

HEALTH ISSUES Magazine

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Heart Disease
Knowing Your Risk

Signs and Symptoms
of a Heart Attack

Putting the Brakes
on Diabetes
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Commit to Quit
Smoking and
You Could WIN!



Rick Laporte
2nd Vice-President
of CAW Local 444
and heart attack survivor.



YOUR HEART Your Friend For Life

The heart is an amazing organ. It is basically a pump, but a complex and important one. It pumps oxygen and nutrient-rich blood throughout our bodies to keep us alive. It also delivers blood to our organs and removes carbon dioxide and other waste from our bodies. The heart continuously pumps approximately five litres of blood throughout the body. The pumping or beating of the heart is a familiar sound that tells us our heart is doing its job. However, if we do not take care of our health, the arteries that feed our heart can become blocked, increasing the risk of cardiovascular disease.

Cardiovascular disease (CVD) describes any condition or disease that affects the heart and circulatory system. It can include coronary artery disease, heart attacks, atherosclerosis (hardening of the arteries), hypertension (high blood pressure), and stroke. CVD is the number one killer of Canadians, accounting for approximately 33% of deaths in adults. It impacts individuals, families, communities, and our health care system. In fact, 70% of Canadians will be affected by CVD during their life. Individuals may experience disability, a lower quality of life, or no longer be able to work or fulfill their everyday social roles. Family members may have to spend more time and energy caring for a loved one. The weight on our health care system can be seen in the large amounts of resources that are used in order to treat, manage, and prevent cardiovascular illness. This costly disease accounts for over 18.5 billion dollars annually in expenditures.

The good news is that there are things that we and our health care providers can do to lower our risk of CVD. Even though there are risk factors that we cannot control (e.g., age, gender, family history, etc.) there are still many factors we can control. In fact, studies from the past 30 years have found that CVD rates can decrease by as much as 50% when risk factors such as obesity, diabetes, smoking, high blood pressure, elevated blood cholesterol and physical inactivity are reduced or controlled.

In this issue of Health Issues Magazine, we provide information on the risk factors for CVD that mainly affect the heart and what you can do to reduce them. We remind you of the signs and symptoms of a heart attack and stroke, and we teach you how to understand and do something about your cholesterol, blood sugar, blood pressure, BMI, and waist circumference numbers. Read on to learn how you can take steps towards taking care of your heart – your friend for life!

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EMPLOYEE PROFILE Rick Laporte

Working Toward Wellness at Chrysler Canada
Program Contacts:

Cyndy Parker *CHRYSLER*.....248-512-2253

Pat Cushing *CAW*.....519-258-6400 ext. 430

Neil MacKenzie *WECHU*.....519-258-2146 ext. 3101

www.workingtowardwellness.ca

HEART DISEASE Risks and Prevention

KNOWING YOUR RISK

Having risk factors increases your chance of having heart disease. The more risk factors you have, the greater your risk. Some factors you can't control and others you can. Age, ethnicity, family history, and gender are all risk factors that you can't change.

Unfortunately, the older you are the more at risk you are of having heart disease. Women, prior to menopause, are less likely than men to have heart disease. However, after menopause women's risk level increases.

Also, people of African, Aboriginal, and South Asian origin are at higher risk of having high blood pressure, heart disease, or a stroke.

If you have a parent or sibling that has had a heart attack or stroke before age 55 (men) or menopause (women), you have a higher risk for heart disease. As well, if someone in your family has high blood pressure, this also raises your risk.

If you have a risk factor for heart disease you can't control, let your health care provider know and work on the risk factors that you can control. Pay special attention to reducing these risks.

SMOKING If you smoke, quitting smoking is the single most important thing you can do to improve your heart health. When cigarette smoke is inhaled directly or through second-hand exposure, carbon monoxide and other gases replace some of the oxygen carried in the blood. In addition, fat deposits on vessel walls associated with nicotine and carbon monoxide exposure, make blood vessels and arteries narrower. The result is a limited blood supply to the heart and an increased risk of damage to the heart muscle itself.

When you quit smoking, the risk of smoking-related cardiovascular disease is reduced. The sooner you quit, the better off your heart health will be. In fact quitting smoking reduces the risk of CVD by 50% in one year Nicotine Replacement Therapies (NRT) such as the patch, gum, and inhaler can help to relieve the withdrawal symptoms of quitting. Another smoking cessation therapy that you might want to ask your health care provider about is Champix™. This new product comes in pill form and produces much the same desired response as nicotine and prevents nicotine from binding with certain receptors in the brain. All these products are more effective in helping you quit if combined with a smoking cessation program. For more information on Tobacco and its effects on heart health, refer to the Chrysler Canada Smoking Cessation Program on pages 14-15 or visit www.healthcanada.ca/hl-vs/tobac-tabac/body-corps/index_e.html




BLOOD PRESSURE High blood pressure, also known as hypertension, is a blood pressure of greater than 140 over 90. It is a major risk factor for heart disease and stroke and is also the most common diagnosis for Canadian adults. However, you can't see or feel high blood pressure and therefore it often goes undetected. Have your blood pressure taken at a health care provider's office or check it at machines often available at drug stores, department stores, or gyms.

Although there are risk factors for high blood pressure you can't control, there are many risk factors you can control. These include reaching and keeping a healthy body weight, being physically active, eating well, and quitting smoking. A new policy released by Blood Pressure Canada (2007) focusing on sodium, calls for Canadians to cut their sodium intake from 3500 mg to between 1200 and 2300 mg per day. This can be quite challenging given that sodium is added to many of the prepared foods that we eat. Read the Smart Steps to Live Longer Health Guide on "Keep Your Blood Pressure In Check", for tips on how to lower your sodium intake.

