



Healthy Living AT WORK

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THE CANADIAN COUNCIL FOR HEALTH AND ACTIVE LIVING AT WORK

Healthy Living at Work is the new masthead title of the Canadian Council for Health and Active Living at Work's newsletter. The new title reflects the inclusive position of the CCHALW that recognizes active living as a key component in a comprehensive workplace wellness program alongside other voluntary health practices instrumental for achieving optimal healthy living at work.

This newsletter will be special as it is the last "hard copy" newsletter you will be receiving through the mail. Future newsletters will be available on-line. We encourage you to not miss out on the next issues of Healthy Living at Work and sign-up by visiting the CCHALW's website at: <http://www.cchalw-ccsvat.ca>.

In this issue, the focus is on how the *Canadian Council for Health and Active Living at Work* can help you and your employees become more active at work. Here are some ideas based on work the Council has been doing:



Need an intervention to move your employees from contemplation to action?

■ The Amazing Race to Wellness

The CCHALW is developing a program using the achievement of challenges as inspiration to motivate employees to action. A pre-test of the program is slated for July with the full scale availability ready for September and SummerActive activities. If your workplace would like to be considered for the pre-test, please contact us at: info@cchalw.ca (see pg. 2 for more information).

Behaviour change can be made in small incremental steps. Why not encourage the use of stairs over elevators within your workplace?

■ Stairway to Health

The Stairway to Health website <http://www.phac-aspc.gc.ca/sth-ews/> has been used by over

500,000 workplaces in Canada and internationally. Recently updated, it includes four new challenges: to the moon; across Canada; around the world; and from Canada to Australia. These are in addition to the traditional challenges of climbing many famous mountains and buildings. The new destinations were conceived in order to meet the expressed needs of practitioners and key personnel who required additional incentives to maintain motivation and interest of employees within their organizations.

Also check out the *Risk Management* document that has been added to the Stairway website. It addresses concerns of facility and building managers regarding potential liability.

For wellness and health promotion practitioners, the need to plan, implement and evaluate carefully conceived programs requires time and

knowledge of program planning elements. The Council has three specific website resources that will help to answer questions, highlight research statistics and provide links to the latest program successes with case studies from across the country. (see pg. 3 for more information).

■ Business Case for Active Living at Work

The Business Case for Active Living at Work <http://www.phac-aspc.gc.ca/pau-uap/fitness/work/> is a website created in partnership with the Public Health Agency of Canada. A key feature on the site (and a very popular one) is the success stories which are added at regular intervals. As well, findings from new research and data sources will soon be added to the website, along with an adaptable PowerPoint presentation that can be used in making the pitch for an on-site program. ➤

■ CCHALW Healthy Living and Healthy Eating Clearinghouse

Approximately 16 million Canadians spend one half of their waking hours at work (Statistics Canada. Health Indicators); therefore to meet the needs of practitioners and other health professionals, the Council has undertaken the role of providing information, tools and resources to increase physical activity opportunities and encourage other voluntary health practices in workplaces. A newly created Clearinghouse is now part of the Council's website. Access to this unique feature is found by going to: <http://www.cchalw-ccsvat.ca>.

ACTIVE LIVING AND HEALTHY EATING AT WORK SURVEY

We need your Feedback!

The Canadian Council of Health and Active Living at Work (CCHALW) is gathering information on active living and healthy eating in the workplace through an electronic questionnaire. The survey takes only 5 minutes to complete and asks questions about workplace programs, participation rates, and CCHALW support opportunities. Results of the survey will be shared with respondents and posted on the website April 1st 2007. To complete the survey, please click the survey link on the CCHALW homepage at: <http://www.cchalw.ca/>

Look for the best practices/ models from both Canada and international sources.

Need to ask a workplace program question or find a source of information?

■ CCHALW Website

The volunteer Council has been hard at work developing a website that will address the needs for all Canadians involved in promoting active living – healthy living to workplace employees. Look for these helpful features the next time you log on to: <http://www.cchalw-ccsvat.ca>.

