and harvested fruits and vegetables, supporting the local farm families who produce the food you eat. You are able to buy produce such as in season fruits, vegetables, meats and other tasty edibles many of which you can't buy in a regular grocery store.

Why Buy Local?

You'll get exceptional taste, variety and freshness, while supporting Oxford County economy.

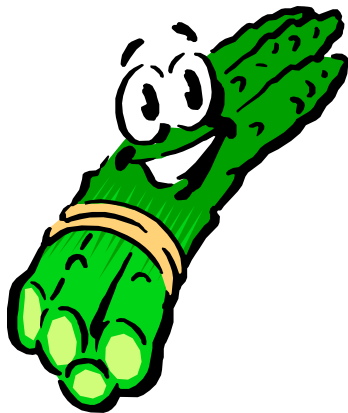
Keep your eye out for local Farm Gate Sales in Oxford County.

Enjoy the following recipe and colour your plate with vegetables and fruit.

Asparagus Pasta Stir Fry - Serving Size: 6

1 lb. Fresh Ontario asparagus, trimmed
1/2 c. sliced onion
1 T Olive oil
2 T. soy sauce
1 clove garlic, minced
1 t. ginger root
1/2 t. Worcestershire
1/4 t. crushed red pepper
6 oz. Vermicelli or angel hair pasta, cooked and drained. Try whole wheat as a nutritious option. Diagonally slice asparagus into 1-1/2 to 2 inch pieces. Stir-fry asparagus and onion until crisp-tender. Add seasonings and mix well. Add cooked pasta and stir-fry until thoroughly heated and evenly mixed.

Janice Sloat RD



AREA BLOOD DONOR CLINICS

Here's your opportunity to save lives.

WOODSTOCK (1st Wed. every month)

Fairgrounds / 875 Nellis St.

Wednesdays

Mutual Building / Fairgrounds

July 4; August 1; Sept. 5; Oct. 3; Nov. 7;

Dec. 5, ** New Hours: 12:30 p.m. – 8:30 p.m.

THORNDALE

Lions Community Centre,

275 Upper Queen St.

Tuesdays, Aug. 7. 6 p.m. – 9 p.m.

TILLSONBURG

Special Event Centre / 60 Cedar St.

Sept. 10; Nov. 12

New Hours 1:30 p.m.-8:30 p.m.

NORWICH

Community Centre / 53 Stover St.

July 17; Sept. 18; Nov. 20, 5 p.m.-9:30 p.m.

INGERSOLL

(4th Thurs. every other month)

CAW Hall Victoria St. @ Ingersoll Rd.

July 26; Sept. 27; Nov. 22, 5 p.m. - 9 p.m.

KINTORE

A. J. Baker Public School / 528 Allen St.

Dec. 4, 5 p.m.-9 p.m.

EMBRO Community Centre / 35th Line

Tuesday Oct. 2 , 5:30 p.m.-9 p.m.

New Donors Welcome!

Presentations, displays and blood typing available.

Please contact Suzanne @ 519 690-3968

suzanne.barron@blood.ca

For more information or to make an appointment, please call:

1 888 2 DONATE (1 888 236-6283)


Canadian Blood Services
it's in you to give