RESOURCES FOR WELL-BEING

Xerox Canada, the Recreation, Parks and Wildlife Foundation, and the Alberta Centre for Well-Being have collaborated on an exciting new project called Resources for Well-Being.

The project will provide information to Albertans about issues related to health and personal well-being. The original source of this information is the Kopy Kit™ -- a series of binders with one-page information sheets about various health issues and topics. Several health experts have collaborated to provide this reliable and up-to-date information and present it in an easy-to-read and attractive format. These short articles deal with a variety of topics including heart health, weight management, nutrition, fitness, stress, and others.

Resources for Well-Being will bring this important health information to you! An initial promotional campaign will involve sending folders containing samples of this information to various practitioners (i.e., family physicians, junior and senior high school teachers, certified fitness leaders, health unit professionals, and employee assistance program coordinators). The folder will present information about the project and how more information sheets can be obtained.

The Alberta Centre for Well-Being will make packages of articles available to all Albertans on a cost-recovery basis. Available packages include: Nutrition for Well-Being; Well-Being of Women; General Health and Well-Being; Well-Being of Relationships; and Well-Being of Your Heart. Each package contains between 35 and 70 articles.

Xerox Canada, the Recreation, Parks and Wildlife Foundation, and the Alberta Centre for Well-Being are providing this information so that Albertans may become more aware of important health issues and acquire the knowledge to make positive decisions about their personal well-being and the well-being of their community. These information sheets may be handed out, reproduced, or redesigned! For more information, contact the Alberta Centre for Well-Being.
ACFWB RESEARCH PROJECT

Homemakers Wellness Network

Tammy Horne, Ph.D., a Research Associate at the Alberta Centre for Well-Being is currently organizing a research-demonstration project designed to increase the physical activity prevalence of female homemakers with preschool children. Her project is running in two rural Alberta communities, and emphasizes enjoyment, social support, and overcoming barriers to participation. It will be run by homemakers themselves through a networking process, with assistance from local Parks and Recreation Departments. Other collaborating agencies are local Health Units and regional Be Fit for Life Centres. The project is funded by the Recreation, Parks and Wildlife Foundation and by the University of Alberta Central Research Fund.

Why Target Female Homemakers?
The 1985 Canada’s Health Promotion Survey reported that only 54% of homemakers were physically active. By comparison, 61% of women working outside the home were active, as were 70% of female students, retired women, and women seeking work. As well, the 1988 Campbell’s Survey on the Well-Being of Canadians found that family commitments were a frequent barrier for women aged 25-44. Family commitments are most likely to be a barrier when preschool-age children are at home.

The project will target homemakers in two rural Alberta communities of 4500-6000 population. Small communities do not have the large variety of physical activity programs found in large urban centres, and child care and transportation options are more limited. Also, the University of Alberta Population Research Laboratory estimates that 50-60% of women with preschoolers are at home full-time in rural Alberta. This is much higher than the Canadian average, which is 35% with children aged 3-5 and 44% with children under age 3 (Statistics Canada, 1990). Thus, rural communities contain a large proportion of the target group.

Current Status of the Project
Homemakers are presently being surveyed regarding their beliefs, attitudes, confidence, and perceived social support concerning moderate physical activity (e.g., walking). Activity intentions and self-reported behaviour is also being assessed. Homemakers are also being asked to indicate other wellness topics of interest to them, as it is hoped that shared physical activity participation will stimulate interest in other wellness issues. Once surveys are completed, a public forum will be held in each community to allow homemakers input into project development. The forums will also give homemakers the opportunity to meet each other and to strike a volunteer committee to work with the Parks and Recreation Department in overseeing the project.

The study will run from February 1991 to February 1992. For more information about the Homemakers Wellness Network, contact Tammy Horne at her office on the University of Alberta campus in Edmonton. Her number is (403) 492-1041.

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WORKING TOWARDS WELL-BEING IN ALBERTA’S WORKPLACES

Increasingly, businesses are becoming aware of the importance and the benefits of working in healthy environments. Research into physical activity and lifestyle has shown that people who are physically active and practice healthy lifestyle behaviors exhibit fewer health problems. Generally, they have been shown to have more energy, a better ability to cope with stress, and a more positive outlook on life and work than do sedentary individuals. “Studies show the ‘fit’ corporation has the highest employee satisfaction, lower absenteeism, greater productivity, and enhanced customer satisfaction” (The Financial Post, January 26, 1990).

