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Fall 2011

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Mr. Pat Murray

On your recent Environmental Health Foundation of Canada's Lilli Ann Zahara Award for 2011.

This Award was presented at the June 29th Canadian Institute of Public Health Inspectors Educational Conference which was held in Halifax.

Congratulations and Well Wishes from the Executive and Members of the NLPHA.

Message from the NLPHA President... Dr. Minnie Wasmeier

We have had a very active summer. A number of our members have worked diligently on the Planning Committee for the Building Healthy Communities Conference; Bringing Health and Wellness to the Community Planning Table. This is scheduled for November 29-30, 2011. This conference supports our vision of "an effective public health system that promotes and supports the health and well being of the people and communities of Newfoundland and Labrador".

Our Annual General Meeting (AGM) will be scheduled on November 29 at the end of the Conference Day from 16:30 – 19:00 hr. Specific details will be sent to you at a later date. I look forward to seeing many of you there.

The Department of Health and Community Services has just provided us a one-time \$20,000 grant to support our work. This is truly wonderful news.

To continue to fulfill our mission to be "an active voice to promote public health in Newfoundland and Labrador", I implore each and every one of you to become active members of your association. Come to our regular teleconference meetings. Share your ideas and learnings. Participate on committees or working groups. Consider being on the Executive. Our President Elect position is still vacant, waiting for one of you and we are also be looking for someone to serve as the Member at Large for Rural Eastern. You are our association. I look forward to working with you.

Best Wishes for a Happy, Healthy, Safe Fall - See you at the Conference and AGM

2011 – 2012 NLPHA Executive

President - Dr. Minnie Wasmeier
President Elect - Vacant
Past-President - Fay Matthews
Treasurer - Pat Murray
Secretary - Elizabeth Wright
Newsletter Editor - Michelle Batterson

Members at Large

St. John's- Ann Ryan
Central- Bev White
Western- Heather Taylor
Eastern- Holly LeDrew
Northern- Cora Foster
Labrador- Sylvia Keefe



NLPHA Website Link

<http://www.cpha.ca/en/about/provincial-associations/nl.aspx>

Funding Announced

The Department of Health and Community Services has provided the NLPHA with a onetime operating grant of \$20,000.00



This funding will go a long way in ensuring that the common wishes of the Health Care Parties in the province are identified and met.

Thank You – Thank You – Thank You

NLPHA Annual General Meeting (AGM)

Will be held on

November 29, 2011

Starting 16:30hr (4:30 pm)

At the Sheraton Hotel, St. John's

To ensure there are sufficient snacks

Please RSVP M Wasmeier at mwasmeier@hotmail.com before November 17th to confirm your attendance

Public Health Agency of Canada



Register today for the latest in public health advisories

https://learn.bcit.ca/shared/self-reg/phac_selfreg.htm





National Collaborating Centre
for Methods and Tools

Centre de collaboration nationale
des méthodes et outils

Join DialoguePH - A Network for Knowledge Translation in Public Health!

What is DialoguePH?

Sponsored by the [National Collaborating Centre for Methods and Tools](#), DialoguePH is a national network of over 800 public health professionals that exists to support the sharing of methods, tools and experiences related to moving research evidence into practice. Current network initiatives include in-person networking events, webinars and teleconferences, online discussion forums, weekly messages, a member directory and professional development opportunities.

Who is DialoguePH for?

- decision makers such as Medical Officers of Health, public health managers and supervisors
- individuals in knowledge management or capacity-building positions, or who share knowledge and skills with others
- others interested in learning about and developing methods and tools for translating knowledge into practice

What makes DialoguePH different?

Most networks that support public health decision makers and practitioners focus on specific content areas within the field of public health (e.g., chronic disease, infectious diseases, health promotion, food safety, etc.). DialoguePH specializes in knowledge translation in public health—it helps you put knowledge into practice.

Why join DialoguePH?

DialoguePH creates the places (face-to-face-and virtual) where people interested or experienced in knowledge translation in public health can:

- interact with others,
- develop and share new methods and tools,
- exchange practical ideas with colleagues who strive to move evidence into practice, and
- be part of building effective programs and services to strengthen public health in Canada.


Join Now! Become a Member of [DialoguePH](#)
Questions? Contact [Kirsten Sears](#)

NLPHA Conference - November 29 & 30th


Conference – Building Health and Wellness in our Communities

NLPHA - CIPHI

Register Today



Straighten UP
Newfoundland and Labrador



We've Got Your Back... @ www.nlchiropractic.ca
IMPROVE YOUR STANCE IN AS LITTLE AS JUST '3' MINUTES A DAY

Straighten UP

Newfoundland and Labrador

Newfoundland and Labrador Chiropractic Association has adopted an International program presently used in America, Australia, Great Britain, Ireland and Europe.

This worldwide initiative is designed to encourage everyone to incorporate a simple exercise routine into their daily lives, to help strengthen the spine and improve posture

Straighten Up is a simple, three minute exercise programme for all ages, designed to help strengthen the spine, improve your posture and to help you feel and look your best.

