

8th ANNUAL
Health & Wellness Day for CAW
Retirees

2010 REPORT

*Prepared by the Windsor-Essex County
Health Unit for the Retirees' Day
Planning Committee*



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1.0 INTRODUCTION

The 8th Annual Health & Wellness Day for CAW Retirees, or Retirees' Day, was held on May 18th, 2010. Each year, this event offers interesting speakers, health information, and screening to local CAW retirees from Chrysler, Ford, and General Motors. This includes, but is not limited to Local 195, 444, 1498, 200, 240, and 1973.

A planning committee comprised of staff from the Windsor-Essex County Health Unit (WECHU) and representatives from Green Shield Canada, Chrysler Canada Incorporated, Ford of Canada, and General Motors, and the various locals organized this event.

Forty-one community agencies were represented, ranging from the Canadian Automobile Association (CAA), to the Red Cross, to Canadian Association of Retired Persons (CARP) (see Appendix A for a list of community agencies that participated in the event).

A number of groups made financial contributions to this event. Contributions were received from Local 200, Local 444, Green Shield, CAW National office, and the workplace wellness programs at Chrysler, Ford, and General Motors. The screening portion of the event was funded in large part by Buffett & Company Worksite Wellness Inc. and Shoppers Drug Mart. This level of funding ensures that innovative key note speakers and much needed health screening can occur at this event.

This event is evaluated to determine the activities, outcomes, and response to Retirees' Day and a formal report is provided to the Retirees' Day Planning Committee. This report is used to make improvements, reinforce strengths, and ensure that the 9th Annual Health & Wellness Day is just as successful as the first eight. In total, 60 evaluation forms were received and the results are reported here.

2.0 BACKGROUND

2.1 ADVERTISING

The 2010 advertising campaign was very comprehensive. Two health promotion specialists and a nursing student promoted the event at monthly retirees' meetings. Advertisements were placed in the union Shop Papers, retirees' mailouts, Windsor Star, and in community calendars of local TV stations, community papers (LaSalle Post) and websites. A mobile sign was also erected between April 18 and May 18 on the corner of Tecumseh and Turner Roads. New media for promoting the event were tested including an advertisement on the Facebook page for Local 444 Retirees.

2.2 AGENDA

The event was scheduled to offer a combination of coordinated events and free-time. Retirees could hear a variety of presentations, including general wellness, and see cooking and gardening demonstrations. Retirees could also visit a series of informational stations hosted by community agencies, be screened for a variety of health issues, or mingle with other retirees. These activities were housed in individual rooms to allow for noise control.

Four key note speakers presented information on:

- Nervous System and Gait Analysis, Dr. Todd Small
- Healthy Appetizers, Chef Don Kumarasinghe
- Container Gardening, Wayne Misener
- Sources of Retirement Income: Their Strengths and Weaknesses, Bob Baldwin

At 11:00 a.m. the main room (where retirees had been socializing) was called to order so that everyone – including community agencies – could hear a presentation on retirement finances. During this particular presentation, community agencies were asked to shut down their stations, however screening agencies continued screening so as to tend to the maximum possible number of people.

Prizes were drawn at the conclusion of the event. In total, almost 40 prizes were awarded and included items such as CAW jackets, gift cards, and scarves. Shoppers Drug Mart and Buffett & Company Worksite Wellness Inc. provided gift baskets, and CAA donated a luggage set. The CAW Group Insurance also donated four gas cards.

2.3 ATTENDANCE

Retirees were encouraged to pre-register for this event for catering purposes. Retirees who pre-registered by May 3 were entered into a draw to win a pre-registration prize. Retirees from Chrysler and Ford were able to register using pre-registration forms at their local union halls, online or by calling the WECHU. GM retirees were able to register using hard copies of the pre-registration forms at their local union halls or by calling WECHU.

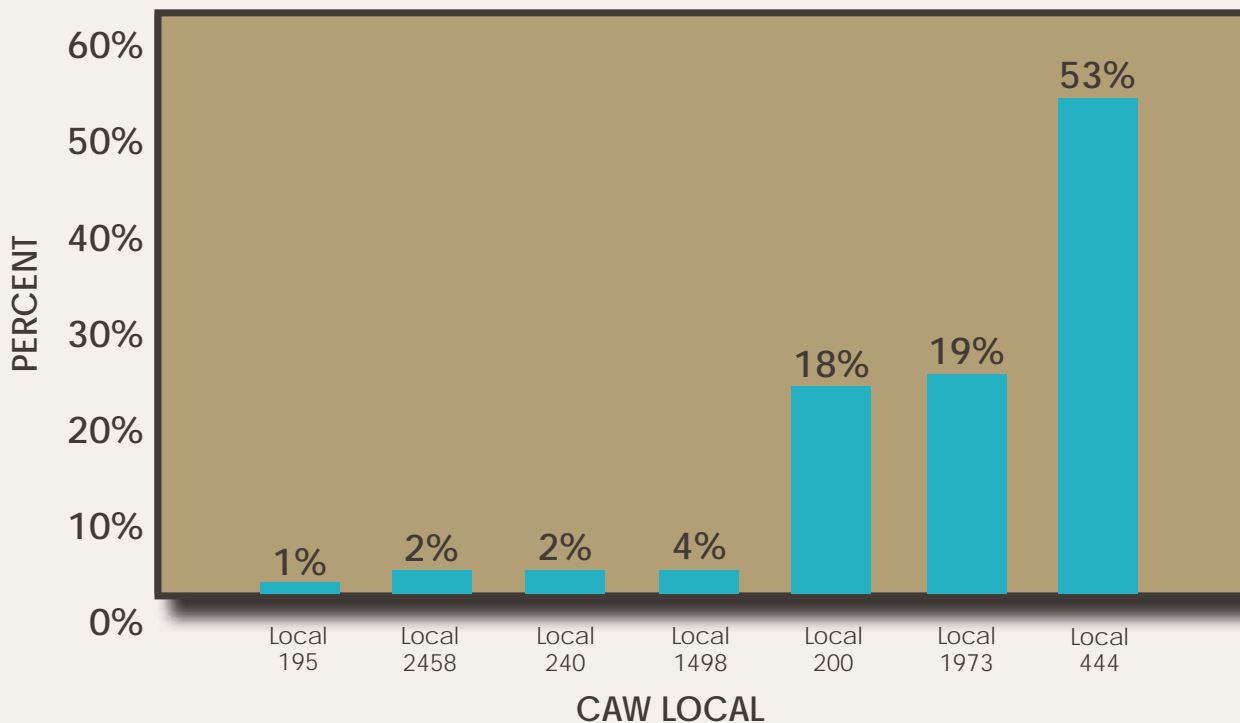
On the day of the event, retirees had to check in at one of four registration desks. Retirees were asked a series of basic questions to help determine the number of retirees in attendance, and to collect demographic information which would help in planning future retirees' events. Information collected included name, gender, age, local, and whether or not they had attended a retirees' day in the past. For example, having this information would tell the planning committee if they need to plan for a male or female dominated audience and of which age range.

A canvas bag was provided to each retiree. In this bag was an event program (see Appendix B), a prize ballot, and an evaluation form. One bag was given per couple; a retiree that attended by him or herself also received a canvas bag.

The 8th Annual Health & Wellness Day for CAW Retirees was the most attended Retirees Day to date. Approximately 448 retirees attended this event; however, this number could actually be higher, as some retirees didn't register when they came to the event. The vast majority of retirees were from Local 444 (53%). Eighty-six retirees from Local 1973 (19%) and 80 retirees from Local 200 (18%) also attended this event (see Figure 1). This surge in attendance could be attributed to the increase in community advertisement.

FIGURE 1:

Percent of Retirees who Registered at the Event by Local



3.0 SCREENING

The Health & Wellness Day for CAW Retirees provided a variety of screening programs for retirees. All screenings were held in a single room adjacent to the presentation room. Screening booths were set up and labeled according to their screening type. The following screenings were performed by the agencies noted:

1. Body Mass Index & waist circumference screening by Buffett & Company Worksite Wellness Inc.
2. Blood glucose, blood cholesterol, and blood pressure by Bayshore Nursing Services
3. A1C testing and diabetes education counselling by Windsor-Essex Community Centre Diabetes Programs
4. Advanced foot care assessment by Victorian Order of Nurses (VON), Windsor-Essex Branch
5. Gait analysis of feet and/or posture and nervous system scan by Fairfield Spine & Disc Center
6. Lung function screening by Windsor-Essex County Asthma Group
7. Medication review by a Shoppers Drug Mart Pharmacist
8. Stress check up by Canadian Mental Health Association
9. Vision screening by Low Vision Centre of Southwestern Ontario
10. Hearing screening by Listen UP! Canada

In order to minimize confusion and unnecessary complexity, screening was held on a “first come, first served” basis. Prior to completing the screening, retirees were required to complete a consent form. Volunteers went through the forms with a retiree, before the retiree entered the screening room. Once they completed a consent form, the retiree received a tracking card (see Appendix C) where his/her screening result would be recorded by the health care provider performing the screening. The retiree could later take this information to a health care provider for follow-up.

