



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Neighbours, friends and families

by Heidi Van Dyk, Haldimand and Norfolk Women's Services

Family violence is a community problem that requires a community solution. Abuse in relationships can take different forms: physical, verbal, emotional and/or sexual. Abuse in any form is both harmful and wrong. Many times, long before a woman will seek help from the police or a shelter, she will confide in a family member, a friend, a doctor or a co-worker.

Victims of violence may have difficulties at work due to:

- Abuse-related injuries and stress.
- Higher levels of absenteeism.
- Harassment by their abusive spouse at work.

Victims of violence may seek support from co-workers, supervisors or human resources personnel. It is important that

workplaces are equipped and comfortable to respond to incidents or disclosures of family violence in order to maintain the health and safety of workers, and to potentially save lives.

There are many things that workplaces can do to address the issue of family violence:

- Know the warning signs of a victim or perpetrator of violence.
- Have access to current information about abusive relationships.
- Know the local resources available to support families.
- Feel comfortable in talking about these issues with workers.

Supporting employees in addressing family violence issues promotes a workplace that is healthy and safe.

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ANNOUNCEMENTS

January

- **Jan. 21-25** – National Non-smoking Week
- **Jan. 23** – Weedless Wednesday

February – Heart Month

- **Sunday, Feb. 17** – free family skating at Hagersville Arena, 1:15-2:30 p.m.
- **Saturday, Feb. 23** – free family skating at Simcoe Recreation Arena, 2-3 p.m.
- **Feb. 20** – Networking Breakfast at the Business Development Centre, Simcoe, 8-9:30 a.m.

March

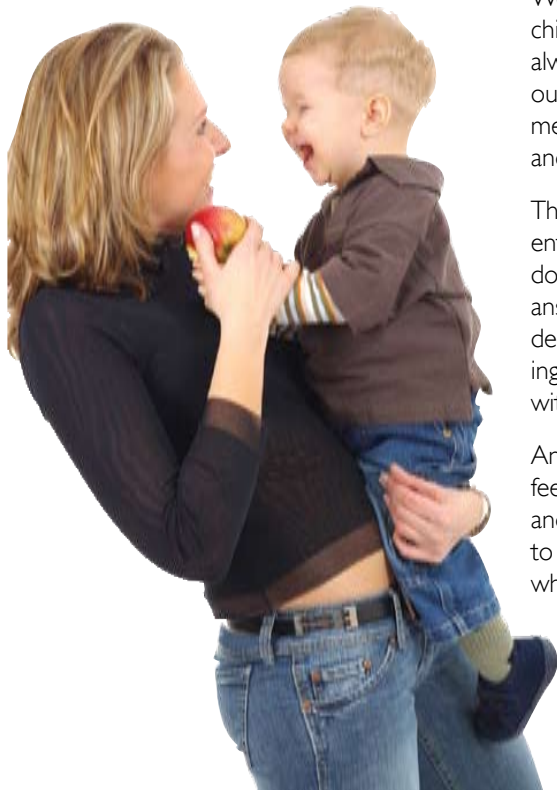
- Nutrition Month
- National Colorectal Cancer Awareness Month

April

- Cancer Awareness Month



What children need to thrive



We all agree that we want the best for our children. In our complex world, this is not always easy to achieve. Our goal is to have our children grow up in healthy environments, surrounded by their family, friends and neighbours.

There is no such thing as a perfect parent or an ideal family. Being a good parent doesn't mean you have to have all the answers or solve every problem. It means demonstrating love and concern and helping your children understand and cope with their feelings.

Anticipating and understanding your child's feelings will help them feel safe, loved and secure. In this regard, it is important to remember that children cope better when they know they are being listened to. Therefore, encouraging children to express their feelings is the first step in helping them cope with any concerns or anxieties they may have. Let them know that they can approach you anytime with any problem and that

nothing is too insignificant to discuss.

Parents also need to be in a supportive environment to help them deal with the everyday stresses of raising their children. Networks in our community, including schools, have created environments that are safe and nurturing.

Caring parents have a significant impact on the well-being and health of their children. If children are in an environment where one of their parents is being abused, this could have a significant negative impact on the child's well-being. Parents in such a relationship need to find the courage, both for themselves and their children, to seek professional help in responding to this family violence.

In difficult times, all families can benefit by reaching out to community supports and support networks. For more information on this topic or local parenting support, contact the Haldimand-Norfolk Health Unit.

February is Heart Month

Every year, approximately 75,000 heart attacks and 50,000 strokes occur in Canada.

Cardiovascular diseases, including heart disease, are Canada's leading cause of death. Chronic and lifelong, heart disease profoundly affects individuals and their families.

Eight out of 10 Canadians have at least one of the following risk factors:

- Tobacco use.
- Physical inactivity.
- Overweight or obesity.
- High blood pressure.
- Diabetes.

One in 10 Canadians has three or more risk factors. The message is clear – Canadians are at high risk of developing heart disease and other cardiovascular diseases. The good news is that most heart

disease can be prevented.

