



OCDPA BI-MONTHLY

OCDPA Receives Funding from the Ontario Trillium Foundation Future Fund

The OCDPA - c/o Ontario Public Health Association (OPHA) - is one of the first five recipients of the Ontario Trillium Foundation (OTF) Future Fund to enhance the future of Ontario communities.

The 2007-2008 Future Fund of \$2 million supports collaborative partnerships among not-for-profit organizations working on environment issues, strengthens their impact, enhances leadership and builds capacity within the sector.

The OPHA along with 4 other grant recipients were honoured during a media event held on April 24, 2008,

at Toronto's Allan Gardens Conservatory and attended by Ontario's Ministers of Culture and the Environment.

The "Chronic Disease and Early Environmental Exposures" project is a joint initiative of the Ontario Chronic Disease Prevention Alliance (OCDPA) and the Canadian Partnership for Children's Health and the Environment (CPCHE). The project receives \$294,700 over two years to raise awareness of the links between early environmental exposure and chronic disease in children. This work will help influence practice and policies in the development of chronic disease prevention strategies.



From left to right: Beth-Anne Currie (CPCHE), Erica Phipps (CPCHE), Kathleen Cooper (CPCHE), Connie Uetrecht (OPHA), Shawna Scale (OCDPA), Hoi Ki Ding (OCDPA)

Canada's Physical Activity Guides

Canada's Physical Activity Guides can help you make wise choices about physical activity. Choices that will improve your health, help prevent disease, and allow you to get the most out of life.

To download the guides, please visit the Public Health Agency of Canada website:

www.phac-aspc.gc.ca/pau-uap/fitness/downloads.html

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Note from the Chair



Connie Uetrecht,
OCDPA Co-Chair

It is a pleasure for me to continue as a Co-Chair of the Ontario Chronic Disease Prevention Alliance (OCDPA) for the year 2008-2009 along with Linda Stewart, Executive Director of Association of Local Public Health Agencies (ALPHA). This year the OCDPA continues to focus on advancing a chronic disease prevention (CDP) system in Ontario, and is off to a good start:

First, the OCDPA is honoured to be one of five recipients of the Ontario Trillium Foundation's Future Fund; the "Chronic Disease and Early Environmental Exposures" project in partnership with the Canadian Partnership in Children's Health and the Environment (CPCHE) will help the Alliance to extend our network.

Second, with Centre for Addiction and Mental Health as our lead partner, the OCDPA submitted a proposal to the Ontario Stroke System to look at integrating evidence on risks and benefits of alcohol consumption and chronic stress with existing knowledge on healthy eating and physical activity to form a health promotion toolkit addressing stroke, cardiovascular disease, diabetes and cancer. If funded, this project will help the Alliance to integrate CDP into local health systems, one of OCDPA's priorities for action.

Ontario jumped start the summer with several newsworthy items from the Provincial Government, announcements included the Ontario Government's proposed amendment to the Smoke-Free Ontario Act to prohibit smoking in a motor vehicle while a person under the age of 16 is present and the complete ban on the display of tobacco products, the "power walls", common in convenient stores and small markets across Ontario.

Step by step, the OCDPA moves forward with its priorities. For the year 2008-2009, both Linda and I will continue to lead the OCDPA to a higher level and to advance a better CDP system for Ontario.

Connie Uetrecht, OCDPA Co-Chair

Save the date...

Making Healthy Communities Count
Public Health Summit
October 26 - 29, 2008
Niagara Falls, Ontario

www.publichealthsummit.com



Tips for Being Active During the Summer Months

Reprinted with permission from the Physical Activity Resource Centre [Tips for being active during the summer months, 2004]

Summer is finally here and with it come some barriers that may prevent people from getting outdoors and being active. Here are some suggestions on how you can beat the heat and be active.

What to wear - clothes and sunscreen

Whether you are an active participant or are watching from the sidelines, it is important to dress for the heat.