High blood pressure may also be treated with prescription medication if lifestyle changes alone are not successful. Talk to your health care provider about your blood pressure. Make a point of knowing and caring about your numbers.

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Blood Pressure Canada. (2007). *Policy: Sodium*. Retrieved December 18, 2007 from <http://hypertension.ca/bpc/wp-content/uploads/2007/10/bpc-sodium-policy-with-endorsements-clean.pdf>.

HEART DISEASE RISKS AND PREVENTION



CHOLESTEROL High total cholesterol is a risk factor for heart disease. However, there are also two main types of cholesterol: low density lipoprotein (LDL); and high density lipoprotein (HDL) that are even more telling of your risk for heart disease. You want your LDL cholesterol (bad cholesterol) to be as low as possible. LDL cholesterol sticks to your blood vessel walls and causes plaque formation.

You want your HDL cholesterol (good cholesterol) to be as high as possible. HDL cleans up the LDL cholesterol from blood vessel walls and returns it to your liver for removal.

Many things affect your cholesterol levels. For example, the type and amount of fat you eat can have an impact. The worst type of fat is trans fat. Trans fats raise your bad cholesterol and lower your good cholesterol, which raises your risk for heart disease.

Trans fats are so bad for us that some provinces have proposed to ban trans fats from school menus. As well, Health Canada has asked the food industry to lower the level of trans fats in foods to less than 5% of total fat in the next two years or it will impose mandatory regulations.

The bottom line is that you need to make informed choices. Read nutrition information on labels and menus and choose foods lower in saturated and trans fats. Cook with vegetable oils and soft margarines and limit the amount of prepared baked goods, snack foods, deep-fried foods, fatty meats, and full fat milk products that you and your family eat.

REFERENCES:

Health Canada. (2007). *Trans fat monitoring program. First set of trans fat monitoring data.* Retrieved January 24, 2008, from http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tfa-age_e.html.

Health Canada. (2007). *It's your health — Trans fats.* Retrieved January 24, 2008, from http://www.hc-sc.gc.ca/iyh-vsv/food-aliment/trans_e.html.

STRESS Stress is everywhere in our lives these days. Stress isn't just an inconvenience when it comes to heart disease; it can be a major health problem. Stressful situations can increase your heart rate and blood pressure. This can damage the lining of the blood vessels and lead to plaque formation. Stress can also increase your total blood cholesterol levels. It can also narrow your arteries, which will reduce blood flow in the coronary arteries of your heart and cause chest pain or a heart attack.

So how do you know when stress is getting the better of you? While some stress can be beneficial, you may need to learn how to reduce or deal with your stress more effectively if one or more of the following symptoms persist:

- High blood pressure
- Upset stomach
- Unhealthy eating
- Trouble sleeping
- Confusion or difficulty concentrating
- Quick to get angry
- Feeling depressed or anxious

Ideally, we should try to reduce the sources of negative stress in our lives. However, the reality is that this can't always be done. What we can do, is decide how to deal with stress in our lives. Consider the following tips to reduce and deal with your stress:

- Problem solve with your health care provider, family, friends, or co-workers.
- Get active with at least 30 minutes of moderate physical activity most days of the week.
- Eat a healthy diet - low in fat and sodium, and high in whole grains, vegetables and fruit.
- Get enough sleep.
- Make good use of your time off.

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Canadian Health Network. (2007). *How can I reduce my stress level?* Retrieved December 21, 2007 from www.canadian-health-network.ca.

Heart and Stroke Foundation of Canada. (2007). *Reduce your stress.* Retrieved December 21, 2007 from http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484039/k.D422/Reduce_your_stress.htm.



HEART DISEASE RISKS AND PREVENTION

Did You Know? To calculate your BMI, take your weight in kilograms and divide by your height in meters twice. If you are using pounds and inches, multiply your weight by 703 first and then divide by your height twice.

Example 1: To calculate the BMI of a woman who is 1.5 m tall and 60 kg you would: $60 \div 1.5 \div 1.5 = 26.7$

Example 2: To calculate the BMI of a man who is 5'10" (70 inches) and 185 lbs you would: $185 \times 703 \div 70 \div 70 = 26.5$

DIABETES

Having diabetes increases the risk of heart disease. In fact, if you have diabetes, you are at least twice as likely as someone without diabetes to have heart disease.

Why does this happen? One of the problems with diabetes is that too much glucose stays in the blood. Over time, high blood glucose levels damage blood vessels. Damage to large blood vessels can result in plaque and reduced or blocked circulation to the brain and heart.

The good news is that people with diabetes can do many things to stay well and reduce their risk for heart disease. For example:

- Develop a plan with your health care provider to manage your blood glucose levels throughout the day.
- Work with a health care professional to monitor and manage the ABC's of diabetes - **A**1C (glycated hemoglobin), **B**lood pressure, and **C**holesterol.
- Take your medication(s) as prescribed.
- Eat a healthy diet low in fat and sodium, and high in vegetables, fruits, and whole grains.
- Don't skip meals.
- Be active. Thirty minutes of moderate physical activity most days of the week can help you control your diabetes and improve your heart health.
- Reach and keep a healthy weight.

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Canadian Diabetes Association. (2007). *Heart disease and stroke*. Retrieved January 10, 2008, from http://www.diabetes.ca/Section_About/heart-disease.asp.
Beckman, J. A., Creager, M. A., & Libby, P. (2002). Diabetes and atherosclerosis: Epidemiology, pathophysiology, and management. *Journal of the American Medical Association*, 287, 2570-2581.
Mayo Clinic. (2007). *Have diabetes? Stop cardiovascular disease in its tracks*. Retrieved January 31, 2008, from <http://www.mayoclinic.com/health/diabetes/DA00052>.

