

Being Well

Public Health News in Lambton County

Working with Schools to Develop Healthy Children

Paul Saunders, Health Promotion Officer

If kids become adults, do overweight and obese kids become overweight and obese adults? Not always, but chances are good they will.

Obesity rates, among children and youth in Canada, have tripled in the last 25 years and that means more overweight adults. According to the 2003 Canadian Community Health Survey (CCHS), nearly 50% of Lambton County adults were overweight or obese.

To break the weight connection, Healthy Living Lambton and County of Lambton Community Health Services Department created Healthy Happenings to build healthy children and reverse poor lifestyle behaviours, like physical inactivity and unhealthy eating.

Healthy Happenings is a student-led, health promoting elementary school program that reaches children during this critical period of growth to ensure they become healthy adults and to reduce their risk of chronic disease. As a result

of the program, children are more apt to do better in school with better classroom performance, student attitudes and greater participation.

- **Healthy Happenings**, currently in place at 11 Lambton schools, promotes student health and learning with supportive school settings, healthy school policies and guidelines, family involvement, student leadership, health presentations, consultation and instruction.
- **Healthy Happenings'** main focus is nutrition and physical activity. The program encourages continuous health promotion within the school community along with **daily** physical activity and **weekly** healthy lunch days.
- Other parts include student leadership training, teacher in-services, parent council presentations and student assemblies. The program also promotes a consistent message and encourages the sale of healthy food as a fundraiser.

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COMMUNITY HEALTH SERVICES DEPARTMENT

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Point Edward, ON N7T 7Z6
Telephone: 519 383-8331
Toll Free: 1-800-667-1839
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www.lambtonhealth.on.ca

WINTER 2008

Healthy Happenings

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Rose Atkins, Health Promotion Officer with Community Health Services, says "The program educates students, their families and school staff about the importance of physical activity and healthy eating and the impact on their health. Hopefully, every school in Lambton County will adopt some form of this program."



Schools are welcome to join the program at any time during the school year.

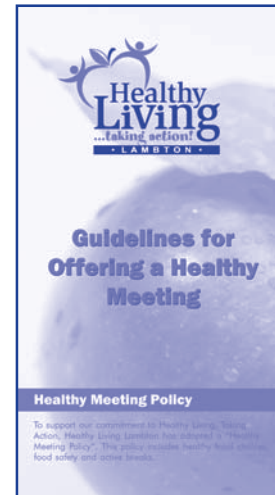
For more information about **Healthy Happenings**, contact the Community Health Services Department.

- Phone: 519 344-2062 ext. 2141
- Toll free: 1-800-387-2882
- www.lambtonhealth.on.ca

Guidelines for Offering a Healthy Meeting

Rose Atkins,
Health Promotion Officer

The waistlines of Lambton County residents are growing at an alarming rate. In fact, the 2003 Canadian Community Health Survey (CCHS) found that nearly 50% of adults in Lambton County were either overweight or obese.



Healthy food choices and increased physical activity not only help control weight but also help with the prevention of diabetes, heart disease, cancer and osteoarthritis. One simple way employers, community groups and faith communities can make it easier for people to make healthy food choices is to provide healthy foods at meetings and other events they sponsor. A physical activity break at longer meetings and events will improve their ability to focus on the subject.

Along with scheduled brief activity breaks in the morning and afternoon always offer:

- Lower-fat foods
- Reduced or lower-calorie foods
- Smaller portions sizes (bagels cut in half, small cookies)
- Vegetables
- Fruit
- Low-fat milk (2% MF or less)
- Pitchers or bottles of water

For more information on food and activity guidelines to use when planning meetings and other events contact the Community Health Services Department.

- Phone: 519 344-2062 ext. 2142
- Toll free: 1-800-387-2882
- www.lambtonhealth.on.ca

On a Budget?
Think outside the box

\$10
Small Box

\$15
Large Box

the
Good Food Box

Fresh, healthy, seasonal fruits and vegetables

Healthy Choices
Taking Charge of Your Lifestyle!