- A FAQ section for users to seek advice and answers, to gain valuable tips and/or to receive feedback/solutions to questions
- A “Facts about Physical Activity & Healthy Living” section of 60 tips – use it for your own information or use them in designing your employee newsletter

The Council hopes that you will find some helpful information in the activities that we have been busy creating for you. Please don't hesitate to contact us with ideas and suggestions. ■

The Amazing Race to Wellness

The *Canadian Council for Health and Active Living at Work* is busy working out the final details on an exciting new initiative for use within the workplace. The Amazing Race to Wellness is an interactive tool complete with weekly challenges and penalties to keep it interesting for all parties. The idea was conceived by CCHALW Council member, Daryl Steeves, who, as an avid active living advocate wanted to improve the wellness level of people in his hometown and to incorporate fun in a behaviour changing experience. He tested his idea with a number of teams who took up his challenge of participating in regular physical activity for a period of 12 weeks while overcoming various “virtual” obstacles around the world. The program was so well received that it was offered on an expanded scale to the Council as a practical and easy to implement program, adaptable to all types of workplaces.

For wellness, active living, health promotion and other allied health professionals looking for an intervention that will meet employee or client physical activity ▶

Are you looking for reliable, women's health information?

Join us at *womenshealthmatters.ca* to:

- talk to others and pose question to health-care professionals
- read women's health news and in-depth articles
- search our Resource Database for women's health resources

womenshealthmatters.ca is an initiative of Women's College Hospital



Women's College Hospital
womenshealthmatters.ca

behaviour change needs, The Amazing Race to Wellness will motivate and create excitement within the workplace. This program can assist with heightening awareness, increasing education and promoting involvement in physical activity combined with other related health habits. The rules are simple and everyone who completes the race is a winner. Here is how to register for the challenge:

- 1 Review your company or organization's worksite objectives relating to physical activity interventions and determine if your workplace is ready for a dynamic new program.
- 2 Request an update on the next scheduled offering of this new initiative at: info@cchalw.ca.

- 3 Plan your campaign including developing promotional and support materials and an evaluation strategy.
 - 4 Register your company and two-person teams at the Race section of the CCHALW website.
 - 5 Prepare for a successful program!
- For more information, please contact info@cchalw.ca. ■

CCHALW RESOURCES

Stairway to Health - Taking Your Workplace to New Heights!

Taking the stairs is a great way to stay healthy and recharge at work! Almost every workplace has stairs and using them instead of taking the elevator or the escalator is a free and easy way to keep physically active all day long!

Stairway to Health is a web-based resource that was launched in 2003 to support workplace coordinators to increase stair climbing at work. The website receives over 1 million hits a year, has over 500,000 registered users and has been highlighted by the World Health Organization as an excellent resource for increasing physical activity at work.

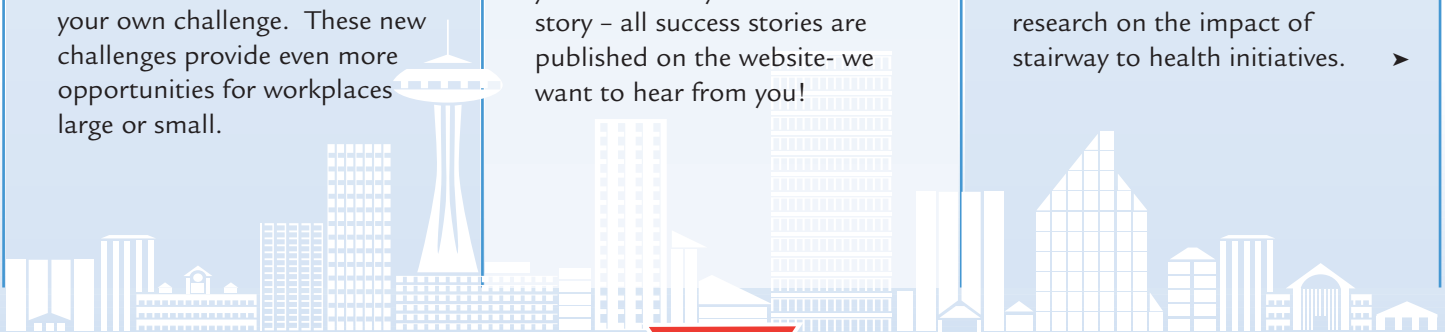
To meet the ongoing needs of users, the Stairway to Health website has just been revamped to include:

- **New Virtual Challenges** - Climb to the moon, across Canada, mountains, towers or even create your own challenge. These new challenges provide even more opportunities for workplaces large or small.



- **Risk Management Resource** - This new tool provides workplace coordinators with the information they need to work with Property Managers to make stairwells safer and more accessible for participants.
- **Case Studies** - New pilot study and success story results are posted. There is also a place for you to submit your own success story – all success stories are published on the website- we want to hear from you!

- **Interactive Tools** - Find information on how to evaluate your stairway to health program (with sample questions for impact and process evaluation), a generic powerpoint you can edit to promote your activities, planning a budget, downloadable motivational posters and tips for planning your events.
- **Research** - Find evidence-based research on the impact of stairway to health initiatives. ➤



• **Program Manager Tools** - As the administrator for your workplace, you have access to numerous tools that will help you develop, oversee and evaluate challenges. Just some of the tools include:

- **Newsletter** - a feature that allows you to send out regular messages to everyone who has registered from your workplace.
- **Changing Challenges** - at any time you can change challenges and an email will automatically be sent to all registered employees of your workplace alerting them to the change.
- **Coordinating Challenges** - view all registered users, edit organization information, change administrators and view current challenge results including raw data.

Visit the Stairway to Health website today at: www.phac-aspc.gc.ca/sth-evs/english/index.htm

Stairway to Health is a partnership between the Canadian Council for Health and Active Living at Work (CCHALW) and the Public Health Agency of Canada.

Workplace Physical Activity and Healthy Eating Clearinghouse

The Canadian Council for Health and Active Living at Work (CCHALW), through support from the Public Health Agency of Canada has recently launched the Workplace Physical Activity and Healthy Eating Clearinghouse. This on-line database allows you to search through over 200 workplace-specific physical activity and healthy eating research articles, policies, programs, services and best practices.

The information contained in the Clearinghouse is a result of a comprehensive literature, media and web based search and includes initiatives from large, medium and small workplaces. It is the Council's hope that this Clearinghouse will become a one-stop shop for

information on workplace physical activity and healthy eating initiatives happening in Canada and around the world.

Although we have tried to be comprehensive in undertaking our first search, we know that many more workplace physical activity and healthy eating activities and interventions exist. Your help is needed to make sure your program successes are included by inputting information on the initiative using the Clearinghouse submission form.

The new Workplace Physical Activity and Healthy Eating Clearinghouse is a great new resource that will assist coordinators to plan new programs and/or expand current physical activity and healthy eating activities in their workplace.

To search the database or submit your initiative, please visit the Clearinghouse, located on the home page of the CCHALW website at: <http://www.cchalw.ca/>

WHY PROMOTE STAIR CLIMBING?

Activities like stair climbing can significantly contribute to the 30 minutes of physical activity we all need... everyday, plus...

- Stair climbing is easy to do in most workplaces. It requires no special equipment to participate.
- Two flights of stairs climbed per day can lead to 2.7 kg weight loss over one year and using the stairs burns twice as many calories as walking.
- Taking the stairs is often faster than waiting for the elevator and a great way to re-energize throughout the day.

Visit the Stairway to Health website today at: www.phac-aspc.gc.ca/sth-evs/english/index.htm

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