



FALL 2015

HALDIMAND-NORFOLK HEALTH UNIT

WORKPLACEHEALTH

In the News...

The Government of Ontario has passed new legislation called the Electronic Cigarette Act (ECA) which will affect workplaces. Starting January 1, 2016 it will be illegal to use e-cigarettes in designated non-smoking areas. This means that anywhere that it is illegal to smoke cigarettes, it will now be illegal to use an e-cigarette as well – for example enclosed workplaces, restaurants and their patios and schools.

The new legislation will also make it illegal to:

- Sell and supply of e-cigarettes to anyone under the age of 19
- Display and promote e-cigarettes in places where e-cigarettes are sold starting in January 2017

What does this mean for workplaces?

- Although regulations for the E-Cigarette Act has not been finalized yet, it is expected that employers will be responsible to:
- Ensure that employees are aware that using e-cigarettes is prohibited in enclosed workplaces
- Ensure that no one uses an e-cigarette in the workplace
- Post signs at all entrances, exits, and other appropriate locations

Look for more information on our website www.hnhu.org in the New Year. Haldimand-Norfolk Health Unit will also be in contact again when we have the signs to be posted in your workplace.

What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are battery operated devices that mimic the use and sometimes the appearance of regular cigarettes. They do not contain tobacco and produce vapour instead of smoke when used. E-cigarettes may or may not contain nicotine. The act of using an e-cigarette is often referred to as vaping.[1]

If you have questions please contact the Haldimand-Norfolk Health Unit at 519-426-6170 Ext. 3202

[1] Toronto Public Health.

<http://www.toronto.ca/legdocs/mmis/2014/hl/bgrd/backgroundfile-72511.pdf>



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In the News (continued)...

The Legislative Assembly of Canada recently passed the Making Ontario Roads Safer Act (Bill 31), which came into effect on September 1, 2015. This act consists of 5 new laws including:

Distracted driving

An increased fine of \$490 and three demerit points for those convicted of looking at, texting, or talking on their phone. Novice drivers (drivers with G1 or G2 licenses) will have a minimum 30 day license suspension.

Pedestrian crossovers

Starting in January 2016, drivers will have to wait until pedestrians have completely crossed the road at pedestrian crossovers and school crossings before proceeding.

Passing cyclists

Drivers must keep at least a one meter gap between them and cyclists. In addition, there will be a fine of \$365 and three demerit points for motorists who open their door vehicle into the path of a cyclist without first checking.

The “move over” law

A fine of \$490 and three demerit points will be given to those drivers who fail to slow down and move into the next lane whenever they see a stopped emergency vehicle with its red and blue lights flashing.

Drugs

Drivers will face between a three and 90 day license suspension and week-long vehicle impoundment if caught under the influence of drugs – now the same punishment as driving under the influence of alcohol.



Upcoming Events

November

- Lung Cancer Awareness Month
- National Lung Month
- Diabetes Health Month
- Osteoporosis Health Month
- November 1-7: National Pain Awareness Week
- November 14: World Diabetes Day
- November 16 -22: National Addictions Awareness Week

December

- December 1: World AIDS Day
- December 3: International Day of Disabled Persons
- December 6: National Day of Remembrance and Action on Violence Against Women In Canada
- December 10: Human Rights Day

With Thanksgiving over and the Christmas holidays well on its way, there are sure to be many get-togethers and parties to look forward to! This time is a great opportunity for employers and workplaces to promote Canada's Low Risk Alcohol Drinking Guidelines* (especially if you are planning a holiday party at your workplace) and safe drinking tips such as:

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- Always consider your age, body weight and health problems that might suggest lower limits.
 - **Do not drink if:**
 - you are driving or using machinery or tools
 - if you are responsible for the safety of others
 - if you are taking medicine or other drugs that interact with alcohol

Canada's Low Risk Alcohol Drinking Guidelines* can also help you decide how much to drink if you choose to do so through the following guidelines:

Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Reduce your risk of injury and harm by:

- drinking no more than 3 drinks (for women)) on any single occasion
- drinking no more than 4 drinks (for men) on any single occasion

How much is one drink?