BODY WEIGHT

Being overweight puts you at higher risk for heart disease. However, how much you weigh isn't the only thing to keep in mind. Where you store extra fat on your body is also important. There are many ways to measure weight and the amount of body fat you have. Body Mass Index (BMI) and waist circumference are two methods that can give you an idea of your risk for heart disease.

BMI takes into account your weight for your height. A BMI of 25 or more is considered overweight. The higher your BMI, the greater your risk for heart disease. BMI is not a good measure of risk in people over age 65 and under age 18, women who are pregnant or breastfeeding, or very muscular people.

Waist circumference measures your waist size. If you store extra fat around your middle (apple shaped), you are at greater risk for heart disease than if you store it around your hips (pear shaped). A waist measurement of 88 cm (35 inches) or more in women or 102 cm (40 inches) or more in men puts you at greater risk.

To lose extra body fat, follow Canada's Food Guide by choosing lower fat foods, vegetables, fruit, healthy oils, and whole grains. As well, aim to be physically active most days of the week.

REFERENCES:

Health Canada. (2003). *Canadian guidelines for body weight classification in adults*. (Catalogue No. H49-179/2003E). Retrieved January 30, 2008, from http://www.hc-sc.gc.ca/fn-an/nutrition/weights-poids/guide-ld-adult/weight_book_tc-livres_des_poids_tm_e.html.

HEART DISEASE RISKS AND PREVENTION

ALCOHOL

Most Canadians drink responsibly. Responsible drinking is defined as having one drink every other day, up to a maximum of two drinks a day. For example, one drink being a 142 mL (5 oz.) glass of wine, 43 mL (1.5 oz.) of liquor, or 341 mL (12 oz.) of beer. Drinking responsibly may reduce your risk for heart disease, as alcohol can be linked to improved levels of high-density lipoproteins (HDL) or good cholesterol. All types of alcohol appear to have this benefit. Red wine might have extra heart health benefits because it may limit the formation of blood clots and reduce inflammation in blood vessels.

Although small amounts of alcohol could have possible health benefits, the risks of drinking alcohol far outweigh the benefits. Heavy or binge drinking (five or more drinks on one occasion) can have serious negative effects on health including stroke, high blood pressure, and irregular heartbeats. Even as much as one drink a day can increase the risk of some cancers. Also, having a couple of drinks a day can promote weight gain. If you don't drink, don't start. The best lifestyle changes you can make for your heart are eating healthy, having an active lifestyle, and becoming or staying smoke-free.

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Ontario Public Health Association. (2006). *Chronic disease in Ontario and Canada: Determinants, risk factors and prevention priorities*. Retrieved January 9, 2008 from <http://www.opha.on.ca/projects/ocdpa/resources/CDP-SummaryReport-Mar06.pdf>.

PHYSICAL ACTIVITY

Not being physically active is one of the greatest risk factors for chronic disease that you can change. In fact, being inactive is a risk factor for: obesity, diabetes, high blood pressure, some cancers, and heart disease. According to the Heart & Stroke Foundation, inactive people are twice as likely to have heart disease as active people.

Even if you're at a healthy body weight, it doesn't mean that you're fit. A recent study in the *Journal of the American Medical Association* found that people older than 60 who have higher levels of cardiovascular fitness, live longer than unfit adults, regardless of their body fat levels.

Regular physical activity lowers your stress level, helps you reach and keep a healthy body weight, and improves your cholesterol levels and blood pressure which lowers your risk of heart disease. It also helps you do daily tasks more easily, be less fatigued, and keep your strength, flexibility, balance, and co-ordination. All of these help your health and allow you to take care of yourself.

To increase your heart health, plan to be active every day and be sure to include 30 minutes or more of moderate physical activity on most days of the week. Walking fast, swimming, cycling, skating, and dancing are some examples of moderate physical activity. Choose activities you enjoy doing with friends and family and make them part of your daily life. Get moving for a better heart!

REFERENCES:

Health Canada (2007). *Physical activity*. Retrieved January 18, 2008, from http://www.hc-sc.gc.ca/hl-vs/physactiv/index_e.html.

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KNOW YOUR Numbers



With all of the different risk factors and screening tests for heart disease, interpreting what the numbers (your results) mean is important. These numbers can help determine whether or not you are at an increased risk for heart disease. The more risk factors you have, the greater your overall risk. At your next visit, discuss these risk factors with your health care provider. Moving your numbers toward the normal range reduces your risk for future health conditions.*

BMI (BODY MASS INDEX):

- *Less than 18.5 - Underweight*
increased risk of developing health problems.
- *18.5 – 24.9 - Healthy weight*
least risk of developing health problems.
- *25 – 29.9 - Overweight*
increased risk of developing health problems.
- *Greater than 30 - Obese*
high risk of developing health problems.

BLOOD GLUCOSE:

- Fasting blood glucose greater than 5.7 mmol/L can be a sign of impaired glucose tolerance.
- Fasting blood glucose greater than 7.0 mmol/L, or casual glucose greater than 11.1 mmol/L, along with symptoms of diabetes are an indication that you have the disease.

BLOOD PRESSURE:

- Five consistent readings of 140/90 mmHg or higher is considered to be high blood pressure.
- A blood pressure reading of 120/80 mmHg or lower is considered to be healthy.
- A blood pressure reading lower than 90/60 mmHg may mean low blood pressure (hypotension) if signs and symptoms such as dizziness or fainting are experienced.



