



# HEALTH ISSUES

## NEWSLETTER



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## Working TOWARD Wellness at DCCI

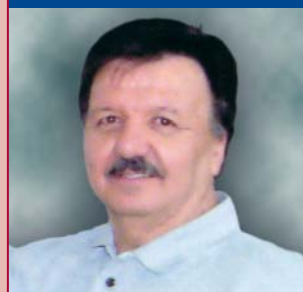
### CHANGING ATTITUDES TO BECOME SAFER DRIVERS

Ontario is currently home to over 8.3 million licensed drivers and more than 7.2 million registered motor vehicles and these numbers are growing. With the increase in the number of drivers using Ontario roads there is an urgent need to promote, support and enforce safe driving practices.

Transport Canada and the Ontario Ministry of Transportation address road safety issues by creating programs to deal with lack of seat belt use, improper use of child car restraints, drinking and driving, speeding, driver inattention, driver fatigue, aggressive driving and sharing the road with large commercial vehicles. On Ontario roads in 2001, these factors were responsible for approximately 250,000 collisions and 845 deaths.

Governments and local law enforcement agencies, community agencies and car companies are all working to reduce traffic collisions by improving roadways, enforcing laws, organizing public education/awareness campaigns and designing safer vehicles. Although there has been progress, ultimately road user safety is the responsibility of the driver. Attitudes and behaviours toward driving greatly affect the number of traffic collisions. Research shows that while motorists are aware of the causes of traffic collisions, they have no personal attachment. Basically, drivers feel that traffic collisions won't happen to them. Many individuals believe they are good drivers while being critical of the ability of others to drive safely. For example, a 2002 Ontario survey reported that Ontario's drivers believe aggressive driving is a safety concern, yet 92% of drivers surveyed admitted to committing at least one act of aggressive driving in the past year.

A major requirement to reducing traffic collisions is to change individual attitudes and behaviours about driving. For this to happen, drivers need to make the decision and commitment to change some of their driving habits. Drivers also need to think about the consequences of their actions, and to consider all the costs associated with dangerous driving habits, such as liability, financial implications and personal losses. A traffic collision results in a greater chance for fines, charges, license suspensions, higher insurance premiums and vehicle repairs. As well, a traffic collision could result in a jail sentence, loss of a loved one, loss of another person or the driver's own death. Drivers need to realize that traffic collisions can affect many people, not just those involved.



A special welcome to **Rolly Beaulieu** as the National Co-Ordinator for Wellness, Substance Abuse and Benefits for the CAW/Daimler Chrysler.  
519-258-6400 x 430  
rbeaulieu@local444.caw.ca

## GET THE WORD OUT ON AGGRESSIVE DRIVING

Each and everyday, all road users witness or are involved in some form of aggressive driving. This behaviour can lead to traffic collisions and potentially serious injuries. In fact, the 2000 Ontario Annual Road Safety Report found that 1/3 of all traffic collisions were a result of aggressive driving.

Signs of aggressive driving include expressing frustration, lack of attention to driving, making frequent and unnecessary lane changes, running red lights and speeding. Help get the word out to prevent aggressive driving. Discuss the issue with your family, friends, co-workers and community groups. Last but not least, lead by example.

**Here are some tips to help you discuss aggressive driving:**

**Emphasize personal driving skills.** We all need to look at ourselves to see if we are contributors to the aggression. Concentrate on those habits that need to be worked on.

**Realize traffic collisions are caused by the way we drive.** Motor vehicle collisions are not inevitable, they are avoidable.

**Reduce your stress when you drive.** Allow plenty of time for the trip, listen to soothing music, improve the comfort in your vehicle and understand that you cannot control the traffic only your reaction to it!

**Assume other drivers' mistakes are not personal.** Be polite and courteous, even if the other driver is not. Avoid all conflict if possible. If another driver challenges you, take a deep breath and get out of the way.

**Report aggressive drivers.** Call the OPP or your local police department. If you have a cell phone in your vehicle, keep the numbers handy. When you see a driver operating a vehicle in a threatening manner, pull over safely, stop your vehicle and make the call. Make sure you get a vehicle description, license number, the location and direction of travel. Remember, you could help prevent a tragedy.

**Be a courteous driver.** Everyone has the opportunity to set an example on the road to other drivers. Also, you have the opportunity to set a good example to passengers in your car, especially children! Every bit counts to help make our roadways safer.

# WAKE UP DRIVERS

## WAKE UP DRIVERS

The Ontario Ministry of Transportation classifies driving while fatigued as a form of impairment. In fact, Ontario statistics show that fatigue is a factor in 35% of motor vehicle crashes. There are many reasons for driver fatigue, such as driving at a time when you would normally be asleep, working long or staggered shifts, working long hours for a period of two weeks or more, or a pattern of irregular sleep before driving.

Shift work is a major concern for a number of workplaces in Ontario as they are open around the clock. This, in turn, may increase the number of fatigued drivers on the road. Fatigue reduces a driver's awareness and ability to react quickly and function properly. Driver fatigue can range from a momentary loss of concentration to longer lasting tiredness or sleepiness, which can result in serious, even life threatening, consequences.



**Signs and Symptoms of fatigue vary among drivers but may include:**

- Decreased ability to judge your own level of tiredness
- Frequent yawning
- Slowed reactions
- Heavy eyes and stiff joints
- Day dreaming
- Wandering over the centre line or off the road

**Tips to help reduce fatigue:**

- Get enough sleep (6-8 hours for most adults)
- Avoid medications that can impair your driving ability
- Stop to rest every two hours
- Keep vehicle temperature cool, keep your eyes moving and check the mirrors often to help keep you alert
- Don't rely on caffeine-type drinks. They provide short term relief, however, if you are seriously sleep deprived, no amount of caffeine will help
- If you can help it, try not to drive during the peak drowsy times: 2 p.m. to 5 p.m. and 10 p.m. to 6 a.m.
- Eat a healthy diet, be physically active and manage your stress, all of which will improve your energy level
- Share the driving
- If you are noticeably tired, stop at a safe place and take a nap (e.g. a rest station)



## AJAX MANUFACTURING

### HAVING A BALL AT AJAX MANUFACTURING

Ajax Manufacturing kicked-off the *Losing Weight...the healthy weigh* initiative in early February, on one of the stormiest days of the year. Employees at the plant were welcomed by the smiling faces of their Working Toward Wellness at DCCI Committee. After they brushed off the snow, they were offered a healthy cereal bar, bottle of water, a contest form and a tip sheet with healthy weights information.



Left: *Justine Lilley and Kerri Grummett greet Rick McArthur with a bottle of water, cereal bar and healthy weight tips as he arrives for work.*  
Right: *Volker Germann having a ball at the fun day.*

The first word puzzle contest, which was handed out as part of the kick-off and giveaway day, ran from February 20 to February 27. Lia Frangeskou, Tamara Loates, Lidia Rich, Iolina Ricciuto, Marilyn Gomes, Becky Hofstetter, Diane Gregg, and Linda Thompson were the lucky winners. They all received a Working Toward Wellness at DCCI hat, t-shirt or water bottle. The second word search contest was held at the beginning of April.

Also in February, Ajax Manufacturing took on a personal challenge to *Lose Weight...the healthy weigh*. To support the challenge participants, a table full of healthy weight resources was placed in the display area on the plant floor for employees to read. And read they did! Employees showed so much interest in these resources that the table had to be refilled at least a couple of times. At the end of the personal weight loss challenge employees were asked to submit an evaluation of the challenge. Employees who submitted a completed evaluation had a chance to win 1 of 3 great prizes valued at more than \$150. The prize packages included: DaimlerChrysler Expandable Cooler Bag, \$75 Gift Certificate, Working Towards Wellness at DCCI Hat, T-shirt and Water bottle, Dietitians of Canada "Great Food Fast" Cookbook, AM & PM Pilates Mat Workout Video Tapes, Yoga Video Tape, Wrist/Ankle Weights and other great goodies!

To further support the healthy weights challenge, on March 13, the Working Toward Wellness at DCCI program, the Durham Region Health Unit, the Heart and Stroke Foundation and the Durham Region Parks and Recreation Department had a "fun day" with lots of information and activities for employees!

## A J A X AREA EVENTS

### ARRIVE ALIVE BOTTLE DRIVE

At Beer Stores in your community, volunteers and community agencies will be outside distributing educational material about drinking and driving as well as accepting donations and empty beer bottles. Volunteer organizations will use 50% of donations to develop programs to eliminate impaired driving in Ontario.

Date: Saturday, May 24, 2003

Time: 10:00 a.m. - 6:00 p.m.

Contact Information: Call the Ontario Community Council of Impaired Driving, 416-485-4411

### WORLD NO TOBACCO DAY MAY 31

Durham Region Health Department reminds everyone that there is no safe level of exposure to second-hand smoke. However, there is reason to celebrate, with the soon to be introduced Durham Region Smoke-Free by-law, which will make all public places and workplaces smoke-free June 1, 2004. For more information call Durham Region Health Department at 905-723-8521 or 1-800-841-2729 x 2569.

### RELAY FOR LIFE

Support the Canadian Cancer Society *Relay For Life*. Volunteer your time, make a donation or register a team. A 12-hour event with teams of 10 walking, jogging or running around a track. A tent village to relax, activities, entertainment and food will all be available.

Date: Friday-Saturday, June 6-7, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: Civic Fields, Oshawa

Contact Number: 905-725-1166 or 1-800-668-7830

### HEALTH BEFORE PREGNANCY JUNE

Durham Region Health Department is launching its Health Before Pregnancy Makes a Difference campaign, encouraging couples to develop healthy lifestyle habits now to improve chances of having a healthy baby. The Health Department is promoting its "Health Before Pregnancy Makes a Difference" booklet, a resource with important information for both men and women who are considering becoming parents. For more information or to receive a free copy of the booklet, call Durham Region Health Department at 905-723-8521 or 1-800-841-2729 x 2174.



DURHAM REGION HEALTH DEPARTMENT

905-723-5338

Durham Region Health Department staff support the Working Toward Wellness at DCCI program in Durham region.

# BRAMPTON MISSISSAUGA AREA EVENTS

## ARRIVE ALIVE BOTTLE DRIVE

At Beer Stores in your community, volunteers and community agencies will be outside distributing educational material about drinking and driving as well as accepting donations and empty beer bottles. Volunteer organizations will use 50% of donations to develop programs to eliminate impaired driving in Ontario.

Date: Saturday, May 24, 2003

Time: 10:00 a.m. - 6:00 p.m.

Contact Information: Call the Ontario Community Council of Impaired Driving, 416-485-4411, for a list of participating Beer Stores or check out [www.occid.org](http://www.occid.org)

## PEEL CHILDREN'S WATER FESTIVAL

Public Day - Learn about the science of water, treatment and distribution of Peel's water, water and the environment and much more.

Date: Saturday, May 31, 2003

Time: 12:00 p.m. - 3:00 p.m.

Heart Lake Conservation Area, Brampton  
[www.waterfestival@region.peel.on.ca](mailto:www.waterfestival@region.peel.on.ca)

## BECEL RIDE FOR HEART

Join thousands of cyclists and in-line skaters with exclusive access to Toronto's Major Expressways to raise money for the Heart and Stroke Foundation.

Date: Sunday, June 1, 2003

Time: 8:00 a.m.

Location: Gardner Expressway/DVP

Contact Number: 416-486-RIDE (4733)  
(Ride Information Line)

[www.heartandstroke.ca/rideforheart](http://www.heartandstroke.ca/rideforheart)



## BRAMPTON ASSEMBLY PLANT

### HEALTHY GIVEAWAYS

A plant giveaway launched the *Losing Weight...the healthy weigh* wellness initiative at the Brampton Assembly Plant in early February. The plant's wellness committee, dressed in Working Toward Wellness at DCCI t-shirts and hats, distributed a healthy cereal bar, tip sheet and crossword puzzle to all employees before the start of their shift. The tip sheet had some great information for employees on how to reach a healthy weight by improving eating habits and working physical activity into daily routines. The giveaway was well received and employees enjoyed seeing the Working Toward Wellness Committee members at the gates.



Left: Rick Forbes is helping set up the "*Losing Weight...the healthy weigh*" giveaway.

Right: Wellness committee member Willie Fulton and CAW Communicator Bill Turner are handing out a "*Losing Weight...the healthy weigh*" information sheet, contest and cereal bar to an employee coming to work.

The *Losing Weight...the healthy weigh* crossword puzzle contests proved to be very popular with employees. A number of ballots were gathered from the many ballot boxes placed throughout the plant. Many Working Toward Wellness at DCCI hats, t-shirts and waterbottles were given out to crossword puzzle contest winners. Congratulations to Debbie Hall and Corinne Peters, the two grand prize winners. Both winners received a Folding Stepper Exercise Machine. If your name wasn't drawn this time don't worry because there will be plenty of opportunities to win fun prizes in the Working Toward Wellness at DCCI Road & Family Safety initiative.

Be sure to visit the east and west cafeterias and pick up the many resources from the new Working Toward Wellness at DCCI Kiosks. These three sided wellness centres provide a permanent place that employees can go to pick-up reliable information on a variety of health topics.

 **Region of Peel**  
*Working for you*

**905-791-7800**

Region of Peel staff support the  
Working Toward Wellness at DCCI program  
in the Peel region.



**MERCEDES-BENZ CREDIT CANADA • CHRYSLER FINANCIAL CANADA**  
 A DIVISION OF DAIMLERCHRYSLER SERVICES CANADA



## HEALTHY LIVING AT CHRYSLER FINANCIAL

February 11th, Chrysler Financial Canada kicked-off the *Losing Weight...the healthy weigh* initiative. To start the day, everyone received a healthy cereal bar and bottle of water. That same day, a lunch and learn presentation was given by a local Registered Dietitian. The presentation focused on the importance of healthy eating and maintaining a healthy weight. Topics covered included food labels, portion sizes and eating a balanced diet at work and home. The food models were very popular, giving a visual representation of actual portion sizes. Participants asked a variety of questions which helped make the presentation a huge success. Congratulations to Maria Pereira who won the door prize, which included a Working Toward Wellness at DCCI hat, t-shirt, waterbottle and stress ball.

Employees also participated in a healthy recipe contest organized by the Chrysler Financial Wellness Committee. All staff were encouraged to submit a healthy recipe for a different meal each week in February. The first week of the contest focused on healthy breakfasts, the second week on healthy lunches, the third week on healthy snacks and the fourth week on healthy dinners.

For the month of March, employees who completed at least 30 minutes of daily physical activity could fill out a ballot for a chance to win a \$25 weekly prize. To wrap up the *Losing Weight...the healthy weigh* initiative there were two grand prize draws. All the ballots collected during February and March were included. Prizes were a \$100 gift certificate to a local grocery store and a \$100 gift certificate towards a gym membership.

## HEALTHY WEIGHTS AT MBC

The MBC Wellness Committee started the promotions for the *Losing Weight...the healthy weigh* initiative with imagination. They left a healthy cereal bar, bottle of water and promotional flyer advertising the upcoming activities on every employee's desk. This was a nice surprise for staff and helped to get the word out about upcoming activities.

One of the planned activities was a lunch and learn presentation by a local Registered Dietitian, Kathy Duke. The presentation addressed the importance of nutrition when trying to maintain or reach a healthy weight. Ms. Duke offered many practical, healthy food suggestions that are quick and easy to prepare for work and home. Employees took advantage of the opportunity and asked many excellent questions, with a number addressing child nutrition. The Heart and Stroke Foundation and Peel Region Health Department had a number of supporting materials at the presentation available to employees.



Mercedes-Benz Credit Canada held both of the *Losing Weight...the healthy weigh* crossword puzzle contests. The first winners were Rabia Bhatti and Andrew Greene. Both Andrew and Rabia won a Working Toward Wellness at DCCI hat, waterbottle and t-shirt. Additional winners will be announced at a later date.

Employees also had a chance to view the *Losing Weight...the healthy weigh* PowerPoint presentations. These were a series of four presentations that, once opened on a computer, automatically took the reader through a number of slides discussing goal setting, healthy eating, physical activity and healthy weights.

Left: After attending a presentation by a local dietitian, Angela Kennedy writes down the titles of some of the books discussed.

Right: Jenny Silva smiles while listening to a dietitian answer questions at CFC.

Above Right: Kathy Duke, local Registered Dietitian, answering questions from CFC employees

# BRAMPTON MISSISSAUGA AREA EVENTS

## RELAY FOR LIFE

Support the Canadian Cancer Society *Relay For Life*. Volunteer your time, make a donation or register a team. A 12-hour event with teams of 10 walking, jogging or running around a track. A tent village where teams can relax and socialize will be available as well as activities, entertainment and food.

Date: Friday-Saturday, June 20-21, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: Caledon Fairgrounds

Contact Number: 905-451-4460

Or

Date: Friday-Saturday, June 20-21, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: John Fraser Secondary School,  
Mississauga

Contact Number: 905-608-8411

## CHILD CARE WORKSHOPS

Learn some new skills to assist with everyday parenting challenges! The Region of Peel - Children's Services is co-presenting a series of parenting workshops in partnership with the Family Education Centre. Supper and Child Care will be provided at no cost.

To register, more information and dates please visit the Region of Peel Website [www.region.peel.on.ca/childcar/parwork2003.htm](http://www.region.peel.on.ca/childcar/parwork2003.htm)

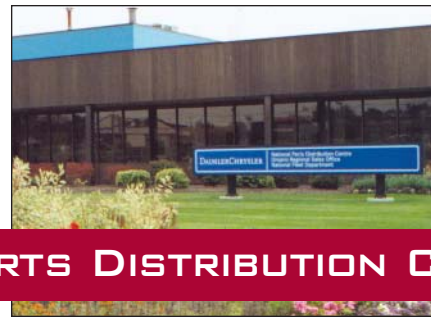
## BIG BIKE FOR STROKE

The Heart and Stroke Foundation has a 30-seat bicycle that tours Ontario from April to October. Sign up your team of co-workers, friends and relatives for a 2km or 3km ride on the Big Bike for Stroke. Team Captains recruit teams of 29 riders (a driver is supplied). Riders fund raise for the Heart and Stroke Foundation to ride the Big Bike and receive incentives. Put on costumes, company T-shirts, sing a special cheer or along with your favourite CD on a sound system. Teams that show the most spirit can earn a team spirit award.

For more information please contact your local Heart and Stroke Foundation at 905-897-0366 or log onto their website [www.heartandstroke.ca](http://www.heartandstroke.ca)

## Region of Peel

staff support the Working Toward Wellness  
at DCCI program in the Peel region.  
905-791-7800



## MISSISSAUGA PARTS DISTRIBUTION CENTRE

### THE HEALTHY WEIGH

The Mississauga Parts Depot participated in a variety of events to promote the *Losing Weight...the healthy weigh* wellness initiative. Some events included two crossword puzzles and four *Losing Weight...the healthy weigh* electronic presentations. Contest participants entered weekly draws to win Working Toward Wellness at DCCI hats, t-shirts and waterbottles. The ballots from all the contests were later combined for a grand prize draw held at the end of March. The grand prize, back by popular demand, was a pair of mountain bikes that were hanging from the rafters outside of the cafeteria!

A health fair to promote the *Losing Weight...the healthy weigh* initiative was held February 28th and turned out to be a great success. Many employees stopped by to check out all of the great information and activities provided by a number of community organizations. A representative from the City of Mississauga's Parks & Recreation Department was on hand to discuss active living opportunities available in the community. The interactive Kitchen With A Heart display from the Region of Peel Health Department gave employees a chance to test their knowledge about common food products. The Heart and Stroke Foundation also provided lots of informative resources for employees to take, discussing healthy eating and physical activity. As well, the first of four *Losing Weight...the healthy weigh* electronic presentations were available on a computer at the event. After watching the presentation, employees calculated their BMI (Body Mass Index), giving them an idea if they were at a healthy weight. Participants were then able to submit an accompanying contest sheet or the *Losing Weight...the healthy weigh* crossword ballot for a chance to win several prizes that were raffled off throughout the health fair. Prizes included Working Toward Wellness at DCCI hats, t-shirts and waterbottles.



Left: Gwen Campbell taking in all the information from the City of Mississauga's Parks and Recreation display.

Right: Mustapha Raji watching the first of four *Losing Weight...the healthy weigh* electronic presentations. (Hope he remembered to enter the draw.)