- Wear lightweight, light-colored, loose-fitting shorts and shirts made of breathable fabrics.
- Consider wearing a shirt with long sleeves to protect your arms from prolonged sun exposure.
- Select athletic shoes that are comfortable, lightweight and free of abrasive inside seams.
- Apply sunscreen with a sun protection factor (SPF) of 15 or higher to all exposed areas of your body and reapply as directed.
- Wear a wide-brimmed hat to protect not only your head, but your ears, neck and shoulders, as well.
- Try not to be outside during the peak sun times between 10am to 3pm.

Water

- Drink at least 8 cups of fluid a day.
- You should drink before, during and after physical activity.
- If you are thirsty it is an indicator that you are already dehydrated.
- Some sport drinks can help replenish the fluids, electrolytes, and minerals that you lose through your sweat during activity.

Heat/Humidity

- If you are new to being active, it is a good idea to consult with your doctor to see which activities would be appropriate for you.
- When the temperature rises, try to get your physical activity in before it gets too hot. Try to schedule your activities early in the morning or later in the evening- when things have cooled off.
- Don't forget to take regular breaks. Allow for about ten minutes of rest for every hour of activity. If there are children, older people, or less physically fit people participating in an activity, remember that they will require even more rest periods.
- You may need to acclimatize your body to the heat changes, so take it easy at first.
- Listen to your body. If it tells you to slow down - slow down.
- In some cases you may develop some heat related illnesses such as: heat

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stroke, heat exhaustion or muscle cramps. Knowing the symptoms will help you determine how you can avoid them.

Heat Cramps

Heat cramps usually occur when a person sweats a lot during strenuous activity. When this happens, the body is depleted of salt and moisture and muscles may contract, causing painful cramps.

Look for:

- Cramps or spasms occur in the abdomen, arms or legs.
- Cease all activity and sit in a cool place.
- Drink clear juice, a sports beverage, water.
- Avoid returning to strenuous activity for a few hours after the cramps subside.
- If the cramps do not go away after an hour, seek medical attention.

Heat Exhaustion

Heat exhaustion is a form of heat-related illness that typically develops after several days of exposure to high temperatures and insufficient replenishment of fluids. The elderly, people with high blood pressure, and people who work in hot environments, such as construction workers, are most likely to suffer from heat exhaustion.

Look for:

- Heavy sweating, pale skin, muscle cramping, weakness, dizziness and headache, nausea or vomiting, fainting.
- Drink cool, nonalcoholic beverages, rest, take a cool shower or bath, get into an air-conditioned environment, and change into dry, lightweight clothing.
- If symptoms worsen or do not subside within an hour, seek medical attention.

Heat stroke

Heat stroke occurs when the body can no longer regulate its temperature. The body's temperature will rise rapidly, sweating will stop and the body will no longer be able to cool down. Heat stroke can cause death or permanent impairment if immediate treatment is not provided.

Look for:

- Hot, dry skin that is red in colour
- A throbbing headache
- Very high body temperature
- A rapid strong pulse
- Dizziness and headache
- Nausea or vomiting

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- Fainting

If you or someone you know is displaying these symptoms, it is important to seek medical assistance immediately. If possible, have another person call for help while you begin cooling the victim down. While waiting for emergency personnel to arrive, do the following:

- Move the victim to a cool, shady area
- Monitor the body temperature until it drops.
- Give the victim cool liquids to drink
- Cool the victim rapidly using whatever method is available. Spray them with a hose, place them in a tub filled with cool water, or wrap them in a cool wet sheet and fan them vigorously.

(Source: The Centre for Disease Control)

Extreme storms

When a thunder and lightning storm strikes it is important to take cover. One of the worst things you could do is to seek shelter under a tree. If you find yourself out on a golf course or out swimming and a storm approaches, try to get yourself inside as soon as possible. The best place to be during an electrical storm is inside an enclosed building, or if you get caught outside try to stay low to the ground.

Smog Alerts

It is a good idea to check the weather before heading outside. Often performing physical activities may actually have a reverse effect by doing damage to your lungs if you are overexerting yourself when there is a smog alert. Check www.weather.ca for the smog report.

Insects

Those pesky little insects called mosquitoes can certainly be bothersome when you are out enjoying a nice walk. Avoid exercise during peak mosquito times early in the morning and in the early evening. Also avoid exercising near places that attract mosquitoes such as stagnant water. Applying DEET will not only deter the bugs from biting but it will also protect you from West Nile Virus.

Visit www.healthyontario.com to find out more about West Nile Virus.

Physical activity alternatives

Don't let the weather, smog, and insects deter you from enjoying physical activity. If you find the elements too difficult - why not take your favorite activities indoors to a swimming pool or to a gym to do your walking on a treadmill.

Often performing physical activities may actually have a reverse effect by doing damage to your lungs if you are overexerting yourself when there is a smog alert.



OCDPA Member Showcase

The OCDPA would like to increase communication among our members! This section will regularly feature an OCDPA member and their work in relation to chronic disease prevention. This issue profiles the Parks and Recreation Ontario.

Parks and Recreation Ontario

1185 Eglinton Avenue East, Suite 406
Toronto, Ontario
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www.prontario.org

Interviewed Persons

Larry Ketcheson, Chief Executive Officer
Diane English, Communications Officer and Executive Assistant

Parks and Recreation Ontario (PRO) is an all-inclusive association dedicated to enhancing the quality of life for people of Ontario. PRO was formed in 1995 as a result of a consolidation process of former member organizations of the Parks and Recreation Federation of Ontario. PRO now represents many areas within the parks and recreation sector, including: Accessible Recreation, Aquatics, Children and Youth, Municipal Administration, Parks, Environment and Open Space, and Volunteerism.

Today, over 1,400 members, including professionals, volunteers, educators, students, interested citizens, elected officials, and commercial representatives – all with an interest in parks and recreation – make up the organization. Through this membership, PRO has a connection with over 10,000 professionals and volunteers who provide parks and recreation services in Ontario.

PRO collaborates with stakeholders to influence decisions and policies that support the benefits of recreation and parks through information, advocacy, and the research and development of innovative and relevant products and services.

QUESTIONS

OCDPA: What is significant in being an OCDPA member and what is PRO's interest in the Alliance?

PRO: Partnerships and networks ensure that PRO is connected with the broader community and that recreation is positioned in policy and program development at the provincial level. Specifically, PRO feels strongly that recreation should be a key component in chronic disease prevention and that by working with the Alliance we can work collaboratively in order to strengthen our collective voice and achieve strong policy that supports a healthy and active Ontario.

OCDPA: Briefly, please describe PRO's current initiatives and how they enhance the quality of life for people of Ontario?

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PRO: Access to Recreation for Low-Income Families

PRO along with other national, provincial and territorial associations were involved in the development of a national policy on access to recreation for low income families. PRO has set an objective and action plan to create awareness of the issue, build partnerships committed to action and provide tools and resources to help mobilize communities to provide recreation without barriers for low-income families, especially children and youth.

The PRO Board of Directors endorsed the 2005 national policy statement and created a seven-step plan of action to support the implementation of the policy in Ontario that included establishing a multisectoral Task Group to lead the policy discussion. The Ontario Task Group on Access to Recreation for Low-Income Families is comprised of members from a broad representation of provincial, municipal, non-profit, corporate, and advocacy partners. The members share an interest in the healthy development of children, youth, families and communities and are working collaboratively to influence policy development in Ontario to increase access to recreation for low-income children, youth and families.

In Ontario we strongly support the United Nations Convention on the Rights of the Child (1989) that speaks to the rights of children to rest and leisure. Ontario's children and youth are healthier and more resilient as a result of participating in recreational pursuits. We believe that innovative approaches should be taken to ensure that every child regardless of financial circumstances experiences play, without barriers, engages in positive and high quality leisure pursuits and enjoys physical, social and emotional health through participation in community recreation.

Over the past two years the Ontario Task Group on Access to Recreation for Low-Income Families has:

- Conducted two surveys of community service delivery organizations (including municipalities and nonprofit organizations) in Ontario on user fee, pricing and access policies.
- Focused on supporting three key national policy actions of:
 1. developing community policy templates and other tools and resources;
 2. advocating for inclusion of access requirements in infrastructure " funding programs, and;
 3. advocating for outcome-based research on this issue.
- Hosted a summit on access in Ontario with policy makers, funders, service delivery organizations and community stakeholders in November 2007.
- Positioned the sector with the tools and capacities to identify those marginalized and respond.
- Supported ongoing, progressive research and outcome measures.

The Ontario Task Group on Access to Recreation for Low-Income Families is committed to advancing this important social issue on the provincial and national political agenda and positively influencing public policy in the areas of sport and recreation, health promotion and poverty reduction.

By influencing public policy, the Task Group will improve the quality of life for those most vulnerable in our population and strengthen our communities.

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HIGH FIVE®

HIGH FIVE® is a quality assurance management process designed to support the safety, well-being and healthy development of children aged 6 - 12 years in recreation and sport programs. HIGH FIVE®'s products are based on years of research and consultation with experts in healthy child development. The HIGH FIVE® standard is now licensed by PRO for delivery in seven other provinces across Canada.

The research is clear - when children participate in quality, organized play, they develop the skills they need to succeed in life. In order to make this happen, organizations need training, policies and procedures, and evaluative processes that focus on elements that impact healthy child development.

The integrated framework of HIGH FIVE® enables a thorough examination of all aspects of program delivery, as well as, front line leader training to ensure that every effort is made to provide a positive, quality experience for children. By ensuring a quality experience, HIGH FIVE® contributes to life-long participation in sport and recreation.

The HIGH FIVE® standard is also recognized as a quality assurance standard under the amended Ontario Regulation 262, Day Nurseries Act, as one of 5 funding eligibility requirements that allow providers to receive fee subsidies for children.

SummerActive and WinterActive

SummerActive and WinterActive (SAWA) is an initiative led by the Government of Canada in collaboration with the Provincial and Territorial Governments. It is a community mobilization strategy designed to encourage Canadians to adopt healthier lifestyles, including participating in physical and sport activities, making healthier food choices and living tobacco-free. Supported by the Ontario Ministry of Health Promotion and managed by Parks and Recreation Ontario, SAWA has proven very popular across Ontario, with hundreds of events and programs organized in communities, schools, workplaces, sport facilities and public health facilities.

SAWA events provide Ontario residents with an opportunity to learn more about the benefits of regular physical activity, risks of sedentary living, and how healthy eating, avoiding tobacco and participating in sports can help improve their health. Residents can participate in "challenges" through schools, workplaces and communities. While learning about the benefits of physical activity, participants can also receive free tools and resources and win prizes for being physically active.

For more information on PRO's initiatives, please visit: www.prontario.org.

OCDPA: How will PRO increase the engagement of rural and northern communities in the HIGH FIVE® initiative?

PRO: PRO has a vision that northern and high risk communities have access to safe, quality places to play in neighbourhoods, and that children in these communities are active and healthy participants in positive sports and recreation programs. PRO has developed a plan to update the HIGH FIVE® Principles of Healthy Child Development (PHCD) training to be inclusive for high risk and rural communities. Opportunity will exist for front line recreation and sport leaders from these communi-

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ties to gain valuable training, job skills and experience in healthy child development and quality assurance.

Organizations will be able to participate as pilot sites in the evaluation and/or training of the current and/or new PHCD training. These pilot sites will be responsible for supporting, advocating and embracing a child-first focus, based on the principles of healthy child development.

This project will deliver lasting results to northern and high risk communities by creating, building and sustaining a quality assurance delivery system for children's recreation and sport, encouraging positive experiences for children and youth in Northern and Northern aboriginal communities.

OCDPA: The Ministry of Public Infrastructure Renewal has recently released the *Renew Ontario Program*; what impact will this program have on the sports and recreation infrastructure?

PRO: PRO congratulates the Provincial Government for their ongoing commitment to supporting municipalities through long-term infrastructure funding. PRO also commends the government for making sport and recreation community facilities one of five priority areas for funding through a variety of programs and initiatives.

Through programs such as the Municipal Infrastructure Investment Initiative, communities have received over \$60M this year alone for sport and recreation projects.

However, the fact remains that the current infrastructure deficit in Ontario for parks, sport and recreation is estimated at \$5B and PRO continues to advocate for significant and ongoing dedicated funds for parks, sport and recreation infrastructure.

OCDPA: What would you like to see happen in the field of chronic disease prevention (and environmental health) over the next 4 years? What can other organizations or networks do to assist?

PRO: PRO believes that an integrated, collaborative approach to chronic disease prevention that includes provincial strategies with measurable outcomes will be key to improving the quality of life for all Ontarians.

PRO believes that by forming broad-based coalitions like the OCDPA we can have the grass roots support to positively influence public policy and achieve the long-term goals of the Alliance.

OCDPA: The Toronto District School Board (TDSB) plans to close over 30 pools in the next two years, what effect will that have on the surrounding communities and what can they do in regards to this issue?

PRO: PRO issued a press release in collaboration with the Heart and Stroke Foundation commenting on the proposed closure of TDSB pools.

The TDSB report states that they have tried to minimize the impact of the closures by reviewing community use and school timetables. The Heart and Stroke

Parks and Recreation Ontario believes that an integrated, collaborative approach to chronic disease prevention that includes provincial strategies with measurable outcomes will be key to improving the quality of life for all Ontarians.

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Foundation, together with PRO, emphasizes the need for all stakeholders to work together to find a solution to keep children active, and to ensure that the Provincial Government's objective to reduce childhood obesity rates will be met.

Learn to swim programs, delivered by community groups and through the TDSB, are extremely valuable, especially in vulnerable communities. The basic ability to swim is a fundamental requirement in any meaningful attempt to eliminate drowning and children and youth should have the right to learn these basic skills.

Together, these organizations are calling on the TDSB to keep the pools open and to offer adequate time for community, education and government leaders to draft solutions. "If pools are under-utilized," says Larry Ketcheson, CEO of Parks and Recreation of Ontario, "we must look for creative ways to partner in order to maximize the use of these facilities. Closing facilities jeopardizes a much more valuable asset: the present and future health of our children and youth."

In addition, PRO has released an in-depth report on the state of sport, recreation and parks infrastructure in Ontario, in which it is estimated that the current infrastructure deficit is \$5 billion.

"The long-term cost of closing facilities could have significant consequences for neighbourhoods across the city. Communities are facing an infrastructure crisis. The pools in Toronto schools are valuable public assets. Once they are decommissioned, it is extremely difficult to replace or reopen these facilities. We need to ensure that every citizen has access to facilities and programs that improve the quality of life." Larry Ketcheson

OCDPA: What are some of the barriers which Ontario's low-income families face in accessing recreation-related facilities? What can the government and the sector do to address this issue?

PRO: PRO is the secretariat for the Ontario Task Group on Access to Recreation for Low-Income Families. The Task Group held a one day Policy Planning Institute in Toronto, bringing together close to 100 leaders in health, education, recreation, social services and advocacy to discuss this important social issue. A summary of the Institute proceedings can be found at the Lifestyle Information Network webpage (<http://www.lin.ca/resource-details/10394>).

Delegates of the institute identified eight key barriers to participation:

1. Lack of access
2. Insufficient community engagement
3. Lack of outreach
4. Stigma and lack of awareness
5. Lack of understanding of, and specific programming for, diverse needs
6. Insufficient coordination and collaboration at the local level
7. Lack of "one voice" and system coordination
8. Lack of funding (and costs of participation for users)

"The long-term cost of closing facilities could have significant consequences for neighbourhoods across the city."
- Larry Ketcheson

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The delegates also identified a number of areas of focus for future policy and advocacy including:

- Developing a co-coordinated approach to service delivery;
- Enhancing and annualizing funding for access initiatives;
- Ensuring programs and initiatives are designed to avoid stigmatizing families;
- Ensuring programs are sensitive to the sometimes complex social, emotional and physical health needs of the families they seek to benefit.

And the solutions identified include:

- A national recreation, sport and cultural infrastructure program that requires community recreational facilities and green space to be welcoming, inviting and accessible;
- Outreach to new Canadians includes meaningful messages about the value and importance of recreation for improved physical health and quality of life;
- Services are designed to engage our diverse communities;

Schools and other social agency partners are viewed as critical to this effort as they can provide additional facilities, training, support and referrals, ensuring that the continuum of options for children and youth is inclusive of the indicators of health: education, child care and, we believe, affordable access to recreation for all.

OCDPA: What would PRO like to see the government to focus on in relation to chronic disease prevention?

PRO: PRO would like to see the continuation of a multi-pronged and integrated approach to chronic disease prevention. Identifying the root causes of chronic disease and establishing programs and initiatives that support early intervention are vital for long-term success.

We would like to see strategies and programs that are practical, easy to understand and easy to implement, so that agencies and individuals at the community level can continue to build on creative and successful practices in a climate of ongoing change.

By providing Ontarians with healthy environments and the tools to develop healthy eating habits and to adopt a healthier lifestyle, we will be able to reverse many of the current trends, such as childhood obesity, and help those living with chronic disease improve their quality of life.

OCDPA: Is there anything that you (Larry) would like to say to other members or readers?

PRO: "Our leaders and stakeholders in the recreation and parks sector are committed to work and learn in collaboration with our partners in chronic disease prevention, as we are all concerned with supporting healthier lifestyles. We know that you share our belief that recreation is a critical component in the strategies, policies and programs needed for success." Larry Ketcheson



SPECIAL RECIPES

Look for **Foodland Ontario** and the **Foodland Ontario** symbol when you're shopping. It's an easy way for you to identify Ontario foods in grocery stores and farmers' markets, and a great way to ensure that you pick Ontario freshness.

Please visit www.foodlandontario.ca for more seasonal recipes as well as for Foodland Ontario's "Availability Guide" for information on what fruits and vegetables are available within each season.

Cheesy Broccoli And Mushroom Frittata

Italian in origin, the frittata is similar to quiche but without the crust, which means fewer calories.

Preparation Time: 10 minutes

Barbecuing Time: about 25 minutes

Serves 4

Ingredients

- 3 cups (750 mL) Ontario Broccoli florets
- 6 eggs
- 1/3 cup (75 mL) milk
- Salt and pepper
- 1 tbsp (15 mL) vegetable oil
- 1/4 cup (50 mL) Ontario Mushrooms, sliced
- 1/2 cup (125 mL) shredded low-fat Cheddar cheese
- 1/2 cup (125 mL) Parmesan cheese

Preparation

Boil broccoli for 2 minutes. Refresh under cold water; drain and pat dry.

Whisk together eggs, milk and salt and pepper to taste. Set aside.

In 10-inch (25 cm) nonstick skillet, heat oil over medium-high heat.

Sauté mushrooms for 3 minutes.

Arrange broccoli over mushrooms; reduce heat to low.

Pour egg mixture over broccoli.

Sprinkle Cheddar and Parmesan cheeses on top; cook, covered for 20 to 25 minutes or until set.

Cut into wedges.

Nutritional Information:

1 Serving:

Protein: 20 grams

Fat: 16 grams

Carbohydrates: 11 grams

Calories: 260

Good source of fibre

Recipes Courtesy of Foodland Ontario. Please visit www.foodlandontario.ca for more recipes.

Warm Asparagus, Spinach and Chicken Salad

This complete meal in itself heralds the arrival of spring. With fresh Ontario Spinach and Asparagus now available, this salad tastes even better than it looks!

Preparation Time: 20 minutes

Cooking Time: about 5 minutes

Serves 4

Ingredients

- 1 bunch Ontario Spinach, washed and dried
- 1 lb (500 g) Ontario Asparagus
- 1 tbsp (15 mL) vegetable oil
- 1 lb (500 g) chicken breasts
- 1/2 lb (250 g) Ontario Mushrooms, thickly sliced

Herbal Vinaigrette:

- 1/4 cup (50 mL) white wine vinegar
- 1/4 cup (50 mL) each vegetable oil and extra-virgin olive oil
- 1 clove garlic, minced
- 2 tsp (10 mL) each dried tarragon and Dijon mustard
- 1 tsp (5 mL) each salt and granulated sugar
- 1/4 tsp (1 mL) black pepper

Garnish:

- 2 Ontario Greenhouse Tomatoes, cut into wedges
- Ontario Mushrooms

Preparation

Break off stems from spinach and discard.

Tear spinach into bite-sized pieces; place in large bowl.

Set aside. Break off tough ends of asparagus and discard.

In large pot of boiling salted water, cook asparagus for 3 to 5 minutes or until tender-crisp.

Drain and rinse under cold water. Add to spinach.

In large skillet, heat oil over medium-high heat; brown chicken on both sides.

Add mushrooms; cook until chicken is no longer pink inside, about 5 minutes.

Herbal Vinaigrette:

Meanwhile, in jar, shake together vinegar, vegetable oil, olive oil, garlic, tarragon, mustard, salt, sugar and pepper until well blended.

Pour about 2 tbsp (25 mL) over chicken mixture; cook, stirring, for another minute or until well coated.

Add vinaigrette to spinach mixture; toss to coat.

Arrange on 4 dinner plates, placing asparagus on top in spokelike fashion.

Arrange tomatoes around edge.

Remove chicken from pan and cut into crosswise strips.

Arrange on top of salad with sprinkling of mushrooms.

Serve immediately.

Nutritional Information:

1 Serving:

Protein: 34 grams

Fat: 26 grams

Carbohydrates: 10.5 grams

Calories: 412



Dip for Ontario Strawberries

Fast, faster, fastest of all the strawberry ideas, this luscious dip only tastes rich. In reality, it's lower in calories than dip prepared with regular cream cheese and sour cream.

Makes about 3/4 cup (175 mL dip, enough for 1/2 tsp (2 mL) for each berry

Ingredients

- 1/4 cup (50 mL) light sour cream
- 1 pkg (125 g) light cream cheese, softened
- 2 tbsp (25 mL) Cointreau liqueur or rum
- 2 tbsp (25 mL) granulated sugar
- 1 tsp (5 mL) grated orange rind
- 6 cups (1.5 L) Ontario Strawberries, hulled

Preparation

In small bowl, beat together sour cream, cream cheese, liqueur, sugar, orange rind until light and fluffy.

Transfer to serving bowl and surround with strawberries.

Variation:

Dip strawberry into creamy dip, then dip tip into toasted coconut, finely shaved chocolate or chopped peanuts.

Nutritional Information:

1 Serving — 1 tbsp (15 mL) of dip:

Protein: 1.5 grams

Fat: 2.0 grams

Carbohydrates: 8.0 grams

Calories: 56

Exercising Outdoors in the Heat & with Poor Air Quality

Reprinted with permission from the Physical Activity Resource Centre [Exercising outdoors in the heat & with poor air quality, 2005]

Beat the heat

As the mercury rises through the summer, energy levels tend to fall - especially during heat waves. But rising temperatures don't mean you have to put physical activity on hold. Here are some useful tips to help you and your family beat the heat, stay active throughout the summer months - and all year round.

There are lots of important reasons to make physical activity a part of your life. It's a great way to maintain a healthy weight, reduce high blood pressure, lower cholesterol levels and cut your risk of heart disease and stroke. That's why the Heart and Stroke Foundation recommends Canadians make active living part of their daily lives.

You don't even have to go for an intense workout to get these healthy benefits. Just 30 minutes most days of the week is all it takes - and everything counts, even gardening, housework or dancing with your kids.

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Here how to stay active and play it safe this summer:

- **Start gradually.** Whether you're walking, running or gardening, give your body a few days to adjust to working in the heat.
- **Warm up and cool down.** Even in warm weather, muscles still need to be warmed up to get them ready for activity. Take the time to cool down and help your heartbeat slow to its normal rate.
- **Take breaks.** If you're feeling worn out by the heat, take breaks by walking or sitting in the shade.
- **Apply broad spectrum sunscreen** with a sun protection factor (SPF) of 15 or more, and wear a hat and sunglasses. The Canadian Dermatology Association recommends an SPF of 30 or more if you're going to be outside most of the day.
- **Drink lots of fluids** before, during and after exercise. A good rule of thumb is to drink 8 ounces of water for every 15 minutes of exercise.
- **Dress appropriately.** If you're going to be running around or working outside, wear loose, lightweight, light-coloured clothing. Choose fabrics that pull moisture away from your skin.
- **Go out early in the morning.** Avoid doing strenuous activities during rush hour or in the blazing heat of midday. Air quality tends to be better early in the morning.
- **Bring a buddy.** So if you do run into trouble with the heat, you won't be alone.
- **Move your workouts indoors.** Sometimes this is the best solution to extreme heat and smog advisories in the summer. Consider joining a gym for the summer or just go from a brisk air-conditioned mall walk.
- **Add water.** Take the kids to the local swimming or wading pool, or sign yourself up for aqua fitness.