WAIST CIRCUMFERENCE:

A large waist circumference is directly linked to the amount of abdominal fat that you have. The more your waist circumference exceeds these values, the higher the risk for heart disease:

- Women – 88 cm (35 inches)
- Men – 102 cm (40 inches)

CHOLESTEROL:

Healthy cholesterol levels reduce the risk of heart disease. Target levels are:

- Total cholesterol (TC) less than 5.2 mmol/L
- High Density Lipoprotein (HDL) greater than 1.0 mmol/L for men and 1.3 mmol/L for women
- Low Density Lipoprotein (LDL) less than 3.5 mmol/L for both men and women
- Total cholesterol: HDL ratio less than 5.0 mmol/L

*Your health care provider may determine that another target level (number) is more appropriate for you, based on your personal health situation.

SIGNS AND SYMPTOMS

Heart Attack and Stroke

HEART ATTACK

Every year, thousands of Canadians die from heart attacks because they don't act quickly enough to get the help needed. The fact is, the average Canadian waits almost five hours after the onset of symptoms before seeking medical treatment.

Yet, the best chance of survival occurs if you get medical treatment within two hours. By understanding the signs and symptoms of a heart attack we can all act quickly to get ourselves, and those around us, the medical assistance required.

What is a Heart Attack?

A heart attack happens when the blood supply to the heart is slowed or stopped. Cardiac arrest is when an individual stops breathing and has no heartbeat at all. The amount of time the heart does not receive the proper blood flow determines the amount of long-term damage to the heart, brain, and body organs. Ninety percent (90%) of all heart attacks occur due to plaque build up in the arteries (atherosclerosis) which restricts and narrows blood flow to the heart.

IF YOU THINK YOU OR SOMEONE AROUND YOU IS HAVING A HEART ATTACK:

CALL 911 - GET TO THE HOSPITAL IMMEDIATELY.

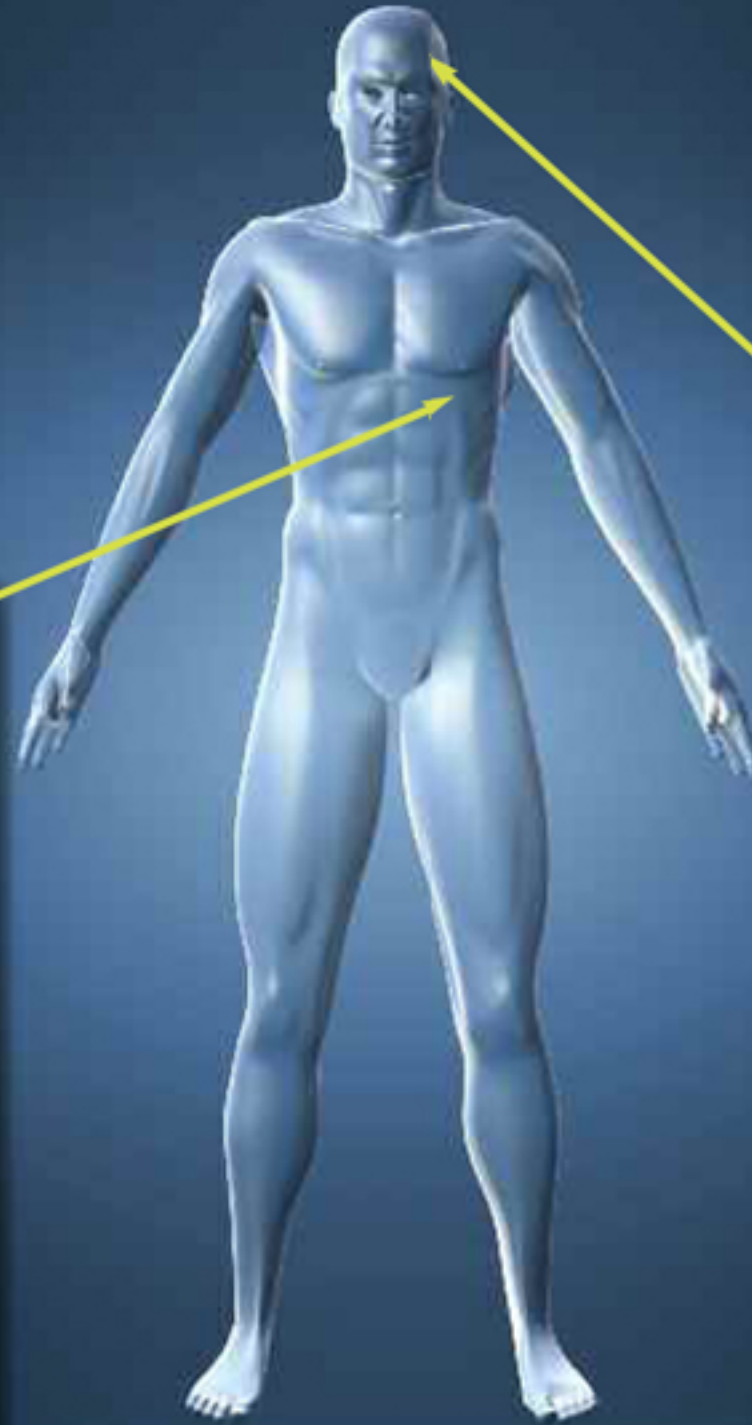
Stop all activity. Sit or lie down in a comfortable position until help arrives.

Take your normal dosage of nitroglycerin, if it is prescribed.

