NEWSLETTER
The Newsletter for Well-Being Professionals
Volume 2 Number 3 August 1991

WELL-BEING FOR THE FUTURE:
TOOLS FOR ACTION

Holiday Inn Crowne Plaza, Edmonton, Alberta
November 13-15, 1991

An exciting line-up of speakers, entertainment and networking opportunities headline this year's second annual Well-Being for the Future conference. Check out the special insert for details.

Don't miss out on the FUTURE - BE THERE!

...YOU ASKED FOR THEM THEY'RE ON THE WAY....

Check page 6 for details on the PROGRAM EVALUATION WORKSHOPS and HEALTH PROMOTION LECTURE SERIES coming soon to a location near you!

NAME THE NEWSLETTER COMPETITION

It's time to give the newsletter a name. And who better to name the ACFWB newsletter than you? As you know, the newsletter is targeted to leisure, health and workplace professionals, as well as well-being enthusiasts. ACFWB operates on the premise that networking, research and information is needed to help to develop and promote the concept of well-being to Albertans. Well-being and optimal health encompass a state of physical, emotional, intellectual, spiritual, social and environmental health. We are searching for a name that expresses the concepts of well-being and optimal health in one or two words. Please submit your suggestions in writing to:

ACFWB Newsletter Names
Alberta Centre for Well-Being
12245 131 Street
Edmonton, Alberta T5L 1M8

The most creative submission will become the new name for the ACFWB Newsletter and the individual who made the submission will receive a special gift package from the ACFWB, and mention in an upcoming newsletter.
Jackie Anne Webber is the new Communications Coordinator at the Alberta Centre for Well-Being. As a health professional and journalist, Jackie has a personal and professional interest in well-being and optimal health. After receiving her Pharmacy degree from the University of Alberta in 1987, she continued her studies and completed a Masters of Science degree at Central Michigan University in 1989. During her studies, Jackie concentrated on health service administration and communications.

Jackie contributes health and lifestyle articles to a number of regional and national publications, and is the author of two health guidebooks for parents, focusing on children’s medications and children’s allergies.

As Communications Coordinator, Jackie brings expertise in media and public relations, health promotion and continuing education to the Centre. Her most recent position was that of Administrative Director of the Canadian Council on Continuing Education in Pharmacy. In addition to her appointment to the Centre, she is pursuing a Ph.D. in the Department of Educational Administration at the University of Alberta concentrating in the area of competency assurance of health professionals.

Jackie will be responsible for planning and promoting the educational component of the Centre’s mandate, as well as pursuing new collaborative projects which focus on enhancing the well-being of Albertans. Her experience in journalism will benefit the Centre’s various publications, programs and projects, as effective communication is essential to the success of the Centre.

Tamara Lynne Martin is the new Resource Coordinator at the Alberta Centre for Well-Being. She began working with the Centre as a practicum student in September, 1990 in order to fulfill the requirements of the Administration route she was taking in the Department of Physical Education and Sport Studies at the University of Alberta. Since Tamara has a personal interest in well-being and optimal health, she chose fitness and health promotion as an additional part of her training for her Bachelor of Physical Education degree. Her work as a practicum student was so valued that she was asked to continue at the Centre on a contract basis from January, 1991 to May, 1991. Recently Tamara was appointed as the Resource Coordinator for the Alberta Centre for Well-Being.

Tamara will be responsible for updating and maintaining the computer “Network of Networks” and the library cataloging program for the Centre’s resource room. People may continue to contact the Centre for information and Tamara will conduct searches for everything from “workplace well-being” to “long-term care facilities”. She enjoys the challenge of locating and providing the resources people require. A diligent and dedicated worker, Tamara will play an integral role in the success of the Alberta Centre for Well-Being.

**CALL FOR VOLUNTEERS!**

The Alberta Centre for Well-Being is looking for individuals interested in well-being and optimal health to volunteer a few hours of their time. Areas of involvement include the annual conference on well-being, lecture series and workshop coordination, and general office duties. Please contact Judy Sefton or Jackie Webber at 448-0180 if you are interested in a challenging and rewarding experience.