Alberta Recreation and Parks and the Alberta Centre for Well-Being have identified the well-being of Alberta’s workforce as a mutual concern. These two agencies have united to develop a brochure called, Working Towards Well-Being in Alberta’s Workplaces. They wish to promote the concept of workplace well-being to organizations interested in establishing a positive and healthy work climate as a strategy for the 90's.

The brochure includes the following information:

- an introduction to workplace well-being;
- benefits of workplace programs;
- key success indicators for programs;
- implementing well-being programs in the workplace;
- examples of the kinds of workplace programs which have been successfully implemented.

If you are interested in establishing a healthier workplace or have a professional interest in workplace health, Working Towards Well-Being in Alberta’s Workplaces may have some of the information you or your clients require prior to starting a program. To receive a brochure, please contact:

Alberta Centre for Well-Being
12245-131 Street
Edmonton, Alberta T5L 1M8
(403) 448-0180 fax (403) 455-2092

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ENVIRONMENTAL WELL-BEING

What are hazardous wastes?

- Hazardous wastes consist of discarded solid or liquid materials, or containers holding gases, which may harm human beings and the environment unless given special handling and treatment.
- They may be flammable, corrosive, explosive, or toxic – and because of these dangerous characteristics, they cannot be disposed of by conventional means and demand special treatment.
- Examples are waste oils, pesticides, laboratory chemicals and drycleaning solvents. They include many of the materials and products we discard regularly from our homes and workplaces.

Where do hazardous wastes come from?

- Eighty-five percent of Alberta’s hazardous wastes originate with large industry.
- There are hundreds of thousands of tonnes generated by industry every year.
- Approximately three-quarters is properly treated on the site where it is produced.

- Approximately 15% of hazardous waste is thought to come from small businesses and households.

What is being done to treat hazardous wastes?

- In 1984, the Alberta Special Waste Management System was originated after the Environment Council of Alberta carried out province-wide hearings into ways of dealing with the potential problem of hazardous wastes.
- An Alberta Special Waste Treatment Centre near Swan Hills was made operational in 1987.
- It has recently been proposed that there be a major expansion of the Treatment Centre to continue to deal with the waste produced by Albertans.
- While the Treatment Centre's physical and chemical treatment procedures are meeting the demand, the plant's incineration facilities are struggling to keep up with the variety of special wastes being received.
- At present, there are over 100,000 tonnes of hazardous waste in Alberta awaiting treatment.

From: A Special Edition of "In Our Backyard", a publication of the Alberta Special Waste Management Corporation
1-800-272-8873, (403) 428-5029, Fax (403) 428-9627

ACFWB NEWSLETTER MAY '91 3
DID YOU KNOW?

The ADULT DEVELOPMENT CENTER offers a community-based day program for adults who are experiencing chronic mental illness. Participants in the program learn skills they need for successful community living. They have the opportunity to socialize with others, gain experience accessing a wide variety of community services and to gain information about their general well-being, and to develop skills for coping with the problems associated with their illness. The Center accepts referrals on a continuous basis. Participants may stay in the program for up to two years and are assisted with the referral process to other programs or initiatives when these become appropriate. The Center works closely with families and other caregivers and mental health professionals who are involved with the adults participating in the program. For more information:

Adult Development Center
12245 - 131 Street
Edmonton, Alberta T5L 1M8
(403) 453-3300

The Calgary Branch of the CANADIAN RED CROSS SOCIETY is committed to promoting the prevention of child abuse by providing primary prevention education at the community level. Their volunteers can make a difference to an adolescent’s future. For more information on September 1991 volunteer training, call Pam Greer (403) 541-4400.

The Canadian Red Cross Society
737 - 13th Avenue S.W.
Calgary, Alberta T2R 1J1
(403) 228-2169 Fax (403) 228-6400

INFORMATION AND REFERRAL SERVICES ASSOCIATION OF ALBERTA (IRSA) is a non-profit association created to facilitate a network of quality information and referral services in Alberta. IRSA is a link to: an annual conference featuring speakers and workshops on IRSA related topics; networking opportunities with counterparts throughout the province; IRSA’s quarterly newsletter HEAR/SAY included with membership; and a unified voice to the province in advancing information and referral concerns. For more information:

Information and Referral Services Association of Alberta
P.O. Box 640
Red Deer, Alberta T4N 5G6
(403) 342-1243 Fax (403) 342-4154