Chew or swallow an Aspirin™ (160 mg-325 mg) tablet(s).
NOTE: Acetaminophen (e.g., Tylenol™, etc.) or Ibuprofen (e.g., Advil™, etc.) do not have the same effect as Aspirin™ and will not help.

SIGNS AND SYMPTOMS OF A HEART ATTACK:

- Pain and discomfort occurring in the chest, upper body, and stomach; will last for several minutes.
 - Chest pain usually feels like a tight ache, pressure, or squeezing at the centre.
 - Pain or discomfort can also spread from the chest to the shoulders, arms, back, neck, teeth, jaw, or abdominal area (sometimes feels like heartburn).
- Panting for breath or trying to take in deep breaths. In addition, feeling dizzy or feeling like passing out.
- Sick to the stomach or vomiting.
- Suddenly break into a cold sweat with clammy skin.
- Feeling of a sense of doom or a panic attack with no apparent reason.



If you think you or someone around you is experiencing the signs and symptoms of a heart attack or stroke call 911 or tell someone to call 911 immediately.

Did You Know?

Heart and Stroke Foundation. (2008). Heart attack warning signs. Retrieved January 4, 2008 from <http://www2.heartandstroke.ca/Page.asp?PageID=1075&ArticleID=52885&ContentID=52885&ContentID=52885&ContentID=52885>

Long, deep, and frequent coughing will not keep the heart going during a heart attack. This strategy should not be used when waiting for emergency services to arrive.

STROKE

Stroke is the fourth leading cause of death for Canadians. Each year 40 000 to 50 000 Canadians will experience a stroke. As with heart attacks, many people who experience a stroke do not seek medical treatment quickly enough.

Only 20% to 25% of people who have a stroke get medical care within three hours of any initial signs. This is too long. The longer you wait, the greater the risk of major physical and mental damage.

SIGNS AND SYMPTOMS OF A STROKE:

- Symptoms may occur alone or in combination and can last a few seconds or up to 24 hrs.
- Sudden on-set of:
 - weakness, numbness or tingling in the face, arms, or legs
 - loss of vision in one or both eyes
 - severe headache, and loss of balance
- Individuals may also temporarily have trouble speaking or understanding someone.

ACT FAST

What is a Stroke?

A stroke is a cardiovascular event that cuts off the blood flow to the brain. The brain needs oxygen and nutrient rich blood to survive. The longer the brain goes without blood flow, the greater the risk of brain damage or death. A stroke can occur in two ways:

Ischemic Stroke

- A blood clot blocks the supply of blood to the brain.

Hemorrhagic Stroke

- A blood vessel breaks causing bleeding in the brain.

REFERENCES:

Heart and Stroke Foundation. (2008). Stroke warning signs. Retrieved January 4, 2008 from http://www.heartandstroke.com/site/ACQ/ARMS/15403931A_898V/Warning_Signs.htm

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MayoClinic.com. (2007). Heart attack symptoms: Know what signals a medical emergency. Retrieved January 4, 2008 from <http://www.mayoclinic.com/print/heart-attack-symptoms/000054NE1000=print>

American Stroke Association. (2008). What is stroke? Retrieved January 4, 2008 from <http://www.strokeassociation.org/pressroom/files/define-1000066>

If you think you, or someone around you, may be having a stroke, act F.A.S.T. and do this simple test: **Act F.A.S.T.**

Face	Ask the person to smile. Does one side of the face drop?
Arms	Ask the person to raise both arms. Does one arm drift downward?
Speech	Ask the person to repeat a simple sentence. Are the words slurred? Can he/she repeat the sentence correctly?
Time	If the person shows any of these symptoms, time is important. Call 911- get to the hospital immediately

PUTTING THE BRAKES ON Diabetes at Chrysler Canada



DIABETES AND WELLNESS SCREENING A HUGE SUCCESS

As part of an ongoing commitment to promote good health, prevent and manage disease for all Chrysler Canada employees, retirees, and family members, the Working Toward Wellness (WTW) program team launched an innovative wellness initiative called Putting the Brakes on Diabetes. This program, partially funded by the Public Health Agency of Canada has been a joint venture between the Windsor-Essex County Health Unit, the Canadian Auto Workers, Chrysler Canada, the Canadian Diabetes Association, Shoppers Drug Mart, Green Shield Canada, Bayer, Novo Nordisk and Buffet and Company.



Chrysler Canada retirees brought family members along to participate in Diabetes and Wellness screening clinics held at the CAW hall on Turner Road.

The Putting the Brakes on Diabetes program included three main strategies:

1. Raising awareness and knowledge of Diabetes

Diabetes related health information was mailed to the homes of Chrysler Canada employees, retirees and family members. Information was also placed in wellness kiosks in all workplaces and union halls.

2. Diabetes and Wellness Screening

Voluntary, confidential Diabetes and Wellness Screening Clinics were held at locations throughout Canada. In total, 92 clinics were held in 26 different locations.

3. Education and support for those living with Diabetes

An education campaign for those already living with Diabetes, was also provided. The campaign included an invitation to participate in community-based Diabetes and Wellness Screening Expos, held in Windsor and Mississauga. Over 4000 Chrysler Canada employees, retirees, and family members living with diabetes were invited to participate. If they were unable to attend, they received a direct home mailing with diabetes management information and resources.

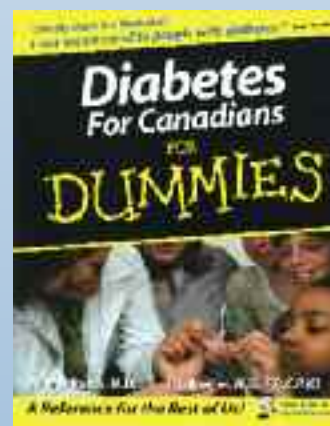


Working Toward Wellness Diabetes brochure

Diabetes and Wellness Screening Clinics were very Popular.

The clinics were tremendously successful! In Ontario alone, 2712 employees and retirees were screened on their own time; which took about 30 minutes. The clinics have been held in all Chrysler workplaces across Canada, and in select Ontario union halls. At the clinics participants were able to:

- Complete a confidential Diabetes Risk Questionnaire,
- Get screened by Registered Nurses for blood glucose, blood cholesterol, and blood pressure measurements.



"Diabetes For Canadians For Dummies" book cover

- Have their weight, height, BMI (body mass index), and waist circumference measurements taken,
- Meet with a Health Educator to review their current risk factors for diabetes and health status,
- Provide feedback on the session,
- Receive a free Dodge Challenger T-shirt and be entered into a draw for a big screen LCD TV.

During the meeting with a Health Educator, each participant received a health education package tailored to their current health status and risk for diabetes. Participants also took home a Wellness Tracking Card, which shows their current health screening values and recommended follow up actions. The intent of the tracking card was to make participants aware of their values and to encourage them to continue to track them over time.

The Diabetes Expos

The Expos featured information booths, community agencies, and keynote speaker Dr. Ian Blumer, author of the book *Diabetes for Canadians for Dummies*. As indicated above, over 4000 Chrysler employees who were identified as at-risk for diabetes and those who have diabetes were invited to attend the event. Each employee, retiree and or family member was also provided with a business reply card coupon entitling them to receive a complimentary glucose meter available for redemption at the Expos. The glucose meter will assist them in monitoring their blood sugar levels on their own.

As of March 10, 2008, 2856 Chrysler employees, retirees, and family members have participated in the clinics and have been screened for diabetes.



Participants who completed the Diabetes Risk Questionnaire and health screening at the clinics, were invited to enter a ballot to win a big screen television. The draw for the big screen television for the Windsor area and the Greater Toronto area took place on February 12th, 2008. The winners

were Patricia Knowles (Windsor Assembly Plant), and Sony Paul (Etobicoke Casting Plant). The draw for the rest of Canada will take place on March 21, 2008.



CLINIC PARTICIPATION BY SITE

Screening Location	# of Participants Screened
ARDC	65
Benefits Conference	17
Brampton Assembly	598
Calgary Financial	22
CAW Local 444 Retirees	215
CAW Local 1285 Retirees	67
CCB	90
Diabetes Expo - Windsor & Toronto	209
Etobicoke Casting Plant	149
Mississauga Financial	57
Mississauga PDC	49
Moncton PDC	4
Montreal PDC	39
Quebec Financial Chrysler	39
Red Deer PDC	16
Temple Drive	56
Vancouver PDC	14
Windsor Assembly Plant	1140
Winnipeg PDC	10
TOTAL	2856



Cyndy Parker, Healthy People Initiatives Manager - Chrysler, Dr. Ian Blumer, author of *Diabetes for Canadians for Dummies*, Pat Cushing, National Wellness and Benefits Co-ordinator, CAW Local 444, and Neil MacKenzie, Manager-Chronic Disease and Injury Prevention, Windsor-Essex County Health Unit at Windsor Diabetes Expo 2007.

WORKING TOWARD WELLNESS at Chrysler Canada

HIS AND HER HEALTH CONTEST

Last fall's initiative His and Her Health focused on key adult health topics, ranging from diabetes to mental health. Many Chrysler locations across Canada from Vancouver to Moncton offered the initiative contest. The contest included a word search and wuzzle that highlighted words commonly associated with preventable chronic diseases that affect both men and women. Participants found the answers to complete the contest, by reading the His and Her Health Newsletter.

Over 40, "Healthy Taste of the Holidays" prize packages were given away to contest winners. As the holidays often mean social gatherings that focus on plenty of healthy food and drink, the prize packages included recipe cards featuring healthy appetizer and mocktail recipes, oven mitts, and an apron. Hopefully, this year's holidays were filled with many more tasty and nutritious food selections.

A list of all the contest winners can be found on the WTW website:

www.workingtowardwellness.ca

Murray Hagel from Winnipeg PDC wearing his new apron and oven mitts and being congratulated by Grant Yersh (PDC Manager).



John Piacentini (Health & Safety Representative and Wellness Committee member) from Montreal PDC shown with the nurse from the Brunswick Medical Clinic.



FALL FLU SHOTS

One of the best courses of action to prevent the flu is to get a flu shot. The flu shot should be received annually because the viruses that cause the flu are always changing. Although receiving the flu shot is recommended from October to December, it is never too late to receive it. In the fall of 2007, many Chrysler employees took this preventive step and got their flu shot at work. Many others get their flu shot in doctors' offices and clinics outside of the workplace. In 1996/97 only 15% of Canadians received influenza immunization. In 2005, 34% of Canadians received their flu shots. It seems as though we're getting the message that getting the flu shot is a great disease prevention strategy.

FLU SHOT PARTICIPATION NUMBERS: SUMMARY

Plant	2004	2005	2006	2007
Brampton Assembly Plant	208	421	71	241
CAW Local 444 Retirees	*	*	*	67
Chrysler Financial Calgary	32	23	20	21
Chrysler Financial Mississauga	31	34	34	40
Etobicoke Casting Plant	85	100	75	55
Mississauga PDC	44	44	49	46
Moncton PDC	13	12	5	9
Montreal PDC	61	38	41	38
Quebec Financial Chrysler	*	*	31	34
Red Deer PDC	18	14	12	14
Vancouver PDC	18	20	18	20
Windsor Assembly Plant/CCI Windsor Offices	580	657	628	350
Winnipeg PDC	12	10	13	11
TOTAL	1102	1373	997	946

"Healthy Taste of the Holidays" prize packages included recipe cards featuring healthy appetizer and mocktail recipes, oven mitts, and an apron.



WELLNESS SURVEY for Chrysler Canada Employees

THE WELLNESS SURVEY

Your Working Toward Wellness team continues to plan strategies to keep you and your family healthy. This past fall the Wellness Survey 2007 was mailed to a randomly chosen sample of 3000 active Chrysler Canada employees stratified across all workplace sectors. A total of 1273 people, (43%) completed the survey. Employees who were not randomly selected were given the opportunity to participate in an online version of the survey and an additional 120 people chose to do so.

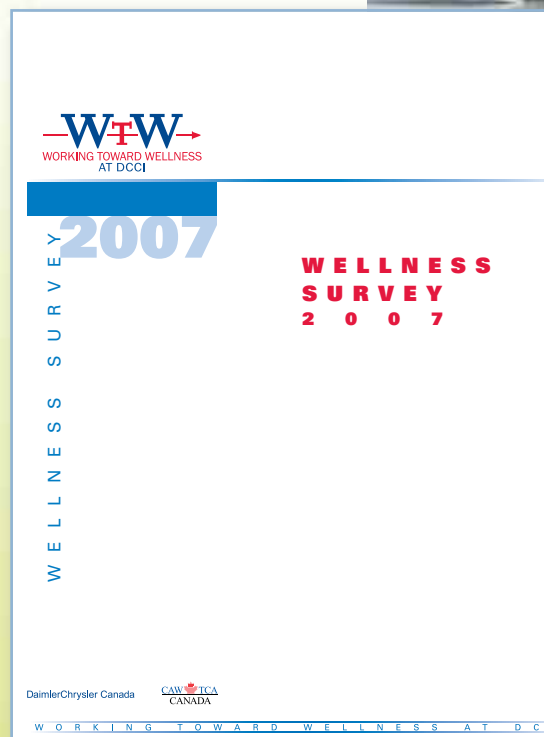
Compared to the 2003 Wellness survey, where only 14% of those surveyed responded, this is a very positive response. The strong design of the 2007 survey coupled with your enthusiastic survey response makes the Wellness Survey 2007 a valuable program tool. This survey provides important information about health status and programming needs that are representative of the entire Chrysler Canada workforce.

The survey results will be presented to the National Wellness Steering Committee in April 2008, with presentations to Union leaders and Wellness committees to follow. These results will be used to:

- Assess wellness program activities
- Guide future program direction
- Determine health issues with the greatest need
- Gain an overall picture of employee health status

There was tremendous support for the survey, as 1273 of the surveys mailed out were completed and returned! This was an overwhelming response considering that the survey took approximately 40 minutes to complete. Thank you for taking the time to share your opinions with us. Individuals who completed the survey were entered into a prize draw for one of four \$500 SportChek gift certificates.

A winner was drawn from each of the four survey regions. Congratulations to gift certificate winners Jeff Pollen (Temple Drive office location), Mark Cowen (Windsor Assembly Plant), Helen Lam (Brampton Assembly Plant), and Mike Longman (Red Deer Parts Distribution Centre).

