



HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACE HEALTH



April is Cancer Awareness Month

It has been estimated that over two million workers in Canada will be diagnosed with cancer within the next 30 years¹.

Everyone should be aware of the free cancer screening programs available to them, and your workplace can help to spread the word and promote the screening programs that are available for free in Ontario.

Screening is the early detection of cancer by testing or checking for disease when you have no symptoms. Early detection through regular screening means that you can find cancer at an early stage. Screening tests can detect cancer at its earliest, most treatable stages. Some screening tests like the Pap test can help detect precancerous conditions which can be treated before cancer develops.

It is estimated that one in nine women will develop breast cancer during their lifetime. Most of these women will be over 50 and will have had no risk factors. Although the incidence of breast cancer has increased, the number of deaths has declined in recent years due to early detection and treatment. A large number of women who are eligible for screening through mammograms are not taking advantage of this.

Each week in Ontario, approximately ten women are diagnosed with cervical cancer and approximately three women die from the disease. Regular screening through yearly Pap tests can prevent almost all cases of invasive cervical cancer. However, a significant number of women are not having regular Pap tests.

Colorectal cancer is one of the most common cancers. This form of cancer is often referred to as bowel and rectum cancer. It occurs almost equally in both men and women. Screening tests for colorectal cancer such as Fecal Occult Blood Testing (FOBT) exist but are not well known. In Ontario, only 20 per cent of men and women ages 50-74 received a FOBT test in the last three years².

¹Rogers Media Incorporated Healthcare and Financial Services Group. (2006). *Cancer in the workplace*. Toronto: Author.

²Cancer Care Ontario (2008). *Cancer System Quality Index*.

If your workplace is interested in promoting cancer screening please contact Jennifer Moore Health Promoter, Workplace Health by email at workplacehealth@hnhu.org or by phone at 519-426-6170 ext. 3236 or 905-318-6623.



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I am delighted to introduce myself, as the new Health Promoter for Workplace Health. Being born and raised in Norfolk County I am aware of the diversity and great opportunities offered in the area. I am excited to meet and work with each and every one of you, as we strive towards creating healthier workplaces.

"The greatest wealth is health." - Unknown

INSIDE THIS ISSUE

Immunization Is Not Just For Kids	2
Upcoming Events	2
Do You Know Where Your Hands Have Been?	3
Connecting With Your Kids	3
Organizational Culture Affects Health and Productivity	4
March is Nutrition Month	4

UPCOMING EVENTS



April:

- National Cancer Month
www.cancer.ca
- April 3 – Diabetes Info Session: Safety in Your Home – West Haldimand General Hospital at 6:30 p.m.
- April 5 – Diabetes Info Session: Caring for Your Smile – Norfolk General Hospital at 6:30 p.m.
- April 7 – World Health Day – Aging and Health
- April 17 – Prenatal Health Fair – McKinnon Park Secondary School Caledonia - 6:30-8:30 p.m.

May:

- May 1 – Diabetes Info Session: Foot Care – West Haldimand General Hospital at 6:30 p.m.
- May 3 – Diabetes Info Session: Foot Care – Norfolk General Hospital @ 6:30pm
- May 6-12 – North American Occupational Safety and Health Week www.naosh.org
- May 7-13 – National Mental Health Week www.cmha.ca
- May 17 – International Day Against Homophobia www.homophobiaday.org
- May 31 – World No-Tobacco Day www.cctc.ca

June:

- Stroke Awareness Month www.heartandstroke.ca
- June 5 – Diabetes Info Session: Depression and Diabetes – West Haldimand General Hospital at 6:30 p.m.
- June 7 – Diabetes Info Session: Depression and Diabetes – Norfolk General Hospital at 6:30 p.m.



Immunization Is Not Just For Kids

Often, adults are not aware that they may lack protection against some serious diseases. Many adult Canadians wait for their doctor to recommend immunization, instead of taking the initiative to get the information they need. This leaves adults of all ages vulnerable to diseases such as influenza, pertussis (whooping cough), pneumonia, diphtheria and tetanus.

The Ministry of Health and Long Term Care has introduced a one lifetime dose of the tetanus, diphtheria and pertussis (Tdap) vaccine for adults 19 to 64 years of age. The primary objective of Tdap is to protect unvaccinated adults against pertussis, reduce the overall population burden of pertussis infection and decrease exposure of persons at increased risk for complicated pertussis infection (e.g. infants too young to be completely immunized).

Currently in Ontario, adolescents 14 to 16 years of age are eligible to receive the Tdap vaccine. All adults 19 to 64 years of age who have never received the Tdap vaccine in adolescence are now eligible to receive one lifetime (publicly funded) dose of the vaccine. This lifetime dose replaces one of the Td (tetanus, diphtheria) booster doses given every ten years. Protect yourself and others against pertussis. Ask your doctor or health care provider if you are due for the Tdap vaccine.

Since 2000, the Influenza vaccine has been free for all Ontario residents. Because the flu strains change, a new vaccine is formulated each year to provide the best protection. Flu vaccine can be accessed through your health care provider or at community clinics.

If you plan to travel it is important that your vaccinations are up to date. Certain areas pose potential risks for vaccine preventable diseases. Contact your health care provider or a travel clinic and they will assess and advise which vaccines are applicable for your travel destination.

If you have any questions about vaccines you may contact the Vaccine Preventable Disease Program at the Health Unit.

Submitted by: Rose Huyge, BScN, CCHN(C)

Do You Know Where Your Hands Have Been?

