



SPRING 2010

HALDIMAND-NORFOLK HEALTH UNIT

EMPLOYEE HEALTH & WELLNESS

April is Cancer AWARENESS Month

- Up to 35% of all cancers can be prevented by being active, eating well and maintaining a healthy body weight

(Canadian Cancer Society, 2010)

Cancer is still a leading health concern with about 40% of Canadian women and 45% of Canadian men developing cancer during their lifetimes. The good news is that nearly half of all cancers can be prevented through healthy eating, physical activity and regular cancer screening.

Cancer Risk Reduction Quiz

	Yes	No
I choose high fibre and low fat foods.	<input type="radio"/>	<input type="radio"/>
I eat 7 to 10 servings of fruits and vegetables a day.	<input type="radio"/>	<input type="radio"/>
I am a non-smoker.	<input type="radio"/>	<input type="radio"/>
I avoid contact with second hand smoke whenever possible.	<input type="radio"/>	<input type="radio"/>
I am physically active on a regular basis.	<input type="radio"/>	<input type="radio"/>
I limit my alcohol intake to one to two drinks per day or less.	<input type="radio"/>	<input type="radio"/>
I have regular cancer screening tests:		
Women: Pap testing, mammogram, breast exam with annual physical.	<input type="radio"/>	<input type="radio"/>
Men: Annual physical exam and tests as suggested by your physician.	<input type="radio"/>	<input type="radio"/>
I protect myself from the sun and exposure to artificial tanning equipment.	<input type="radio"/>	<input type="radio"/>
I practice safe sex.	<input type="radio"/>	<input type="radio"/>
I deal with my stress and keep it at a manageable level.	<input type="radio"/>	<input type="radio"/>

The more "YES" responses that you make the more positive your actions are for promoting your health and reducing your risk of cancer and chronic diseases.

(Adapted from Grey Bruce Health Unit, <http://www.publichealthgreybruce.on.ca/Cancer/Quiz.htm>)

Sun sense tips:

- Try to take breaks indoors during peak exposure to direct sunlight between the hours of 11 a.m. and 4 p.m.
- Whenever possible seek shade as protection from the sun.
- Wear sunscreen with an SPF of 15 or higher.
- Wear clothing that is loose fitting, tightly woven and light weight.
- Wear a hat that protects the face and back of the neck.
- Don't forget your sunglasses.
- Drink lots of cool, non-caffeinated beverages when it is hot and humid.

Cancer Screening Saves Lives

In 2007, it is estimated that at least 55% of new cancer cases will come from only 4 types: lung cancer; colorectal cancer; breast cancer and prostate cancer. Screening tests can help detect cancer cells at an early stage before symptoms appear; making treatment easier; more successful and sometimes curing the disease.

The goal of cancer screening is to:

- lower the number of people who die from the disease or eliminate deaths from cancer all together
- lower the number of people who develop the disease

If you are 50 and older or have a family history of cancer it is important to talk to your doctor about the cancer screening program that's right for you.

(Cancer Care Ontario, 2009)



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INSIDE THIS ISSUE

World Health Day	2
Events (wherever it fits?)	2
Recipe	3
Eating Your Way to Better Health with Antioxidants	3
10,000 Steps to a Healthier You	4
Haldimand & Norfolk Workplaces Walk Across Canada	4

World Health Day: *Opening our Streets to People*

Every journey begins and ends with walking. But what happens in between is causing some serious health problems. Jumping into the car, for a five minute drive, has become the norm in today's society.

Research suggests that advances in technology have had a major impact on our health by engineering physical activity OUT of our lives. People are burning less and less energy on a daily basis because of the environment we live in and the lifestyles we lead.

The Haldimand-Norfolk Health Unit encourages people to be more physically active by promoting active living. Active living means adding regular physical activity into daily routines and includes walking to the store, school or work instead of driving. There are health benefits to be gained by adding physical activity into your daily life.

To promote active living in our community, the Health Unit is hosting World Health Day events in Caledonia and Port Dover. This year's theme is 1000 Cities, 1000 Lives – Urban Health Matters. Communities around the world are registering for events that will open up streets for pedestrians on Sun., April 11, 2010.

Streets will be open to the public giving them the opportunity to try different physical activities, socialize with family and friends, visit local shops, enjoy entertainment and have fun. Game on!

UPCOMING EVENTS

April:

- National Cancer Month www.cancer.ca.
- Oral Health Month www.cda-adc.ca
- April 3 to 9 – National Mental Health Week www.cmha.ca
- April 11 – World Health Day www.who.int/world-health-day
 - Caledonia 2 to 4 p.m.
 - Port Dover 2 to 4 p.m.
- April 28 – Prenatal Health Fair www.hnhu.org
 - Caledonia 6:30 to 8:30 p.m.

May:

- May 3 to 9 North American Occupational Safety and Health Week www.naosh.org
- May 31 – World No-Tobacco Day www.cctc.ca

June:

- Stroke Awareness Month www.heartandstroke.ca
- June 4 - Relay for Life www.cancer.ca
 - Port Dover Composite School - 7 p.m. to 7 a.m.
- June 14 – World Blood Donor Day www.wbdd.org.



Opening streets to people...
April 11/10
Worldhealth DAY
GAME ON!