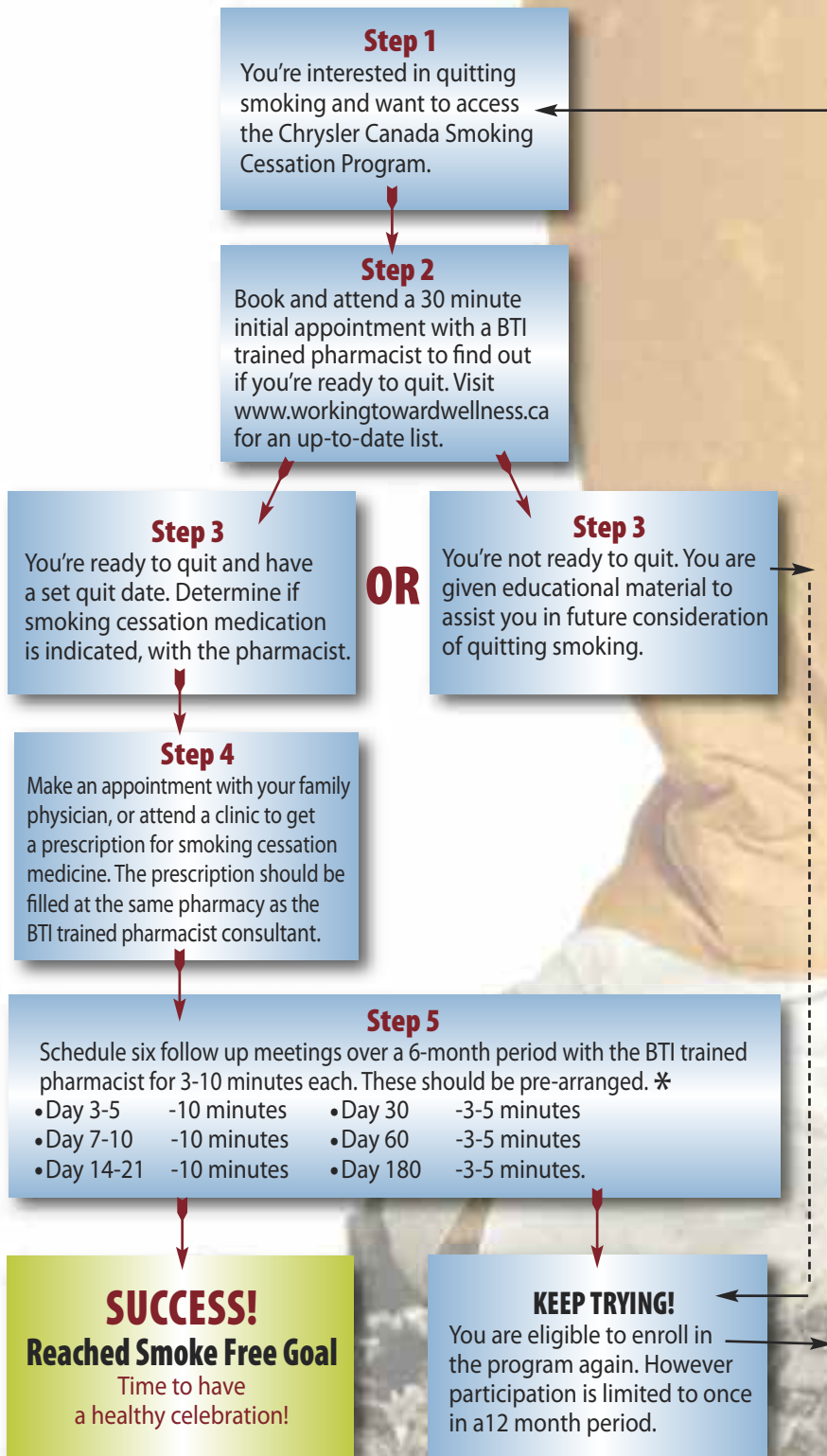


Survey

"Stacks" of Wellness Surveys scanned into computer and ready for evaluation

SMOKING CESSATION PROGRAM

HOW IT WORKS



Visit Your Working Toward Wellness website,

for up to date and reliable health information and to find out more about your wellness program.

In 2007 there were more than 4000 individual visitors to the website. WTW website pages were accessed more than 240,000 times during the year.

www.workingtowardwellness.ca



COMING IN MAY...

Retiree's Wellness Day 2008

Check for the date, time, location and all of the details at:

www.workingtowardwellness.ca



For more detailed information and a list of BTI trained pharmacists in your area, visit:

www.workingtowardwellness.ca

*If you drop out at any time voluntarily or by not participating in pharmacist follow-up, reimbursement for smoking cessation aids will cease.



Profile

RICK LAPORTE

First Position with Company: Plant 3 (Windsor Assembly Plant) Assembler

Current position: Second Vice President of CAW Local 444

How long have you worked for the company: 32 years

Favourite food: Before heart attack - fast-food hamburger. After heart attack - heart healthy homemade meal

Favourite company car: Chrysler Aspen

Rick recently experienced a life-changing event. Last fall, Rick had a massive heart attack. Following resuscitation, he was sent across the border to Detroit,

Michigan for emergency angioplasty. The week prior to the heart attack, Rick felt that something was not right with his health. In the days before his heart attack, Rick became even more aware of his health status and risk factors when he attended the Working Toward Wellness program's *Putting the Brakes on Diabetes* and Wellness Screening Clinic.

It has been over four months since his heart attack and Rick has taken this second chance in life to change his health habits. Prior to his heart attack, Rick stated that he had the attitude of, "It's not going to happen to me". Five years ago, he made a significant health change by quitting smoking. He used to be a two-pack a day smoker. However, he continued to eat fast food and had a very inactive lifestyle. Now, with the help of his girlfriend, he is eating more home cooked meals, has begun walking regularly, and has joined a gym.

Rick had previously tried many short-term health changes such as dieting, but had always gone back to his old ways. Now he views being healthy not as a short-term action, but rather a long-term lifestyle change that you incorporate into everything you do.

Rick supports the Working Toward Wellness at Chrysler program. He regularly reads the newsletter and discusses wellness events with the Local 444 retirees. As mentioned, he also recently attended the Diabetes and Wellness Screening Clinic. Rick says that the Working Toward Wellness at Chrysler team is, "doing a great job" and that, "the program is growing and evolving". He believes that when it comes to making healthy changes in your life, it is important to be frequently reminded about what you can do and the newsletter serves as that constant reminder for him.

Do you know a Chrysler Canada employee or retiree that is a "wellness role model"? Has she or he made a recent healthy lifestyle change or helped others make a healthy change? We want to recognize their efforts. Nominate them for the Health Issues Magazine Cover and Profile article. Contact your Wellness Committee representative.

www.workingtowardwellness.ca Email: wtw@wehealthunit.org

or call 519-258-2146 ext. 3100 with your nomination!

websites:

Heart and Stroke Foundation
www.heartandstroke.com

Blood Pressure Canada
www.hypertension.ca/bpc

Canadian Hypertension Society
www.hypertension.ca/chs

Dietitians of Canada
www.dietitians.ca

EatRight Ontario
www.eatrightontario.ca

American Heart Association
www.americanheart.org

American Stroke Association
www.strokeassociation.org

MayoClinic.com – Heart Disease Center
www.mayoclinic.com/health/heart-disease/HB99999

Canadian Health Network
www.canadian-health-network.ca
Click on the "A-to Z index" to search for topics such as Cardiovascular disease, heart disease, heart attack, and stroke.

Becel Canada – Heart Age Tool
www.becel.ca
Click on "Know Your Heart" and then select "Heart Age Tool".

KickButts – Smoking Cessation Program
wtw.kickbutts.ca

Canadian Red Cross
www.redcross.ca
Click on "First Aid & CPR" on the left hand column.

