

HEART-BEAT

A newsletter from heartyparty.com

Fall Edition, 2003

Promoting physical activity, healthy eating and a smoke-free environment

Jennifer Churchill appointed new chairperson for heartyparty.com

Jennifer Churchill has recently been appointed to the position of Chairperson for heartyparty.com. Jennifer has been a member of the Steering Committee for the past three years. As the Director, Community Development, Jennifer leads a communications team and the community development initiatives for York Region Health Services.

Prior to joining York Region, Jennifer worked for Markham Stouffville Hospital. The Steering Committee welcomes Jennifer and wishes her well in this new position.

FAST HEALTH FACTS

- About 60% of Ontarians are not active enough for optimal health benefits.
- For health benefits, experts say we should accumulate at least 30 minutes of moderate activity, most preferably all, days of the week.
- The benefits of regular physical activity include better health, improved fitness and weight control, better posture and balance, better self-esteem, stronger muscles and bones, more energy, greater relaxation, reduced stress, and continued independent living later in life.
- The average Canadian child watches over 26 hours of TV a week.
- Married women with children spend an average 72 minutes each day cooking while married men with children spend an average of 24 minutes each day cooking.
- Canadians spend about 1/3 of their food dollars on meals and snacks eaten outside the home. Take out and fast food type restaurants are the most popular choices, yet the types of food eaten away from home tend to be higher in fat than home prepared foods. These foods are more accessible than ever thanks to gas stations, schools, grocery stores, vending machines and other non-traditional locations that now offer fast food.



York Region Heart Health Program

Be part of the sole mates walking club

A joint venture of Upper Canada Mall and heartyparty.com, Sole Mates is a walking club designed to promote healthy physical activity in a safe, climate-controlled environment. The club operates weekdays from 8:00 am to 9:30 pm. Registration is free and takes place every day at the Customer Service desk.

To join the York Region's Walking Program, call 905-727-0022, ext. 3597. So, put on your walking shoes and do your heart a favour.

Mark your calendar

Mark your agenda for December 4, 2004. That's when a Community Consultation will take place to discuss obesity with seniors. If you would like to receive an invitation, please contact heartyparty.com at 905-727-0022, ext. 3597.

What's Inside

Comparisons of food options	Page 2
Healthy eating - make it happen!	Page 2
Healthy Measures	Page 3
2003 tobacco use survey	Page 3
From our mailbag	Page 4

NUTRITION & WELLNESS

COMPARISONS OF FOOD & BEVERAGE OPTIONS

Choose for beverages bottled water (plain spring water or flavoured carbonated with no sugar), coffees or tea, 100% fruit or vegetable juices...**INSTEAD OF soda pop or fruit flavoured drinks.**

Low-fat yogurt...**INSTEAD OF regular yogurt.**

Small bagels or muffins, low-fat granola bars...**INSTEAD OF regular or large bagels or muffins, croissants, donuts, sweet rolls or pastries.**

Toppings of light margarine, low-fat cream cheese, jam or jelly...**INSTEAD OF regular butter, cream cheese, peanut butter.**

Salads with dressings on the side...**INSTEAD OF salads with added dressing.**

Low-fat or fat-free salad dressings...**INSTEAD OF regular salad dressings.**

Soups made with vegetable puree or skim milk...**INSTEAD OF soups made with cream or half and half.**

Lean meats, poultry, fish (3 g fat/oz)...**INSTEAD OF high-fat and fried meats, bacon, poultry with skin, cold cuts, oil-packed fish.**

Healthy Eating: Make it happen!

Enjoy a *VARIETY* of foods.

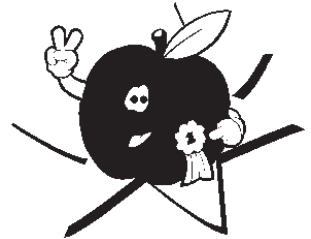
- Choose foods from each of the four food groups: grain products, vegetables and fruits, milk products, and meat and alternatives.

- Choose lower-fat dairy products, leaner meats and foods prepared with little or no fat.

- Eat more cereals, breads, other grain products, vegetables and fruit.

- Choose meals that are low in fat and salt and higher in fiber.

Information supplied by the Ministry of Health's Manual Nutrition Strategy.



CLASSIC APPLE CRISP

FILLING

- 4 cups cut up apples
- ¼ cup white sugar
- ¼ cup brown sugar
- ½ tsp. cinnamon

TOPPING

- 1 cup flour
- ½ cup rolled oats
- 1 cup brown sugar
- ½ cup melted butter or margarine

Preheat oven to 350°. Grease a 2 quart baking dish. Combine filling ingredients and fill dish. Sprinkle topping over apples and bake for 45-50 minutes.



A nice low calorie alternative to apple pie

VARIATIONS

Apple Crisp with Dried Fruit:

Soak 1 cup of raisins, dried sweet cherries, or dried cranberries in the lemon juice and 1 tablespoon Apple Jack, brandy, or cognac. Follow recipe for Apple Crisp, adding soaked dried fruit and liquid to apple mixture.

Apple Crisp with Fresh Cranberries:

Follow recipe for Apple Crisp, increasing sugar to 1 1/2 cups and adding 1 cup fresh or frozen cranberries to apple mixture.

Visit our web site at heartyparty.com for information on:

Heart Health

Stress Management

Physical Activity

Healthy Eating

Smoke-Free Living

Community Events

Healthy Measures



Be active • Eat well • Be yourself

The Healthy Measures message Be Active, Eat Well, Be Yourself promotes the following types of small lifestyle changes:

Enjoy being unique. Like your fingerprint, your body is one of a kind and the result of genetics, lifestyle and experience. Stop comparing yourself to others and focus on the best possible you.

