



# Newsletter

## What's New

CFA has been granted funding to assist with developing a health and wellbeing program for our volunteers. This is a health awareness and information program not a fitness and exercise class. Volunteers face a harsh environment and heavy workloads when on duty so this program is designed to assist you with being prepared for the heavy tasks you will face.

State Emergency Service, Volunteer Coast Guard and Life Saving Victoria are joining CFA in introducing the Volunteer Health and Wellbeing program early in 2007.

The program will be made up of 4 phases and will be introduced from March 2007 onward.

The 4 phases consist of:

- Formation of a volunteer reference group
- Self assessment of health risk factors through a database system
- Seminars to be held around Victoria
- Design and development of a Volunteer health website

### **Volunteer reference group:**

This group will consist of volunteer members from each organisation to assist in formulating the program to suit your needs. These members will also be involved in delivering information to Regions, Groups and Brigades.

### **Self assessment database:**

[www.htonline.com.au](http://www.htonline.com.au)

This risk assessment system will be confidential and is designed to allow users to input information about their life style and certain health observations to gain a risk score on their health outcomes. This risk factor will be feed back to you along with suggestions to improve your outcomes and reduce the risk factors. All information gained through the system is kept confidential and the organisations only receive generic results with no names attached. This will help us give you the information that is needed and wanted.

### **Seminars:**

From information received from the user reference group and the risk assessment database we will tailor an information seminar to suit the needs of the volunteer members. These information sessions will consist of talks by professionals, discussions and demonstrations on subjects to help you with information to assist you to a healthier life style.

**Website:**

<http://esvhealthwatch.vic.gov.au>

From information provided by the reference group and outcomes of the risk assessment database we will design and put online a website specifically to provide you with the information, links and agency specific health topics. In the case of CFA the topics may include working in a hot environment, effects of smoke and carbon monoxide both short and long term.

Each agency will have specific information needs and this will be catered for on the site and be open to all volunteers across agencies. In having a single site for all agency volunteers you will gain ideas and knowledge of how to prepare for the environment you face and understand the work environment and health needs of our fellow volunteers as well as general health and wellbeing for you and your family.

Your involvement and input will be a step towards making this successful and worthwhile for all Emergency Service Volunteers and their families.

Further information will be released to all members as the development progresses and, if you require any details of this Health Awareness program you can contact Jeff Green or Peter Langridge at CFA Headquarters 03 9262 8656.

Email enquiries or comments can be sent to [esvhealth@cfa.vic.gov.au](mailto:esvhealth@cfa.vic.gov.au)



**New research conducted by The Cancer Council Victoria shows that a waist measurement of over 100cm for men, and over 85cm for women, significantly increases the risk of cancer.**



**The Cancer Council is encouraging people to measure their waist, and look at making changes to reduce their cancer risk if they exceed these measurements.**

**How do I measure my waist?**

Measure your waist at the halfway point between your lowest rib and the top of your hipbone. This point is around your stomach, roughly in-line with your belly button.

Lay the measuring tape directly on your skin.

Take the measure at the end of expiration (breathing out normally).

The tape should be snug, but shouldn't compress the flesh.

**Why do we gain weight?**

Weight gain occurs when the energy you eat and drink exceeds the energy your body uses. If you are overweight, you may be eating more than you need, OR not doing enough physical activity.

**HEALTHY EATING**

To help reduce your cancer risk, a healthy, well balanced diet is recommended. Cut down on fatty foods and eat more fruit and vegetables and a variety of wholegrain cereals, breads and pastas. It's best to choose non-fat or reduced fat milk and dairy products.

**How much do I need to eat?**

It is recommended that adults eat five serves of vegetables and two serves of fruit a day for good health and to reduce cancer risk. Depending on your age and gender, it is

recommended that adults should eat at least four serves of bread and/or cereals. Include lean meat, fish and poultry, but limit processed meats like ham, bacon, sausages, salami and frankfurts.

### **Fruit and vegetables**

Snack on fruit and vegetables. Dried fruits and nuts can be high in calories, so should be eaten in moderation.

Add fresh or canned fruit to your breakfast cereal.

Include at least three different coloured vegetables with your main meal.

Include salad with your lunch.

