

Five problems threaten health

According to the health promotion committee of the Halton District Health Council, the health of Halton residents is being threatened by five preventable lifestyle problems. These are: stress, smoking, alcohol-related accidents, poor physical fitness and poor nutrition.

These problems were identified in a committee study published in 1984. The committee has followed up on this information by seeking community input, through the medium of public meetings, in the development of solutions. A number of steps have been initiated with the assistance and co-operation of locally-based citizens' groups. These groups hope to gain local support for

community-sponsored efforts based on a number of suggestions contained in a follow-on report stemming from the 1984 study and recently discussed by the health council.

"We have taken a careful look at a wide-range of health issues and also examined some programs which have shown some success in reversing these trends," says Robbie Simpson, chairman of the health promotion committee.

According to Simpson, specific age groups are identified with distinctly different health patterns. As an example, in dealing with a number of these problems, the elderly should be encouraged to focus on such issues as overcoming depres-

sion, becoming more aware of how to ensure their physical safety, and learning to eat more carefully to establish a balanced diet.

The health promotion committee is assisting local agencies by providing encouragement, support and leadership and in the development of positive programs to deal with each of these issues. These groups, some only recently formed, need support from the public and also assistance from the health and social workers resident in their communities.

Interested people may call the Halton District Health Council at (416) 842-2120 for further information or a copy of the report.

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