To learn More visit... <http://www.nlchiropractic.ca>

Perinatal Conference

On September 26th and 27th the NL Provincial Perinatal Program hosted a one day conference *Substance Use – Caring for Women and Newborns* with a half day accompanying forum – *A Continuing Model for the Future-Where Do We Go From Here?*

This conference and forum was organized by staff of the Provincial Perinatal Program and the Women's and Children's Health Program to address care issues around an increasing number of pregnant women within the province with substance use issues. It was sponsored by the Janeway Foundation, the Department of Health and Community Services and MUN's Departments of Pediatrics and Family Practice.

The conference on September 26th was attended by 160 professionals with diverse backgrounds from across Newfoundland and Labrador. The key note speakers were Dr. Ron Abrahams and Ms. Jean MacDonald RN of BC Women's Hospital and Health Centre's Fir Square Unit in Vancouver BC. The Fir Square Unit is the first combined care maternity unit in Canada caring for substance-using women and their substance-exposed newborns. Impressed upon the participants was the realization that by directly nurturing the mother and promoting her well being in a non judgmental and safe environment was the indirect promoted well being of the newborn. Improved maternal nutrition, housing and supports, along with the provision of good prenatal care has been associated with improved baby outcomes, even in the presence of continued maternal drug use.



The forum on September 27th involved 65 individuals selected to represent the broadest of expertise in addiction and mental health, maternal and newborn care, public health and social work. The morning was facilitated by Dr. R. Singleton, Regional Director of Pastoral Care and Ethics, and the participants discussed four areas in the continuum of care from prenatal, intra-partum, postnatal/transition and community. An agreement to strive for future collaboration and a consensus model was achieved.

Connecting the dots to improve the health of Canadians....

In September 2010, Federal, Provincial, Territorial (F/P/T) Ministers of Health endorsed the *Declaration on Prevention and Promotion* committing to make the promotion of health and the prevention of disease, disability and injury a shared priority for action.

Ministers of Health also acknowledged the role of governments in working with all stakeholders to help create environments that make the healthy choice the easy choice. Actions moved forward to **promote healthy weights in children and the reduction of sodium in the Canadian diet.**



FPT Task groups were established to move forward the work...here are a few highlights.

As the first concrete commitment, Ministers endorsed the *F/P/T Framework for Action to Promote Healthy Weights*. There are 5 areas of focus; engagement, decreasing children's exposure to marketing of foods and beverages high in fat, sugar or sodium, improving access and availability of nutritious foods, supportive environments and early action and measuring and reporting on collective progress.

To move forward with supportive environments; an F/P/T Task Group has been established to explore ways to improve School Food Guidelines (SFG's) consistency and to enhance the implementation of school food guidelines across Canada. Schools are recognized as a key setting to promote and support healthy eating, and school food guidelines (SFG's) and policies are one tool that can help shift the food environment to support healthy eating, including the reduction of sodium. **A National Engagement Dialogue on Improving the Consistency of SFG's for Canadian Schools was held in Alberta on Oct. 11, 2011; NL participated via teleconference. NL participants included Healthy Students Healthy School provincial consultants, Regional Nutritionists, School Health Liaison Promotion Consultants, caterers and food service companies**

On the sodium front... in October 2007, Health Canada established a multi-stakeholder Sodium Working Group (SWG) whose mandate included the development of a population health strategy for reducing sodium intake and cardiovascular disease among Canadians. *Sodium Reduction Strategy for Canada* was released in 2010 and FPT Ministers of Health adopted the SWG's interim goal to reduce the population average sodium intake of Canadians to 2300 mg by 2016. An F/P/T Task group was established to consider the SWG's recommendations and to develop a work plan. *Reducing the Sodium Intake of Canadians* report has been prepared by the Task Group and will be tabled at the Ministers meeting in Nov. 2011. The Report will address the reduction of sodium in the Canadian diet and is organized under the four pillars of the sodium reduction approach: food supply; collaboration and awareness and education; research; monitoring and evaluation. P/T governments are working together in all areas.

The British Columbia Ministry of Health, Dieticians of Canada, EatRight Ontario and Health Canada have worked collaboratively to develop and test sodium reduction messages and tips with the public and health intermediaries. These messages and tips were developed to raise awareness and increase consumer knowledge about high sodium intakes and health consequences.

Some of the **National Sodium Reduction Messages** are below;

Fact: Sodium is found in salt.

- All types of salt are high in sodium.
- Kosher salt, sea salt, fleur de sel, gourmet salt and smoked salt all have about the same amount of sodium as table salt. They are not healthier choices.