519 383-8331 ext. 3560
1-800-667-1839

March is Nutrition Month

Connie Mallette, Registered Dietitian

March is Nutrition Month with 10 key messages to eat healthier, be more active and feel great. During March, make at least one (1) positive change for yourself or your family.

Dietitians' Top 10 List

- 1 Eat well and get physical!** Follow Eating Well with Canada's Food Guide and Physical Activity Guide to Healthy Active Living. Available online:
www.healthcanada.gc.ca/foodguide
www.phac-aspc.gc.ca/pau-uap/paguide
- 
- 2 Benefit from balance.** Challenge family members to reach a healthy weight. Eating right, being active and reaching and keeping a healthy weight are a few things that improve health.
 - 3 Quality counts.** Limit foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream, French fries, potato chips, alcohol, fruit-flavoured drinks, soft drinks and sweetened hot or cold drinks.
 - 4 Give food portions a makeover and control serving sizes.** Portion sizes have grown along with our waistlines. Canada's Food Guide and www.EATracker.ca can help you see what a serving size really looks like and how many to have daily.
 - 5 Colour your world with vegetables and fruits!** Canadians do not eat enough fruits and vegetables. The benefits of vegetables and fruit are many. Eating more vegetables and fruit is linked to lower risks for heart disease, certain cancers, diabetes and even stroke.
 - 6 Be a savvy shopper.** Get nutrition facts on foods from the label; nutrition labels are law on most pre-packaged food. Take a Supermarket Tour with the Registered Dietitians from the County of Lambton Community Health Services Department.
 - 7 Make meals a family affair!** Reports say 25%-33% of families rarely or never eat together; only 50% of adults with children say they eat all seven (7) evening meals together. Eating together sets a good example for positive eating behaviours.
 - 8 Healthy eating is more than a one-time deal.** Eating well over a lifetime is important. During preschool years, parents and caregivers have the greatest ability to sway a child's eating habits. Early childhood food experiences and the setting where a child is fed are key to healthy eating habits later in life.
 - 9 Visit the Dietitians of Canada website at:** www.dietitians.ca/eatwell for trusted nutrition information and fun healthy eating ideas to plan meals and analyze favourite recipes.
 - 10 Have a nutrition question?** Registered Dietitians are trained, trusted and qualified to provide safe and reliable food, diet and nutrition advice. Call the Community Health Services Department:
 - Phone: 519 344-2062 ext. 2033/2349
 - Toll free: 1-800-387-2882

Your partners in good health!

Keep Warm, Keep Safe This Winter!

Kim McAdam, Environmental Health Specialist

It's winter, so instead of acting surprised by cold weather, be prepared.

In Sarnia-Lambton, extreme cold events may be rare, but there are times when temperatures fall well-below normal for the time of year and exposure to the cold can cause serious, life-threatening problems.

A **Cold Weather Alert** is issued by the County of Lambton Community Health Services Department when one or more of the following is met:

- Daily, low temperature is forecast to be -15°C or below, without a wind chill.
- Wind chill warning is issued for Sarnia-Lambton.
- Extreme weather conditions, such as a blizzard, are predicted.

Wind chill is the cooling sensation caused by the combined effect of the wind and the cold temperature. The wind chill is a major factor in cold weather related injury because it speeds the rate that your body loses heat. Normally, a person's skin will begin to freeze at a wind chill of -25°C ; skin freezes in minutes at -35°C .

Frostbite happens when both the skin and tissue are frozen. Look for the 4 Ps of frostbite:

- Pink: affected areas will be reddish in colour. This is the first sign of frostbite.
- Pain: affected areas will become painful.
- Patches: white, waxy feeling patches appear. The skin is dying.
- Prickles: area feels numb. Seek medical help!