**REMEMBER:** The Alberta Centre for Well-Being has a toll-free phone line for Alberta calls from outside Edmonton.

1-800-661-4551.
ACFWB RESEARCH PROJECT
Osteoporosis Research at the University of Calgary

Susan K. Grimston, a Research Associate with the Alberta Centre for Well-Being and an Assistant Professor in the Faculty of Physical Education at the University of Calgary, is currently involved in a series of research projects investigating the etiology and prevention of osteoporosis. The largest project currently underway is a longitudinal study of 150 healthy, active children from the Calgary area. The research is designed to determine the influence of different mechanical loading regimes, nutrition, and the physiological process of puberty on bone growth and development. The overall objective is to determine the factors important to the attainment of an optimal adult peak bone mass.

Osteoporosis, clinically defined as a reduction in bone mass facilitating fracture, is a major health problem throughout the world which will become even larger as the proportion of elderly people increases. It has been estimated that 33% of women and 17% of men will develop an osteoporotic hip fracture by their mid 80's. It has been estimated in the U.S.A. alone, the economic cost of osteoporosis will reach $60 billion each year by the year 2020. Due to the severity of disability with osteoporosis and the economic impact of the disease, it would appear critical to determine its pathogenesis and develop appropriate preventative measures.

One of the main risk factors identified for development of osteoporotic fracture is insufficient total bone mass. Peak skeletal mass is attained in early to mid-adulthood and then declines with age. Efforts to prevent osteoporotic fractures have therefore focused on either maintaining existing bone mass in adults, minimizing bone loss in the elderly, or augmenting bone mass gains in children and young adults. In general however, maximizing bone mass up to skeletal maturity has been considered the best protection against osteoporosis and its related fractures.

Dr. Grimston, in close collaboration with Prof. David A. Hanley, Division of Endocrinology and Metabolism, Faculty of Medicine, has designed this project to span 3-5 years covering the period of rapid growth and development in children, i.e. puberty. Approximately 150 healthy, active children from the Calgary area have volunteered for this study. Biannual measurements of dietary intake, kinaanthropometric variables reflecting growth and development, biomechanical assessment of movement characteristics, physical work capacity assessment, and blood analyses are conducted at the Human Performance Laboratory, University of Calgary. Once each year children have their bone mineral density measured using a highly sensitive instrument at Foothills Hospital.

The research has been underway for 18 months and preliminary results are encouraging. The first presentation of results was given at the recent International Symposium on Nutritional Aspects of Osteoporosis held in Lausanne, Switzerland in May, 1991. The initial data on only 45 of the children demonstrated a significant influence of dietary calcium intake on bone mineral density in growing children. Specifically, the results indicated that almost all the children studied were consuming a daily calcium intake at or above the Canadian Government Recommended Nutrient Intake (RNI). However, those children whose diets contained a greater proportion of calcium, i.e. diets with a higher calcium density, had significantly higher bone density measures than children on a lower calcium density diet. This finding was irrespective of age, stage of pubertal development, or body weight. Further analysis just completed on 70 of the children support these initial findings and will be submitted for publication in a scientific journal in the next month.

These results, based on cross-sectional data, provide strong evidence for an association between childhood calcium intake and bone mass. However the further prospective evaluation of these children will allow for much stronger conclusions to be drawn regarding the calcium intake and bone mass.

Additional analyses related to ankle joint complex range of motion (to be presented at the International Society of Biomechanics Conference in Australia, December, 1991) and serum ferritin levels, in growing active children are currently under preparation for journal submission. A further analysis of the capacity of these kinaanthropometric measurements to predict athletic performance, based on previous work by Dr. Grimston, is nearing completion.

Perhaps the most interesting information from this study will be derived from extensive analysis of relevant variables and their influence over at least 3 years on bone growth and development. For this, the researchers are dependent on the cooperation of parents and children in the study and to date their support and enthusiasm has been overwhelming. The researchers have just completed their third major data collection session and look forward to those coming up in the future.

Funding for this important project has been generously provided by the Dairy Bureau of Canada. The study will be continuing through 1992, and perhaps into 1993. If you have any questions regarding this research, please contact Dr. Susan K. Grimston at her office on the University of Calgary campus, (403) 220-3603.
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

September 26-29, 1991  
Toronto, Ontario  
Club Direct '91: The Big Push  
- Canada's first ever national fitness show. More than 50 powerful orators from across North America will lead a series of seminars and focus sessions.
For more information:
Club Direct  
201, 11220 Horseshoe Way  
Richmond, British Columbia V7A 4V5  
1-800-665-1155; (604) 272-2582; Fax (604) 275-1036