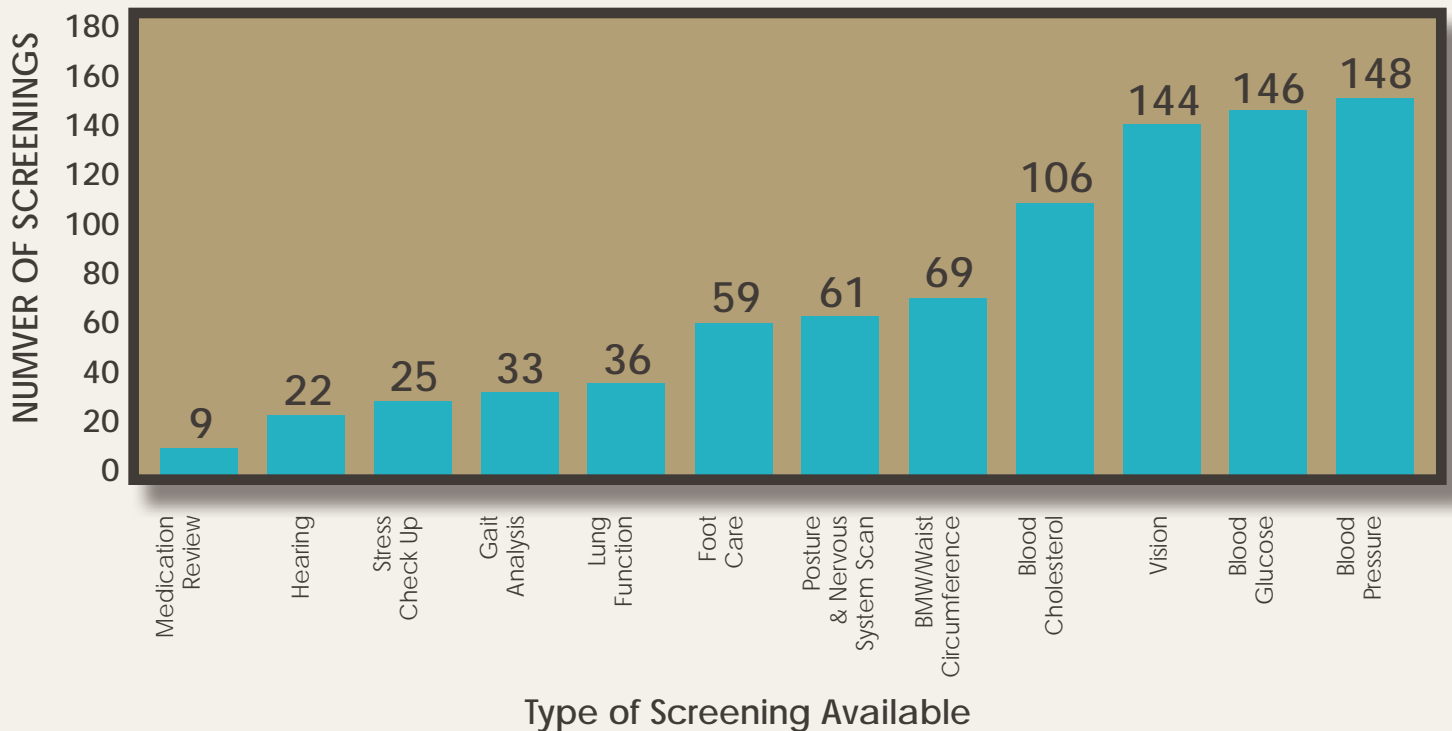
Once the paperwork was complete, the retiree would simply line up at the booth he/she was interested in being screened at, unlike last year when they were required to make appointments for short intervals of time. This allowed the lesser attended and faster screening booths to operate at maximum efficiency. There was a continuous and long line at the blood screening station, indicating its popularity.

Over 570 screenings took place this year, which is up from last year's event, where 412 screenings were done. The content, results, and lessons learned from each screening will be discussed below.

The health care providers that were providing the screening were asked to track the number of retirees participating in the particular screening, as well as key health indicators (for example, smoking status). Figure 2 shows the number of respondents that actually attended each screening type. Blood glucose, blood pressure and blood cholesterol were the most attended screening type amongst retirees.

FIGURE 2:

Participation in available screenings at Retirees' Health and Wellness Day



3.1 BODY MASS INDEX (BMI) AND WAIST CIRCUMFERENCE MEASUREMENTS

Body Mass Index or BMI and waist circumference screening was completed by staff from Buffett & Company Worksite Wellness Inc. Participants were asked to provide their height, weight, and gender.

A total of 61 individuals were screened for their body mass index and waist circumference levels. Approximately 45% (28) of those screened were male, compared with 55% (33) female. The average age of retirees who were screened at this booth was 66.9 years.

The lowest BMI was 18.9 and the highest BMI was 41.6; the average BMI was 27.4. Currently, there are no structured cut-offs for BMI recommendations in individuals over 65. In individuals under 65, it is recommended that BMI remain between 18.5 and 25.0; older individuals likely have a similar if slightly higher healthy range.

The average waist circumference was 38.3 inches. Not surprisingly, waist circumference was slightly larger in men (40.4 inches) than women (36.6 inches). Usually, it is recommended that waist circumference remain below 40 inches for men and below 35 inches for women. There are additional caveats for older individuals regarding individual health that affect these recommendations; barring these specific factors, we can say that approximately 52.4% of those screened were considered overweight by waist circumference alone.

3.2 BLOOD GLUCOSE, BLOOD CHOLESTEROL, & BLOOD PRESSURE SCREENING

A total of 154 retirees visited the Bayshore Nursing Services booth to be screened for blood glucose, blood cholesterol, and/or blood pressure. Prior to being screened at this booth, retirees were asked about their smoking status and whether or not they had diabetes. Any retiree who reported having diabetes or had questions about diabetes was referred for diabetes education counseling with an on-site Certified Diabetes Educator (CDE).

A slightly larger proportion of men were screened than women (54.9% versus 45.1%). Almost all individuals either never smoked (94.7%) or formerly smoked (2.6%). Only a small proportion of retirees currently smoke (2.6%) rendering further evaluation, based on smoking status, difficult in this subset of retirees.

While most individuals were not diabetic (74.5%), several were pre-diabetic (9.2%), or had type 1 (1.4%), or type 2 (14.9%) diabetes. This indicates that those who may be unaware of their blood glucose level were screened at high levels.

Approximately 148 retirees were screened for blood glucose levels. The average blood glucose concentration was 7.27 mmol/L with a minimum of 3.9 mmol/L and maximum of 18.0 mmol/L. Men had a slightly higher blood glucose level than women (7.8 mmol/L versus 6.7 mmol/L). Approximately 22.0% of retirees with diabetes were referred to a CDE. Recommended blood glucose levels depend on whether the measurement was taken after a meal versus fasting. Retirees were not asked about their food consumption prior to being screened; therefore, the percentage of retirees who exceeded recommended blood glucose levels cannot be reported.

A total of 144 retirees were screened for blood cholesterol. Blood cholesterol averaged 4.5 mmol/L. The lowest measure was "low" while the highest cholesterol measured was 7.32 mmol/L. (The cholesterol machines reported any cholesterol value less than 3.88 mmol/L as "low", and did not provide an actual numeric value.) The true average is not available because "low" artificially flattens the lower end of measurements. Once the "low" measurements were excluded from the analysis, 4.5 mmol/L represents the average blood cholesterol value, which may be artificially high. Most individuals (84.0%) had a blood cholesterol level below the recommended cut-off of 5.2 mmol/L, while 16.0% exceeded the recommended levels.

The majority of retirees who attended blood screening (146 of the 154), got their blood pressure tested. The average blood pressure reading was 133.5/78.1 mmHg. Approximately 22.9% or 34 people screened positive for high blood pressure (systolic pressure greater than 140 or diastolic blood pressure greater than 90).

Almost all educational materials and counseling revolved around proper physical activity levels, medication usage, or physician follow-up. Slightly less than half (46.0%) of the retirees were referred to a health care provider.

3.3 A1C TESTING AND DIABETES EDUCATION COUNSELLING

Any retiree who reported having diabetes or had questions about diabetes was able to receive on-site diabetes education counseling with a CDE. The CDE recorded the retiree's blood screening results (which were found on the retiree's tracking card) and then proceeded to counsel him or her based on these values and answered any questions. Some retirees were provided with a copy of the book "Diabetes for Canadians for Dummies" to help them with their diabetes.

About 46 retirees were counseled on diabetes by one of three Certified Diabetes Educators from the Windsor-Essex Community Centre Diabetes Programs. Most retirees who received counselling were male (63.0%) compared to female (37.0%). The average age of retirees receiving diabetes counselling was 70.3 years. All individuals whose smoking status was recorded were nonsmokers.

Nineteen retirees who received diabetes education counselling (43.2%) had type 2 diabetes. The remainder of retirees who received this counselling were pre-diabetic (22.7%) or had no history of diabetes (34.1%). It appears that retirees with type 1 diabetes did not seek diabetes counselling.

An analysis was completed on the blood values of retirees who received diabetes education counselling. The results are summarized below.