Hypothermia is the most severe, cold-related injury. It results from an excessive loss of body heat and drop in core body temperature (below the normal 37°C). Look for the "umbles"... a person who mumbles, stumbles and fumbles. If you suspect hypothermia, get medical attention quickly!



You can protect yourself and your family by following these tips.

- Listen to the weather forecast, be aware of any warnings.
- Plan ahead – avoid or limit time outdoors during very cold wind chills.
- Dress warm – cover exposed skin; dress in layers, with an outer layer that is wind resistant.
- Stay indoors – get out of the wind.
- Stay dry – wet clothing chills the body; remove outer layers or open your coat if sweating.
- Keep active – keep moving to keep warm.
- Know your limits – young children, the elderly and those with circulation problems are most at risk. Alcohol, caffeine, tobacco and nicotine increase the dangers.

For more information on cold weather related injuries contact the Community Health Services Department.

- Phone: 519 383-8331
- Toll free: 1-800-667-1839
- www.lambtonhealth.on.ca

Seasonal Flu vs. Stomach Flu – What’s the Difference?

Tania Clarke, Public Health Inspector

When it comes to illness, probably the most misused word or phrase is the “flu.”

People often confuse seasonal flu with stomach flu by using the term “flu” to describe symptoms of nausea, vomiting and/or diarrhea. However, what they are talking about is really not the “flu.”

Flu is short for influenza which attacks the respiratory system and causes mild to severe respiratory symptoms.

Gastroenteritis, (gas-troh-en-tuh-ri-tis), commonly called “stomach flu”, is the correct term to refer to illness that affects your stomach and intestines.

Influenza and gastroenteritis are totally different and not related. Each is caused by different viruses and has its own symptoms.

Real flu (influenza):

- Cough
- Congestion
- Aches and pains
- Fever
- Exhaustion

Stomach flu (gastroenteritis):

- Vomiting
- Diarrhea
- Stomach pain and cramping
- Occasionally fever

You can get the “stomach flu” when you eat or drink contaminated food or water, or

touch something that is contaminated and then touch your mouth with your hand.

Many times, the virus is passed when someone, who handles the food you eat, has the virus and does not wash their hands after using the bathroom. You don’t get it through the air. People, close to someone who is throwing up and/or with diarrhea, are at more risk of becoming ill.

The influenza virus can be passed person-to-person through the air (sneezing or coughing). The influenza virus can live for a short time on objects such as doorknobs, pens, pencils, keyboards, telephone receivers and eating or drinking utensils. It can be spread by touching something that has been handled by someone with the virus and then touching your own mouth, nose or eyes.

Even though the viruses are not related, there are common ways to prevent getting sick:

- Wash your hands often and well.
- Avoid touching your mouth, eyes and nose before washing your hands.
- Avoid close contact with people who are sick.
- Clean and disinfect high-touch areas in your home, especially if someone is ill.
- Stay home when you are sick to prevent spreading germs to others.

An annual flu shot is the most effective way to reduce your risk of getting influenza. **The flu shot does not prevent stomach flu.**

For further information about influenza and gastroenteritis contact the Environmental Health and Prevention Services team.

- Phone: 519 383-8331
- Toll free: 1-800-667-1839



Resources Available!

Hand washing:

- Steps for effective hand washing
- Hand washing reminder signs

Call for more information:

Phone: 519 383-8331

Toll free: 1-800-667-1839

Classes and Clinics...

Prenatal Classes

If you are newly pregnant or thinking of getting pregnant, give your child a healthy start to life by attending Early Pregnancy prenatal classes offered by the County of Lambton Community Health Services Department. Classes are FREE and held once a week for three (3) weeks.

Topics include:

- Physical and emotional changes of pregnancy.
- Stages of growth and development of the baby.

- Common tests and procedures during pregnancy.

Expectant mothers and partners receive information to make informed decisions about physical activity, healthy eating, medications, workplace safety, tobacco use and exposure, alcohol and other factors that influence the health of the baby.