Informed Decision Making and Infant and Young Child Feeding

The NLPHA has released its new position statement and background paper on *Informed Decision Making and Infant and Young Child Feeding*. The position statement and background paper reflects the NLPHA's continued leadership and commitment to protecting, promoting and supporting breastfeeding as a public health priority in Newfoundland and Labrador. The NLPHA is concerned that many families are not being fully informed about infant feeding options. The position paper highlights the important role that health care providers play in assisting families in making informed decisions. Information to parents should focus on the importance of breastfeeding, but also the risks, costs and health consequences of not breastfeeding as outlined in the WHO/UNICEF Baby-Friendly Initiative guidelines. (See Breastfeeding Committee for Canada website for information on the BFI in Canada www.breastfeedingcanada.ca). This issue is of particular relevance to Newfoundlanders and Labradorians because of the low numbers of women initiating and continuing breastfeeding, and the population's high rates of obesity, diabetes and other chronic diseases.

Check out the NLPHA website to download the position statement and background paper.

<http://www.cpha.ca/en/about/provincial-associations/nl/infantfeeding.aspx>

The NLPHA gratefully acknowledges the Ontario Public Health Association(OPHA) for their permission to adapt the 2007 OPHA *Informed Decision Making and Infant Feeding Position Paper* to reflect the NL health system environment

FiNaL Study (Feeding infants in Newfoundland and Labrador)

The Breastfeeding Research Working Group under the leadership of Memorial University faculty Dr. Laurie Twells and Dr. Leigh Anne Newhook is currently implementing an infant feeding study in three of the regional health authorities (Eastern, Central and Western). The study is designed to:

- a) accurately measure rates of breastfeeding initiation and duration in mother-infant dyads;
- b) collect reliable information on why women choose specific infant feeding methods; and
- c) identify risk factors that influence women's infant feeding decisions.

Despite the extensive evidence for the health benefits of breastfeeding, the initiation rate for NL is the lowest in Canada at 62.3% and there has been limited local research conducted. There are also wide regional variations in rates from the mid 40s to the mid 70s. The research findings will provide a meaningful contribution to the understanding of infant feeding practices in NL in order to develop health promotion /education strategies and to allocate resources where they are most needed. Phase 1 of the study is ongoing with recruitment of pregnant women, over 19 years of age, in the last three months of their pregnancy. Two telephone interviews will follow in the postnatal period. Women may also choose to complete the questionnaire on-line at <https://www.surveymonkey.com/s/FINALstudy2011> . Information about the study is available from local health care professionals including public health nurses, nurse practitioners, general practice physicians and obstetricians.

For more information contact

Dr. Laurie Twells, Principal Investigator, 777-8920, ltwells@mun.ca

Valerie Ludlow, Research Coordinator, 777-2938, vcludlow@mun.ca



Fact: We eat too much sodium.

- We all need some sodium, but most of us eat about 3400 mg per day. This is more than double the amount of sodium we need.
- Healthy adults need only 1500 mg of sodium per day. Healthy children need only 1000-1500 mg of sodium per day.

Fact: Eating too much sodium can be harmful to our health.

- Eating too much sodium can cause high blood pressure, stroke, heart disease and kidney disease.
- Eating less sodium can help you and your family stay healthy and feel your best.

Fact: Most of the foods we eat contain too much sodium.

- Over 75% of the sodium we eat comes from processed foods such as cheese, deli meats, pizza, sauces and soups.
- Packaged and ready-to-eat foods, fast foods and restaurant meals are often high in sodium.
- Breads, breakfast cereals and bakery products also contain sodium even though they may not taste salty.



For more information on sodium messages and tips, please visit www.healthycanadians.gc.ca/sodium.

Submitted by:

Glendora Boland, Provincial Nutrition Consultant, DHCS

FPT Task Group on Sodium member, Food Access member, Provision of Nutrition Information in Restaurants and Foodservices member

Last Word... "Laugh for the Health of It"

Ticket please... Three doctors and three nurses are traveling by train to a conference. At the station, the three doctors each buy tickets and watch as the three nurses buy only a single ticket. "How are three people going to travel on only one ticket?" asks a doctor.

"Watch and you'll see," answered a nurse.

They all board the train. The doctors take their respective seats but all three nurses cram into a restroom and close the door behind them. Shortly after the train has departed, the conductor comes around collecting tickets. He knocks on the restroom door and says, "Ticket, please."

The door opens just a crack and a single arm emerges with a ticket in hand. The conductor takes it and moves on. The doctors saw this and agreed it was quite a clever idea. So after the conference, the doctors decide to copy the nurses on the return trip and save some money (being clever with money, and all that). When they get to the station, they buy a single ticket for the return trip. To their astonishment, the nurses don't buy a ticket at all. "How are you going to travel without a ticket?" says one perplexed doctor.

"Watch and you'll see," answered a nurse.

When they board the train the three doctors cram into a restroom and the three nurses cram into another one nearby. The train departs. Shortly afterward, one of the nurses leaves his restroom and walks over to the restroom where the doctors are hiding.

He knocks on the door and says, Ticket, please ☺

"Your sense of humour is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health." ~ Paul E. McGhee, Ph.D.