



**Health Matters Newsletter**

 **July 4, 2014**

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**Today’s Health Matters Includes:**

* Meeting Schedules
* Community Meetings and Events
* Our Cowichan Small Grants Available
* Stroller Brigade for $10 a Day Child Care
* Red Deer Bans E Cigarettes Under Local Smoking Bylaw



**Our Cowichan- Network Member Meetings-**

* **Next Our Cowichan Network Meeting –Thursday July 10,** CVRD Board Room. Light dinner at 5:30 pm – Meeting starts at 6:00 pm
* **Next Admin Committee Meeting-** Wednesday July 16, 5:30 pm CVRD Committee Room 2
* **Next Grant Committee Meeting-** Wednesday October 1, 9 am to 11 am CVRD – Room to be announced

**Upcoming Events/ Workshops/ Community Meetings**

* **Sunset Cinema Movie Night in the Park- Free Family Movie**

Cowichan Sportsplex- Sunday July 13 Movie starts at Dusk- This year’s **movie feature is the LEGO Movie.** Bring a blanket or lawn chair





Calls for Proposals

 Cowichan Valley

Thank you for your interest in contributing to the health of citizens living in the Cowichan Region. Our Cowichan Communities Health Network (OCCHN) is pleased to provide a maximum grant of $2,000.00 toward eligible projects in the Cowichan Valley. Please read the following information to ensure your proposal meets the funding requirements.

Our Cowichan recognizes the health and well -being of our citizens is impacted by the 12 Key determinants of health within the context of healthy and supportive communities, organizations, families and relationships.

Our Cowichan has the opportunity to make a positive and meaningful contribution to our communities’ future. OCCHN is committed to helping all citizens of the Cowichan Communities enjoy good health.

**Project focus:**

Applications whose priorities for action respond to demonstrated community needs, gaps and priorities and that are evidence based and focus on the determinants of health will be accepted for review.

Application templates are available on our website [www.cchn.ca](http://www.cchn.ca) or contact Cindy Lise at cindylisecchn@shaw.ca . Applications will be accepted up to October 1, 2014. Funding announcements will be made by October 15, 2014 or sooner.

* 1 copy must be submitted by email to: cindylisecchn@shaw.ca
* 1 hard copy must be mailed to:

Our Cowichan

PO Box 20106

Duncan BC,

V9L- 5H1



**Stroller Brigade for $10 a Day Child Care**

**When:** Saturday, July 12th

Where: Parliament Buildings, Victoria

When: Saturday, July 12th from 2:00 to 3:00

Come out and show your support for an affordable public child care system. Bring your babies!

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# Red Deer bans e-cigarettes under local smoking bylaw

### Clarification to existing bylaw states the devices fall under city's definition of 'smoking'

By Amanda Connolly, [CBC News](http://www.cbc.ca/news/cbc-news-online-news-staff-list-1.1294364) Posted: Jun 27, 2014 7:41 AM MT Last Updated: Jun 27, 2014 7:41 AM MT

The city of Red Deer says residents will no longer be able to vape e-cigarettes wherever they please after it determined an existing local bylaw's definition of smoking applied to vaping as well. (Ron Medvescek/Arizona Daily Star/Associated Press)

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### Related Stories

* [E-cigarettes need strict rules, doctors tell WHO](http://www.cbc.ca/news/health/e-cigarettes-need-strict-rules-doctors-tell-who-1.2677300)
* [E-cigarettes could save hundreds of millions of lives, scientists tell WHO](http://www.cbc.ca/news/health/e-cigarettes-could-save-hundreds-of-millions-of-lives-scientists-tell-who-1.2658080)
* [E-cigarette cafe in Moncton sparks debate about regulations](http://www.cbc.ca/news/canada/new-brunswick/e-cigarette-cafe-in-moncton-sparks-debate-about-regulations-1.2656680)
* [E-cigarette crackdown sought by City of Hamilton](http://www.cbc.ca/news/canada/hamilton/news/e-cigarette-crackdown-sought-by-city-of-hamilton-1.2651267)
* [Air Canada let man 'vape' e-cigarette on board, says passenger](http://www.cbc.ca/news/canada/calgary/air-canada-let-man-vape-e-cigarette-on-board-says-passenger-1.2607622)
* [E-cigarettes on planes: legal grey area left up to carriers](http://www.cbc.ca/news/canada/calgary/e-cigarettes-on-planes-legal-grey-area-left-up-to-carriers-1.2500896)

Red Deer residents fond of electronic cigarettes will no longer be able to puff where they please, after city officials clarified the reach of a local smoking bylaw.

The city issued a statement Thursday morning clarifying the existing Smoke Free Bylaw in regards to the devices, saying vaping an e-cigarette falls under its definition of smoking.

That ruling means vapers will not be allowed to use their devices anywhere smoking is already banned, such as cafes, restaurants and near playgrounds.

* [**EXCLUSIVE | Air Canada let man 'vape' e-cigarette on board, says passenger**](http://www.cbc.ca/news/canada/calgary/air-canada-let-man-vape-e-cigarette-on-board-says-passenger-1.2607622)
* [**E-cigarettes on planes: legal grey area left up to carriers**](http://www.cbc.ca/news/canada/calgary/e-cigarettes-on-planes-legal-grey-area-left-up-to-carriers-1.2500896)

"We've had a lot of questions and concerns raised by our public, residents plus proprietors of restaurants and bars saying, 'Is it okay if they smoke e-cigarettes?,'" said Red Deer Deputy Mayor Lynne Mulder.

"Smoking in our bylaw would encompass vaping, so we have applied the very same regulations against vaping as we do regular cigarettes."

E-cigarettes have soared in popularity in recent years. But, as often happens with new technology, government regulations have been slow to catch up.

Health Canada advises Canadians not to use the devices and has not authorized their sale in Canada. However, it lacks the resources to inspect retail stores to see if they're complying — and many people buy the devices online.

That has led some municipalities and provinces to take the matter into their own hands.

"We're really just doing this in the absence of federal and provincial regulation," said Mulder. "Health Canada has advised against it and it fits within our bylaw, so that's the approach that we've taken ... because we don't know whether it's safe or not safe, we have selected to ban it anyway."

## Other jurisdictions consider local bans

Several provinces and municipalities have begun looking at ways to regulate the use of the devices in the absence of any federal regulation of them.

Nova Scotia plans to introduce legislation in the fall to ban the sale of e-cigarettes to anyone under the age of 19.

In Ontario, the city of Hamilton voted in May to ask the province for the power to restrict who buys e-cigarettes and where they can be smoked.

In Red Deer, the clarification of the bylaw will give officials the power to crack down on vapers if a complaint is issued.

Anyone who sees someone vaping in a banned area can call the RCMP non-emergency line and have the person forced to stop.

"Our hope is that we aren't putting people in handcuffs over this," said Mulder.

## Vaping advocates condemn move

While Mulder says she hasn't heard negative feedback from residents yet, vaping proponents say they are considering contacting the city to let officials know of their frustration with the decision.

The Electronic Cigarette Trade Association argues it isn't fair to group vapers together with smokers, especially given that many are trying to break the addictive habit by distancing themselves from smoking.

"If I've decided to vape, not smoke, then I yes, definitely do deserve to be protected from second-hand smoke," said Kate Ackerman, an e-cigarette retailer who is on the ECTA board of directors.

"It would be extremely unfair for any municipality to direct that somebody who is not smoking go and do an activity in a smoking area exclusively."

Ackerman says Red Deer is the first city in Canada to bring e-cigarette restrictions under a municipal bylaw.

However, Red Deer officials could not confirm that statement.



# Sunglasses

It is important to protect your eyes against damage from the sun. For most people, a low-cost pair of sunglasses with UVB and UVA protection will do the job.

## Sun safety tips

* **Wear sunglasses.** If you choose them properly, sunglasses will protect your eyes against damage from ultraviolet (UV) radiation and visible light.
* **Avoid** [**bright sunlight**](http://healthycanadians.gc.ca/health-sante/environment-environnement/sun-soleil/radiation-rayonnement-eng.php), especially in the spring and summer between 11:00 a.m. and 4:00 p.m., when the sun's rays are strongest.
* **Wear sunglasses when driving** a vehicle in bright sunlight, because they reduce glare and improve contrast.
* **Cover up.** Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric.
* **Limit your time in the sun.** Keep out of the sun and heat between 11 a.m. and 4 p.m. When your shadow is shorter than you, the sun is very strong. Look for places with lots of shade, like a park with big trees, partial roofs, awnings, umbrellas, or gazebo tents. Always take an umbrella to the beach.
* **Use the UV Index forecast.** Tune into local radio and TV stations or [check online for the UV index forecast in your area](http://www.theweathernetwork.com/uvreport/canuv_en). When the UV index is 3 or higher, wear protective clothing, sunglasses and sunscreen.

## Tips for choosing sunglasses

Follow these safety tips when choosing sunglasses to reduce your risk:

* **Choose dark lenses.** Make sure the lenses are dark enough to keep your eyes comfortable, but not so dark that they reduce your vision.
* **Reduce glare.** If you spend a lot of time outdoors with intense glare from sunlight bouncing off snow or water, you should wear sunglasses that block blue light. Medium to dark lenses with a grey, or slightly brown or green tint, will filter out most blue light.
* **Choose scratch-resistant coatings.** Most sunglasses have plastic lenses. These lenses are tougher than glass and less likely to shatter. If you buy plastic lenses, look for a pair with a scratch-resistant coating.
* **Check for distortion.** Check the lenses for distortion by putting the sunglasses on and looking at a rectangular pattern, such as floor tiles. If the lines stay straight when you move your head up and down, and side-to-side, then the amount of distortion is acceptable.
* **Get enough UV protection.** You cannot tell how much UV protection a pair of sunglasses will provide by their price, colour, or by the darkness of the lenses. Look for a label with UVB and UVA protection.