Late Pregnancy prenatal classes, held once a week for six (6)

weeks, prepare parents for the birth and care of their baby. Classes are available for expectant parents in their 7th month of pregnancy. Topics include:

- Labour and delivery
- Relaxation and breathing
- Role of the coach
- Comfort measures
- Postpartum care of mom and baby
- Infant feeding and safety
- Transition to parenthood

Parent & Baby Classes: 2008 Schedule - January to April

No fee or registration required for these classes. Classes are held at the Children's Services Department, 160 Exmouth St., Point Edward from 11 a.m. - noon every Wednesday.

February 13

Caring for Baby's Teeth

Connie McKay, Dental Hygienist

What to expect when baby's teething.

February 27

Baby's Sleep

Renée Monteyne, Public Health Nurse

Typical sleep patterns of infants; strategies for helping baby get and return to sleep; and current information about safe co-sleeping.

March 5

How Baby Grows

Danielle Williams, Public Health Nurse

Encourage normal growth and development patterns.

March 12

Speech & Language

Alison Morrison, Pathways Health Centre for Children

Encourage language skill development; learn normal language milestones.

March 26

Raising Readers

Diane McCahill, Early Years Literacy

Specialist, Ontario Early Years Centre

Encourage reading through every day activities.

April 2

Infant Massage

Jan Fairbairn-Burr,

St. Clair Child & Youth Centre

Bring a towel and learn how to massage your baby.

April 9

Returning to Work

Cindy Seward, Public Health Nurse

Build coping skills for your return to work. Learn about child care options and normal infant/child reactions to separation.

For more information, contact Kelly Buckingham, Public Health Nurse at 519 383-8331, 1-800-667-1839 ext. 3534.

The cost for the Late Pregnancy prenatal class is \$75 and includes a manual and resources. Register online at www.lambtonhealth.on.ca under the classes and clinics section or call Community Health Services:

- 519 383-8331 ext. 3526
- Toll free: 1-800-667-1839.

Dads Connect Classes

Offered in communities across Lambton County for men who are father figures, new fathers, young fathers or older fathers. Classes are designed to support the development of specific parenting skills in a non-judgmental setting.

Dads Connect is part of the Father Involvement Initiative and made possible by a United Way of Sarnia-Lambton Venture Grant.

To sign up for the next Dads Connect class in your area, contact Howard Ford, Father Involvement Coordinator at:

- 519 383-8331 ext. 3517
- Toll free 1-800-667-1839
- Email: howard.ford@county-lambton.on.ca.

School Readiness

- Starting school?
- Ready to learn?

Attend one of these sessions and have your JK/SK child screened **before** starting school for the first time. The sessions help identify possible barriers to learning:

- Speech and Language
- Developmental Screening
- Early Literacy
- Behaviour
- Occupational Therapy
- Immunization, Vision, Dental and Nutrition



Please call today to book your appointment:

Children's Services Department
519 383-8331, ext. 3536
Toll free 1-800-667-1839, ext. 3536

Provided by:

Best Start 
Helping young people get the best start in life!



Lambton Kent
District School Board
Student Achievement Community Success



ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD

Children's Services Department
Learning Disabilities
Ontario Early Years Centres
Pathways Health Centre for Children
St. Clair Child & Youth Services
YMCA Childcare