Whatever you do this summer, always be on the lookout for the signs of heat exhaustion. These include headache, feeling faint, weakness, an ashen appearance, rapid heartbeat, dizziness, nausea and a temperature of up to 104°F (40°C). If you, or someone else, experience any of these symptoms:

- get out of the heat immediately and rest - preferably lying down with feet slightly elevated.
- drink cool water (not iced)
- cool off by spraying on cool water and fanning
- monitor closely. If a fever - especially one greater than 104°F (40°C), fainting, confusion or seizures occur, dial 911 immediately or get emergency medical assistance.



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Exercise & Asthma

During the heat and smog advisories it is important to recognize symptoms of asthma. Doctors define asthma as a "chronic inflammatory disease of the airway" that causes the following symptoms:

- Chronic (regular) cough
- Shortness of breath
- Wheezing
- A feeling of tightness in the chest



Canada's Report Card on Physical activity for Children and Youth 2008 – Canada's Overall Grade 2008: D

Source: www.activehealthykids.ca
Adapted with permission from Active Healthy Kids Canada

Canada's Report Card on Physical Activity for Children and Youth for 2008 is the fourth annual overview of key indicators in relation to the physical activity levels of Canada's young people. While the Report Card is again a comprehensive overview of issues, this year the focus is on screen time and physical activity.

The overall grade of D on the Report Card has been consistent from 2005-2008 because definitive and measurable progress is not yet fully evident, demonstrating the need for sustained and increased efforts. The Report Card identifies work in progress and the level of evidence available for each indicator. If the existing evidence is not yet reflecting grade level changes, the Report Card serves as an annual reminder for all of us to keep up our efforts.

Screen Time Replacing Active Play

The data are clear: all children, regardless of background, are spending too much time in front of screens. No sub-group within our population of children and youth is meeting the current recommendations of less than 2 hours per day spent in front of screens.

Both the 2006 and 2007 Report Cards provided specific recommendations to reduce screen time. Despite attention to this issue, little progress has been observed and troubling new data has emerged causing the grade to drop from a "D-" to an "F" this year.

For more detailed information on all indicator areas, recommendations, current studies and research, and promising initiatives conducted by various groups, please view the Full or Summary version of the 2008 Report Card at www.healthyactivekids.ca.

WE'RE ON THE WEB!
www.ocdpa.on.ca

Working Towards a Chronic Disease Prevention System For Ontario

The Ontario Chronic Disease Prevention Alliance is a collective voice on effective Chronic Disease Prevention policy and programming.

Ontario Chronic Disease Prevention Alliance

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2008 Conferences—Register NOW!!

Ophea's Kids' Health Conference – Building Active Healthy School Communities

Interested in the physical activity, health and education needs of children and youth? Join elementary and secondary school teachers, principals, public health professionals and recreation leaders for an unforgettable experience in professional learning and networking. Participate in workshops on innovative creative strategies for health & physical education, sport & intramural activities, a selection of health promotion topics, and assessment & evaluation tools. The conference runs October 16-18, 2008 at Nottawasaga Inn, Alliston Ontario.

For more information and to register visit www.ophea.net/khc

OPHA Annual Conference 2008



Plan to attend OPHA's Annual Conference 2008—**The Public Health Summit: Making Healthy Communities Count**—in Niagara Falls, October 26-29, 2008. Watch for the preliminary program in early July. To register for the conference or learn more about the event, keep watching www.publichealthsummit.com

Upcoming Meetings

Partners Meeting

Date: October 14, 2008
Time: 12:00pm–5:00pm
Location: TBD

Members Meeting

Date: September 9, 2008
Time: 12:00pm–5:00pm
Location: TBD

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