The average blood glucose reading was 9.02 mmol/L. However, retirees with type 2 diabetes had an average blood glucose reading of 10.2 mmol/L compared to retirees with pre-diabetes who had an average blood glucose reading of 7.5 mmol/L. Retirees who did not have diabetes had an average blood glucose reading of 8.6 mmol/L.

Similarly, blood cholesterol was higher in retirees with diabetes. The overall average for blood cholesterol was 4.6 mmol/L, but 4.8 mmol/L in retirees with diabetes, 4.6 mmol/L in retirees with pre-diabetes, and 4.4 mmol/L in retirees who did not have diabetes. In all, only four participants had a blood cholesterol level greater than 5.2 mmol/L. Of these retirees, two had type 2 diabetes, one had pre-diabetes, and one did not have diabetes.

The average blood pressure of retirees who received diabetes education counselling was 125.6/78.4 mmHg. About 22.2% or six people had hypertension (systolic blood pressure greater than 140 or diastolic blood pressure greater than 90).

Retirees who visited the diabetes education counselling booth were able to get their A1C values tested. The average A1C level was 6.4 and varies based on a number of factors. CDEs were able to counsel retirees who had their A1C levels tested.

Follow-up and counseling discussions typically revolved around discussion of risk factors such as nutrition, alcohol, and weight. Of those who had a recorded follow-up status, 63.6% (14 out of 22) were recommended to follow-up with a health care provider.

3.4 ADVANCED FOOT CARE ASSESSMENT

Foot care assessments were performed on 36 individuals by nurses from the Victorian Order of Nurses (VON), Windsor-Essex Branch. These individuals were 52.8% male and 47.2% female. The average age was 65 years.

Common findings included fungal infections, bunions, and maintenance issues. Retirees were counseled on-site regarding these issues. Most individuals (88.9%) received referral to a health care provider.

3.5 GAIT ANALYSIS OF FEET AND/OR POSTURE AND NERVOUS SYSTEM SCAN

A total of 106 retirees received gait analysis and/or posture and nervous system screening by a Chiropractor and staff from the Fairfield Spine & Disc Center. Retirees who were screened at this booth were roughly equally male (53.8%) and female (46.2%).

Gait analysis of feet was completed on 23.5% of retirees who visited this booth. This analysis uncovered feet problems such as high arch and flat feet. Posture and nervous system scans were completed on 90.5% of retirees who visited this booth. The most common problems identified were in the neck.

General education and counseling were provided on the specific problems uncovered. Orthotics were recommended for roughly one-fifth of all those screened (19.4%). Some sort of additional follow-up with a health care provider was recommended to 68.6% of those screened.

3.6 LUNG FUNCTION SCREENING

Lung function screening was performed on 59 retirees by Respiratory Therapists from the Windsor-Essex County Asthma Group. About 52.5% were male while 47.5% were female. The average age was 64 years. Compared to other screenings, a large percentage of those screened were former (32.7%) or current (1.7%) smokers.

Fourteen (24.6%) retirees screened for lung function were referred to a health care provider.

3.7 MEDICATION REVIEW

A Shoppers Drug Mart Pharmacist provided medication reviews for interested retirees. Approximately 20 retirees attended the medication review; however, the pharmacist was only able to track the data for 9 retirees. The Meds Check screening was one of the lesser attended screening programs. The low number of retirees screened may be because the pharmacist providing the screening arrived late due to a last minute scheduling conflict. In some cases, medication reviews may take longer to complete, which may account for the lower participation of this station. A medication review may have appealed largely to women given that 7 (77.8%) of those screened were female, as well as older retirees (average age was 76 years). All those screened were non-smokers.

Two of those retirees screened were recommended to follow-up with a health care provider. Interestingly, these two retirees spanned the entire range of age (one was 61 and the other 87) as well as both genders. They were referred for diabetes or Parkinson's-related issues.

3.8 STRESS CHECK UP

A staff person from the Canadian Mental Health Association provided a "stress card test" to interested retirees. The stress screening was rather popular with 33 retirees in attendance. They were roughly equally male (51.5%) and female (48.5%). The average age of those screened was 69.

Retirees were screened with a stress card that indicates levels of stress. The average score was 85.0. All were given a stress package. Unfortunately, it is not possible to determine if any follow-up is needed with this "stress card" tool.

3.9 VISION SCREENING

A total of 69 retirees participated in the vision screening provided by the Low Vision Centre of Southwestern Ontario. Most of those screened were not diabetic (71.9%) or pre-diabetic (6.3%). The remaining had either type 1 (6.3%) or type 2 (15.6%) diabetes. While the date of participant's last eye exam varied significantly from 2 weeks ago to 5 years ago, on average participants were overdue for their annual eye screening. The average time since last eye exam was 1 year and 3 months.

Vision ranged from deciphering the equivalent of 20 feet at 10 feet to 50 feet, however the average vision score was seeing the equivalent of 20 feet at 28.5 feet.

3.10 HEARING SCREENING

Hearing screening was provided by Listen UP! Canada. Hearing screening was provided in a secluded room to minimize surrounding noise levels. A total of 22 retirees were screened for hearing loss. Exactly half were male and half were female. The average age was 66.7 years, but ranged from 51 to 75. None of the participants currently wear a hearing aid.

Fewer than half (41%) of retirees who had hearing tests failed the hearing test. On average, retirees who passed the hearing test were 5 years younger than the retirees that did not pass the hearing test (62.8 years versus 67.8 years). This likely reflects the natural loss of hearing that accompanies aging.

Anyone who did not pass, plus some additional participants were referred to a health care provider for follow-up. In all, 14 of these retirees (64% of those screened) were referred for follow-up.

3.11 DISCUSSION

Screening is beneficial to retirees and provides them with additional information to follow-up with a health care provider, as well as acts as a reminder of the benefits of being screened.

As noted previously, there is an increase in the number of screenings that were completed at this year's Retirees' Day. Gait analysis and posture and nervous system scans were not provided last year, and make up a large portion of the screening provided. This suggests that retirees are looking for alternate forms of screening and are interested in keeping healthy.

The screening process was streamlined this year, and it appears to have been more efficient. However, there were a number of retirees who were unable to be screened due to line-ups at various screening booths. This suggests that the screening process and/or types of screening need to be reviewed continually to ensure that more retirees are able to be screened.

4.0 FEEDBACK

The retirees, community agencies and screening agencies were all provided with evaluation forms to rate various aspects of the Retirees' Day. This feedback will be used to plan future Retirees' Days. Evaluation forms are found in Appendix D and additional comments from each group can be found in Appendix E.

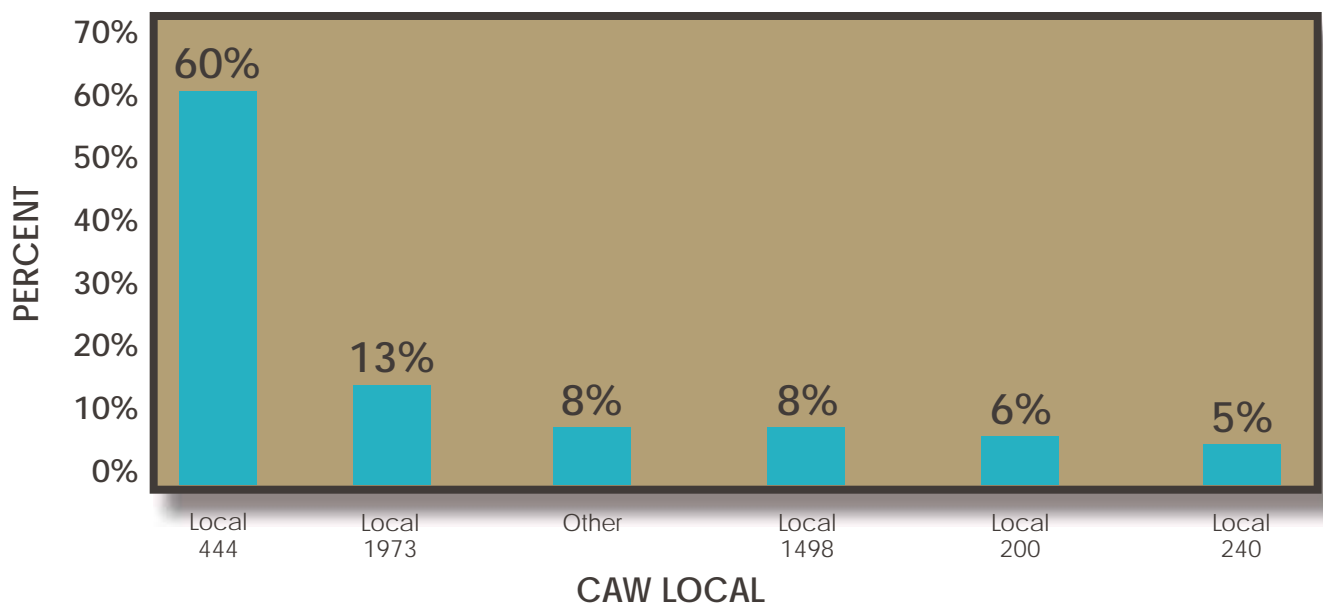
4.1 PARTICIPANT FEEDBACK

Participant feedback is of utmost importance because it drives the success of CAW Retirees' Day. It is important to make sure that retirees are satisfied with the services offered and that current and future health and wellness needs are considered and addressed. A total of 61 retirees completed feedback surveys, allowing us to ascertain a strong idea of who attended and their level of satisfaction.