Dates and Locations

St. Therese Catholic School

559 Bright Street, Sarnia
Mon. March 3, 2008 from 9 a.m. – 3 p.m.

Best Start - École Les Rapides

1103 Michigan Avenue, Sarnia
Mon. March 31, 2008 from 1 p.m. – 5 pm.

Lochiel Drop-in Centre

180 College Avenue N, Sarnia
Thurs. April 17, 2008 from 9 a.m. – 3 p.m.

Best Start - Kinnwood Central Public School

63 MacDonald Street, Forest
(Entrance off Morris Street)
Mon. April 28, 2008 from 1 p.m. – 6 p.m.

Best Start - St. Philip Catholic School

420 Queen Street, Petrolia
(Entrance off King Street)
Tues. May 13, 2008 from 10 a.m. – 3 p.m.

Trinity Anglican Church

5331 Nauvoo Road, Watford
Thurs. May 29, 2008 from 9 a.m. – 11 a.m.

Alvinston - Ontario Early Years Centre

Brooke-Alvinston-Inwood Community Centre
3310 Walnut Street, Alvinston
Thurs. May 29, 2008 from 1:30 p.m. – 3:30 p.m.

Best Start - St. Joseph Catholic School

535 Birchbank Drive, Corunna
Tues. June 3, 2008 from 9 a.m. – 1 p.m.

Best Start - Riverview Central Public School

3926 St. Clair Parkway, Port Lambton
Mon. June 16, 2008 from 9 a.m. – 11 a.m.

2008 Rabies Vaccination Clinics

Protect your Pets: Vaccinate them against Rabies

Lori MacNeil, Public Health Inspector

Municipalities across Lambton County will hold low-cost, rabies clinics between March and May, 2008 for all cats and dogs 3 months of age and older.

The cost to immunize animals that are in good health and not vaccinated within the last year, is \$15-20. Clinic dates will be announced in March. Visit www.lambtonhealth.on.ca or check your local newspaper for a list of dates.

By law, all dogs and cats in Lambton County must be vaccinated against rabies. This requirement has helped public health officials maintain a low number of rabies cases in Sarnia-Lambton – 5 cases in 3 years, and all in bats.

Despite the low numbers of positive cases, rabies is a very dangerous infectious disease that can be spread from animals to humans. Each year Public Health Inspectors at County of Lambton Community Health Services Department (CHSD) report an average of 380 potential rabies exposures (animal bites, scratches etc.) and put 30-40 people on rabies vaccine for these exposures.

Rabies is a fatal, viral disease spread through saliva of an infected animal such as a dog, cat, raccoon, fox, bat, livestock etc. Saliva can enter the body through a bite, scratch or contact with mucous membranes.

For more information on clinics or rabies contact the Community Health Services Department.

- Phone: 519 383-8331 ext. 3574
- Toll free: 1-800-667-1839
- www.lambtonhealth.on.ca

2007-2008

Influenza Clinics

Tamara McCabe, Public Health Nurse

When it comes to fighting in**FLU**enza, Sarnia-Lambton residents are always willing to roll up their sleeves.

Between November and December of 2007, the Community Health Services Department (CHSD) immunization team gave 14,374 flu shots, at influenza clinics at CHSD, across Lambton and at schools.

Laboratory confirmation has identified *influenza A* in the community this year. The confirmed presence of the virus serves as a reminder that everyone should take the necessary steps to protect themselves and others from the virus.

Getting your flu shot is the most effective form of protection against the virus. It's not too late to get your flu shot. Keep in mind it takes 10-14 days for the shot to take effect.

Flu shots are still available at your physician's office or by appointment at the Community Health Services Department. The vaccine is offered free to Ontarians as part of the universal influenza vaccination program.

For more information on influenza, contact the Community Health Services Department.

- Phone: 519 383-8331
- Toll free: 1-800-667-1839
- www.lambtonhealth.on.ca



Give your Child the Best Start in 2008

Craig Donald, Supervisor, Children's Services Department

Give your child the **best start** in life by enrolling them in an early learning environment at one of more than 30 convenient and accessible Best Start Child Care centres across Lambton County.

Best Start Child Care is an early learning and child care opportunity for children from birth to 12 years of age. Best Start programs include Before and After School Care, Hubs, Child Care spaces, Early Learning Framework (ELF) and Wrap Around Care. Programs are available at neighbourhood schools or child care providers.