The ALBERTA SENIOR CITIZENS SPORT AND RECREATION ASSOCIATION is a volunteer recreation action group that promotes sport and recreation development for seniors (55+) across the province. ASCSRA also acts as the provincial voice to ensure input by age categories for seniors in the Alberta Winter and Summer Games and promotes Senior’s Games in Alberta. They plan workshops, provide resource people, and give talks to achieve their mandate. Any person 18 years or older, any seniors’ club, any organization engaged in sport or recreation may join the ASCSRA. A nominal membership fee is assessed and members receive a monthly news magazine. For more information:

Alberta Senior Citizens
Sport and Recreation Association
890, 1520 - 4th Street S.W.
Calgary, Alberta T2R 1H5 (403) 228-1974

WELL-BEING FOR THE FUTURE: TOOLS FOR ACTION conference
November 13-15, 1991,
Holiday Inn Crowne Plaza
Edmonton, Alberta

The Alberta Centre for Well-Being, Alberta Health, and Alberta Recreation and Parks are the major partners in sponsoring this year's conference. The purpose of Well-Being for the Future: Tools for Action is to offer practitioners opportunities for skill building, inspirational messages, creative idea generation, research reviews, and an abundance of networking opportunities.

Three main streams have been identified for the conference: community, education, and the workplace. The conference is highly recommended for all well-being professionals including health care practitioners, human resource personnel, fitness/recreation professionals, employee assistance program practitioners, counsellors, educators, management consultants, and researchers.

If you would like to receive more information about the conference, please contact the Alberta Centre for Well-Being, 12245-131 Street, Edmonton, AB, T5L 1M8, Phone (403) 448-0180, Fax (403) 455-2092.
PROMOTING HEALTH THEMES

MAY

CYSTIC FIBROSIS MONTH (Cystic Fibrosis Foundation)

HEARING AND DEAF AWARENESS MONTH (Alberta Association for the Deaf)

MEDIC ALERT MONTH (Canadian Medic Alert Foundation Inc.)

MOTORCYCLE AND BICYCLE SAFETY AWARENESS MONTH (Alberta Transportation and Utilities, Transportation Safety Branch)

MULTIPLE SCLEROSIS AWARENESS MONTH (Multiple Sclerosis Society of Canada)

SALVATION ARMY REDSHIELD APPEAL MONTH (Salvation Army)

CANADA'S FITWEEK - May 24 - June 2, 1991

This 10-day campaign is celebrated by participants as the start or continuance to regular lifelong participation in physical activity. Now in its ninth year, Canada's Fitweek is an annual celebration of physical activity - the largest such event in the world. More than 14,000 community and school events are sure to occur during Fitweek 1991. Although the majority of Canadians take part in Fitweek on an informal basis, many will take part in an organized event. The 11 national projects for Fitweek 1991 are: Sneaker Day, Canadian Tire Get Cycling Challenge!, Catch the WAVE to Fitness, Crown Life PARTICIPAction Challenge, Do it Daily... for Life!, Guiding is Active!, MOGA Madness, Run for Light, Shift Shuffle, Spacewalk 2000 and Walk On! Many groups will create their own events. To get more information about Fitweek 1991, contact Fitness Canada at (613) 903-0107.

JUNE

DAIRY MONTH (Alberta Milk Producers Society, Dairy Products Promotion Board, Dairy Nutrition Council of Alberta)

June 2-8 is Senior Citizens Week

June 5th is World Environment Day (contact Alberta Environment, Environmental Education Branch)

NATIONAL ACCESS AWARENESS WEEK (NAAW) - Integrating Persons with Disabilities (May 26-June 1, 1991)

This week is a vehicle for people to celebrate change that has already occurred and a time to evaluate areas still requiring attention -- a time to begin to create positive change. The theme focus areas for this week are Transportation, Housing, Education, Recreation, and Employment. To get involved in NAAW in your community, call the NAAW head office (819) 953-5005. There are promotional items available such as posters, pins, videos, guides to community activities and Five Star Awards Program information.

A 1991 Calendar of Events is prepared by Alberta Public Affairs Bureau. Phone (403) 422-0227, Fax (403) 422-9704.
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

SUICIDE INTERVENTION TRAINING PROGRAM

- This 2-day workshop is designed for any caregivers (i.e., mental health professionals, volunteers, clergy, school counsellors, etc.) and teaches them to recognize and assess an individual's risk of suicide, and undertake short-term crisis management.

