



## Spring 2018

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### DID you KNOW?

The Middlesex-London Health Unit offers dental services at its 50 King Street location. The 50 King Dental Clinic offers the following services:

#### Healthy Smiles Ontario

A free dental program for eligible children and youth 17 and under. The services covered by this program may include: exams and routine checkups, preventative services, removal of teeth, fillings, root canals, sedation, and dental sealants. To see if your children are eligible for the program, please call 519-663-5317 x2231

#### Preventive Services Only

The clinic offers preventive services to eligible children such as dental cleaning, dental sealants, fluoride applications and temporary fillings (Interim Stabilization Therapy). To book an appointment, please call 519-663-5317 x2231

### Smile Clean

The clinic offers dental cleaning at reduced fees for adults on Ontario Works and parents of Healthy Smiles Ontario clients. To book an appointment, please call 519-663-5317 x 2231.

To learn more about the dental services offered at the Middlesex-London Health Unit, click [here](#).

Brush up on the facts about how to keep kids' teeth healthy. Learn more at

<http://www.oaphd.on.ca/index.php/brush-up-on-the-facts>.

**MISTY DEMING RDH, MPH**  
Manager Oral Health



**BRUSH UP ON THE FACTS:  
KEEP KIDS'  
TEETH HEALTHY.**

Small actions today can affect your child's health tomorrow.

OAPHD  
Healthy Smiles Ontario



## London's New Pedestrian Crossovers

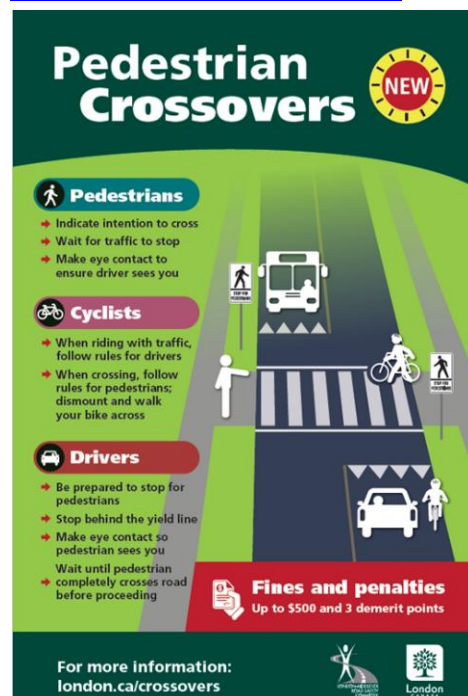
The City of London has installed several Pedestrian Crossovers (PXO), located primarily in neighborhoods surrounding elementary and secondary schools.

PXOs are identified with new distinct pavement markings and crossing signs. You will know a PXO by the white "ladder" crossing lines, "sharks' teeth" yield line, and "Stop for Pedestrian" signs.

Know your role! Watch these YouTube Videos to learn how to:

[Cross Safely at PXOs](#)  
[Drive Safely through PXOs](#)

For more information, visit [www.London.ca/crossovers](http://www.London.ca/crossovers)



## New Canadian Guidelines for the Early Years (0-4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

The new [Canadian 24-Hour Movement Guidelines for the Early Years \(0-4 Years\)](#) recommend a balance of moving, sitting and sleeping for children age 4 and under to encourage healthy growth and development.

The guidelines are divided into three sections, with specific guidelines for infants (less than 1 year), toddlers (1-2 years) and preschoolers (3-4 years).

Some **highlights** included in the Canadian 24-Hour Movement Guidelines for the Early Years (0 - 4 Years):

- ❖ For infants not yet mobile, supervised activities can include 30 minutes of [tummy time](#) spread throughout the day while awake.
- ❖ 3-4 year olds should get at least three hours of physical activity spread throughout the day and this daily physical activity should include at least 1 hour of energetic play. Some suggestions for energetic play can include running, dancing, and playing outside.