### Amount of UV protection

Manufacturers follow voluntary industry standards when labelling sunglasses. Sunglasses that comply with industry standards for UV protection are grouped in three categories:

* **Cosmetic** sunglasses have lightly tinted lenses for use in sunlight that is not harsh. They block up to 60 percent of visible light and UVA rays, and between 87.5 and 95 percent of UVB rays. These glasses are not usually recommended for daylight driving.
* **General purpose** sunglasses block from 60 to 92 percent of visible light and UVA rays, and between 95 and 99 percent of UVB rays. These sunglasses are good for driving, and are recommended whenever sunlight is harsh enough to make you squint.
* **Special purpose** sunglasses block up to 97 percent of visible light and up to 98.5 percent of UVA rays. They also block at least 99 percent of UVB rays, and are suitable for prolonged sun exposure. These sunglasses are not recommended for driving.

### Types of lenses

Sunglasses are made with different kinds of lenses to meet different needs:

* **Regular** lenses reduce the brightness of everything evenly.
* **Polarizing** lenses are designed to cut glare due to reflection. This means they are good for driving and outdoor activities in the snow or on water.
* **Photochromic** lenses change with the intensity of UV light by turning darker when outdoors and lighter when indoors. If you wear these for driving, choose sunglasses that are fairly dark.
* **"Flash" or mirror** lenses reflect all or part of the light instead of absorbing it. They offer no performance advantage because they scratch easily. You should choose a pair with a scratch-resistant coating.

## About ultraviolet radiation and visible light

The sun produces many different kinds of energy. The kinds most likely to injure the eye are:

* [ultraviolet radiation](http://healthycanadians.gc.ca/health-sante/environment-environnement/sun-soleil/radiation-rayonnement-eng.php), which is invisible and is often called "UV rays"
* bright or intense light
* blue light

**UV rays** carry more energy than visible light rays, so the eye is at greater risk of damage from absorbing UV rays than from absorbing other kinds of light. There are two types of UV rays that reach the Earth's surface: UVA and UVB. These rays can cause, or speed up the progress of, several diseases that affect the eye or its supporting structures. UVB rays have also been linked to [skin cancer](http://healthycanadians.gc.ca/health-sante/environment-environnement/sun-soleil/skin-cancer-peau-eng.php).

Most of the damage caused to eyes by UVB and UVA rays happens over a long period of time and cannot be reversed. Sensitivity to UV rays varies from one person to the next.

**Blue light** is visible light in the blue portion of the colour spectrum. The intense glare of light reflecting off snow or water contains blue light. Your eyes cannot focus clearly in blue light. Some scientists believe that routine exposure to blue light over many years may age the retina and increase the risk of blindness in some [people over the age of sixty](http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/seniors-aines_vc-sv-eng.php).

## How the sun can damage your eyes

When your eyes absorb ultraviolet radiation and visible light from the sun, heat or chemicals react in eye tissue. These reactions can cause permanent damage if the eye's natural ability to heal itself is overwhelmed.

Different parts of the eye absorb different kinds of [UV rays](http://healthycanadians.gc.ca/health-sante/environment-environnement/sun-soleil/radiation-rayonnement-eng.php) and visible light. For example:

* The **surface layers** of the outer part of the eyeball (the cornea and the conjunctiva) absorb UVB rays.
* The **lens** absorbs mainly UVA rays.
* The **retina** (the light-sensitive lining at the back of the inner eyeball) absorbs visible light.

If eyes are overexposed to UV radiation, the front portion of the eyes can be damaged. If visible light is too bright or intense, or if you stare directly at the sun, even briefly, the retina can be damaged, causing permanent loss of vision. UV radiation, along with wind and drying of the eye, may cause snow blindness, an uncomfortable but temporary condition.

There is some evidence that daily exposure to UV radiation in very bright sunlight over many years may increase the risk of developing cataracts. [Cataracts](http://www.cnib.ca/en/your-eyes/eye-conditions/Cataracts/Pages/default.aspx) cause a gradual clouding of the natural lens of the eye.

## How the Government of Canada protects you

[Health Canada's role](http://www.hc-sc.gc.ca/ahc-asc/activit/about-apropos/index-eng.php) is to help Canadians maintain and improve their heath. As part of this work, Health Canada promotes public awareness about sun safety and the harmful effects of UV radiation.



Do you have a resource, event or information you would like to share?

Send it to cindylisecchn@shaw.ca and it will be included in the weekly

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