For more information:

May
9-10 Red Deer  Monica Flexhaug  342-4966
13-14 Manning  Barb Campbell  539-6680
16-17 Ft. MacMurray  Keltie Paul  743-8605
16-17 Lethbridge  Mary L. Nikles  327-5726
16-17 Calgary  Deana Franssen  245-3900
TBA High Prairie  Barb Campbell  539-6680

Offered by: Suicide Prevention Training Programs
#201, 1615 - 10th Avenue S.W.
Calgary, Alberta  T3C 0J7
(403) 245-3900

May 8-11, 1991  Moncton, New Brunswick
Advocacy for Children and Youth
For more information:
Boys and Girls Clubs of Canada
1991 National Conference
P.O. Box 3000, Station A
Moncton, New Brunswick  E1C 8T8
(506) 853-7370  Fax (506) 853-7740

May 12-24, 1991  Hamilton, Ontario
Safety Starts in Your Community
- Canada's National Safety Conference.
For more information:
Canada Safety Council
6 - 2750 Sevenage Drive
Ottawa, Ontario
(613) 739-1535  Fax (613) 739-1566

May 14-19, 1991  Wolfville, Nova Scotia
International Conference on Science and the Management of Protected Places
For more information:
Neil Munro, Director
Policy Planning and Research
Canadian Parks Service, Atlantic Region
Environment Canada, Historic Properties
Halifax, Nova Scotia  B3J 1S9

May 23 & 24, 1991  Edmonton, Alberta
Moving Along: Advances in the Treatment of Parkinson's Disease
For more information:
Nancy DeCock
Edmonton General Hospital
Department of Rehabilitation Medicine
11111 Jasper Avenue
Edmonton, Alberta  T5K 0L4
(403) 482-8161

May 23-26, 1991  Banff, Alberta
"Community '91: Ready to Be of Service Together"
- A conference discussing the environment, women's issues, health, community development, poverty and other education community practices.
For more information:
Brian Staples, Conference Chair
Canadian Association for Community Education
P.O. Box 5532, Station L
Edmonton, Alberta  T6C 4E9
(403) 427-2952(w)  (403) 466-8042(h)

May 7, 1991  7:30-9:30 pm  Edmonton, Alberta
Save Yourself, Save Your Kids: Trauma Treatment and Injury Prevention
- Injuries are the single largest killer of children and adults from birth to the age of 45. Injuries are predictable and preventable. Find out what you can do to protect yourself and your children. Free Admission. Location: Bernard Snell Hall, Walter MacKenzie Health Sciences Centre, University of Alberta Hospitals, 8440-122 Street, Edmonton.
For more information:
Communication Department
University of Alberta Hospitals
8440 - 112 Street
Edmonton, Alberta  T6G 2B7
(403) 492-8811

May 8-10, 1991  Calgary, Alberta
The Human Connection
- Sponsored by the Alberta Association of Homemaker Services.
For more information:
The Human Connection
#500, 1400 - 1 Street S.W.
Calgary, Alberta  T2R 0V8
Bev (403) 269-9888
Judy (403) 232-8770

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DATES TO REMEMBER - CONFERENCES/WORKSHOPS

May 26-29, 1991 Charlottetown, P.E.I.
5th Canadian Congress of Rehabilitation: Science, Dignity, Opportunity
- Sponsored by the Canadian Rehabilitation Council for the Disabled.
For more information:
Congress Secretariat, CRCD
45 Sheppard Avenue East, Suite 801
Toronto, Ontario M2N 5W9
(416) 250-7490 Fax (416) 229-1371

May 28-31, 1991 Grande Prairie, Alberta
Environmania '91: Partners in Time
- This conference will explore the interrelationships among a sound economy, environmental impacts and health in society. Sponsored by Alberta Public Health Association.
For more information:
Don Harper
Grande Prairie Regional College
10726 - 106 Avenue
Grande Prairie, Alberta T8V 4C4
(403) 539-2071 Fax (403) 539-2832

May 29, 1991 Edmonton, Alberta
Aging as a Spiritual Journey
- Alberta Interfaith Coalition on Aging Annual Meeting.
For more information:
Elsie
Alberta Interfaith Coalition on Aging
P.O. Box 8143, Station F
Edmonton, Alberta T6H 4N9
(403) 487-3677

May 29-June 1, 1991 Toronto, Ontario
Being the Best We Can Be
6th National Conference on Gerontological Nursing.
For more information:
Rika Vender Laan
(416) 480-4953