Of those retirees who completed a feedback survey, 55% were male and 45% were female. The average age was 67.4 years and ranged from 51 to 85 years. The majority of retirees who responded (60%) were from Local 444 (see Figure 3). The next most prevalent group was Local 1973, comprising 13% of those who responded. The remaining respondents were roughly evenly distributed between Local 1498 (8%), Local 200 (6%), Local 240 (5%), and "Other" (8%).

FIGURE 3:

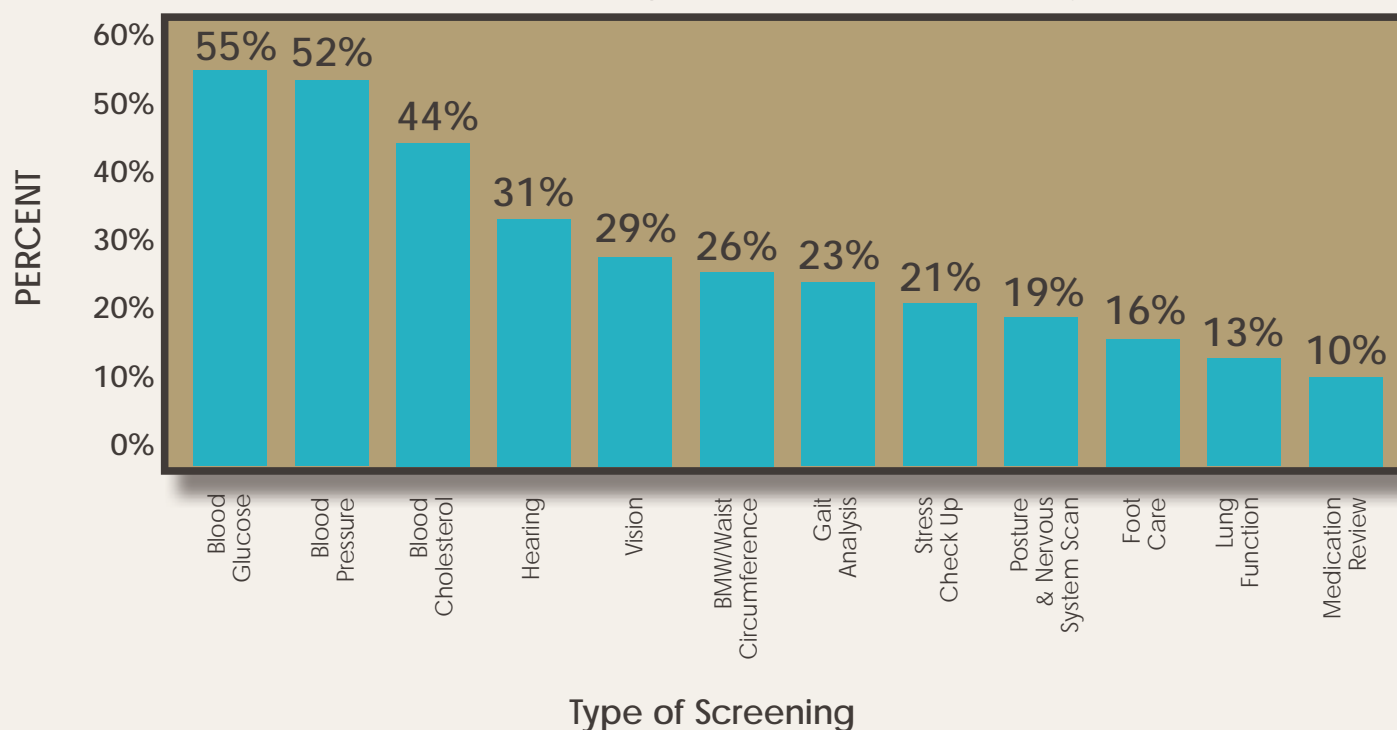
Union Affiliation of Participants Completing Feedback Forms



Respondents also attended a wide variety of the available screenings (see Figure 4). The most popular was blood glucose (55%), blood pressure (52%), and blood cholesterol (44%). The least commonly attended screenings were foot care (16%), lung function (13%), and medication review (10%).

FIGURE 4:

Participation in available screenings at Health & Wellness Day for CAW Retirees



Participants were asked to specify from a list of options, which action(s) that they were going to take as a result of participating in the screenings. The following is the list of possible responses; multiple responses were encouraged.

- Talk to a health care provider (e.g., doctor, optometrist, chiropractor) about certain risk factors and diseases.
- Speak to a pharmacist about my current medication or medication that may help me.
- Talk to a health care provider about my screening results.
- Get screened for other health conditions.
- Tell others about the benefits of screening.
- Schedule regular appointments with my health care provider.
- Lose weight.
- Increase my daily physical activity.
- Eat a healthier diet.
- Quit smoking.
- Cut down on my alcohol use.
- Cut down on smoking.
- Reduce my stress.

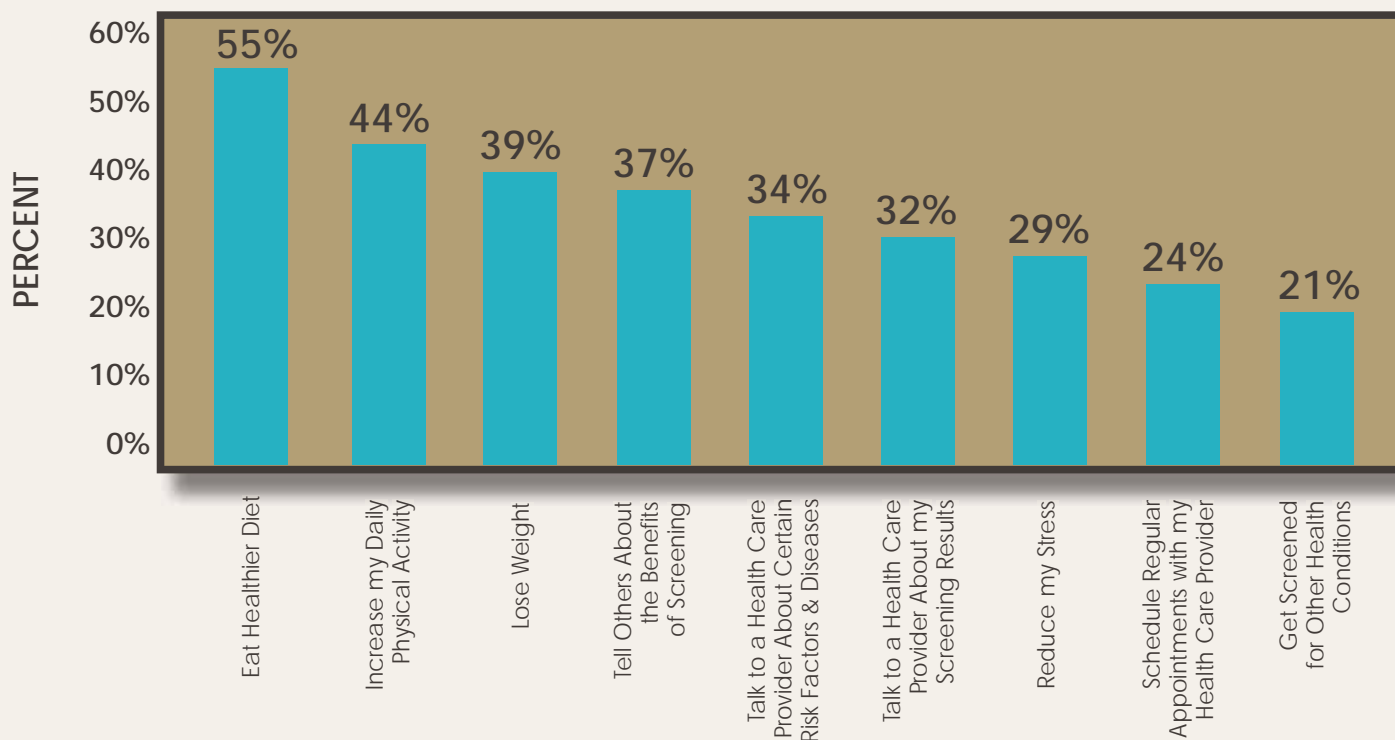
Respondents were able to note additional behaviours that they planned to take as a result of the screening. An option of "I do not plan to make any changes to my lifestyle or health habits after participating in today's event." was also provided to respondents.

The response to these screenings varied significantly. The most commonly stated intended change in behaviours were to eat a healthier diet (55%), increase daily physical activity (44%), and lose weight (39%) (see Figure 5). These actions would have the largest health impact. The least common stated intended change in behaviour was to speak to a pharmacist (6%), cut down (2%) or quit smoking (3%), and/or cut down on alcohol use

(2%) (the least common responses noted above were removed from the figure because of the low response rate of these items). This likely indicates that these are issues which may affect a smaller number of retirees.