If your children are 12 years of age or younger read the list below to see which program fits you and your child the best.

Eligible parents/guardians may receive financial help for the cost of child care from the County of Lambton Children's Services Department. A new online tool, www.lambtononline.ca/fee_subsidies makes it easy for parents to see if they are eligible for a child care subsidy.

For more information about Best Start options, where to find a child care space, where to register your child for the ELF program and the closest Best Start Hub contact the County of Lambton Children's Services Department at:

- Phone: 519 383-8331 ext. 3591/3592
- Toll free: 1-800-667-1839
- www.lambtononline.ca/best_start



Best Start
Helping young people get the best start in life!

Best Start Hubs – Where families can find services and information they need to encourage the healthy growth of their child:

- Parent and baby drop-ins led by a public health nurse
- Early literacy programs
- Parenting programs
- Pre-school speech and language services

Early Learning Framework (ELF) – Helps children, between the ages of 2½ years and 4 years of age, prepare for school. ELF helps children gain school readiness skills, through play with their peers.

JK/SK Wrap Spaces – Full day child care for children on days they are not attending Junior/Senior Kindergarten.

Before and After School Care – For school-aged children, up to 12 years of age, before and after school each week day.

Be a Smart Consumer: Know the Risks of Tanning Beds

Marnie Garrett, Public Health Nurse

The thought of a warm tan in the deep cold of winter is tempting, but if you're considering a tanning bed, experts suggest you may be burning more than a few dollars.

Overexposure to natural and artificial ultraviolet (UV) rays are the main cause of skin cancer, and with tanning bed ads common at this time of year, before you decide to go, know the facts:

- Exposure to UVA and UVB radiation can cause sunburn, premature skin ageing, skin cancers, cataracts and other eye and skin diseases. It has also been shown that UV can weaken the body's immune system.
- People who use tanning lamps are at risk of sunburn. The redness of the skin is caused by too much exposure to UV radiation, especially UVB radiation. Sunburn may show up right away, or may develop up to 24 hours later. (Health Canada, *It's Your Health, Tanning Lamps*).
- Health Canada's *Radiation Emitting Devices Act* (RED Act) is the **only** law for tanning equipment. The RED Act targets the product and how the producer markets tanning beds to buyers. There is **no regulation** for the proper use of tanning beds.
- Health Canada's *Guidelines for Tanning Salon Owners, Operators and Users*, includes the risks of tanning and review of tanning safety information. The suggestions are **not** mandatory. There is no training, certification or enforcement of regulations.

When it comes to tanning bed safety, there are many concerns about the amount of light given off by tanning beds.

- "Some machines have the capacity to emit levels of UV radiation up to 5 times stronger than the midday Australian summer sun." (World Health Organization, WHO, *Artificial Tanning Sunbeds Risk and Guidance*, 2003.)

“ levels of UV radiation up to 5 times stronger than the midday Australian summer sun ”

(World Health Organization)

- "Tanning beds typically produce 7-20 mW/cm² of UVA, which is 3-8 times the UVA the sun produces at noon in the summer." (Health Canada, *Guidelines for Tanning Salon Owners, Operators and Users*, 2005.)
- "Tanning beds can expose you to 5 times as much UVA as the sun so exposure to indoor tanning beds and lamps should be avoided." (Canadian Cancer Society, *Indoor Tanning-Tanning Bed and Sun Lamps*. October, 2007.)

Tanning beds are also advertised as an answer to Seasonal Affective Disorder (SAD). Before you go, know:

- Light Therapy in SAD is supplied by a CSA approved fluorescent lamp with an ultraviolet filter. Eyes must remain open for the light therapy effect to work.
- Tanning lamps, sun lamps or halogen lamps must not be used; they may harm your eyes.
- "No evidence indicates that tanning beds, where eyes are generally covered and the subject's skin is exposed to light, are useful in the treatment of SAD. Light sources in tanning beds are relatively high in UV rays, which can be harmful to both eyes and skin." (American Family Physician, March 15, 1998 v57 n6 p1340)



Adapted with permission by the Thunder Bay District Health Unit

TAKE THE SMOKE OUTSIDE

**There is no safe
amount of exposure to
second-hand smoke.**

This winter, County of Lambton Community Health Services Department encourages all drivers and all passengers who smoke to keep the vehicle smoke-free by taking it outside and away from children.