Car-free streets means play time with friends & family!

Sunday April 11 • 2 - 4 p.m.

Port Dover: Powell Park & Main Street, from Clifford Street to Clinton Street.

Caledonia: Argyle Street from Wigton Street to Haddington Street.

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Eat Your Way to Better Health with ANTIOXIDANTS



What are antioxidants?

Antioxidants refer to health protective compounds found in plant based-foods.

An antioxidant can be:

- Vitamins C and E.
- Phytochemicals such as flavonoids or carotenoids.
- Minerals such as selenium.

Antioxidants are known for their ability to maintain our health and possibly prevent disease. Antioxidants can slow down, even stop damage to the body's cells where diseases such as heart disease and cancer can start or become worse.

What foods have antioxidants?

You can find antioxidants in a wide range of foods such as vegetables, fruits, whole grains, beans, nuts, vegetable oils, red wine and green tea. Antioxidants are not difficult to spot as they are found in foods that are often brightly coloured.

Foods that may help prevent cancer

Try working some of these foods into your everyday meals:

- **Broccoli** – in soup, stir fry, steamed, or raw with a dip.
- **Cabbage** – in cabbage rolls, coleslaw, soup, steamed or in a stir fry.
- **Strawberries** – fresh or frozen over vanilla yogurt, in a fruit salad, tossed into green salad.
- **Blueberries** – mixed with strawberries, blended into a smoothie, baked in muffins.
- **Garlic** – add to tomato based sauces or to a stir fry.
- **Japanese Green tea** – choose over a coffee or black tea.
- **Turmeric** (spice) – add to Indian dishes, pasta, soups and salad dressing.
- **Soybeans** – drink soy beverages such as chocolate soy milk.
- **Tomatoes** – make tomato based sauces with a little oil.
- **Citrus** – add to salads and serve with snacks.

**Source: Foods that Fight Cancer, Richard Beliveau, Ph.D., and Denis Gingras Ph.D., 2006*

How to increase the amount of antioxidants you eat:

1. Eat more servings of brightly coloured fruits and vegetables.
2. Add only a small amount of vegetable oil when cooking for an excellent source of Vitamin E.
3. Use a small amount of water, when cooking vegetables and fruit, as Vitamin C can easily be lost in your cooking water.
4. Choose a wide variety of foods to get the best mix of the different types of antioxidants.
5. Try to eat one dark green and one orange vegetable every day, as recommended by Canada's Food Guide.

Up the Anti-oxidants, by Dietitians of Canada, The ABC's of Healthy Eating (2002)

A Closer Look at Antioxidants, by American Institute for Cancer Research, Concepts in Cancer Research published in (2005)

AWESOME Asparagus



- 1 tbsp (15ml) olive oil
- 1 bunch of asparagus, trim ends
- 1 clove of garlic
- 1 small onion, chopped
- 1 tbsp (15ml) sesame seed (optional)

INSTRUCTIONS

- Heat olive oil in a medium saucepan. Sauté onion and garlic and add asparagus making sure to shake pan often. Cook for about 5 minutes until asparagus is soft. Remove from stove and sprinkle asparagus with sesame seeds.

10,000 Steps to a Healthier You!

Spring is just around the corner, and it's the perfect time to get outside and start walking. One of the easiest forms of physical activity that everyone can enjoy while improving your health and overall well-being is walking. On top of that it's already one of the most natural things we do on a daily basis, by simply increasing the number steps you take in the day to 10,000, as recommended by Health Canada, you can expect to:

- Help reduce stress and offer yourself an opportunity to clear your head and improve your mood.
- Boost energy levels.
- Improve sleep.
- Help decrease blood pressure and cholesterol levels.
- Improve bone and joint mobility and stability.
- Help reduce the risk of chronic diseases.
- Help control and prevent diabetes.
- Help in maintaining a healthy weight.

Haldimand and Norfolk Workplaces



This April, the health unit will be running a two week pedometer step challenge open to all workplaces in Haldimand and Norfolk. If you are interested in participating, get together with your colleagues and organize a team to compete against other workplaces in the community. Our ultimate goal is to come together and walk our way across Canada as a community. Talk to your supervisor for more information on how to get started!

Ways to increase your steps in the workplace:

- Take a walk for your coffee break
- Walk to work.
- Take a stroll around the office to talk with colleagues instead of e-mailing or phoning.
- Start a walking club for lunch breaks.
- Take the stairs instead of the elevator.

Daily Step Goals

- Highly active (children, youth, and fit adults) 10,000-16,000.
- Active (adults) 10,000.
- Somewhat active (older adults) 7,000-9,999.
- Low Active (adults with a chronic health condition) 4,000-7,000.

Check with your doctor before starting a walking program if you have a chronic health condition.

Is there a baby in your future?

Prenatal Fair

April 28, 2010

For moms-to-be, dads, grandparents and support people.

Wednesday, April 28, 2010
6:30-8:30 p.m.
McKinnon Park Secondary School
91 Haddington St., Caledonia, ON
FREE Admission

*Demonstrations
Door Prizes
Displays
Light Refreshments*

(A Prenatal Fair will also be held in Vittoria on Oct. 21, 2010)

Both men and women should avoid tobacco, alcohol, drugs and environmental chemicals for three months before pregnancy.



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