



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH

Bone Up on Calcium and Vitamin D



It has often been said that osteoporosis is a childhood disease with older adult consequences.

Bone increases in density, making it stronger, until early adulthood. In order to maintain strong, healthy bones late into life, it is important to get enough calcium and vitamin D at all ages. What do “enough” calcium and vitamin D look like? Amounts vary depending on your age. The average healthy adult between 19 and 50 years of age needs about 1000 mg of calcium and 600 IU of vitamin D per day. Milk, cheese, yogurt and alternatives like fortified soy beverage are excellent sources of calcium. Some other good sources of calcium include: leafy green vegetables, legumes, canned fish with bones, and almonds. Vitamin D is found naturally in only a few foods including fatty fish such as salmon and egg yolks. Other good sources are those foods that have vitamin D added such as milk and alternatives, some juices and some cereals. Follow Canada’s Food Guide’s recommended food servings to ensure that you are getting all the nutrients you need to keep your bones healthy throughout your life.

For copies of Canada’s Food Guide call the Health Unit at 519-426-6170 Ext. 3237 or download a copy online at: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>



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UPCOMING EVENTS

**June:**

- Stroke Awareness Month
www.heartandstroke.ca
- June 4-10 – National Sun Awareness week
- June 5 – Diabetes Info Session: Depression and Diabetes – West Haldimand General Hospital @ 6:30pm
- June 7 – Diabetes Info Session: Depression and Diabetes – Norfolk General Hospital @ 6:30pm
- June 7 – Canadian Breast Cancer Foundation's Pink Bus Tour in Simcoe
- June 14 – World Blood Donor Day – To participate visit <http://www.wbdd.org>

July:

- July 11 – World Population Day - <http://www.unfpa.org/public/world-population-day>

August:

- August 1-7 – World Breastfeeding Week - <http://worldbreastfeedingweek.org/>

September:

- September 9 – Fetal Alcohol Spectrum Disorder Awareness Day
- September 10 – World Suicide Prevention Day
- September 16 – Terry Fox Run



Dealing with Diabetes in the Workplace

As one of the top 10 causes of death by disease in Canada, diabetes is a growing health concern. Diabetes and its problems are reported to cost the healthcare system \$13.2 billion a year, and is expected to reach \$16.9 billion by 2020. Diabetes is a major cause of heart disease and stroke, and a leading cause of kidney failure, blindness, and leg and foot amputations. Although diabetes cannot be cured, problems can be prevented with good diabetes management.

Since diabetes affects so many lives, a workplace that promotes the understanding of diabetes and how it's managed can help people living with diabetes to face less discrimination. People with diabetes may hide their disease from their employers and colleagues to avoid negative reactions, which can lead to missing an insulin injection or blood glucose test. In a busy workplace, a meal may be delayed and that can put the employee at risk.

A person with well managed diabetes does not pose a threat to their colleagues or to the operation of a business. In fact, the employer of a person with diabetes may well benefit in the long run; people with well managed diabetes often miss fewer days due to illness because, in order to manage their blood glucose effectively, they must lead a healthy lifestyle. It is important that everyone in the workplace have accurate

information about diabetes. Communication, cooperation and accurate information will encourage a healthier and more productive environment."

Beyond supporting employees with diabetes through workplace education and reasonable accommodation (i.e. by altering an employee's work schedule to include regular breaks to eat a snack, to monitor blood glucose or to administer medication in a private location), employers can help all employees to adopt healthier lifestyle that reduces the risk of chronic diseases.

Workplaces that have comprehensive workplace health promotion initiatives that encourage healthy living, promote positive workplace culture, provide healthy work environments, and create work-life balance have seen a dramatic positive impact to their bottom lines through increased productivity and decreased absentee rates due to illness and injuries.

Source: Investing in Comprehensive Workplace Health Promotion –The Healthy Workplace Initiative, Canadian Diabetes Association 2003.

If your workplace is interested in a table top display and information about Diabetes email workplacehealth@hnhu.org or call Jennifer Moore at 519-426-6170 Ext. 3236

Diabetes program in Haldimand Norfolk

The Haldimand Norfolk Diabetes Program offers individual as well as group education and care by health professionals.

The mission of the program is to assist people with diabetes and their families to manage diabetes effectively in order to obtain and maintain an optimum level of diabetes wellness. Services are offered weekly in Dunnville, Hagersville, and Simcoe. A referral is not necessary, but please call to make an appointment Simcoe: 519-426-0130 ext. 4466, Dunnville: 905-774-7431 Ext. 1232, Hagersville: 905-768-3311 Ext. 2191

The program also offers the following services:

- Video lending
- Cookbooks for sales
- Meter training for blood glucose analysis
- Pregnancy meter loan program
- Outpatient insulin start - up
- Presentations off - site to the community
- Monthly support groups in Cayuga, Dunnville, and Simcoe

Nine million Canadians live with diabetes or prediabetes, and 1 in 3 people with diabetes don't know they have it, according to the Canadian Diabetes Association.

A comprehensive workplace health program includes:

- Encouraging healthy living
- Promoting empowerment, teamwork and collaboration
- Providing a healthy work environment
- Creating a work-life balance

Working for smiles

The Simcoe Preventive Dental Clinic is now open!

Get free dental care for your child at the Preventive Dental Clinics in the Health Unit's Simcoe office. We offer free dental service for eligible children up to and including age 17.

We can:

- Clean teeth
- Apply Fluoride
- Coat teeth with sealants
- Show you how to brush

Your child is eligible if you do not have dental insurance or social assistance, and the cost of care would be a financial hardship. A free clinic is scheduled to open in Dunnville this summer as well.

To make an appointment or for more information contact the Health Unit at dentalhealth@hnhu.org or call 519-426-6170 Ext. 3249 for Norfolk or 905-318-5367 Ext. 364 for Haldimand.

For a list of other free dental services for children and teens offered by the Health Unit, check out the Health Unit's website.





RECIPE

Spinach & Strawberry Smoothie

- 1/2 cup (125 mL) low-fat vanilla yogurt
- 2 cups (500 mL) water
- 1 medium banana
- 1 cup (250 mL) sliced strawberries
- 2 cups (500 mL) chopped fresh spinach, lightly packed
- Honey or maple syrup to taste (optional)

Sun Safety - Sun Sense Tips

- Avoid exposure to direct sunlight between the hours of 11:00 a.m. and 4:00 p.m.
- Whenever possible seek shade as protection from the sun
- Keep babies under 12 months out of direct sunlight
- 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
- Avoid the outdoors when the UV index is 3 or higher



Fast Facts:

Everyone is a star!



You can help to uncover your employees "light." When opportunities are given to those with low performance, often vast improvements in professional relationships and performance occur!¹

Bring out the best in your employees and let them shine!

¹: Vidyarthi et al., *Academy of Management Journal*, 2010.

Spotlight

The Workplace health spotlight column is an opportunity for workplaces in Haldimand & Norfolk to share their workplace wellness stories. Did you launch a new walking program? Do you enjoy going to work? Is your workplace breastfeeding friendly? Tell our 300+ readers about your efforts to make your workplace a healthy and productive one. Send us your submission by email to workplacehealth@hnhu.org