FIGURE 5:

Participants' Self-reported Follow-up Actions as a Result of Screening Participation



Possible Follow-up Actions

The average quality ranking of various aspects of the event was between good and very good. The overall organization of the event and variety of community agencies present received the highest rating, very good. Individual presentations by Dr. Small, Chef Don, Wayne Misener, and Bob Baldwin were rated between good and very good.

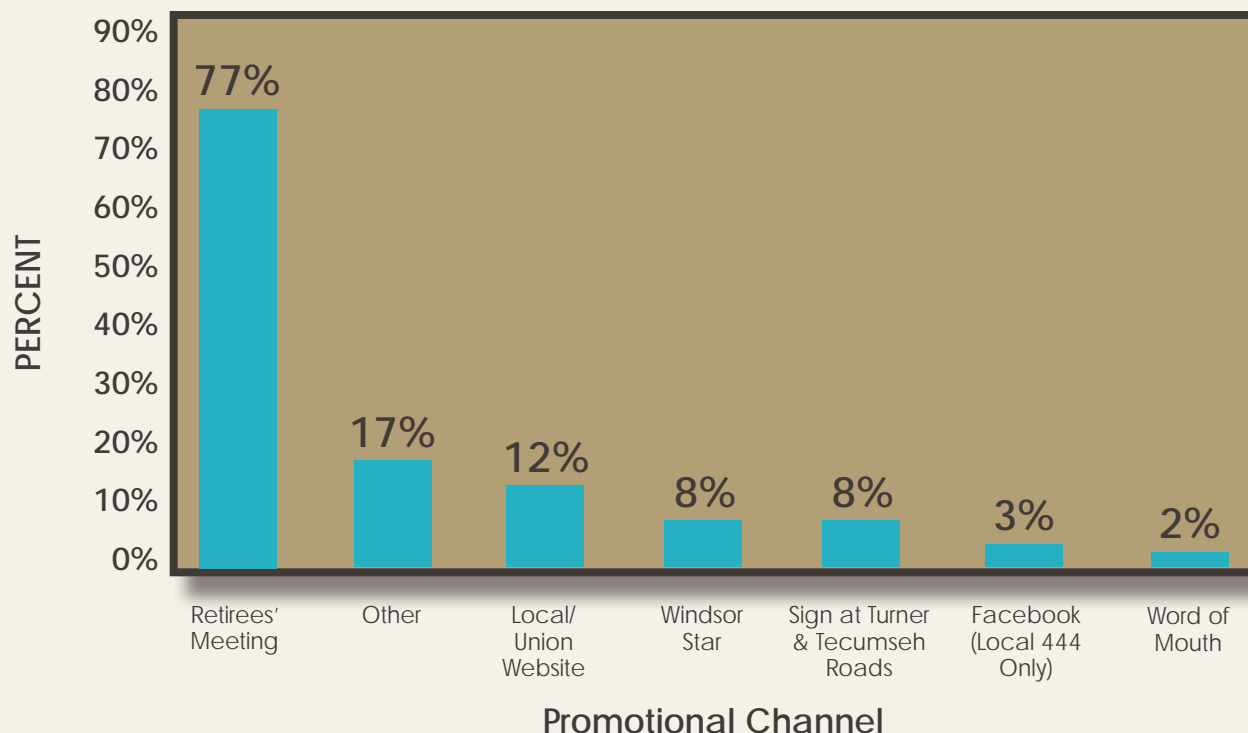
Advertising strategies ranged from newspaper, to Facebook, to word of mouth and with varying success. Most retirees heard about the event through their retirees' meeting (77%) or local/union website (12%) (see Figure 6). Seventeen percent of retirees reported hearing about Retirees' Day via other channels; when the evaluation forms were reviewed, it became evident that "other" was most often "retirees' meeting." No one reported learning of the event through the wellness website or shop paper.

Participants were asked to specify from a list of options, where they had heard about Retirees' Day. The following is the list of possible responses; multiple responses were encouraged.

- Retirees' meeting
- Windsor Star
- Sign at Turner and Tecumseh Roads
- Local / union website
- Word of mouth
- Facebook (Local 444 only)
- Wellness website
- Shop paper

FIGURE 6:

Participants' Responses to "How did you find out about this event?"



Interestingly, only 55% of the retirees that participated in this year's event reported attending last year's Retirees' Day. Of those who did, most (73%) made health improvements as a result of attending last year's Retirees' Day. This indicates that a new audience was reached in this especially highly attended year and that we can expect them to take actions to improve their health.

Space was also provided for retirees to add comments to assist in planning future events for retirees. While logistical issues were noted (e.g., volume/noise level), the majority of comments were overwhelmingly positive: "Well arranged. Loved the message. We plan to attend next year. Good lunch. Thank you!"

4.2 COMMUNITY AGENCY FEEDBACK

Forty agencies were present at the event. A total of 25 agencies completed feedback forms. Their responses indicate that they were quite pleased with the event. Overall organization of the event and retiree participation scored between very good and excellent. The length of the event scored a solid very good. Pre-event communication and event layout also received positive scores ranging between good and very good.

These agencies were asked to gauge how many attended their display. Answers ranged significantly, but on average these agencies estimated that about 100 retirees visited their site. Because retiree participation scored so strongly (very good/excellent) we assume that this was a good number without overwhelming the agencies involved.

Perhaps the strongest endorsement of Retirees' Day is that every single agency noted that it was a worthwhile event for their organization and that they would like to participate next year. In the words of one agency representative, this was a "Well organized event - one of the best I have attended!"

4.3 SCREENING AGENCY FEEDBACK

A total of ten screening agencies completed a feedback form. This represents each screening station.

Screening agencies were thoroughly impressed with retiree participation and the length of the event, giving these aspects the highest quality scores of the entire event between very good and excellent. They were also pleased with the overall organization of the event, scoring below very good. Pre-event communication and event layout were ranked as good.

All agencies indicated that they felt the event was worthwhile for their organization, and all but one who answered said they were interested in participating in next year's Retirees' Day. The reason that the one group gave for not wanting to perform screening next year is that they felt their booth was not visible enough to get a large number; alternatively, they would be interested in providing education.

5.0 CONCLUSION

Retirees' Day consisted of a wide variety of educational and screening events. Retirees received a wide range of services and many directly benefited from screening, information, or motivation to improve health behaviours. The overall satisfaction of the event was good or very good from participants, community agencies, and screening agencies. Improvements revolve around rearranging the number and type of resources to better fit the demand of retirees. This would minimize waiting times and increase the resource efficiency. The event itself was a success from all views and bodes well for the 9th Annual Health & Wellness Day for CAW Retirees.

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APPENDIX A

List of Community Agencies Participating in the 8th Annual Health and Wellness Day for CAW Retirees ~ 2010

United Way – Centraide Windsor-Essex
Unemployed Help Centre
Erie-St.Clair Regional Cancer Program
Canadian Cancer Society
The Kidney Foundation of Canada, Windsor and District Chapter
Shoppers Home Health Care
Windsor Regional Problem Gambling Services
Canadian College of Health Science & Technology
Windsor/Essex County Humane Society
Windsor Fire & Rescue Services
Windsor Police Services – Financial Crimes Unit
Fed Up! Urban Gardening
Essex/Windsor Master Gardeners
Windsor Public Library
Local 444 Retirees Recreation Committee
Working Toward Wellness at Chrysler Canada Inc.
CAA Travel
Windsor-Essex County Health Unit – travel immunization clinic
Canadian Association of Retired Persons (CARP)
Windsor Seniors Advisory Committee
Windsor-Essex County Senior Games
Centres for Seniors Windsor
Erie-St. Clair Community Care Access Centre
The Hospice of Windsor and Essex County Inc.
Family Service Windsor-Essex County
Sandwich Community Health Centre
CAW Group Insurance Program
The Lung Association
The Canadian Hearing Society
Windsor Essex Cardiac Rehabilitation Program
District Stroke Centre, Windsor-Essex
Canadian National Institute for the Blind
Osteoporosis Canada
The Arthritis Society
Alzheimer Society of Windsor-Essex
Alive! Canada/Community Crisis Centre
Distress Centre of Windsor-Essex County
Windsor-Essex County Prostate Cancer Support Group
Canadian Diabetes Association
Health Care Connect
Canadian Red Cross-Windsor/Essex Branch

8th ANNUAL Health & Wellness Day for CAW *Retirees* EVENT PROGRAM



SCHEDULE OF ACTIVITIES

- 8:00 a.m.
*Health Screening begins
- 9:00 a.m. – 9:30 a.m.
Welcome and opening remarks
- 9:30 a.m. – 10:00 a.m.
Dr. Todd Small, Nervous System and Gait Analysis
- 10:00 a.m. – 10:30 a.m.
Chef Don Kumarasinghe, Healthy Appetizers
- 10:30 a.m. – 11:00 a.m.
Wayne Misener, Container Gardening
- 11:00 a.m. – 11:30 a.m.
Bob Baldwin, Sources of Retirement Income: Their Strengths and Weaknesses
- 11:30 a.m. – 12:00 p.m.
Door prizes and closing remarks
- 12:00 p.m. – 1 p.m.
Hot lunch to be served
- 12:30 p.m.
Screenings end
- *Health screening is open from 8 a.m. to 12:30 p.m.
Health and wellness fair displays are open from 8 a.m. to 1:00 p.m.