September 27, 1991  
Calgary, Alberta  
Sexual Health Education: Reaching Special Needs Groups  
- A workshop for those who work with persons with mental or physical handicaps, learning or language difficulties.
For more information:
Linda Latrop or Mary Mahoney  
Calgary Health Services  
320 - 17th Avenue S.W.  
Calgary, Alberta T2T ST1 (403) 228-7430

September 30 & Oct. 1/91  
Calgary, Alberta  
Stress/Map Presenters' Workshop  
- Stress/Map is an assessment and action planning tool for strengthening personal health, performance, and well-being when individuals are dealing with organizational and/or personal change. This workshop will teach participants how to utilize this Stress/Map to enhance present stress management programs, or teach participants how to become presenters to deliver this dynamic program.
For more information:
Al Morgan  
Health Systems Group Ltd. (HSG)  
#550, 301 - 8th Avenue S.W.  
Calgary, Alberta T2P 1C5  
(403) 262-4774; Fax (403) 233-2724

October 3-5, 1991  
Calgary, Alberta  
Connecting Beyond the Classroom  
- Society for the Promotion and Advancement of Career Education presents this major conference on educational collaboration. This conference will bring together key representatives of business, the community, education and government to provide PRACTICAL information on: writing a proposal for funding; establishing a school/business partnership; accommodating special needs students; community networking ... and much more.
For more information:
Conference '91  
County of Smoky Lake  
Box 310  
Smoky Lake, Alberta T0A 3C0  
(403) 656-3730; (403) 424-7103

October 18-19, 1991  
Edmonton, Alberta  
Wellness for Women: Celebrations and Challenges  
- This conference addresses a wide variety of topics and areas of interest. Sessions include: Our Bodies - Our Selves - Time to Make Peace and Celebrate; ... Ask Your Pharmacist; Personality of Appearance; Parent Teen Dis-Connection; Women and Anger; Financial Fitness; and many more.
For more information:
Lona  
(403) 498-8401

October 18-20, 1991  
Hinton, Alberta  
Access the Future: A Conference for Persons with Disabilities  
- This conference features three days of activities and workshops designed to provide information in the areas of housing, employment and recreation. Participants will have the opportunity to take part in discussions with speakers from various parts of the province on issues ranging from education to employment.
For more information:
Community Services  
813 Switzer Drive  
Hinton, Alberta T7V 1V1  
(403) 865-2217; Fax (403) 865-5706

October 24-26, 1991  
Edmonton, Alberta  
Ways and Means '91  
- Sponsored by the Canadian Mental Health Association, Alberta Division, this conference is designed to increase participants' knowledge of how change occurs, improve skills, and generate enthusiasm for creating change. A series of workshops have been organized to facilitate hands-on learning for conference participants.
For more information:
1 Westwood Place  
Spruce Grove, Alberta T7X 1S4 (403) 482-6576

October 26, 1991  
Calgary, Alberta  
Sexuality and Parenting  
- This workshop will discuss sexuality topics with children and teens ... a workshop for professionals and leaders who work with parents.
For more information:
Linda Latrop or Mary Mahoney  
Calgary Health Services  
320 - 17th Avenue S.W.  
Calgary, Alberta T2T ST1 (403) 228-7430
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

October 31-November 3, 1991
Calgary, Alberta
FCSS: Leading the Way in the 90's Annual Conference
- This conference focuses on developing a high level of leadership in the FCSS community. Workshop topics include: Negotiation Skills; Stress Management; Effective Boards, Albertans in the 90's; Building Partnerships, Legal Liabilities; Planning for Change.
For more information:
Michael Lucwen (403) 268-5151 or Lyn Jenkins (403) 268-2430

November 8-10, 1991
Edmonton, Alberta
Global Vision/Local Action
- The 1991 Canadian Research Institute for the Advancement of Women (CRIAW) conference will focus on the theme of linking "local" issues with broader "global" contexts. CRIAW's purpose is to encourage, coordinate and disseminate research into women's experience and to ensure an equal place for women and men's experience in the body of knowledge and research about Canada, its people, culture, economy and politics.
For more information:
CRIAW/CREF Conference Committee
c/o Mizzan/Margaret Women's Research Centre
1163 - 90 Avenue
Edmonton, Alberta T6G 1E6 (403) 492-8950

November 15-19, 1991
Edmonton, Alberta
- This conference will be of particular interest to health professionals who have an interest in patient education. Presentations will include topics on: Motivation, Literacy, Developing Printed Health Materials, Evaluation, Educational Media, Creativity in Teaching and Marketing.
For more information contact:
Angela fate, Clinical Nurse Specialist
Education Department, University of Alberta Hospitals
Edmonton, Alberta T6G 2B7 (403) 492-8481

November 28-29, 1991
Edmonton, Alberta
Forging Community Partnerships: Health Promotion at Work
- Offered by the Faculty of Extension at the University of Alberta.
For more information:
Nadine (403) 492-2015

November 22, 1991
Calgary, Alberta
Skills for Educating Adolescents About Sexuality
- A workshop for educators, nurses, youth workers, counsellors and health care professionals.
For more information:
Linda Lathrop or Mary Matheny
Calgary Health Services
330 - 17th Avenue S.W.
Calgary, Alberta T2P 5C1
(403) 228-7436

A TRADE FAIR for agencies and companies involved in Health and Well-Being will be held in conjunction with the Well-Being for the Future: Tools for Action conference. The Trade Fair is intended to promote awareness of organizations involved in the well-being field, and will be open to both conference delegates and the general public.
For information call Tamara Lymn Martin at (403) 444-0238.

The FACULTY OF EXTENSION at the University of Alberta offers a selection of courses/workshops in the area of Applied Behavioural Sciences. Courses offered in the Fall of 1991 include: Relaxation and Renewal; Nurturing Self-Esteem in Self and Others; and Strategies for Managing Stress. Information about these and many other courses/workshops is available by contacting:
University of Alberta
Faculty of Extension
(403) 492-5069
ATTENTION: LEISURE & HEALTH PROFESSIONALS!!

The ACFWB and the Alberta Recreation and Parks Association are collaborating to present a pre-conference workshop on THE BENEFITS OF LEISURE.

Two internationally renowned researchers/presenters, Dr. Don Driver and Dr. Perry Brown, will be addressing a variety of issues including: the leisure benefit concept, purpose of and need for the benefit-based approach, benefit opportunities, consumer sovereignty versus social engineering, state of the art knowledge about the beneficial consequences of leisure, implementing the benefit-based approach.

Wednesday, November 13, 1991
Holiday Inn Crowne Plaza
Edmonton, Alberta
8:30 am - 12:00 noon
Registration Fee: $30.00

Please contact the Centre (448-0180) for registration information.

The ACFWB and the Alberta Section of the Canadian Education Society present ... PROGRAM EVALUATION WORKSHOPS.

1. September 16-17, 1991, Vermillion, Alberta

These intensive two-day workshops will focus on the "how-to" of program evaluation. A practical approach will be taken, which means each participant will go away with a working knowledge of how to implement a program evaluation.

Registration is limited to the first 15 applicants so enrolle immediately!

Call the Centre (448-0180) for more details.

(P.S. Two more PE Workshops will be offered in Spring '92)

ACFWB presents ...
LEISURE EDUCATION: A PATHWAY TO WELL-BEING

In today's fast paced society many of us are trying to catch our breath and take a fresh look at what we consider to be "quality of life" issues. We are talking about lifestyle, harmony and well-being.

Leisure education provides both the philosophy and process which can bring us closer to this elusive goal, while also adding a higher level of well-being.

This workshop will provide an opportunity to explore leisure related philosophies, values and attitudes. Participants will be introduced to assessment procedures, activities and resources as they apply them to leisure education program planning.

Thursday, September 19, 1991
9:00 am - 12:00 noon
Location: TBA
Fee: $40.00

To register, please contact the Centre at 448-0180.

MEDIA RELATIONS WORKSHOP
Thursday, October 17, 1991
9:00 - 12:00 noon

To equip professionals and administrators with the skills and techniques required to give effective media interviews. Media personalities from print, television and radio will facilitate this hands-on workshop.

Cost $45.00

Includes workshop and video cassette of personal interviews.

Please RSVP to:
Jackie Weizer
Communications Coordinator
ACFWB
(403) 448-0180
"Recycling is actually all we can do in this infinite planet; whether we dump it, burn it, or pump it down the drain, nothing ever gets lost! It merely changes into other forms and it remains forever a part of the environment."

Dr. Karl Schultz - Environmental Scientist

Consider: Landfill sites are overflowing; it is becoming increasingly difficult to find enough holes to dump our garbage in; approximately one-third of household waste is compostable.