Cook vegetables in different ways for interest and variety, eg oven roasted, grilled or barbecued.

Use frozen, dried or canned vegetables if fresh are not available.

Adapt your recipes to include more vegetables, eg add carrot, celery and peas to bolognese sauce.

### **Drinks**

Avoid sweet drinks, including soft drinks – choose water instead.

Cut back on alcohol. A 120ml glass of white wine has 315kJ.

### **Portion sizes**

Reduce portion sizes – many people eat much more than they need. Try gradually making your usual portion size smaller.

Stop before you eat and think about why you are eating – are you really hungry?

Check food labels for kilojoules and fat, they show the amounts per serve size and per 100g – choose carefully.

To avoid buying food items you don't really need, don't do your supermarket shop when you're hungry.

Don't skip breakfast. Eating soon after you wake up helps burn kilojoules at a higher rate until lunch.

Drink water before eating and during your meal, as it will help to fill you up.

Leave out the obvious extras like parmesan cheese, margarine and added sugar on cereal or in tea/coffee.

Try using mustard on sandwiches instead of mayonnaise. Mustard has no fat and hardly any kilojoules. Otherwise try thinly spread avocado.

## **Other helpful hints**

### **PHYSICAL ACTIVITY**

Being physically active is one of the most important things you can do to help reduce your weight.

#### **How much exercise do I need?**

For good general health, do at least 30 minutes of moderate activity daily. Up to one hour of moderate activity or 30 minutes of vigorous activity is recommended each day to cut your risk of cancer.

Moderate intense activity causes a slight but noticeable increase in breathing and heart rate and includes brisk walking, mowing the lawn, medium-paced swimming or cycling. Vigorous activity makes you 'huff and puff' and includes active sports like football, squash, netball and basketball and activities such as aerobics, circuit training, jogging, and fast cycling.

#### **Tips on how to include more exercise in your daily life**

See exercise as an opportunity, not an inconvenience.

Walk instead of driving to the shops, and walk during your lunchbreaks.

Walk or cycle to work and walk up stairs instead of taking the lift or escalator.

Do something you enjoy with a friend, like tennis, swimming or dancing.

Get off the train or bus one stop earlier and walk the rest of the way.

Do vigorous housework like vacuuming or mowing the lawn.

Step it up – a pedometer is a gadget that fits on to your belt and counts the number of steps you take. Aim towards a goal of 10,000 steps each day.

Add some variety with active recreation such as bushwalking, surfing or cycling.

Try something different like salsa or ballroom dancing.

Pilates and yoga are great for building strength and improving balance.

For more information contact the Cancer Council Helpline on 13 11 20

## Activities

Volunteer Health Seminar  
Warragul 8<sup>th</sup> July  
See website for details

# men at work



Find out more about cancers affecting men

Did you know that prostate and bowel cancer are the most common cancers affecting men in our community?

Here is an opportunity for you to be well informed about these cancers. A Cancer Council Health Educator will conduct an information session here at this workplace.

free session here  
at your workplace

The session includes

- What is cancer?
- Risks and symptoms of cancer
- Prevention of cancer
- Personal health strategies
- Health literature and resources

Some Victorian facts

- Around 3800 men are diagnosed with prostate cancer each year.
- Around 20,000 men are living with a prostate cancer diagnosis.
- 3500 people develop bowel cancer each year.
- Over 90% of bowel cancers are curable if detected and treated early.

When:

Where:

Who:

More info:



# women's health in the workplace



Learn more about cancers affecting women

Here is an opportunity for you to be well informed about breast and cervical cancer.

A Cancer Council Health Educator will conduct an information session here at this workplace.

free  
session  
here at your  
workplace

The session covers

- What is cancer?
- Risks and symptoms of breast and cervical cancer
- Prevention of cancer
- Health literature and resources

Some facts about breast and cervical cancer

- Breast cancer is the most common cancer affecting women
- Around 3000 Victorian women are diagnosed with breast cancer each year
- Around 150 Victorian women are diagnosed with cervical cancer each year
- Regular Pap tests can prevent up to 90% of cervical cancers
- Simple tests such as a mammogram and Pap test help to detect abnormal changes that can lead to cancer

When:

Where:

Who:

More Info:

