

Healthy Living Messages

Short Message **Expanded Message**

Resources

Chronic Disease Prevention

Eat Well

Make each Food Guide Serving count wherever you are...

- Eat at least one dark green and one orange vegetable each day.
- Make at least half of your grain products whole grain each day.
- Drink skim, 1%, or 2% milk each day.
- Select lean meat and alternatives such as beans, lentils, and tofu often.
- Choose and prepare foods and beverages with little or no added fat, sugar or salt.
- Satisfy your thirst with water.

www.healthcanada.gc.ca/foodguide

Be Active

Adults

- Start slowly and build up. Increase active time throughout the day at a pace that is comfortable for you.
- Work up to accumulating 30 – 60 minutes of activity at a moderate pace most days of the week. If you are not sure how to get started or how to become more active, consult with a health care and/or fitness professional.

Children/Youth:

- Work up to accumulating at least 90 minutes of physical activity per day (at least 60 minutes of moderate activity like dancing and 30 minutes of vigorous activity like running).
- Reduce non-active time (such as screen time) starting with 30 minutes less per day.

- Be active as a family. Bike ride, walk, hike, swim, and play outside.
- Have fun! Choose activities that you enjoy.

www.phac-aspc.gc.ca/pau-uap/paguide/

Be Sun Safe and Sensible

- Reduce sun exposure between 11 am and 4 pm.
- Stay in the shade.
- Wear a wide-brimmed hat and UVA/B sun glasses.
- Cover arms and legs with loose-fitting, lightly woven clothing.
- Wear sunscreen with SPF15 or higher.

www.cancer.ca

Manage Stress

- Identify the causes of your stress.
- Identify your reactions to stress.
- Get enough sleep.
- Talk to friends and family.
- Take time for yourself.
- Find enjoyment in life.
- Ask for professional help.

<http://www.cmha.ca>
(search for "Coping With Stress")

Talk to your doctor about your health and discuss the need for screening tests

- Be informed - know your risks: age, family history, and lifestyle.
- Have regular check-ups and discuss the need for screening tests: weight assessment (body mass index and waist measurement), blood tests (cholesterol and blood sugar), blood pressure and bone density.
- Talk to your doctor or health care provider about the risks and benefits of cancer screening tests (for breast, cervix and colorectal cancers).

www.heartandstroke.on.ca

[www.cancercare.on.ca/
index_screening.htm](http://www.cancercare.on.ca/index_screening.htm)

Build and Maintain Strong Bones

- Boost your calcium and vitamin D intake.
- Choose weight-bearing activities, such as stair climbing and resistance activities such as weight training.

www.osteoporosis.ca

Tobacco Control

Be Tobacco-Free

- Quitting smoking is the best thing you can do for your health.
- Make your home and car smoke-free.
- Avoid exposure to second-hand smoke.
- Talk honestly and openly to your children about tobacco use.
- 130 Canadians die everyday because of tobacco industry products.

www.gosmokefree.ca
www.hamilton.ca/tobacco



Hamilton

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Injury Prevention

Bullying Hurts! Take it Seriously

- Bullying in the playground occurs once every seven minutes in Canada.
- Know the signs of a child who bullies and who is being bullied.
- Talk to your child. Ask questions and listen. Be supportive.
- Contact the school, sports facility or location where the bullying has taken place to develop a plan to keep your child safe.

www.bullyfreehamilton.ca

Speak up about Dating Violence

- 50% of Hamilton teens have experienced dating violence.
- Talk to your child about your concerns. Name the behaviours as dating violence.

www.teenNERV.ca

To Stay Healthy, Safe and Strong at Any Age: Exercise Regularly!

- Do regular physical activity to keep your strength and balance.
- Follow Canada's Food Guide to maintain your health and energy.
- Make your home safe for your independence.
- Take care of your health; book regular visits with your doctor.
- Talk to your pharmacist about how to organize your medications.
- Have fun; spend time with family and friends.
- Be involved in activities to keep up your interests and confidence.
- Get the extra care you need to stay healthy, safe and strong.

www.phac-aspc.gc.ca/pau-uap/paguide/older/index.html

www.phac-aspc.gc.ca/seniors-aines/index-eng.php

Protect Your Head, Wear a Helmet

- Wear the right helmet for the activity - a fall from as little as two feet can cause permanent brain damage.
- Parents need to wear helmets too.
- Follow the "No Helmet, No Bike" rule in your household.
- Bike helmets reduce the risk of brain injury by 70 to 85%.

www.bhsi.org
www.safekidscanada.ca

Never Drink & Drive

- Make plans for a safe ride home if you plan to drink. Never ride with an impaired driver. Drugs, including prescription drugs, also cause impairment.
- Talk with your kids and make sure they can count on you for a ride home at anytime.

www.madd.ca

Never Use Drugs & Drive

- Vehicle crashes account for approximately 45% of youth deaths; 40 % of these traffic deaths are alcohol-related.

Follow the Low-Risk Drinking Guidelines

- Decrease the risk of alcohol-related problems by following the low risk drinking guidelines: No more than two standard drinks a day; nine standard drinks a week for women and 14 standard drinks a week for men.

www.lrdg.net

www.RUaware.ca
www.parentactionondrugs.org

Be Drug - Free

- Kids say parents are their single most important influence.
- Talk to your kids openly and honestly about drugs.
- Keep the lines of communication open from an early age.
- Be aware of the signs of substance use/abuse.
- Be aware of your own use as you are your child's role model.

Break the Silence. Talk openly about suicide, mental health and mental illness.

- Suicide is the second leading cause of death in Canadian youth aged 10 to 24.
- Empower youth with the knowledge and support to help themselves and each other.
- Mental illnesses affect people of all ages, educational and income levels, and cultures.
- One in five people has a mental illness.
- Awareness is the key to prevention. Don't hesitate to seek help!

www.suicideinfo.ca
www.youthnethamilton.ca

School

Make Informed Decisions about Sexual Health

- Talk to trusted adults before making decisions about your sexuality.
- Having sex is a personal decision; decide for yourself what is right for you.

www.hamilton.ca/phcs

Parent Well

- Take time with a child.
- Listen to a child, encourage him or her.
- Be an active role model and a positive influence on children, leading by example.
- Teach life skills needed for making good decisions and healthy choices.
- Read with your child.
- Take time to care for your own needs as an adult.
- Seek support from other parents.
- Support your child's learning.
- Give praise and encouragement that reinforce positive behaviours.
- Keep your child safe.

www.voices4children.org
www.healthcanada.ca



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