## ETOBICOKE CASTING

### TEAMS TAKING ON THE CHALLENGE

Etobicoke Casting Plant's latest health fair, promoting the *Losing Weight...the healthy weigh* initiative, was held February 13th and turned out to be the best one yet. The fair launched the 6-week Healthy Weight Challenge. Seven weight loss teams were formed with 7-8 members on each team, a total weight of 10,696 lbs and a total weight loss goal of 483 lbs. Team weigh-ins took place at the health fair on the plant's shipping scale, causing a lot of interest from other employees.



Left: Larry Logan receives a wellness program t-shirt prize as Cathy Krizanovic, Caroline Poirier, Evan Mergan and Mary Kavcic look on.  
Right: Etobicoke Casting employees enjoy a healthy snack at the *Losing Weight...the healthy weigh* kick-off event.

Each team picked a name: The Power Group, The Lean Machine, the YaYa Sisterhood & Brother, The Fat Cats, The Small Rams, The Healthy Munchers and The Unfits. Display boards for each team, which listed the team name, members, total weight and total weight loss goal, were posted in the Employee Lobby. The teams received lots of support from fellow employees. Other employees, who expressed an interest in the weight loss challenge, participated on their own. All participants were given the *Losing Weight...the healthy weigh* logbook, additional resources and a lot of encouragement.

A health fair highlight was the "Healthy Bodz" display by one of Etobicoke Casting's own employees, Pam Barker. Pam is a qualified fitness instructor and a firm believer that regular physical activity improves health. She supplied brochures and videotapes on fitness and gave individual advice on toning and shaping your body.

Another highlight was a "healthy food" display arranged by Mary Kavcic, a plant nurse. The display focused on the grain products food group from Canada's Food Guide to Healthy Eating. That morning Mary stopped at a local bakery, on her way to work at 5 a.m., to pick up fresh baked grain bread for employees to sample! Employees also munched on veggies and fruits, almonds, dried fruit and various cereal products. The day was a great success.

## ETOBICOKE AREA EVENTS

### ARRIVE ALIVE BOTTLE DRIVE

At Beer Stores in your community, volunteers will be outside distributing educational material about drinking and driving as well as accepting donations and empty beer bottles. Volunteer organizations will use 50% of donations to develop programs to eliminate impaired driving in Ontario.

Date: Saturday, May 24, 2003

Time: 10:00 a.m. - 6:00 p.m.

Contact Information: Call the Ontario Community Council of Impaired Driving, 416-485-4411

### BECEL RIDE FOR HEART

Join thousands of cyclists and in-line skaters with exclusive access to Toronto's Major Expressways to raise money for the Heart and Stroke Foundation.

Date: Sunday, June 1, 2003

Time: 8:00 a.m.

Location: Gardner Expressway/DVP  
Contact Number: 416-486-RIDE (4733)  
[www.heartandstroke.ca/rideforheart](http://www.heartandstroke.ca/rideforheart)

### RELAY FOR LIFE

Support the Canadian Cancer Society *Relay For Life*. Volunteer your time, make a donation or register a team. A 12-hour event with teams of 10 walking, jogging or running around a track. A tent village where teams can relax and socialize will be available as well as activities, entertainment and food.

Date: Friday-Saturday, May 30-31, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: Birchmount Stadium, Scarborough  
Contact Number: 416-231-1118

Or

Date: Friday-Saturday, June 6-7, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: Centennial Stadium, Etobicoke  
Contact Number: 416-231-1118

### WALK-A-MALL PROGRAM

Find out how you can get involved, a great option on cold and rainy days. Call 416-338-7600 for more information.

For any information regarding other community events or resources in Toronto, call Toronto Health Connection at 416-338-7600.



416-338-7058

Toronto Public Health staff support the Working Toward Wellness at DCCI program in Toronto.

## DCCI WINDSOR OFFICES

### ARDC

Automotive Research &  
Development Centre

### DCCB

DaimlerChrysler Canada  
Building

### GMRB

Grand Marais Road Building

### TEMPLE

Temple Drive Office Building



## DAIMLERCHRYSLER CANADA BUILDING AND WINDSOR OFFICES

### PLEDGING FOR A HEALTHY WEIGHT

With memories of New Year's resolutions fading, the timing was perfect for the launch of the *Losing Weight...the healthy weigh* 6-Week Challenge. To start the Challenge, staff from the Windsor-Essex County Health Unit gave a presentation to over 90 Windsor office employees on the importance of reaching and maintaining a healthy weight. Participants were required to set a healthy weight loss goal and to work towards their goal by making healthier food choices and by including physical activity into daily routines. All participants received Working Toward Wellness at DCCI waterbottles and logbooks. The logbooks were used to track daily food intake and physical activity, as well as short and long term weight loss goals.

The highlight of the Challenge kick-off was a group pledge led by Danielle Antonucci (DCCB) and Julie Dow (ARDC). Challenge participants placed one hand on their logbook and, together, pledged that they would stick to the principles of healthy weight loss for the entire 6-week period. Many more Windsor office employees picked up a logbook to participate in the Challenge on their own.