❖ Sedentary behaviors are those behaviors that involve little movement while children are awake. Toddlers and preschoolers should not be allowed to sit for extended periods, or be restrained for more than one hour at a time, for example in a stroller, highchair or car seat.

❖ For toddlers and preschoolers, having a calming bedtime routine, going to bed and waking up at the same time each day is good for sleep.

So remember – The Whole Day Matters!

For more information about all the guidelines including the 24-Hour Movement Guidelines for the Early Years:

<https://www.healthunit.com/physical-activity>

For more information on Tummy Time:

<https://www.healthunit.com/tummy-time>

## What is an @ WORK KIT?

The Health at Work 4 All! program endeavors to provide resources for you to use to educate and inform working adults and their families about common health and wellness issues. The topics covered by the **@Work Kits** are common areas where employees can learn to make healthier choices

and that can also provide many benefits for the employer. The topics covered by the current @ **Work Kits** include Physical Activity, Alcohol and other Substance Misuse, Food and Healthy Eating, Work-Life Balance and Sun/UV Safety. Soon to come will be a kit addressing Tobacco Cessation. The self-contained and easy to set up @ **Work Kits** are available FREE of charge for you to borrow when you are having a health fair, lunch and learn and/or other workplace events. To borrow an @ **Work Kit** for your workplace, please call 519-663-5317 ext. 2220 and speak to the administrative assistant. Please see the @Work Kits [here](#), and contact [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca) if you have further questions.

### **Do you know a child who attends a child care centre or licensed home child care?**

There are new provincial child care nutrition requirements, recommendations and resources to ensure children receive the healthiest foods possible. In order to support the [Child Care and Early Years Act, 2014](#) CCEYA (section 42 of Ont. Reg. 137/15) food and drink requirements, registered dietitians who are members of the **Child Care Working Group (CCWG)** of the **Ontario Dietitians in Public Health (OSNPPH)** have created detailed supportive documents to help centres meet these requirements.

The child care nutrition resources were created to support child

care agencies, cooks, caterers and licensed home child care providers in planning and preparing healthy food for children in their care and creating supportive food environments. The Ministry of Education and child care providers were consulted during the development of these resources.

The Menu Planning and Supportive Nutrition Environments for Child Care Settings - [Practical Guide](#) (December 2017) includes information on menu planning, food and beverages that should be served, appropriate portion sizes for different age groups, label reading, sample menus and tips to create a supportive nutrition environment. These recommendations, based on Nutrition for Healthy Term Infants, Eating Well with Canada's Food Guide and Canada's Food Guide for First Nations, Inuit and Metis provide much more detail than the requirements of the CCEYA.

For more information and to see new resources, please visit: <https://www.odph.ca/child-care-resources> or contact Ginette Blake RD Middlesex-London Health Unit. [ginette.blake@mlhu.on.ca](mailto:ginette.blake@mlhu.on.ca). Talk to your child care provider about how they are implementing these requirements.



**Walk. Bike. Ride.** Spring is here! Provide employees with an interactive presentation on how to incorporate active travel (walk, bike or bus) into their daily commute to work as well as other destinations. Using active transportation is good for health, the environment, business and can save time and money! Book your [Give Active Transportation a GO!](#) presentation today by calling the Middlesex-London Health Unit: 519-663-5317 ext. 2314 or email: [Bernie.mccall@mlhu.on.ca](mailto:Bernie.mccall@mlhu.on.ca)

### **Lyme Disease – What You Need to Know!**

As warmer weather approaches, families and animals can be found enjoying more time in the great outdoors. While this reaps many health benefits, it is important to recognize the implications associated with increased tick activity and risk for Lyme disease.

Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi*. The disease is spread to humans through bites of black-legged ticks (also known as the deer tick).

Blacklegged ticks can be found across Ontario, with some areas of higher prevalence. [Map of high risk areas across the province.](#)



Although ticks can be found throughout the entire year, they are most commonly seen in the spring and late summer months.