For more information about protecting against second-hand smoke, tips to make vehicles smoke-free and a free ice scraper, contact Cathy Powell.

- Phone: 519 344-2062 ext. 2129
- Toll free: 1-800-387-2882

Your partners in good health!

Resource Catalogue

Attention teachers, educators and group facilitators!

The County of Lambton Community Health Services Department has a lending library of resources on health topics such as:

- physical activity
- nutrition
- smoking cessation
- substance abuse prevention
- injury prevention
- family planning
- food safety

There is a variety of posters, reach and teach kits, videos and other resources available for loan at no cost.

View the list of resources online at:
www.lambtonhealth.on.ca/resources.

To book resources, call the Health Promotion & Program Support team:

- Phone: 519 383-8331
- Toll free: 1-800-667-1839



CHILDREN'S SERVICES DEPARTMENT

**COMMUNITY HEALTH SERVICES
DEPARTMENT**

160 Exmouth Street
Point Edward, ON N7T 7Z6
Telephone: 519 383-8331
Toll free: 1-800-667-1839
Fax: 519 383-7092
www.lambtonhealth.on.ca

Email: chsd@county-lambton.on.ca

Hours: 8:30 a.m. - 4:30 p.m.
Monday through Friday

Forest Branch Office

59 King Street West
Forest, ON N0N 1J0
Telephone: 519 786-2148

Hours: 1 p.m. - 4:30 p.m.
Tuesdays and Thursdays Only

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The Children's Services and Community Health Services Departments work in co-operation with many community agencies. Our professional staff are active in many different community coalitions and committees. Together with these partners, we deliver a range of programs and services designed to meet specific public health needs of Lambton residents.

Our mission is "to improve the health of all people in Lambton County." Children's Services and Community Health Services offers many programs and services including immunization, infection control, sexual health, heart health, injury prevention, substance abuse prevention, dental health and education, parenting education, prenatal education, healthy eating, water quality, food safety, tobacco control, cancer prevention, physical activity promotion, healthy babies and community health status information. These programs and services are provided under the authority of the Ontario Health Protection and Promotion Act.



QUIT SMOKING. WIN A PRIUS.

If improved health isn't a good enough incentive for smokers to quit, how's a 2008 Toyota Prius sound?

If you are a daily, adult smoker and quit smoking for the entire month of March, you could be the lucky winner of a Toyota Prius during the Driven to Quit Challenge, a province-wide campaign designed to encourage adult smokers to kick the habit for good.

Cathy Powell, Health Promotion Officer with County of Lambton Community Health Services Department, says "Last year, 238 Lambton County adults took up the challenge to quit. We'd like to increase those numbers this year."

Powell adds, "Quitting smoking is not just about stopping, it means changing how you think and feel about smoking."

Smokers have until February 29 to register and plan their success. Quitters also need a buddy, for emotional support, encouragement and reinforcement to make a lifestyle change.

One Lambton County quitter will receive a \$500 shopping spree, and their buddy will win a \$100 shopping spree for helping their friend quit.

Driven to Quit Challenge participants can register online at www.driventoquit.ca or contact Community Health Services at 519 344-2062 ext. 2129 or toll free 1-800-387-2882 for information and for an application.

Support and information for the quitter and their buddy on various topics is available from the Smokers' Helpline 1-877-513-5333 or online www.smokershelpline.ca.

**THE
DRIVEN TO QUIT
CHALLENGE**

Your partners in good health!