### WINDSOR RETIREES INVOLVED IN WELLNESS

March 12, 2003 DCCI retirees met for their monthly meeting and were treated to a Working Toward Wellness at DCCI presentation at the CAW Union Hall in Windsor. Nearly 200 retirees received a brief introduction to the wellness program. An overview of the *Losing Weight...the healthy weigh* initiative was also presented. The presenters discussed the importance of healthy eating and physical activity in terms of losing weight and being healthy to get the most out of life. A wellness package with lots of great information about healthy weight loss was handed out to the group. Included with the package were the *Losing Weight...the healthy weigh* logbooks and crossword puzzles. To wrap up the meeting Working Toward Wellness at DCCI T-shirts and hats were raffled off.

Also at the meeting, George and Jo-Anne Johnson were recognized for their commitment to volunteer work for improving community health. They were each presented with the Queen's Golden Jubilee medal by Dwight Duncan, Liberal MPP.



Left: A Temple Drive employee has his cardiovascular health assessed at a screening day.

Right: Employees at the DCCB stand to take the *Losing Weight...the healthy weigh* Pledge before they start the 6-Week Challenge.

During the Challenge, participants received encouraging e-mails with some healthy recipes, answers to diet related questions and ideas on reaching physical activity goals. The 3rd week of the Challenge, participants could sign up for a private consultation with a Registered Dietitian and a physical activity expert to assess their progress and to assist with any healthy eating or physical activity concerns. At the end of the 6 weeks, Catherine Gainer and Daniel Houde from DCCB and Arleta Sziler from ARDC each won a prize basket with a \$100 gift certificate to a specialty sports store, running gloves, 2 pairs of athletic socks, shoe deodorizers, a Working Toward Wellness at DCCI hat and t-shirt and a heart healthy cookbook.



## PILLETTE ROAD TRUCK ASSEMBLY PLANT

### PRTAP EMPLOYEES TAKING ON THE CHALLENGE

Pillette Road Truck Assembly Plant kicked-off the *Losing Weight...the healthy weigh* initiative February 27th. Production supervisors helped out by handing every employee a tip sheet promoting the *Losing Weight...the healthy weigh* personal challenge and a contest form. Table displays were set up in the three cafeterias with healthy weight information and resources for employees to take and share with their families. Employees started scooping up the materials even before the Working Toward Wellness at DCCI Committee members could get all of the information out!

Once the dust had settled from the kick-off event, a number of employees decided to sign up for the 6-week *Losing Weight...the healthy weigh* Challenge. Simply by participating and filling out a Challenge evaluation, employees had a chance to win one of three prize baskets worth over \$150 each. The Challenge comes to a close April 16th. Once the evaluations are gathered, the great prizes will be raffled off to three lucky participants.

If you missed out on any of the healthy weight information and resources on the day of the kick-off, then look for the new Working Towards Wellness at DCCI Kiosks. These three sided wellness centres provide a permanent place that employees can go to pick-up reliable information on a variety of health topics. Also, don't forget to look for the next Working Toward Wellness at DCCI wellness initiative, *Road & Family Safety*. There will be plenty of activities and fun, so get involved!



Left: The "Paint Shop Boys" Tom Lentsch, Nino Fantauzzo, Tim Hawken and Eugene Moser checking out healthy weights information.  
Right: Lorie Badgley from PRTAP sports her new Working Toward Wellness at DCCI hat.

## WINDSOR AREA EVENTS

### ARRIVE ALIVE BOTTLE DRIVE

A one-day event to raise awareness and funds to help reduce drinking and driving in Ontario. At 8 different Beer Stores in Windsor, volunteers and community agencies will be outside distributing educational material about drinking and driving. Donate your empty beer bottles or put a little money in the coin box. Fifty percent of all monies collected will be given to the volunteer organizations to develop programs to help eliminate impaired driving in Ontario. The event is hosted by The Committee to End the Abuse of Substances in Essex County (CEASE).

Date: Saturday, May 24, 2003

Time: 10:00 a.m. - 6:00 p.m.

Contact Information: Call 251-0500 for a list of participating Beer Stores or check out [www.occid.org](http://www.occid.org)

### BIKE TO WORK ANY DAY IN JUNE

Bike to work in the month of June and you can enter the contest up to 5 times. Participants have the opportunity to win great prizes, including a new bike! Ballots and ballot boxes will be available at all DCCI Windsor locations. For more information, call Robin Cooper at 258-2146 x 3109.

### PRENATAL CLASSES

A five week series that includes, Steps to a Healthy Pregnancy, Changes in Pregnancy, Managing Labour and Delivery, The Postpartum Experience, and Breastfeeding and Infant Nutrition. Call to register.

Windsor - 258-2146 x 1340

Leamington - 326-5716 x 1340



Unité sanitaire de Windsor comté d'Essex

519-258-2146

The Windsor-Essex County Health Unit works with DCCI and the CAW to research, develop and coordinate the Working Toward Wellness at DCCI program.

## RELAY FOR LIFE

Demonstrate your commitment to the community by supporting the Canadian Cancer Society *Relay For Life*. Volunteer your time, make a donation or register a team. The relay is a 12-hour relay event with teams of 10 walking, jogging or running around a track. Teams may consist of colleagues, family members and friends. A tent village where teams can relax and socialize will be available as well as activities, entertainment and food. A \$10 registration fee is required for each participant.