One small step at a time. Make one small change in your eating habits this week, such as enjoying one more fruit each day or starting your day with a healthy breakfast. Each small step adds up to a healthier you.

Every effort counts. Walk the dog, play with your kids, rake the leaves and take the stairs. The more active you are in everyday life, the healthier you'll be. Keep moving. Feel alive. Enjoy!

Healthy Measures represents a fresh approach for health professionals to use in promoting consistent healthy weights messaging throughout Ontario. It is targeted to women 25-45 years of age as the food and nutrition gatekeepers of many households. The program was developed by the Nutrition Resource Centre of the Ontario Public Health Association, in collaboration with Toronto Public Health and Cancer Care Ontario. The Ontario Women's Health Council provided development funding. Visit their website: www.healthymeasures.ca



It was the law....



Think laws concerning tobacco use are something new?...Think again! More than 350 years ago, there were already numerous laws regulating smoking. For example, in Massachusetts in 1646, a law was passed allowing smoking only when travelling and only when one was more than five miles from town. A year later in Connecticut, a new law allowed smoking only once a day and "not in the company of another."

2003 tobacco Use survey

According to the latest results from the Canadian Tobacco Use Monitoring Survey (CTUMS), for data collected between February and December 2002, an estimated 5.4 million people, representing roughly 21% of the population aged 15 years and older, were current smokers, of which 18% reported smoking daily. This is a slight decrease from the 2001 rate (22%). Approximately 23% of men aged 15 years and older were current smokers, slightly higher than the proportion of women (20%).

You'll feel better within 24 hours

What a difference a smokefree day makes! When you give up cigarettes, your body starts to renew itself -- as early as the first day of quitting. Here are some of the improvements you can look forward to:

- Within 8 hours, the level of carbon monoxide in your body decreases and oxygen increases to normal levels.
- The risk of heart attack begins to decrease after just two days.
- Your sense of smell and taste improve and return to normal within just 48 hours.
- After 3 days, your lung capacity will have increased... making breathing easier.
- After the first year, the risk of heart attack is cut in half

Information provided by Health Canada.

The Canadian Cancer Society Smoker' Helpline offers a free, confidential, one-one-one service for smokers. You can speak to a trained quit specialist at 1-877-513-5333.

HEART-BEAT, FALL 2003

From our mailbag



In June 2003, Normac Kitchens received a mailing from heartyparty.com outlining the benefits of walking and a description of their Walking To Win Program. After reading the booklet, one of our office staff, Simone French, brought it to the attention of some of the other staff. The general feeling was that it sounded like a great idea. As Simone was busy on the phone at the time, it was suggested that I call Nicky Wright at Heartyparty.com to find out more information about the Walking To Win Program.

That conversation resulted in Nicky sending us the package with all the information and forms needed for us to start the program.

The office staff who chose to become involved in the program enjoyed the program immensely. In the beginning, the walking minutes averaged around the 90 minutes recommended, but as time went on, the length of time walking increased until the average was in the 140 minute range. Some staff chose to walk for approximately half their lunch time, approximately 20 minutes per day, but most walked in the evenings and on weekends. Most of the people involved felt that their energy levels were higher and that they found themselves looking forward to their walks.

Linda Ewen
Health and Safety Co-Chair
Normac Kitchens
Thornhill

Get your organization to join the **York Region Walking Program**. For your involvement in this exciting program, you will improve your health and receive fabulous prizes. Just walk a minimum of 15 or 30 minutes per day for a total of 90 minutes per week. After the first month, you'll receive a free **CLOTH BAG**. After the second month, you'll receive a free **COLLAPSIBLE WATER BOTTLE**. After the third month, you'll receive a free **TOTE HEART**. For more information, please contact Nicky Rauzon-Wright at 905-727-0022, ext. 3597.



York Region Heart Health Program

Please send your feedback or submissions to:
300 Harry Walker Parkway South Newmarket, Ontario L3Y 8E2
Nicky Rauzon-Wright (905) 727-0022 Ext. 3597.
Fax: (905) 830-1174



HEART-BEAT, FALL 2003

Copywriting and design provided by ROSSWORDS. They can be reached by phone at 905-722-9367 or by email at rosswords@rogers.com

Take A Hike Publication wins award

The Economic Developers Council of Ontario awarded York Region with a total of 4 awards for the Region's "Tourism News," the 2002 York Region Visitors Guide, the **Take A Hike Trail Guide** and the Region's Economic Development Review 2001 Report.



In 2001, York Region welcomed 2.1 million visitors who spent \$126 million. The economic benefits to the Region include 2,500 jobs representing \$58.3 million in wages and \$2.9 million in direct municipal tax dollars.

Remember the Black out?

Here's a reminder of how to keep your food safe during the next power outage. Health Canada recommends that you follow these simple tips:



- Food that needs to be kept cold, such as meat, should be kept in the refrigerator or freezer, or in the coolest location possible.
- Only open fridges and freezers if absolutely necessary and for very brief periods of time
- Don't eat food that should be kept cold or refrigerated, if that food has been at room temperature for more than two hours. If that food is still cold to the touch, it should be safe to eat.
- Most chest freezers (deep freezer), if kept closed, will keep food frozen for 24 hours without power (i.e. During a power outage)
- For food stored in other types of freezers, such as your refrigerator freezer, you should check if it is cold to the touch before consuming.