



CONNECTIONS

LOCAL EFAP NEWS

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NATIONAL CANCER AWARENESS MONTH

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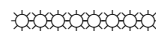
As we all know, **February was Heart Awareness Month, March was National Nutrition Month, and April is National Cancer Awareness Month.**

Here are a few statistics to ponder from the 2003 Physical Activity Monitor from the Canadian Fitness and Lifestyles Research Institute:

- When asked how many times they had visited a doctor or other health professional in the past twelve months, the majority of Canadians reported that they had done so two or more times: 31% reported 2-3 visits and an additional 30% reported more than three visits in the past year. Roughly one-quarter of adults cited one visit and 14% did not visit a health care professional at all during the year.
- Two-thirds of Canadians strongly agreed that a healthy lifestyle contributes to long-term health benefits, while few disagreed (5%).
- According to the Canadian Community Health Survey, almost two-thirds of Canadians aged 15 and older rate their health as very good (36%) or excellent (25%). The percentage of Canadians rating their health as very good or excellent decreases by age.
- According to the 2000/01 Canadian Community Health Survey, 56% of Canadians (20 and older) are inactive, accumulating on average less than 1.5 METS of physical activity daily.
- Over half of Canadian teenagers are sedentary, accumulating the equivalent of less than one hour of walking a day (3+METS) and only 18% are accumulating enough daily activity to

meet the international guidelines for optimal growth and development.

- One-third of Canadians eat the recommended minimum of 5 or more servings of fruit and vegetables per day.
- Almost half of Canadians aged 20 to 64 are classified as overweight (33%) having a body mass index of 25.0 to 29.9, or as obese (15%), having a body mass index of 30.0 or higher.
- According to the Canadian Community Health Survey, one-quarter of adults aged 45 and older report that their physician has diagnosed them with high blood pressure.
- One in twenty Canadians has been diagnosed with diabetes by a health professional.
- Canadians were asked how much personal control they had over their choice to be active. Almost 40% of adults stated that they have complete control over their decision to be active, 25% said they had a lot of control and another 27% reported moderate control.
- The majority of Canadians fully intend to be active in the next six months.
- 47% are very confident that they can do at least 30 minutes of moderate intensive activity on at least every other day.
- Two-thirds of adults very strongly agree that being active regularly prevents heart disease and the majority also hold strong beliefs that it helps to reduce stress (65%) and maintain functional ability with age (64%). Only 24% very strongly agree that regular physical activity prevents cancer.



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Notice

Effective: May 2, 2005

Clients who miss scheduled appointments without notifying us the day prior will be billed \$25.00 for the missed appointment.

AGM 2005

The AGM, held on April 7th, was once again a great success, with approximately 34 people attending. A Chinese/Canadian buffet, prepared by the Voyager Inn, was enjoyed by all.

EFAP/North

would like to

welcome 5 new reps:

CLWN:

Lise Leblanc

Danny Dokis

Nicole St.Pierre

Monique Delorme

NBGH:

Carol Legault

EFAP/North

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EFAP/North

TWENTY MEMOS FROM YOUR CHILD



1. Don't spoil me. I know quite well that I ought not to have all I ask for—I'm only testing you.
2. Don't be afraid to be firm with me. I prefer it; it makes me feel secure.
3. Don't let me form bad habits. I have to rely on you to detect them in the early stages.
4. Don't make me feel smaller than I am. It only makes me behave stupidly "big".
5. Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly with me in private.
6. Don't make me feel that my mistakes are sins. It upsets my sense of values.
7. Don't protect me from consequences. I need to learn the painful way sometimes.
8. Don't be too upset when I say "I hate you." sometimes it isn't you I hate but your power to thwart me.
9. Don't take too much notice of my small ailments. Sometimes they get me the attention I need.
10. Don't nag. If you do, I shall have to protect myself by appearing deaf.
11. Don't forget that I cannot explain myself as well as I should like. That is why I am not always accurate.
12. Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.
13. Don't be inconsistent. That completely confuses me and makes me lose faith in you.
14. Don't tell me my fears are silly. They are terribly real and you can do much to reassure me if you try to understand.
15. Don't ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that you are neither.
16. Don't ever think that it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.
17. Don't forget I love experimenting. I couldn't get along without it, so please put up with it.
18. Don't forget how quickly I am growing up. It must be very difficult for you to keep pace with me, but please try.