What is composting?

- Composting is a biological process that breaks down raw organic kitchen, lawn, and garden wastes into soil-like materials.
- It is another way to reduce the volume of garbage and prolong landfill life, which contributes to a better environment.

Why compost?

- By composting, you return organic matter to the soil in a usable form.
- Organic matter in the soil can improve plant growth by helping to break clay soils into a better texture; adding water and nutrient-holding capacity to sandy soils; and adding essential nutrients to any soil.

What can be composted?

- Yard wastes, such as fallen leaves, grass clippings, weeds and the remains of garden plants (make excellent compost)
- Wet kitchen garbage (except meat, bones and fatty foods)
- Vegetable and fruit peelings
- Coffee grounds
- Nut shells

(In limited quantities):
- egg shells
- tea bags
- cardboard/paper (shredded)
- sawdust

STEPS TO COMPOSTING

Choose a sunny, airy spot in your yard, steering clear of standing water and your drinking water well. Build the pile at least one foot above the water table.

Decide on an enclosure that will help keep the pile neat and more compact. There are a variety of commercial composters currently on the market or people can easily make their own. Sides can be either plastic, plywood or wire. The frame size should be about a cubic metre. It is not recommended that the structure be any deeper than about 1.5 metre (about 5 feet).

Begin composting by sprinkling a thick layer of commercial fertilizer on the ground which will increase the nutrient value of your compost. Add dry material and wet materials in alternate layers until you reach 8-15 cm (3-6 inches) layer thickness. Dry materials such as leaves, straw, hay and sawdust absorb excess moisture, structurally strengthen your pile, encourage the compost to breathe and prevent compaction.

MAINTENANCE

Turn the pile about once a week with a pitchfork or shovel to aerate the mixture. If it is dry, add water. It should be kept moist but not soggy. A small pile will have an internal temperature of 55°C or more. This high temperature kills flies in all stages of development, weed seeds, and dangerous organisms that could cause diseases. Continue adding materials and turning. When the compost is uniformly dark with an earthy odour and heat production stops, the process is finished and the compost is ready for use in your yard.

Results?

- Improving the soil is the first step toward improving the health of plants.
- Composting also reduces the need for chemical fertilizer which reduces the environmental damage caused by too much fertilizer and other chemicals.
- Healthy plants help clean our air and conserve our soil, making the world a healthier place to live.

Source: Alberta Waste Materials Exchange, Edmonton, AB, 450-5433
Alberta Agriculture Publications Office, Edmonton, AB, 427-0201
DID YOU KNOW?

The **ALBERTA PUBLIC HEALTH ASSOCIATION** is a registered charitable organization of people working together to promote and protect the health of Albertans. The A.P.H.A.'s concerns include: the environment; the changing needs of individuals and families from children to seniors; strengthening health in your community; the need to spend more of the health care dollar on health promotion; and the barriers (e.g. poverty, age, culture) to achieving health. In order to make changes, the A.P.H.A. monitors current issues and studies alternatives to promote new direction in public thinking. They also influence public policy by lobbying for change in government action. Your concerns direct A.P.H.A. action. To voice concerns, or for more information:

Alberta Public Health Association  
P.O. Box 3505, Station D  
Edmonton, Alberta T5L 4J6  
(403) 452-0797

The City of Edmonton **ADVISORY BOARD-ON SERVICES FOR PERSONS WITH DISABILITIES** is a resource group reporting directly to City Council on services and issues related to Edmontonians with disabilities. The Board's mission is to achieve recognition of the strengths, entitlements and service needs of Edmontonians with disabilities by facilitating changes in City policy and practice to allow equitable participation. The Board is also a unique resource, offering detailed knowledge of City Services and departments, as well as a network of contacts within the community. For more information:

City of Edmonton  
Advisory Board on Services for Persons with Disabilities  
5th Floor, Centennial Library  
7 Sir Winston Churchill Square  
Edmonton, AB T5J 2V4  
(403) 496-5822

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Have you thought about incorporating massage into your well-being program? **KEI-THERAPY OPTIONS AND NATURAL OPTIONS MASSAGE** have opened a joint clinic to provide therapeutic, relaxation, and sports massage. They specialize in TMJ treatments, trigger point therapy, PNF stretching and offer reflexology, accupressure and therapeutic touch as well. Committed to the use of drugless therapies for alleviating pain and stress, they would like to educate people about the benefits of body work for healing (physically and emotionally) and well-being. For more information:

Janice Karingten or Keith Patterson  
10256 - 112 Street  
Edmonton, Alberta T5K 1M6  
(403) 420-6965

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ACCESSIBILITY

Disability is not a disease; it is a condition. Do not look at the disablement, look at the person.