June 1 & 2, 1991 Edmonton, Alberta
Introduction to Therapeutic Touch
- This 2-day weekend workshop will introduce the participant to the basic techniques of therapeutic touch and provide the opportunity to practise these. Therapeutic touch is a healing modality that works with the body's energy to facilitate balance. It is utilized for healing of others and self-healing. This workshop would be of particular interest to anyone in the helping professions.
For more information:
Chery Ann Hoffmeyer (403) 467-2179
Chai Holistic Health Services
P.O. Box 57032
Eastgate Postal Outlet
2010 A Sherwood Drive
Sherwood Park, Alberta T8A 5L7

June 3 & 4, 1991 Edmonton, Alberta
Special Activities for Special People
- A fitness focus for those who work with persons with disabilities or frailties.
For more information:
Grant MacEwan Community College
Health Sciences Outreach
7319 - 29 Avenue
Edmonton, Alberta T6K 4P1 (403) 462-5684

June 6-9, 1991 Moncton, New Brunswick
The Economics of Aging: Planning Today for a Good Age Tomorrow
For more information:
One Voice (Canadian Seniors Network)
901 - 350 Sparks Street
Ottawa, Ontario K1R 7S9
(613) 238-7624 Fax (613) 235-4497

June 6-9, 1991 Sherbrooke, Quebec
Catch the Fever
- Canadian Intramural Recreation Association National Conference
For more information:
Sylvie Cornellier, Coordonatrice du Comité Thématique
Polyvalente Étudiante Théberge
677 rue Desjardins
Marieville, Quebec J1O 1J0

June 10-14, 1991 Barcelona, Spain
Social Services for the Elderly and the Disabled
- International Conference on Social Science in Health.
For more information:
Technical Secretariat and Information
Inter-Congres Gran Via Corts Catalanes
646, 08007 Barcelona, Spain
(343) 301-25-77 Fax (343) 301-63-32

ACFWB NEWSLETTER MAY '91 7
DATES TO REMEMBER - CONFERENCES/WORKSHOPS

June 11, 1991  
**Suicide Bereavement Training Workshop**  
Calgary, Alberta  
- A one-day workshop that provides caregivers with the knowledge and skills to facilitate the grief process, particularly as it relates to suicide.  
For more information:  
Deana Franssen, Coordinator  
Suicide Prevention Training Programs  
#201, 1615 - 10 Avenue S.W.  
Calgary, Alberta T3C 0J7  
(403) 245-3900

June 11 & 12, 1991  
**Group Facilitation**  
Edmonton, Alberta  
June 13 & 14, 1991  
**Managing Diversity**  
Edmonton, Alberta  
- Amanda Fouther, Ph.D. and Larry Poster, Ed.D. will facilitate these workshops for trainers and managers.  
For more information:  
Quality Lifestyle Management Ltd.  
#7, 3221 - 119 Street  
Edmonton, Alberta T6J 5K7 (403) 436-9912

June 13-16, 1991  
**National Annual General Meeting Canadian Diabetes Association**  
Edmonton, Alberta  
For more information:  
Colleen McColl  
Canadian Diabetes Association  
10232 - 124 Street  
Edmonton, Alberta T5N 1P7 (403) 488-4834

June 17-20, 1991  
**Improving the Odds: Reducing Inequities in Health**  
Regina, Saskatchewan  
- This conference will explore the coordinated strategies of healthy public policy, increasing public participation, and strengthening community health to reduce inequities in health.  
For more information:  
Conference Secretariat  
CPHA Conference Department  
1565 Carling Avenue Suite 400  
Ottawa, Ontario K1Z 8R1  
(613) 725-3769 Fax (613) 725-9826 Telex 21-053-3841

June 20-23, 1991  
**An International Conference on Leisure and Mental Health**  
Salt Lake City, Utah  
For more information:  
Steven Bell, Conference Coordinator  
College of Health  
223 HPER North  
University of Utah  
Salt Lake City, Utah 84112  
(801) 581-8537

June 23-26, 1991  
**Innovative Rural Communities**  
Charlottetown, P.E.I.  
- An International Conference.  
For more information:  
Rural and Small Town Research Studies Program  
Mount Allison University  
Sackville, New Brunswick E0A 3C0