Date: Friday-Saturday, June 13-14, 2003

Time: 7:00 p.m. - 7:00 a.m.

Location: St. Thomas of Villa Nova Secondary School, Lasalle

Contact Number: 254-5116

## A NEW MOTHER'S EMOTIONS

A workshop focusing on adjusting to parenthood. Call the Windsor-Essex County Health Unit 258-2146 x 1340 or 1-800-265-5822 x 1340 for location, time and free registration.

## ATTENTION PARENTS OF SCHOOL-AGED CHILDREN

Parenting is the most important job you'll ever have and the Windsor-Essex County Health Unit is here to help with FREE workshops for parents of school-aged children. Each workshop will cover a separate topic of interest specifically designed for parents at this stage of parenting.

The following are a few of the workshops:

### Discipline

How to tow the hard line and keep the peace;

### Communication

How to talk-the-talk so kids will listen;

### Bullying

How to help the bully, bystander and victim;

### Child Behaviour

Why they do the things they do!

Workshops are available in both city and county locations! Registration is required. For more information or to register please call 258-2146 x 1268.

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519-258-2146



# WINDSOR ASSEMBLY PLANT

## TIPS FOR A HEALTHY WEIGHT

Early March, Windsor Assembly Plant launched the *Losing Weight...the healthy weigh* wellness initiative with a mass handout to every employee on all three shifts. Plant supervisors distributed an information sheet to employees at their work stations that included specific tips on healthy weight loss. The tip sheet focused on a combination of healthy eating and regular physical activity. Attached to the sheet was the *Losing Weight...the healthy weigh* word scramble for employees to complete and enter into a draw. Participants had to unscramble commonly used terms associated with weight loss. Table displays were also set up the same week in the plant's cafeterias. The tables were piled high with resources for employees to take on a variety of topics related to healthy weight loss, such as; rating weight loss diets, the facts on high protein diets, tracking physical activity and much more.



Left: Smiles are contagious at the WAP when photos are taken for the *Working Toward Wellness at DCCI* program.

Right: A Windsor Assembly Plant employee is seen hard at work on a brand new 2003 Pacifica.

Those who participated in the *Losing Weight...the healthy weigh* word scramble contest were eligible for one of three contest gift baskets valued at over \$150. Each of the three gift baskets had a \$100.00 gift certificate for a speciality sports store, running gloves, 2 pairs of athletic socks and two great books.

The Working Toward Wellness at DCCI kiosks and displays are in place and stocked at the Windsor Assembly Plant. These can be found in the plant cafeterias. The kiosks hold a number of resources addressing a variety of health and wellness topics. Employees are encouraged to take the resources for themselves and family members. Extra brochures, newsletters and many other resources are available.

The next Working Toward Wellness at DCCI is *Road & Family Safety*. Don't forget to look for your chance to participate!

## CAR SEAT RESTRAINTS

### DID YOU KNOW?

- Proper and regular use of a car restraint will reduce the likelihood of a child being injured or killed in a motor vehicle crash by at least 75%.
- In 2000, over 60% of young children in Ontario who were involved in motor vehicle crashes and suffered major fatal injuries, were incorrectly restrained or not restrained at all.

While the overall use of child car seat restraints are up, their proper and consistent use is still low. Transport Canada outlines four key stages in child car seat restraints that you should be aware of as a parent.

#### Stage One:

Use a rear-facing seat until your baby weighs 10kg or 22 lbs. This is usually about one year.

#### Stage Two:

Use a forward-facing child seat until your child weighs 18kg or 40lbs. This is usually between the ages of 1 year and 4 ½ years old.

#### Stage Three:

Use a booster seat until your child weighs 27kg or 60lbs. This is usually around 8 years old. Also, double check the weight and height limit on the booster seat's manufacturer labels.

#### Stage Four:

Usually at 8 years old (or weighs over 27kg or 60lbs.), a child can graduate to using only a seat belt. Make sure your child is buckled up and riding in the back seat.

Remember! A child should not ride up front in a vehicle until they are over the age of 12 years old. They should be safely secured in the back seat.

For more details on the proper use of child car seat restraints, check the Transport Canada's web site! (<http://www.tc.gc.ca/en/menu.htm>)



## CELL PHONES AND DRIVING DON'T MIX

To date, Canada is estimated to have 9 million wireless or cell phones, many of these are used in motor vehicles. A cell phone can be useful as a safety aid (i.e. calling in case of an emergency) but they should not become a driving distraction. Drivers need to avoid using their cell phones altogether while driving. Even hands-off cell phones can be a distraction. Chances are, if you're engaged in a conversation you're not giving driving the 100% of your attention that it requires.

#### Consider the following:

- If you are a new cell phone user, refer to the manual. Make sure you are familiar with the features before taking it with you on the road.
- If you need to use your cell phone, pull over to the side of the road safely before using it. Taking your hands off the wheel to use your cell phone is dangerous and puts you at a higher risk of being involved in a collision.
- Shut your phone off and keep it in a compartment that you don't have access to while you are driving. That way you won't be tempted to use it.
- Develop or encourage your organization to develop a policy that prohibits the use of cell phones while driving on company time.

*Remember: Focus on the task of driving!*

There are a number of municipalities in the United States with laws forbidding drivers from using hand-held cell phones while they are driving. Also, on the rise in the US is the number of businesses with policies forbidding employees to use cell phones while driving. In December 2002, Newfoundland and Labrador became the first Canadian jurisdiction to ban the use of hand-held cell phones while driving. Other provinces, including Ontario and Nova Scotia, are looking into a similar law.

## TWO FEET AND A HEART BEAT

### PEDESTRIAN SAFETY

Going for a walk is a great way to explore your neighbourhood, fit some exercise into your day, and make a positive impact on the air quality of your community! But walking along roads, especially busy roads, is not without risk. Here are some important safety tips to keep in mind:

- Look both ways before crossing the road;
- Cross the road at designated crossings (e.g. crosswalks, traffic lights);
- Pick routes in areas with sidewalks;
- When there are no sidewalks along your route, walk facing traffic as far as possible from the traveled part of the road;

- Wear clothing that reflects light so cars can see you walking after dark;
- Stop, look and LISTEN at all train tracks.

When teaching kids about pedestrian safety, it's a good idea to go out and walk both regular and new routes with them, pointing out hazard areas and offering suggestions on how to avoid dangerous situations. This will also provide parents and caregivers an opportunity to model safe behaviours to their children.

A checklist to help you decide if your neighbourhood is a friendly place to walk can be found at [www.nsc.org/walk/wkcheck.htm](http://www.nsc.org/walk/wkcheck.htm).

## WEBSITE SUPPORT

### Aggressive Driving

Drivers.com  
[http://www.drivers.com/Top\\_Behavior\\_Aggressive\\_Driving.html](http://www.drivers.com/Top_Behavior_Aggressive_Driving.html)

National Highway Traffic Safety Administration  
<http://www.nhtsa.dot.gov/people/injury/aggressive/>

### Road Safety

Traffic Injury Research Foundation  
<http://www.trafficinjuryresearch.com/index.cfm>

Canadian Automobile Association  
<http://www.caa.ca/e/news-issues/index.shtml>

Ontario Ministry of Transportation  
<http://www.mto.gov.on.ca>

### Child Safety

Transport Canada  
<http://www.tc.gc.ca/>

Canadian Automobile Association  
<http://www.caa.ca/e/news-issues/child-safety.shtml>

### Driver Fatigue

Canada Safety Council  
<http://www.safety-council.org/info/traffic/NOS-2002.html>

National Highway Traffic Safety Administration  
[http://www.nhtsa.dot.gov/people/injury/drowsy\\_driving1/index.html](http://www.nhtsa.dot.gov/people/injury/drowsy_driving1/index.html)

### Pedestrian Safety

National Safety Council - How walkable is your community?  
[www.nsc.org/walk/wkcheck.htm](http://www.nsc.org/walk/wkcheck.htm)

Pedestrian Safety  
[www.nhtsa.dot.gov/kids/biketour/pedsafety](http://www.nhtsa.dot.gov/kids/biketour/pedsafety)

### Cell Phone Legislation

Smart Risk  
<http://www.smartrisk.ca>

Advocates for Cell Phone Safety  
[www.drivenowchatlater.com](http://www.drivenowchatlater.com)



# PROFILE

**Electrician at Brampton Assembly Plant**

35 years old

2 Children

Born in Toronto, Ontario

Currently lives in Caledon East, Ontario

Title of first position at BAP: *Production Worker*

Favorite DaimlerChrysler Vehicle: *Dodge Ram Truck*

Languages spoken: *English and Portuguese*

Favourite food: *Fruit Salad*

Favourite food to prepare: *Salt-water fish; especially tuna steaks, codfish and red snapper*

Recreational Interests: *Mountain Biking, Snowboarding, Gardening and Aerobics*

## LIDIA POWER

Lidia, who has been employed at Brampton Assembly for almost 16 years, is one of the first two female skilled trade workers at the plant. Lidia takes pride in eating well and being active on a regular basis to maintain her health. Lidia and her husband Joe, who also works at the Brampton Assembly Plant, serve as role models for their children who are 5 and 7 years old. In addition to teaching her children about making healthy food choices, Lidia and her husband also set limits on the amount of video games and TV their children watch. Instead, her children are encouraged to be active, which she believes helps the family spend time together. Currently, she is encouraging her children to take up snowboarding, so that the family can take snowboarding trips. In terms of her own fitness, Lidia finds that going to aerobics classes on a regular basis keeps her in shape and is a great place to socialize. Although Lidia suffers from back pain, she believes that regular exercise is effective in decreasing her discomfort and need for medications.

When asked about the Working Toward Wellness at DCCI program, Lidia says she likes the information being given to employees and feels that it helps to raise awareness about relevant health issues at the plant. In the future, she would like to see more healthy food choices available in the cafeteria.

Do you have suggestions for future topics?

Please submit your ideas to David Reeder.

E-mail: [dreeder@wechealthunit.org](mailto:dreeder@wechealthunit.org)

Phone: 519-258-2146 x 3486 • Fax: 519-776-6102

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**DaimlerChrysler**  
**Canada**

**CAW**  **TCA**  
**CANADA**

**WINDSOR - ESSEX COUNTY**  
**HEALTH UNIT**  
Unité sanitaire  
de Windsor comté d'Essex