*(Canadian Centre on Substance Abuse, 2013)

Fall Fitness!

Fall is the perfect season to go outdoors and get active! Here are some great fall activities to keep you moving:

- Raking leaves (great upper body and cardio workout!)
- Apple or pumpkin picking at a local orchard or pumpkin patch (lots of bending and stretching in fresh air)
- Find your way through a corn maze
- Go for a scenic walk or hike along the trails
- Participate in fun fall outdoor activities such as touch football and soccer

Don't forget to stay safe while getting active with these tips:

- **Be Seen:** With the days getting shorter and darker earlier, make sure you wear bright reflective clothing and running shoes if working out before or after sunset.
- **Wear Layers:** As the weather gets cooler, it is important to wear layers when working out and exercising outside. This is important since your body temperature is more likely to go up and down when exercising in cooler weather.
- **Stay Hydrated:** It is important to stay hydrated in the cooler months just as we do in the summer months, as our bodies still lose the same amount of water when exercising in colder weather.



Quit Clinics

The Haldimand-Norfolk Health Unit will be introducing new quit smoking clinics this January! Residents of Haldimand-Norfolk will have the opportunity to receive one-on-one quit smoking counselling from a Public Health Nurse, along with a free supply of Nicotine Replacement Therapy (NRT) gum, patches, or lozenges. This is a great opportunity to learn more about quitting smoking, and to start off the New Year with a smoke-free resolution!



Recipe Corner

Sweet Potato and Chickpea Risotto

This delicious recipe is packed full of protein and potassium, and is sure to be a hit for the entire family! Pair it with a salad or steamed green vegetables for an easy and healthy meal.

This recipe makes 4 servings.

Ingredients

- 2 tsp (10 mL) vegetable oil
- 2 cups (500 mL) diced peeled sweet potato (about 1 large)
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 sweet red pepper, chopped
- 1 tsp (5 mL) dried basil
- ¼ tsp (1 mL) pepper
- ¾ cup (175 mL) short-grain rice
- ¾ cup (175 mL) reduced sodium vegetable broth
- 2 tbsp (25 mL) all-purpose flour
- 3 cups (750 mL) 1% or 2% milk
- 1 cup (250 mL) canned chickpeas, drained and rinsed
- ½ cup (125 mL) grated Parmesan cheese

Directions

1. In a large pot, heat oil over medium heat. Sauté sweet potatoes, garlic, onion, red pepper, basil and pepper for 5 minutes or until onion is softened. Stir in rice; sauté for 1 minute.
2. Pour in broth and bring to a boil, stirring often. Whisk flour into 3 cups milk and gradually stir into pot. Bring to a simmer stirring often. Reduce heat to low, cover and simmer, for 15 minutes or until rice is almost tender.
3. Stir in chickpeas; simmer uncovered for 5 minutes or until rice is tender. Stir in more milk if desired to moisten rice. Stir in half of the parmesan cheese. Spoon into bowls and serve sprinkled with remaining cheese.

Homemade Slow Cooker Apple Cider

Homemade apple cider with fresh apples and spices is a perfect treat for a cool winter or fall night. Try making this at night before bed and it will be ready to enjoy in time for breakfast. And another bonus...your house will smell amazing all day!

This recipe makes 1 gallon.

Ingredients

- 10 fresh apples
- 1 orange
- 2 cinnamon sticks
- Dash of nutmeg (ground)
- Dash of cloves (ground or 4 whole)
- 1 gallon of filtered water

Directions

1. Wash and peel apples. Cut into slices and place in slow cooker.
2. Slice oranges into 8 slices and add to slow cooker.
3. Add spices.
4. Pour water into the slow cooker and turn on low for about 8 hours.
5. Strain out apples and spices using a cheesecloth or a fine mesh strainer.



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