Sponsored by:



Description of Workshops

9:30 a.m. – 10:00 a.m. Nervous System & Gait Analysis

Seminar presented by Dr. Todd Small.

Dr. Todd Small is a Chiropractor that has been practicing for 10 years in Tecumseh, Ontario along with his wife Dr. Sarah Dale. His practice is just not limited to Chiropractic. Dr. Small is an avid runner and is the founder of Running Miles that is a walk/run clinic run out of his office. He is also a Health and Wellness speaker throughout the community.

10:00 a.m. – 10:30 a.m. Healthy Appetizers Demonstration

Demonstration presented by Chef Don Kumarasinghe

Chef Don Kumarasinghe is an Olympic Gold Medalist Specialized Fine Dining Chef and Food Artist. Chef Don has been the owner and chef for 3D Buffet Showpieces for over 12 years and has represented Ontario for the Red Seal Interprovincial Organization.

Currently, Chef Don is a Chef de Partie at Nero's at Casino Windsor. Chef Don will be demonstrating his amazing skills with food by creating the recipes and preparing three healthy appetizers. Everyone will have an opportunity to taste his masterpieces and take the recipes home.

10:30 a.m. – 11:00 a.m. Container Gardening Tips

Seminar presented by Wayne Misener

Wayne is a retired school teacher/school administrator. He was raised on a vegetable farm in the Niagara region and has had a life-long passion for gardening and especially for container gardening. His passion for flowers and decorative plants was fueled at a young age by his grandfather's experiments with exotic plants and his tempting to push climate zone limitations.

After Wayne retired at the age of 53, he realized that he needed to pursue his interests in gardening. He took a floral design course in Toronto as an extension of his interests. Wayne has been working for Martha's Greenhouse for the past three seasons as well as at a flower shop several days a week. Wayne's apartment balcony containers change throughout the seasons as he experiments with new plant choices.

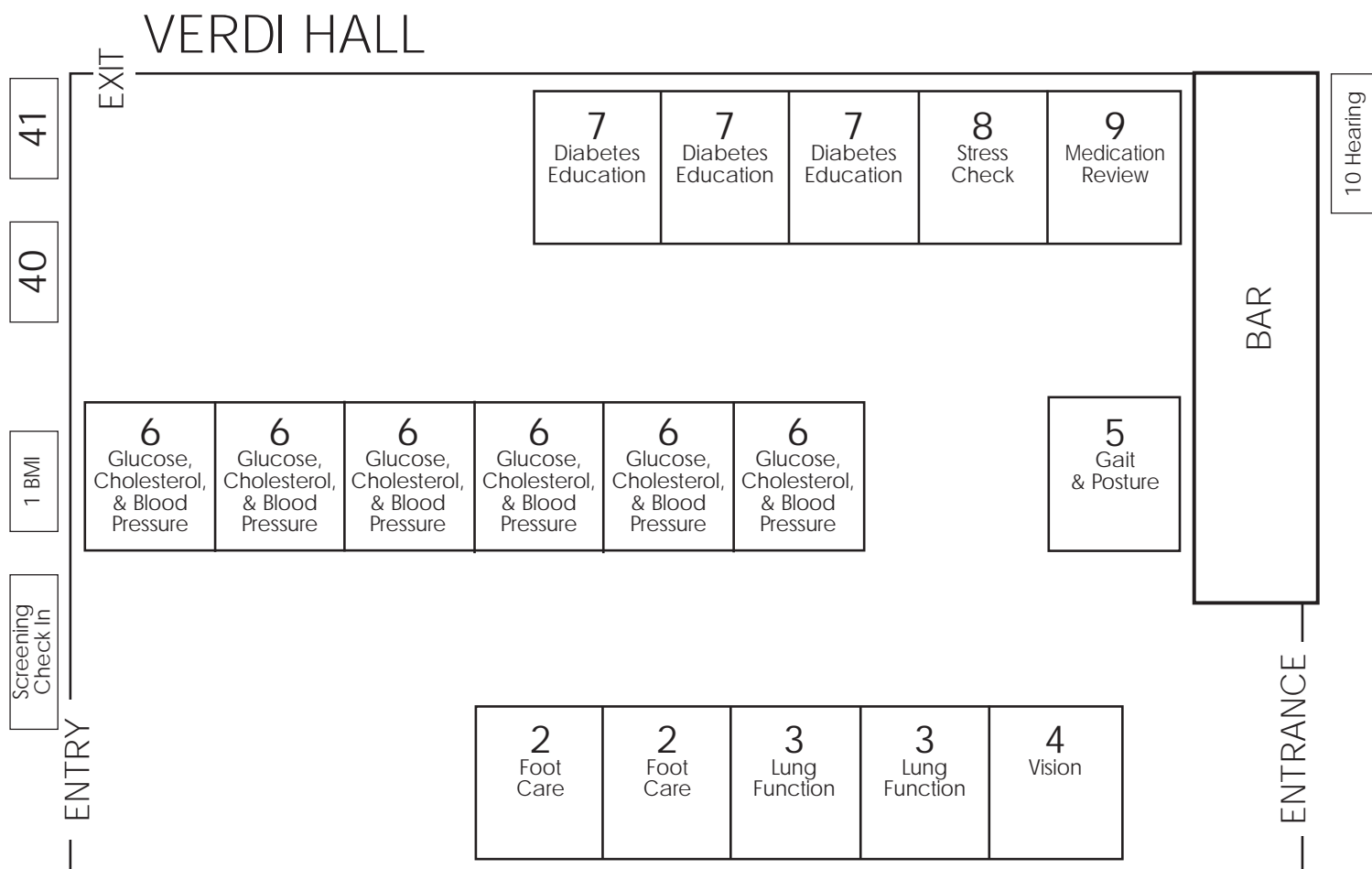
11:00 a.m. – 11:30 a.m. Sources of Retirement Income: Their Strengths and Weaknesses

Seminar presented by Bob Baldwin

In 2005, Bob Baldwin retired after nearly thirty years of service as a researcher with the Canadian Labour Congress (CLC). He was the CLC's pension specialist over almost all of that period from 1977 to 2005 and, in addition, worked on a wide range of economic, social and labour market issues. He was the Director of Social and Economic Policy from 1995 to 2005. Since his retirement from the CLC, he has been a pension consultant. He also serves as a director of a pension investment company and is the chair of the Board of Trustees of a pension plan.