July 1-4, 1991  
**Physical Fitness, Active Living and Occupational Performance - Issues and Challenges**  
Edmonton, Alberta  
- A symposium hosted by the Faculty of Physical Education and Recreation at the University of Alberta in conjunction with the NATO Research meeting on Biomedical Aspects of Military (Physical) Training.  
For more information:  
Secretary General  
Symposium Organizing Committee  
Faculty of Physical Education and Recreation  
University of Alberta  
Edmonton, Alberta T6G 2H9  
(403) 492-5601 or (403) 492-3890 Fax (403) 492-2364

August 11-15, 1991  
**The Big Picture**  
Regina, Saskatchewan  
- Canadian Parks/Recreation Association 1991 Conference.  
For more information:  
Canadian Parks/Recreation Association Conference 1991 Box 1790  
Regina, Saskatchewan S5K 3C8  
(306) 777-7803 Fax (306) 525-1801

August 17-23, 1991  
**Trager Beginning Training**  
Edmonton, Alberta  
- This six-day workshop will facilitate the beginning skills in Trager Psychophysical integration and Trager MENTastics. Trager bodywork, developed by Milton Trager, M.D., is a gentle, freeing approach to movement re-education.  
For more information:  
Chery Ann (403) 467-2179  
Linda (403) 433-4758  
Trager Alberta  
P.O. Box 57302  
Eastgate Postal Outlet  
2010 A Sherwood Drive  
Sherwood Park, Alberta T8A 5L7

October 2-4, 1991  
**Marketing Environments 1991**  
North Bay, Ontario  
For more information:  
Dave Saud, R.D.M.R.  
Assistant Recreation Director  
P.O. Box 360  
North Bay, Ontario P1B 8H8 (705) 474-0400 Ext. 402
What Works?
- A national conference on the reduction of illicit drug use focusing on issues, education, empowerment, communication, advocacy, mobilization, awareness and action planning.
For more information:
  Conference Secretariat
  Canadian Public Health Association
  1565 Carling Avenue, Suite 400
  Ottawa, Ontario  K1Z 8R1

The INSTITUTE FOR THERAPEUTIC TOUCH
and holistic healing modalities will hold its Annual General Meeting:
  June 15, 1991  10:00 a.m. - 2:00 p.m.
  Charles Cansell Hospital Board Room
  12804 - 114 Avenue
  Edmonton, Alberta
There will also be an inservice session and cold potluck lunch. This is an opportunity to find out about the Institute and network with others involved in holistic healing modalities. For more information, call Brenda at (403) 433-2708.

Edward Public Schools
CONTINUING EDUCATION

WELLNESS PROGRAM

The Wellness program offers courses to the public on a variety of wellness topics -- including Fitness, Nutrition, and Personal Growth. New offerings for fall will also include lifestyle assessment, along with overall wellness topics. Classes for the fall session will start in September and details can be found in the "Class Magazine" (in the Wellness section), which is distributed to all households in Edmonton in late August.

For more information, or if anyone has new program suggestions, or would be interested in possible instructional positions, contact:
  Joanne Schweitzer, Program Specialist
  Continuing Education, Edmonton Public Schools
  10820 - 101 Street
  Edmonton, Alberta  T5H 3Z8  (403) 429-8525

What you should know about NUTRITION LABELLING

- Nutrition labelling is done on a voluntary basis in Canada. Due to consumer demand, more companies are including nutrition information on the food products they sell. The Canadian government has developed guidelines for the standardization of nutrition labelling.

- Foods claiming to be low in cholesterol must also be low in saturated fat, according to Canadian legislation. As well, other information about fat content must be included on the label.

- A product with a "light" label must provide 25% fewer calories than an identically named food. (Remember though, light may also refer to colour, texture, taste, etc.)

- A product claiming to be "calorie-reduced" must provide no more than half the calories it would normally provide.

For more information, contact:
The Canadian Dietetic Association
480 University Avenue #601
Toronto, Ontario  M5G 1V2
(416) 596-0857  Fax (416) 596-0603

No matter how big or small the informed consumer reads it all!
"Cheese Please" for Healthy Teeth

Eating cheese stimulates an abundant production of highly buffered, alkaline saliva which significantly increases the rate of clearance of sugar from the mouth. The saliva also raises the plaque pH, neutralizing organic acids and effectively inhibiting formation of tooth decay.

Calcium and phosphate are slowly released from cheese while it is eaten. These minerals diffuse into plaque, thus inhibiting remineralization of the tooth.

Casein and fatty acids in cheese may also provide protection to teeth. Ongoing research is being undertaken to help understand the mechanism by which these work.