Hand hygiene is a very simple practice that is often incorporated into many individuals' daily life, but it's true impact is often underestimated. Research continues to show that regular and proper hand hygiene is the number one way to prevent the spread of communicable diseases. Hand hygiene can be one of two practices; hand washing with soap and water or alcohol based hand rub (ABHR). With the introduction of alcohol based hand rub, performing hand hygiene is conveniently available anywhere (as long as you have ABHR with you). Hand washing with soap and water is recommended when one's hands are visibly soiled, therefore they are physically and visibly dirty and require the additional friction involved when washing with soap and water. In all other situations, ABHR is the recommended choice.

Some germs may live on objects such as telephones, door knobs and counter tops for hours and some even days, therefore it is essential for everyone to keep this in mind and frequently perform hand hygiene.



It is recommended that hand hygiene is performed:

Before and after, but not limited to:

- preparing food and serving meals
- eating and drinking
- coughing, sneezing or blowing your nose
- shaking hands
- using or being in the washroom

- tending to someone who is sick
- handling dirty laundry and garbage
- treating a cut or wound
- playing or touching your pet
- putting in/taking out contact lenses
- touching door knobs or shopping carts

Other simple suggestions to help stop the spread of germs would be to:

- avoid touching your face as much as possible,
- practice respiratory etiquette (cough and sneeze into your sleeve),
- avoid sharing objects such as glasses or water bottles that may have been in contact with other people's mouths,
- avoid physical contact with people who are not feeling well,
- frequently clean keyboards, door-knobs and countertops, and
- stay home if you are sick.

If you are ever in doubt of your hands whereabouts...Wash them!

Submitted by Stacey Guthrie, RN, BScN, CIC

Connecting With Your Kids: Talking Still Works

Research has shown that kids would like to get sexual health information from their parents. So, what do you think when your child does/doesn't ask questions about sex? Do you breathe a sigh of relief, or do you wonder where he/she is getting the information?

As a parent, you should answer their questions as they are asked. Keep in mind that every child is different. One child may feel more comfortable talking about sexuality issues than the other. When that child is ready, he/she will ask. If there is a lack of questions, don't take that as a sign not to talk about sexuality with him/her.

Your overall goal as a parent, is to help your child feel comfortable talking to you about anything, including sexuality. Answers to questions should be age appropriate. Reassure

your child that sexuality is something natural, not something to be ashamed of.

Two way communication started early paves the way for sharing sexuality information and values during the teen years. You, as a parent, give the message that the family is a good and safe place to talk about sexuality issues.

For more information, contact the sexual Health Team:

Simcoe
519-426-6170
Margot Fournier RN, BScN.....Ext. 3225
Kristal Pitter RN (EC), BScN.....Ext. 3246

Caledonia
905-318-5367
Terri Hartwick, RN, BScN.....Ext. 346

**Sexual diversity
in the workplace**

It pays off!

International Day
Against
HOMOPHOBIA

10th
Annual Campaign

May 17

Participate! This day belongs to YOU!
www.homophobiaday.org



March is Nutrition Month

Nutrition information has never been more accessible than right now. But not all the information is credible. Nutrition Month 2012 is dedicated to busting up popular food and nutrition myths by bringing truths to Canadians from Dietitians, the food and nutrition experts. Inserted in this newsletter you will find factsheets that bust up common nutrition myths. You are encouraged to photocopy them to handout out to employees, post in lunchrooms or leave out in waiting rooms. Let's spread the word!

Organizational Culture Affects Health and Productivity

Want to improve your workplace's bottom line? Pay attention to the culture of your organization.

When it comes to the culture of your workplace, does it improve the health of your employees or harm it? People spend a good portion of their day at work and the workplace culture can affect their health and productivity.

The workplace culture is reflected in such things as the underlying values and norms, the communication patterns, the policies, the management styles; all those things that affect employees' desire to be at work. A healthy culture has expectations that have been clearly communicated. Collaboration and creativity are valued, and employees are rewarded not only for outcomes but also for their effort and teamwork.

A healthy culture engages employees and fosters productivity. It enhances morale which helps employees deal with challenge and change. A strong, healthy culture is a culture that stays imbedded in the workplace despite staff turnover.

Strong organizational cultures are showcased in the Fortune 500 and are great examples of what can be achieved over a period of time. Shifting organizational culture can seem like a daunting task but every small step taken to improve the culture is a positive one.

Investing in employees is a smart bottom-line strategy. Developing a strong healthy organizational culture requires time and concerted effort, but the results are well worth it!

Looking to create awareness about healthy lifestyles in your workplace?

Table top displays and resources are now available for loan from the Health Unit

- Quitting smoking
- Physical activity guidelines
- Healthy pregnancy at work
- Stroke prevention
- Cancer, are you at risk?
- Diabetes, are you at risk?

New displays being created on a variety of health topics, watch upcoming newsletter for new topics.

If your workplace is interested in borrowing displays please contact Jennifer Moore Health Promoter, Workplace Health by email at workplacehealth@hnhu.org or by phone at 519-426-6170 ext. 3236 or 905-318-6623.

The Importance of Prevention

When it comes to workplace wellness and its effects on healthcare costs, Benjamin Franklin's famous words still ring true: "An ounce of prevention is worth a pound of cure."

By shifting the focus from treating health problems to preventing them, workplaces can help to achieve significant long-term cost savings and employees can enjoy healthier, more active lives.