It is not acceptable for a person with a disability to be asked to enter through the back door, through a garage, through a kitchen or up a freight elevator!

ACCESSIBILITY means the right of every person with a disability to gain admittance anywhere and everywhere he or she cares to go in the community. This means ACCESSIBILITY to government buildings, all places of work, educational institutions, health facilities, community services, places of worship, shelters and legal clinics, shopping and entertainment facilities.

ACCESSIBILITY is the right of every person with a disability to be treated with dignity, as a full participant in his or her society.

If you wish people with disabilities to participate in conferences, conventions, meetings, workshops, and consultations, you must be prepared to hold such events at ACCESSIBLE locations with ACCESSIBLE facilities. It is essential that such locations have well-lit and safe entrances and exits. And you must also be prepared to pay for this ACCESSIBILITY.

Source: "Are you Accessible?" - Disabled Women's Network Pamphlet

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MOVING?? Remember, if you are moving and want to stay on the network, please submit a change of address to: Alberta Centre for Well-Being, 12245 - 131 Street, Edmonton, AB T5L 1M8, (403) 448-0180; Fax (403) 455-2092.
New Legislation Curbs Tobacco Sales to Minors
by Lee Hagen, Executive Director, Action on Smoking and Health (ASH)

Tobacco is the leading avoidable cause of disability and premature death in Canada. According to Health and Welfare Canada, an estimated 35,000 Canadians between the ages of 35 to 84 years died in 1985 from diseases attributable to tobacco use. Tobacco has no safe level of consumption and it is the only legal product in Canada known to be lethal when used exactly as intended by its manufacturers. Tobacco is also highly addictive and virtually all new users are children.

Over 10,000 children under the age of 16 begin smoking every year in Alberta and most children who start smoking do so by age 16. This alarming statistic means that each year in Alberta, one full city of children risk tobacco addiction and the grave health consequences of smoking. Once children begin smoking regularly, they are often unable to reverse their decision to start. A life-long addiction to nicotine can occur after smoking just a few cigarettes.

Surveys have indicated that most children obtain their tobacco from retail stores. Compliance tests conducted throughout Alberta have revealed that most stores will sell cigarettes to minors. The federal Tobacco Restraint Act, passed in 1968, prohibits anyone from selling, giving or furnishing tobacco to a minor under the age of 16. Unfortunately, the legislation suffers from widespread abuse due to low penalties, virtually nonexistent enforcement, and from profit-taking by retailers. Under the Act, the maximum penalty upon first offense is a mere $10 fine. As a result, there has been only one prosecution registered in Canada in the last 40 years.

Many health advocates believe that stronger legislation is required to reduce tobacco sales to minors. This would include provincial legislation calling for higher fines, tobacco sales licensing, restrictions on promotions to youth, and a ban on cigarette vending machines. A higher minimum age of 18 years would help to prevent early smoking onset and addiction. Given that the vast majority of smokers start by age 18, this minimum age could assist greatly in the creation of a smoke-free generation.

Recent legislation passed in Manitoba and Ontario has established maximum fines of $5,000 and $25,000 respectively for selling cigarettes to minors under the age 18. The government of Prince Edward Island has introduced a bill that would utilize a retail tobacco licensing system in the enforcement of a new minimum age requirement of 18. The bill also includes fines of up to $5,000 for selling to minors and restricts the placement of cigarette vending machines to supervised areas that are not accessible to minors, such as liquor lounges and private workplaces.

Under a tobacco licensing system, retailers who are found selling cigarettes to minors could face license suspensions or revocations. Such penalties would provide a deterrent in the form of lost tobacco income in addition to fines resulting from prosecution under federal or provincial laws. A licensing system would allow for active enforcement through routine inspections of retail operations by license inspectors. The system could also be used to help enforce other tobacco sales legislation and thus to further regulate the sale and promotion of tobacco.