If you love being outdoors - [tips to remember before heading outside](#)

If notice a tick on your body, it is essential to remove it properly. [How to properly remove a tick.](#)

[Signs and symptoms of Lyme disease](#) can be difficult to identify and often vary from person to person.

The Middlesex-London Health Unit (MLHU) accepts [tick submissions](#) year round. If you have found a tick, please bring it to the MLHU during business hours. You may also contact the vector borne disease team at 519-663-5317, ext. 2300.

If you think you have been exposed to a tick or have additional questions about Lyme disease, connect with your healthcare provider or call the MLHU at 519-663-5317, ext. 2330. For more information and resources, please visit Public Health Ontario's [website](#).

**Questions? contact**  
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## Top 5 Tips to Enjoy the Sun Safely

Soaking up the sun's rays after a long cold winter feels good, however it is important to enjoy

the sun safely. Spending long periods of time in the sun without proper protection can increase the risk of skin cancer. Skin cancer is the most common cancer in Canada, and rates of [melanoma](#) are increasing. (Find out your cancer risk and what you can do about it [here](#)) You can enjoy the sun while protecting yourself with these top 5 Sun Safety tips:

1. **Time of Day:** If you can, limit time in the sun when the UV Index is 3 or higher, usually between 11 a.m. to 3 p.m.
2. **Shade:** Seek shade or make shade by using an umbrella, a UV protective tent or pop-up shade shelter.
3. **Cover Up:** Wear clothes that cover as much skin as possible or UV-protective clothing. Wear a wide brimmed hat or baseball cap with flaps that cover the head, neck and ears.
4. **Sunscreen:** Apply plenty of sunscreen with SPF 30 or more, labelled 'broad spectrum' and 'water resistant'. Reapply when needed (especially after swimming, sweating, or towelling). Use a sunscreen lip balm.
5. **Sunglasses:** Wear close fitting / wrap-around sunglasses with UV 400 or 100% UV protection/ Children's and babies' sunglasses should be unbreakable.

### Things to Avoid:

- Avoid getting a tan or sunburn.

- Don't expose children to UV rays to meet vitamin D needs. Use food or supplements instead.

## Sun Safety Factsheets

1. [Sunscreen](#)
2. [Sun Tanning / Indoor Tanning](#)
3. [Children](#)
4. [Outdoor Sports and Recreation](#)
5. [Outdoor Workers](#)

For more information contact Tara Vyn [Tara.Vyn@mlhu.on.ca](mailto:Tara.Vyn@mlhu.on.ca)

## Topic List

Through Health at Work 4 All! a number of great resources have been created for use in your workplace. View the [Workplace Health Topic List](#) (PDF) to discover what is available in print or web based formats; presentations, displays (@ Work Kits) to borrow for health fairs and special events, pamphlets, brochures, educational opportunities and workshops. For more information, call the number(s) indicated in each section. If you don't find what you're looking for, please contact the Health at Work 4 All! program coordinator at 519-663-5317 ext. 2412.

How can you ensure your employees are getting the information and assistance they need to care for themselves, their families and their communities? Employee health is supported through the creation of a positive workplace culture where healthy choices are the easy choices. Help your employees find the best information available so they can be sure they are making the healthiest choices so they can

come to work healthy, (mentally and physically), ready to work to their best potential every day!

**Employers who support health and wellness initiatives for their employees see benefits such as:**

- improved productivity,
- decreased absenteeism
- improved moral
- easier retention and recruitment of employees
- reduced health care costs
- improved corporate culture

Your business will become known as an employer of choice!

**Healthy, happy employees,**

- are sick less often,
- are more productive,
- have better work-life-family balance.

Browse through the [Workplace Health Topic List](#) (PDF) and if you have any questions, concerns or comments, please contact [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca) or 519-663-5317 ext. 2412

## **NEW RESOURCE for you!** **Healthy Meetings 4 All!**

Meetings, events and conferences are a central part of today's work world and often involve food, drinks and long periods of sitting. Our physical and mental health can be considerably impacted by our time spent in these situations.