A healthy workplace starts with healthy employees. Many cardiovascular diseases can be prevented by educating your employees on how to make simple lifestyle choices: make healthy decisions about the food they eat, increase physical activity and maintain a healthy weight.

We strongly urge workplaces to use this February (heart month) to help employees to reflect on their "heart health."

For resources and ideas on what your workplace can do for heart month visit:

- Health Action www.healthaction.ca and click on Projecthealth.
- Heart and Stroke Foundation <http://www.putyourheartintoit.ca/htmlcontent.asp?cid=74594>.

Sources: Health Canada.

Mark your calendars

FREE
family skating
 sponsored by Health Action
 and Ontario Early Years Centres

Sunday, Feb. 17,
 at Hagersville Arena, 1:15-2:30 p.m.

Saturday, Feb. 23,
 at Simcoe Recreation Arena, 2-3 p.m.

Waist circumference measurement – A new vital sign

Being overweight or obese has a negative effect on your health. It can drive up your blood pressure and cholesterol. It makes your heart and lungs work harder and it increases your risk of developing other diseases, such as diabetes, cancer and heart disease.

A visit to the doctor for an annual check up often includes getting on the weight scales and measuring how tall you are. From this little exercise, the doctor calculates your Body Mass Index, more commonly known as BMI, and that magic number corresponds with a measure of your health.

Recent research is focusing on the importance of waist circumference **and** BMI. Waist circumference also considers how your weight is distributed, or where you “carry” your weight. Extra

weight around your waist means you have more abdominal fat and that increases your risk of heart disease and death. With or without weight loss, waist circumference is the best measure of change in abdominal fat.

The new Canadian guidelines on the management and prevention of obesity recommend waist circumference measurement as a new vital sign. Doctors are being encouraged to monitor waist circumference and BMI with their patients just as they would blood pressure and cholesterol.

So the next time you go for your check up and hop on those scales, ask your doctor if your waistline is putting you at higher risk for heart disease.

RECIPES

Adapted by Coraine Wray, Registered Dietitian

Salmon is high in omega 3 fatty acids, which are good fats for your heart. Here are some heart healthy recipes, you can try.

Baked Salmon

4 fresh salmon steaks

2 tbsp of olive oil

2 tsp of dried thyme

2 tsp of dried or fresh dill

1 white onions, finely chopped

Juice of one lemon

2 tsp of black pepper

2 tsp of salt (optional)

Combine above ingredients except for olive oil and lemon and use to season salmon steaks. Brush each steak with olive oil and pour squeezed lemon on steaks and then place in a non-stick baking pan. Bake at 425°F for 15 minutes, or until fish flakes easily with a fork and fish is opaque.



For a balanced meal, serve with baked sweet potatoes, grilled vegetable of your choice and a glass of milk or fortified soy beverage.

Sweet Potato “Fries”

1 lb sweet potatoes

2 tsp vegetable/olive oil

¼ tsp paprika

¼ tsp garlic powder

½ tsp salt

¼ tsp pepper

Cut potatoes into ¼ inch wedges.

Place potatoes in a bowl, add oil, paprika, garlic powder, salt and pepper and toss.

Bake for 45-60 minutes or until potatoes are tender and golden.



Neighbours, friends and families *(Continued from page 1)*

The Haldimand and Norfolk Women's Services is pleased to be part of a provincewide campaign to respond to incidents of woman abuse in our community and to prevent women and children from experiencing physical harm and death. The "Neighbours, Friends and Families" campaign is a partnership between the Ontario government, Ontario Women's Directorate and the Expert Panel on Neighbours, Friends and Families, through the Centre for Research and Education on Violence against Women and Children. One of the campaign's main goals is to raise awareness around the signs of woman abuse so that people who are

close to a woman at risk and/or her abusive partner can help. The campaign is being implemented locally through community presentations, public service announcements and a community-wide town hall meeting to commemorate **International Women's Day, March 8, 2008**. We are happy to be partnering with Health Action and the Haldimand-Norfolk Health Unit to bring this important information to workplaces.

For more information on abusive relationships and workplace bullying, **please join us on Feb. 20, 2008, at the Workplace Health Networking Breakfast**. See insert for more details or contact Erin Bellchamber at 519-426-6170 Ext. 3236.

ALCOHOL: A risk factor for Heart Disease and Stroke

Excess alcohol consumption can increase your blood pressure and contribute to the development of high blood pressure, heart disease and stroke (Heart and Stroke Foundation of Canada, 2007). If you drink alcohol, you can lower your risks by drinking in moderation. Limit yourself to no more than one to two drinks a day with a weekly maximum of nine drinks for women and 14 drinks for men (Centre for Addiction and Mental Health, 2004). Also, consider non-alcoholic drinks. Try out the mocktail recipe below; it's a flavourful cocktail without the alcohol.

Mocktail Recipe

Cranberry Spritzer

- Cranberry juice 3 oz
- Orange juice 2 oz
- Lime cordial 1/8 oz
- Soda water
- Frozen cranberries

Directions:

In a cocktail shaker filled with ice, combine cranberry juice, orange juice and lime cordial.

Shake and strain into a glass filled with ice. Top with soda water and sprinkle with frozen cranberries.



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