Individuals prone to tooth decay would benefit from eating cheese alone at the end of a meal or after eating carbohydrate snacks. To obtain the anticariogenic benefit, the serving size need only be about 5 grams (slightly smaller than a ½" cube).

**This is the summary of a fact sheet entitled "Anticariogenic Properties of Cheese" produced by the Dairy Nutrition Council of Alberta. For a copy of the fact sheet, please call 276-5884 (Calgary), 453-5942 (Edmonton) or 1-800-252-7530 (toll free within Alberta).

The Dairy Nutrition Council of Alberta is a private, non-profit organization committed to nutrition education. They can provide consultative services, in-services and resource materials to health (including dental) and education professionals.

THE WELL-BEING OF CHILDREN AND YOUTHS

Here are some facts and figures compiled by Dr. Graham Fishburne from studies in North America.

1. 60% of Canadian children do not meet average fitness standards.
2. Children today expend 4 times less energy than did children 40 years ago.
3. Children in Canada watch, on average, 6.5 hours of T.V. per day (Forbes, 1987).
4. Today's children are prime targets for cardiovascular disease -- the number one killer of North Americans.
5. Approximately 40% of Canadian children already have at least one risk factor for heart disease -- reduced fitness due to an inactive lifestyle.
6. In Grade 2, one child in four cannot touch toes.
7. 76% of elementary school girls and 26% of boys cannot do one chin up.
8. Half of all teenage boys and three-quarters of all teenage girls cannot walk up and down stairs for longer than 6 minutes without straining their cardiovascular system.
9. Only 5% of youth are active enough to reap the rewards of good health from an active lifestyle.
10. Not a single Canadian province recommends daily physical education in high school.
11. Twelve year old children drink an average of 2½ cans of pop daily and the average child eats one of three meals away from home.
12. The North American diet today contains 31% more fat and 43% less complex carbohydrates than it did in 1900.
13. Children do 75% less exercise today compared to children in the year 1890.
14. An obese preschooler has a 25% chance of becoming an obese adult. An obese teenager has a 75% chance of remaining obese for life.
15. Diabetes -- three times more likely in obese people. Hypercholesterolemia -- two times more likely in obese people.
16. Hypertension in obese 20-45 year olds is five times that of normal weight people.
17. Risk of sudden death is over 1,200% greater in those people who are 40 lb. overweight.
18. Between 1960-1980 obesity rates in the U.S. for children 6-11 years old rose 54%. Super obesity rates rose 98%.
19. Obese children face health risks including: hypertension, psycho-social damage, respiratory and orthopedic problems, etc. In fact, everything from flat feet to cancer is more likely in obese people.

Graham Fishburne is a professor at the University of Alberta in Elementary Education. *This information was taken from an article appearing in the Edmonton Journal (Oct/90) written by Nick Lees.
Sport and Recreation:  
A "Classroom" for Life

Of the many people that influence a child’s thinking, the coach or recreation leader is one of the most important. A leader or coach can have a positive and powerful influence on the decisions that a child makes. These people are usually involved because they care about kids, and they realize they are teaching these children important social skills as well as sport skills.

In fact, some experts say that sport and recreation activities are a "classroom" for learning some of the "people" skills as well as games and sport skills. In this classroom, the coach or recreation leader is the teacher, helping children develop the confidence they need to make the right lifestyle decisions, and to choose to adopt a healthy lifestyle in the future.

The lessons learned while participating in such activities are especially important for the younger kids, those between 8 to 10 years old. Children are always watching other kids and adults, at home, at the park, at the gym or pool, and they often form ideas about what is acceptable from how these people act -- ideas about such things as smoking.

Smoking has become the number one public health problem in Canada, particularly for young people. More of this generation will die from smoking-related causes than through car accidents, AIDS, drug abuse, suicide and murder combined. Children and teens seem to become addicted to things more easily than adults.

Although fewer Canadians are smoking today, a surprising number of young people -- especially girls -- are still taking up smoking. The age when they begin to smoke has decreased from 16 years of age a generation ago to 12 to 14 years old today. Often, there is the misconception among youth that smoking is normal behaviour, when in fact the majority of Canadians (70%) do not smoke.

The challenge is to prevent young kids from starting to smoke -- particularly the 8 to 10 year old age group -- and to make sure they get the right message about staying smoke-free.

The coach or recreation leader is an important link for getting information about smoking to those kids. Kids and coaches or leaders have a special relationship with each other that allows the leader to discuss the drawbacks of smoking and show kids the benefits of remaining smoke-free. Young people need to learn that sport and activities are better for them and more fun to do.