The City of Edmonton adopted new tobacco licensing provisions to curtail tobacco sales to minors last January. These provisions have provided Edmonton with the toughest tobacco sales regulations in Canada. Under the new bylaw, local tobacco retailers must conform to all tobacco sales legislation including the Tobacco Restraint Act, giving a new set of teeth to the antiquated law. Local retailers who are caught selling to minors will now face tobacco license suspensions and fines of up to $300. Vending machine operators are also required to comply with all tobacco sales legislation and thus must take steps to ensure that minors do not use their machines.

A recent compliance survey in Edmonton found that fewer than 25% of retailers are now selling cigarettes to minors compared to over 50% just one year ago. Improved enforcement and license suspensions will help to deter the remaining retailers from selling to minors, and thus should significantly reduce children’s access to tobacco.

At the Alberta Legislature, a private bill titled the Tobacco Control Act is presently on the order paper and is scheduled for debate in early July. Deputy Speaker Stan Schumacher is sponsoring this bill which would set the minimum age of purchase at 18, restrict tobacco promotions to youth, ban cigarette vending machines, set maximum fines at $5,000 and would require all tobacco retailers in Alberta to be licensed subject to these conditions.

If passed, this legislation would place Alberta on solid footing for the creation of a smoke-free generation. By lending your support to this bill, you could be making a valuable contribution to our quality of life by preventing children from becoming addicted to our leading avoidable killer. If you support this bill, please act now by writing, meeting with, or phoning your MLA at their constituency office, or you can reach your MLA in Edmonton toll-free through your local RITE operator.

ASH is a grassroots tobacco control organization with members across Alberta. If you want to become a member, contact the ASH Edmonton office at 1-800-5864, or at 482-2432 within Edmonton.
Physical Activity and People with a Disability

Three million Canadians are considered at risk due to a lack of participation in physical activity. They cannot be identified by age, gender, race, religion, or socio-economic status. They are Canadians with a disability.

Factors such as reduced mobility, ability, physiological functioning, and, sometimes, even social stigma put individuals with a physical disability at a distinct disadvantage when it comes to having a healthy, active lifestyle.

For these individuals, barriers to physical activity include inaccessible facilities, lack of information on available services, transportation problems, and lack of appropriate activities.

An obvious solution is to change the environment to better accommodate their needs and abilities. Another approach is to help them adapt to (or manage) the environment — to help them cope.

Research on coping strategies has been done by Dr. Marcel Bouffard, of the University of Alberta, and Dr. Peter Crocker, of the University of Saskatchewan. Their work — supported by the Canadian Fitness and Lifestyle Research Institute, a national agency-funded by Fitness Canada — has done much to increase our knowledge and understanding in this important area.

Study Summary

Seventy men and women with a physical disability participated in the study. Two-thirds of the group had had a spinal cord injury; the others were amputees. Their average age was 32.

Participants were asked to view short video clips depicting typical barriers to participation in physical activity. The three scenarios shown consisted of being ignored by other participants, being ignored by the instructor, and being subjected to inappropriate activity.

After viewing each scenario, participants completed a questionnaire that examined how they would cope with the problem and determined whether they would attempt to participate in such a situation.

Among the findings, the study showed that:

- The way in which individuals with a physical disability cope with the problems is not affected by the nature of their disability, mobility, gender, or present participation in physical activity.
- The coping strategies used are specific to the situation and related to future expectations to participate in physical activity.

Coping and Future Participation

In the scenarios used, all three barriers to physical activity were potentially changeable. Two types of coping strategies to deal with these situations were examined: problem-focused coping and emotion-focused coping.

Generally, when individuals perceived they could change a situation, they would use action-oriented — problem-focused — coping to deal with it. Strategies might include assertive communication or planning, and would vary with the situation. Use of these types of strategies would increase the chances of their future participation in physical activity.

When the participants believed the situation could not be changed, they would tend to rely on emotion-focused coping strategies. These strategies include ‘distancing’ themselves from the problem or taking a tack of escape or avoidance. Although these approaches reduce immediate emotional stress, they are ineffective in modifying the environment and they decrease the likelihood of participation in the future.

Learning to Cope

Coping skills training is an involved process that helps people to help themselves. The book Stress Inoculation Training by D. Meichenbaum (Pergamon Press, 1985) will be particularly useful for those wishing to learn more about the process. Meichenbaum suggests that a sound program includes:

- Careful assessment. Some individuals may require a great deal of training; others may need very little training or training in only a specific area.
- Sensitivity to individual needs. Because Canada is fast becoming a multicultural mosaic, training must be sensitive to the individual’s values as well as to cultural and religious differences.
- Graded exposure. A slow, gradual exposure to ‘real-life’ stressful situations is recommended. This pace will help individuals develop confidence as they try out new coping strategies.
- Sufficient training. One-shot efforts are unlikely to work. Follow-up is necessary, and training should continue until mastery is achieved.

Training Required

Creating an environment which facilitates physical activity is important. In addition, as this study shows, people with a disability must also learn coping skills to function effectively in various physical activity settings.

This training must provide individuals with a repertoire of diverse and flexible coping skills, because strategies effective in some settings may not be helpful in others.

More Info...

For more information on this topic, see the November/December, 1990 issue of CAHPER Journal.
ACHEIVING WELL-BEING

To achieve a state of well-being is to attain optimal health - a balance among emotional, social, spiritual, physical, and intellectual health.

No single discipline can be solely responsible for the task of promoting well-being. It must be a joint undertaking. Disciplines such as sociology, psychology, physical education, recreation, occupational therapy, economics, nursing, organizational development, nutrition, and many others are united through research in an attempt to develop a theoretical model of the well-being concept. With so many involved in the development of well-being, the range of potential initiatives is limitless.

By sharing ventures with an ever-growing network of groups, it will be possible to address all components of optimal health and move toward a better understanding of well-being. Commitment and cooperation from all disciplines enables the creation of healthy social environments and thus, healthy people. A major challenge will be to fulfill service and information needs, encourage the best use of resources, and to avoid duplication. Networking will be important for sharing and giving information.

Professionals concerned with well-being work with communities, families, individuals, groups, and organizations by providing information about self-responsibility, stress management, nutritional awareness, physical activity, and environmental sensitivity. Why is Well-Being an Important Concept Now?

Contemporary societies are swiftly changing. The structure of society has altered in the past decade. There is an increased number of seniors, single parent families, working women, distinct ethnic groups, poor, and so on.

Society is also undergoing a progressive shift away from traditional female and male roles and there is a change in the average size of families.

Coping with rapidly occurring change is often difficult as it allows little time for adaptation. To complicate matters, amidst these changes, many individuals must also cope with life-threatening problems such as alcohol and drug abuse, suicide, and poverty.

Consequently, the challenge for all individuals is to lead significant and meaningful lives in our complicated and changing world, both at work and during their leisure time. Placing the focus on well-being is an integral ingredient for achieving a balance in our contemporary society.

It is important to raise the awareness of Albertans by providing information on the benefits of making good choices wisely using time for greater well-being.

Promotional strategies and campaigns must be developed and implemented cooperatively among leisure and workplace well-being professionals. All Albertans, regardless of ability, age, sex, class, or geographical location should have the opportunity to be responsible for their own well-being.

FAMILY STRESS TEST

Is your family a volcano? Do sparks fly whenever you open your mouth at home? Or do you have a cold war happening between family members?

Stress is a big problem among Canadian families. According to survey done by the Canadian Institute of Stress, the family stress thermometer has been rising steadily since the early 1980’s.

A survey of 800 families across Canada shows that the main aggravators of family stress are too many demands on family members and difficulty balancing work and family.

In the 80’s, stress was more commonly associated with marital problems and employment. Today we are bringing our job-related problems home, trying to juggle a job with family commitments, and it is causing a greater amount of tension at home. With more women at work and society’s renewed interest in family life, working and parenting becomes a double edged sword for many Canadian families.

According to the president of the Canadian Institute of Stress, Dr. Richard Earle, there are three types of stressed-out families:

The Volcano Family: Unpredictable flare-ups happen frequently at home for no good reason.

The Cold War Family: Family members let their anger smoulder and hold grudges without compromise.

The "I Get No Respect" Family: Children show little respect for parents and appear to be taking advantage of them.

"We have found that virtually every family is affected by stress-related issues in some way," says Dr. Earle. "Parents can help protect their families from stress-related problems by learning to recognize high stress symptoms and by knowing how to manage stress: buildup when it occurs."

Thanks to Dr. Earle your family can take a stress test to gauge tension. The test assesses family relationships, communication in the home, compromise and respect. By adding your responses to the questions, you can place your family on the "family stress thermometer."

The Family Stress Test is free of charge by calling 1-800-268-6267.
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