**The comprehensive Healthy Meetings 4 All! resource guide** has been created for anyone

who would like to host meetings, conferences or events that are different; meetings that foster a learning environment where participants stay alert, remain productive and stay engaged during the event. The strategies and ideas in this guide help meeting planners to encourage and support participants in their healthy living goals.

**The focus of this guide** is on planning meetings, events and conferences within a work context, however, the guide is intended for use by anyone tasked with planning events for any workplace sector, community group, profit or non-profit organization, government agency, association etc. from small departmental meetings to multi-day conferences.

**Download [Healthy Meetings 4 All!](#) from the MLHU workplace web-site.**

Use it and share it with your workplace colleagues, community partners and your volunteer organizations. To get more information or to pose a question, please contact Sandy Richardson at 519-663-5317 ext. 2412 or email me at [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca)

## **NEW topic in the workplace section of the MLHU website [Workplace - Mental Health](#)**

**The evidence shows** that one Canadian in five will experience a mental health problem or illness in any given year. Mental health problems and illnesses are a leading cause of worker absenteeism and disability in Canada; they are estimated to account for nearly

30% of all Long Term Disability (LTD) disability claims. These costs are covered by the employers. Mental health and safety is just as important as physical health and safety. **Let's face it... there is no health without mental health.**

## **Physical and Psychological Health**

While our health is primarily our own responsibility, the workplace can and does play a significant role in our ability to manage both our physical and psychological (mental) health.

## **The workplace can play a role in helping or harming our psychological well-being.**

A psychologically healthy and safe workplace is one that promotes and supports employees' psychological well-being and actively works to prevent harm to their psychological health in negligent, reckless or intentional ways.

**To explore the topic of mental health in the workplace and see a wide selection of helpful resources listed all in one place that will help you address this topic in YOUR workplace, visit... <https://www.healthunit.com/workplace-mental-health>**

## Resources

The Middlesex-London Health Unit, Health at Work 4 All! program is once again pleased to provide your organization with our Spring Newsletter and a selection of new resources for use in your workplace.

These resources can be downloaded for you to print, or you can request hard copies by contacting Sandy Richardson at 519-663-5317 ext. 2412 or email her at [sandy.richardson@mlhu.on.ca](mailto:sandy.richardson@mlhu.on.ca)

### CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH:

An Integration of Physical Activity, Sedentary Behaviour, and Sleep

#### PREAMBLE

These guidelines are relevant to apparently healthy children and youth (aged 5–17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development.

Children and youth should practice healthy sleep hygiene (habits and practices that are conducive to sleeping well), limit sedentary behaviors (especially screen time), and participate in a range of physical activities in a variety of environments (e.g., home/school/community; indoors/outdoors; land/water; summer/winter) and contexts (e.g., play, recreation, sport, active transportation, hobbies, and chores).

For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended. Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, academic achievement and cognition, emotional regulation, pro-social behaviours, cardiovascular and metabolic health, and overall quality of life. The benefits of following these guidelines far exceed potential risks.

These guidelines may be appropriate for children and youth with a disability or medical condition; however, a health professional should be consulted for additional guidance.

The specific guidelines and more details on the background research informing them, their interpretation, guidance on how to achieve them, and recommendations for research and surveillance are available at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).



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## Pedestrian Crossovers

**NEW**

- Pedestrians**
  - ➔ Indicate intention to cross
  - ➔ Wait for traffic to stop
  - ➔ Make eye contact to ensure driver sees you
- Cyclists**
  - ➔ When riding with traffic, follow rules for drivers
  - ➔ When crossing, follow rules for pedestrians; dismount and walk your bike across
- Drivers**
  - ➔ Be prepared to stop for pedestrians
  - ➔ Stop behind the yield line
  - ➔ Make eye contact so pedestrian sees you
  - ➔ Wait until pedestrian completely crosses road before proceeding

**Fines and penalties**  
Up to \$500 and 3 demerit points

For more information:  
[london.ca/crossovers](http://london.ca/crossovers)



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