SCREENING

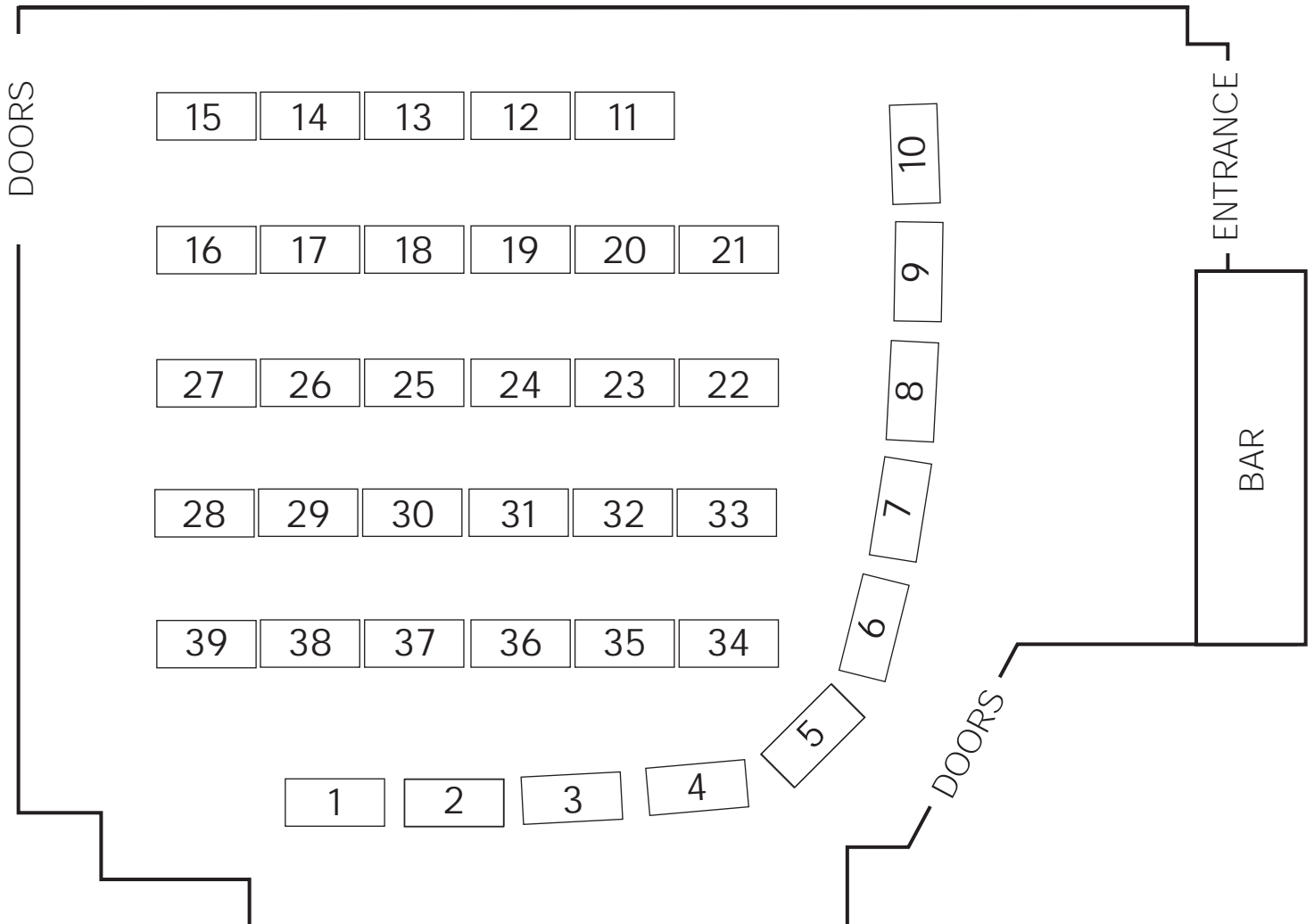
- ① Body Mass Index & Waist Circumference Screening by Buffett & Company Worksite Wellness Inc.
- ② Advanced Foot Care Assessment by Victorian Order of Nurses (VON), Windsor-Essex Branch
- ③ Lung Function Screening by Windsor-Essex County Asthma Group
- ④ Vision Screening by Low Vision Centre of Southwestern Ontario
- ⑤ Gait Analysis of Feet and/or Posture and Nervous System Scan by Fairfield Spine and Disc Center
- ⑥ Blood Glucose, Blood Cholesterol, and Blood Pressure by Bayshore Nursing Services
- ⑦ A1C testing and Diabetes Education Counselling by Windsor Essex Community Centre Diabetes Programs
- ⑧ Stress Check Up by Canadian Mental Health Association
- ⑨ Medication Review by Shoppers Drug Mart Pharmacist
- ⑩ Hearing Screening by Listen UP! Canada (outside the hall)



Health and Wellness Display Booths

- | | |
|---|--|
| 1. United Way – Centraide Windsor-Essex | 22. Centres for Seniors Windsor |
| 2. Unemployed Help Centre | 23. Erie-St. Clair Community Care Access Centre |
| 3. Erie-St.Clair Regional Cancer Program | 24. The Hospice of Windsor and Essex County Inc. |
| 4. Canadian Cancer Society | 25. Family Service Windsor-Essex County |
| 5. The Kidney Foundation of Canada, Windsor and District Chapter | 26. Sandwich Community Health Centre |
| 6. Shoppers Home Health Care | 27. CAW Group Insurance Program |
| 7. Windsor Regional Problem Gambling Services | 28. The Lung Association |
| 8. Canadian College of Health Science & Technology | 29. The Canadian Hearing Society |
| 9. Windsor/Essex County Humane Society | 30. Windsor Essex Cardiac Rehabilitation Program |
| 10. Windsor Fire & Rescue Services | 31. District Stroke Centre, Windsor-Essex |
| 11. Windsor Police Services – Financial Crimes Unit | 32. Canadian National Institute for the Blind |
| 12. Fed Up! Urban Gardening | 33. Osteoporosis Canada |
| 13. Essex/Windsor Master Gardeners | 34. The Arthritis Society |
| 14. Windsor Public Library | 35. Alzheimer Society of Windsor-Essex |
| 15. Local 444 Retirees Recreation Committee | 36. Alive! Canada/Community Crisis Centre |
| 16. Working Toward Wellness at Chrysler Canada Inc. | 37. Distress Centre of Windsor-Essex County |
| 17. CAA Travel | 38. Windsor-Essex County Prostate Cancer Support Group |
| 18. Windsor-Essex County Health Unit – travel immunization clinic | 39. Canadian Diabetes Association |
| 19. Canadian Association of Retired Persons (CARP) | 40. Health Care Connect |
| 20. Windsor Seniors Advisory Committee | 41. Canadian Red Cross-Windsor/Essex Branch |
| 21. Windsor-Essex County Senior Games | |

GALILEO HALL



Name: _____

Consent form completed _____ Initials and date: _____

8th ANNUAL
Health & Wellness Day for CAW
Retirees
Tuesday, May 18, 2010

HOW TO USE THIS TRACKING CARD

- ✔ Use this card to plan and record today's screening results.
- ✔ A general consent form must be completed before participating in any of today's screenings.
- ✔ Each screening may have particular risks, so please speak with the screening agency.
- ✔ This is simply a screening. A full health check-up by a Health Care Provider is recommended before making any decisions or changes to your personal health.

SEE HOW YOU COMPARE TO HEALTHY STANDARDS*

Type of Screening	Person with Diabetes	Person without Diabetes
Blood Glucose, fasting	4 to 7 mmol/L	4 to 6 mmol/L
Blood Glucose, 2 hours after eating, non-fasting	5 to 10 mmol/L	5 to 8 mmol/L
Blood Pressure (normal 120/80 mmHg)	Less than 130/80mmHg	Less than 135/85 mmHg at home Less than 140/90 mmHg at office
A1C	7% or less	4 to 6%
Total Cholesterol	Less than 5.18 mmol/L Between 5.18 and 6.19 mmol/L Greater than 6.22 mmol/L	Less than 5.18 mmol/L Between 5.18 and 6.19 mmol/L Greater than 6.22 mmol/L

* THESE VALUES VARY, BASED ON YOUR PERSONAL RISK FACTORS.

YOUR SCREENING RESULTS

Blood Glucose, Blood Cholesterol, and Blood Pressure Screening by Bayshore Nursing Services

Blood Glucose _____ mmol/L Total Cholesterol _____ mmol/L

Blood Pressure (systolic/diastolic) _____ mmHg

Follow-up needed by a Health Care Provider: Yes No

Comments:

A1C testing and diabetes education counselling by the Windsor-Essex Community Centre Diabetes Programme

A1C result: _____ %

Follow-up needed by a Health Care Provider: Yes No

Comments:

Medication Review by a Shoppers Drug Mart Pharmacist

Follow-up needed by a Health Care Provider: Yes No

Comments:

Stress Check Up by the Canadian Mental Health Association

Stress card result: _____

Follow-up needed by a Health Care Provider: Yes No

Comments:

Vision Screening by Low Vision Centre of Southwestern Ontario

Your vision today: 20/_____

Follow-up needed by a Health Care Provider: Yes No

Comments:

Hearing Screening by Listen UP! Canada

Pass: _____

Follow-up needed by an Audiologist: Yes No

Comments:

Advanced Foot Care Assessment by VON, Windsor-Essex Branch

Follow-up needed by a Health Care Provider: Yes No

Comments:

Lung Function Screening by Windsor-Essex County Asthma Group

FVC (L): _____ % of normal: _____

FEV1 (L/sec): _____ % of normal: _____

FEV1/FVC Ratio: _____ (optimal range is greater than 70%)

Follow-up needed by a Health Care Provider: Yes No

Comments:

Body Mass Index (BMI) and Waist Circumference Screening by Buffett & Company Worksite Wellness Inc.

Your BMI: _____ kg/m²

If your BMI is under 18.5 or over 24.9, you may be at increased risk for developing health problems. Please speak with your Health Care Provider.

Waist Circumference*: _____ cm or _____ inches

*Waist circumference doesn't apply to people over the age of 65.

If you're close to or above the following cut-offs, you're at increased risk for developing health problems. Please speak with your Health Care Provider.

Men	Women
102 cm or 40 inches	88 cm or 35 inches

Gait Analysis of Feet and/or Posture and Nervous System Scan by Fairfield Spine & Disc Center

Orthotics recommended: Yes No

Follow-up needed by a Health Care Provider: Yes No

Comments:

Sponsored by:



Thank you for participating in all of today's events.

Retirees

PARTICIPANT FEEDBACK FORM

Please answer the following questions to help in planning future Health & Wellness Days for CAW Retirees. All information will be kept confidential. Return your completed survey to the registration desk for a chance to win a prize!