Health and Welfare Canada is developing a program call Break-Free All Stars to get coaches and recreation leaders across Canada involved in teaching youngsters the benefits of remaining smoke-free. The program is part of the larger national campaign, Break-Free for a new generation of non-smokers, which aims to reduce tobacco use in Canada. Working together with Health and Welfare on the All Stars project are the Coaching Association of Canada and the Canadian Parks/Recreation Association.

This program targets the 8 to 10 year old age group. At that age, kids aren’t interested in smoking and think that it is “gross”. By reinforcing those ideas about smoking, and by using sport and recreation as a tool to build a child’s confidence, Health and Welfare Canada believes it is possible to prevent a large number of young children from starting to smoke. This is why this “before use” age group is so critical.

The Break-Free All Stars program positions non-smoking as a positive lifestyle, and uses physical activity as a way to promote good health and self-confidence among children. The colourful resource kit can be used on the field, in the gym, at the pool, or wherever sport and recreation activities take place. It provides warm-up exercises and variations on existing games and activities that coaches and leaders helped to develop, to make sure they fit easily into regular programs and routines.

Sport and recreation are a big part of many children’s lives. The coaches and leaders who work with these kids can have an important influence on their lifestyle choices about smoking. They can help to reinforce the decision not to smoke. Let’s work together to stop the problem before it even starts.

*This article was written by Sportcom International a sport marketing firm based out of Ontario. It was developed as a result of a Health and Welfare project called Break Free All Stars, a joint initiative of the Canadian Parks and Recreation Association, the Coaching Association of Canada, and Sportcom International.
Promoting Active Living — Motivating Adolescent Girls

The teenage years are generally characterized by a declining participation in physical activity and a corresponding reduction in fitness levels. The trend for adolescent girls is particularly troublesome. In the Canada Fitness Survey, for example, only 24 percent of girls 15 to 19 years of age could achieve a recommended level of aerobic fitness.

Despite the serious need to encourage activity among adolescent girls, little research has been done to evaluate different approaches to promotion. Supported by the Canadian Fitness and Lifestyle Research Institute (a national agency funded by Fitness Canada), Dr. Susan Shaw, of Dalhousie University, examined this important issue.

Help from the Schools
Over 600 students in 13 high schools in Nova Scotia took part in the study which compared the typical advertising approach linking fitness with slimness to other promotional techniques.

A series of posters was used to evaluate various images and messages. Three different models were used — slim, average, and overweight — with their appearance standardized as much as possible by the same clothing attire and the use of a wig. The photographs were included in combination with three different messages promoting appearance, health, or activity.

Some of those who took part in the basic survey also participated in small-group discussions. Here they offered their thoughts on why girls drop out of sports and fitness activities, and the kinds of fitness programs they would like to see offered.

Mixed Messages
The health message (Fitness today ... for a healthier tomorrow) proved to be the most encouraging of the three used on the posters, with the appearance message (Fitness today ... for a slimmer tomorrow) the least encouraging. The posters with the slim model were favoured over those featuring the average or overweight model.

The poster combining the health message and slim model was the most appealing to students and considered to be most encouraging of all. Demographic characteristics of participants (age, weight, urban or rural home, etc.) had little influence on how they rated the posters.

“Fitness should be for health, not just to get skinny.”

Group Discussions
Small-group discussions suggested the following:

- Relating fitness to slimness would actually discourage many girls from participating — making some of them feel inferior or self-conscious about their bodies.

Moving Adolescent Girls
To encourage more adolescent girls to be active:

- Use realistic (average weight) models for photographs or illustrations.
- Portray them in comfortable rather than skinfit clothing.
- Use poses that focus on activity rather than the body shape of the model herself.

Social Responsibility
In spite of the importance adolescent girls place on appearance and body weight, the overall results of the study indicate that promotional efforts aimed at this group should emphasize enjoyment and positive health rather than slimness.

The use of overly slim models only serves to reinforce the dominant cultural stereotype of the ‘ideal’ female form — a stereotype which has been associated with both self esteem and health problems. These problems, especially eating disorders, are particularly severe among adolescent girls.

The accompanying figure offers some tips for socially responsible promotion of healthy, active living for young girls.

If you would like more information on this topic, see Dr. Shaw’s article, “Fitness and wellness for young women: The image paradox”, in the May, 1989 issue of Recreation Canada.