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November 6, 2019

## Radon Action Month

Did you know that radon is the leading cause of lung cancer for non-smokers in Canada? Radon is linked to approximately 3,200 Canadian deaths every year. All homes in Canada have some level of radon, an invisible, odourless, colourless radioactive gas - what matters most is how much.

November is Radon Action Month and with a rising public interest in this radioactive gas. It's important to be prepared to discuss the risks of radon with your patients.

McMaster University, together with Health Canada, the Ontario College of Family Physicians and the Clean Air Partnership, have designed a free, certified program, [Radon: Is it in your patients' home](https://machealth.ca/programs/radon/?utm_source=Health%20Canada&utm_medium=Email&utm_campaign=Health%20Canada%20Stakeholder%20Outreach) ([https://machealth.ca/programs/radon/?](https://machealth.ca/programs/radon/?utm_source=Health%20Canada&utm_medium=Email&utm_campaign=Health%20Canada%20Stakeholder%20Outreach)

[utm\\_source=Health%20Canada&utm\\_medium=Email&utm\\_campaign=Health%20Canada%20Stakeholder%20Outreach](https://machealth.ca/programs/radon/?utm_source=Health%20Canada&utm_medium=Email&utm_campaign=Health%20Canada%20Stakeholder%20Outreach)), in order to provide you with reliable, evidence-based information.

The course is certified by the McMaster University Continuing Health Sciences Program for 1 Mainpro+ credit. It is also an Accredited Group Learning Activity as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada. It is also approved by the Canadian Society of Respiratory Therapists for 1.0 CSRT CE/CPD credit.

Southwestern Public Health will contribute to [Radon Action Month](https://www.swpublichealth.ca/your-radon-action-month) ([https://www.swpublichealth.ca/your-](https://www.swpublichealth.ca/your-radon-action-month)

environment/environmental-health/health-hazards/radon) activities with a social media campaign, newspaper ads, and bus shelter promotions across Elgin and Oxford Counties.

## Food Programs and Services Guides

Do you have clients needing information on low cost or free meals, emergency food services, or cooking programs? Do you know the options for diabetes or nutrition education for your community?

Our [Food Programs & Services Guides](https://www.swpublichealth.ca/your-health/nutrition-eating-well/food-programs-and-services) (https://www.swpublichealth.ca/your-health/nutrition-eating-well/food-programs-and-services) provides you with local options (specific to Oxford or specific to Elgin) to address both needs. Download the full Guide or the portion most relevant to your patient's needs.

## Supporting People Who Use Drugs – The Impact of Stigma

This workshop, facilitated by the Ontario Harm Reduction Network, will be hosted by the Oxford County Community Drug and Alcohol Strategy on November 14. There is no cost to attend.

[Register online.](#)

(https://form.simplesurvey.com/f/s.aspx?s=6B117C32-1222-4409-9616-DB1BD907C0CC&AspxAutoDetectCookieSupport=1)



## Instructions Not Included – reaching out to new families

A higher proportion of women in the SWPH region reported concerns about depression during pregnancy (13.6%) and a history of postpartum depression during pregnancy (5.4%) than in Ontario (7.5% and 2.1%, respectively).

Southwestern Public Health will reach out to new parents in November with a campaign called “Instructions Not Included.” The campaign seeks to normalize and destigmatize the isolation, messiness, and feelings of inadequacy that may occur in new parenthood – and to encourage families to reach out for support.

If you would like [posters](https://www.swpublichealth.ca/sites/default/files/7510-instructions_not_included-poster_letter_hr_no_cropmarks.pdf) (https://www.swpublichealth.ca/sites/default/files/7510-instructions\_not\_included-poster\_letter\_hr\_no\_cropmarks.pdf) for your office about services available to new parents through Southwestern Public Health, please email [communications@swpublichealth.ca](mailto:communications@swpublichealth.ca).

### Receiving this by fax?

Please provide the health unit with your email address at [MOH@swpublichealth.ca](mailto:MOH@swpublichealth.ca) for easier access to the hyperlinks.

#### Southwestern Public Health - St. Thomas Site

1230 Talbot St.  
St. Thomas, ON N5P 1G9  
519-631-9900

#### Southwestern Public Health - Woodstock Site

410 Buller St.  
Woodstock, ON N4S 4N2  
519-421-9901

1-800-922-0096 | [www.swpublichealth.ca](http://www.swpublichealth.ca)



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