1. I am (circle one): male female

2. I am _____ years of age.

3. I am from (circle one): Local 200 Local 240 Local 444 Local 1498
 Local 1973 Other (please specify): _____

4. I participated in the following screening (please check all that apply)
[If you didn't participate in any of the screenings, please skip to question # 6]:

- | | | |
|--|--|--|
| <input type="checkbox"/> cholesterol | <input type="checkbox"/> blood glucose (sugar) | <input type="checkbox"/> blood pressure |
| <input type="checkbox"/> lung function | <input type="checkbox"/> stress check up | <input type="checkbox"/> foot care |
| <input type="checkbox"/> BMI / waist circumference | <input type="checkbox"/> hearing | <input type="checkbox"/> vision |
| <input type="checkbox"/> posture & nervous system | <input type="checkbox"/> gait analysis (feet) | <input type="checkbox"/> medication review |

5. As a result of today's event, I am likely to (please check all that apply):

<input type="checkbox"/> Talk to a health care provider (e.g., doctor, optometrist, chiropractor) about certain risk factors and diseases.	<input type="checkbox"/> Speak to a pharmacist about my current medication or medication that may help me.
<input type="checkbox"/> Talk to a health care provider about my screening results.	<input type="checkbox"/> Get screened for other health conditions.
<input type="checkbox"/> Schedule regular appointments with my health care provider.	<input type="checkbox"/> Tell others about the benefits of screening.
<input type="checkbox"/> Lose weight.	<input type="checkbox"/> Increase my daily physical activity.
<input type="checkbox"/> Eat a healthier diet.	<input type="checkbox"/> Quit smoking.
<input type="checkbox"/> Cut down on my alcohol use.	<input type="checkbox"/> Cut down on smoking.
<input type="checkbox"/> Reduce my stress.	<input type="checkbox"/> Other (please describe): _____
<input type="checkbox"/> I do not plan to make any changes to my lifestyle or health habits after participating in today's event.	_____

Please turn over to complete the rest of the survey....

6. Using the following scale, please rate the following:

Aspect of the day	1 = poor	2 = fair	3 = good	4 = very good	5 = did not attend
Quality of Dr. Small's presentation	1	2	3	4	5
Quality of Chef Don's demonstration	1	2	3	4	5
Quality of Wayne Misener's demonstration	1	2	3	4	5
Quality of Bob Baldwin's presentation	1	2	3	4	5
Variety of community agencies present	1	2	3	4	5
Overall organization of the event	1	2	3	4	5

7. If you have a medical condition, did this event help you to better understand your condition (check one)? Yes No I'm not sure

8. How did you find out about this event? (please check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> Retirees' meeting | <input type="checkbox"/> Wellness website |
| <input type="checkbox"/> Local / union website | <input type="checkbox"/> Shop paper |
| <input type="checkbox"/> Windsor Star | <input type="checkbox"/> Facebook (Local 444 only) |
| <input type="checkbox"/> Sign at Turner and Tecumseh Roads | <input type="checkbox"/> Other (please specify): _____ |
| <input type="checkbox"/> Word of mouth | _____ |
| | _____ |

9. Did you attend last year's event (check one)? Yes No I'm not sure

10. Have you made any lifestyle changes as a result of last year's health and wellness day for CAW retirees (check one)? Yes No I'm not sure

11. Please note any additional comments that would help us in planning future Health and Wellness events for CAW Retirees (for example, the name of a presenter or a topic you'd like to hear more about):

Bring your completed survey to the registration desk for a chance to win a prize!

Sponsored by:

Thank you for participating! We look forward to seeing you next year!



8th ANNUAL
Health & Wellness Day for CAW
Retirees

**SCREENING AGENCIES
 FEEDBACK FORM**

1. Please rate your experience with the 2010 Health & Wellness Day for CAW Retirees using the scale provided:

Aspect of the day	1 = poor	2 = fair	3 = good	4 = very good	5 = excellent
Pre-event communication	1	2	3	4	5
Event layout	1	2	3	4	5
Retiree participation	1	2	3	4	5
Length of event (8:a.m. to 1:00 p.m.)	1	2	3	4	5
Overall organization of event	1	2	3	4	5

2. Approximately how many retirees visited your agency's station? _____

3. Were the tracking tools we provided you with easy to use? (check one): Yes No

If you answered "No," please explain why _____

4. This was a worthwhile event for our agency (check one): Yes No

If you answered "No," please explain why _____

5. Our agency is interested in providing screening again next year (check one): Yes No

If you answered "No," please explain why _____

6. We're always interested in new partnerships and health topics geared to retirees. Please provide the name of a community agency that provides screenings that we can contact to participate in next year's event: _____

7. Please provide any additional comments: _____

Sponsored by:

Thank you for participating. We look forward to working with you next year!



Retirees

AGENCY FEEDBACK FORM

1. Please rate your experience with the 2010 Health & Wellness Day for CAW Retirees using the scale provided:

Aspect of the day	1 = poor	2 = fair	3 = good	4 = very good	5 = excellent
Pre-event communication	1	2	3	4	5
Event layout	1	2	3	4	5
Retiree participation	1	2	3	4	5
Length of event (8:a.m. to 1:00 p.m.)	1	2	3	4	5
Overall organization of event	1	2	3	4	5

2. Approximately how many retirees visited your agency's display? _____

3. This was a worthwhile event for our agency (check one): Yes No

If you answered "No," please explain why _____

4. Our agency is interested in participating again next year (check one): Yes No

If you answered "No," please explain why _____

5. Suggestions for improvement for next year's Health & Wellness Day for CAW Retirees: _____

6. We're always interested in new partnerships and health topics geared to retirees. Please provide the name of a community agency we can contact to participate in next year's event: _____

7. Please provide any additional comments: _____

Sponsored by:

Thank you for participating. We look forward to seeing you next year!



Retirees

EVALUATION RESPONSES

Responses to the Evaluation Question "Please note any additional comments that would help us in planning future Health & Wellness events for CAW Retirees"

Table 1: Retirees' Responses

- This was my first time. It was very good. Please do it every year. I learn so much.
- Not so early
- Can not hear presentation when you are in line for screening test or other presentations
- Lines too long for screening
- Screening for skin cancer dental screening for oral cancer
- More on the heart
- Arthritis Talks, Moves from your home to condo living
- Bob's presentation needs it's own room. Presenters need smaller venue's suitable for GTA
- Spring and Fall events
- I'm a diabetic and was surprised to see no fruit or muffins?? Too busy - Too many things at once and too noisy.
- It would be nice to have 2 or 3 people working at Mental Health. Hire somebody for the booths so seniors will not have to wait so long.
- Please hire people to man the booths so that the retirees don't have to spend all their time at the booth. They want to be able to take advantage of diff med tests. They need more people (professionals) to do our tests.
- This was great. You all did a great job!
- Podium microphone volume was fine but guest speakers microphones needed to be louder. Could not follow well without hearing good.
- Too noisy. The noise and acoustics need to be improved to hear the speakers and their excellent presentations better. Separate the booths & testing from the speakers. It just too much going on to concentrate on the presentations.
- Smaller room for less confusion and to hear everything. Speakers were good but set up didn't help presentations.
- Have speakers at main microphone to hear them better.
- Exercise for seniors
- Presentation area too noisy. Could not hear presenters. Area's should be separate.
- Turn up mike!
- Well arranged. Loved the message. We plan to attend next year. Good lunch. Thank you! overall! Thanks for the pasta lunch!

Table 1, continued

- At the beginning with Dr. Small's presentation, a lot of people were talking which made it hard to hear what he was saying. I found it very rude of the people. Must do better with that in future presentations.
- Last year & again this year there were issues with the audio system. I think that next year you should have speakers in a separate hall isolated from other events. Too much noise to hear the presenters. Great job overall! Thanks for the pasta lunch!
- For the chef you should have a camera on him to show how he's making the recipe on the screen b/c we really can't see what he's doing. Makes it more interesting. Also can't understand a word he's saying.
- Perhaps some group retiree trips, vacation data with carp (?) senior discounts or group discounts by large numbers
- Have separate rooms was too noisy in main room when listening to speakers.
- Quit Smoking
- There should be muffins or something for diabetics ect. Not to many people ate before they came. Some left cause they had pills to take with food. Otherwise everything was excellent.

Table 2: Screening Agencies' Responses

Please provide any additional comments:

- Wonderful to see new and familiar faces from last year. Retirees said they really appreciated this opportunity.
- People turned away because not enough screening
- Recommend increasing number of stress checks. Wait was as long as 45 mins at some points. Screening averaged 7-8 min each

Table 3: Community Agencies' Responses

Please provide any additional comments:

- Participants should park their cars away from the entrances to allow retirees easier, closer access to the building.
- Most displays are table top therefore we cannot sit behind table. Leave space between for chairs. Disorganized in morning - no one greeting vendors to advise where displays to be set up. WECHU staff could find a smile.
- The Health Care Connect team had a great time raising awareness for our Ministry of Health Program.
- Provide confirmation E-mail re attendance.
- Should give priority to non profit.

Table 3, continued

- To increase flow into the displays. Perhaps give participants a "passport" type document that agencies could stamp when someone visits our table/display. A completed "passport" could be then entered into a draw for a door prize.
- Great Job!
- Was Chilly
- Very well run, organized event - happy to participate.
- Good job to committee & organizers
- Good Job!
- Excellent - Took our comments from last year and applied them. Great Job!
- Thanks again for the opportunity to be present and to share with all members of the community how we can be of service. Many Thanks.
- This was excellent! Very well done.
- Excellent Show
- Thanks for having us! (and our kitties)
- Enjoyed the day - glad you provided coffee & food.
- Keep it up - well done + well organized - like the layout would like same booth if possible - great consistent traffic
- Well organized event - one of the best I have attended!

