



January/February 2010

Newsletter



## Be Your Own Valentine

This Valentine's Day take some time to treat yourself:

- ❖ Have a home spa: long bath, foot scrub, facial, manicure / pedicure, moisturizer ...
- ❖ Take a nap
- ❖ Take yourself on a date: dinner and a movie, a concert, art gallery, dancing, coffee, skating ...
- ❖ Buy flowers (or a plant, or seeds or bulbs)
- ❖ Have a really good chocolate (or ice cream, or candy...) Eat it slowly, without doing anything else.
- ❖ Do something sexy, just for you
- ❖ Go on an adventure: road trip to somewhere you've never been before, learn a new activity...
- ❖ Pick a theme and have a reading or screen marathon: mystery TV shows, Jane Austen (books or movies), a movie series, biographies, romances ...
- ❖ Throw a costume party (or just wear a costume)
- ❖ Find something fabulous that you wouldn't ordinarily wear, and wear it.

## New Resource:





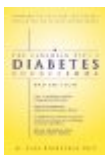

### Emotional Wellbeing Pathfinder



On the Health Information page of our website you can find a Mental Health Pathfinder that will direct you to useful books, places, websites etc. for finding information about stress, depression, anxiety, body image, post natal mood disorders, grief and other emotional concerns.

## New Stuff in the Library



	Abby Abelson	The Cleveland Clinic Guide to Osteoporosis	2010
	Bonnie Henry	Soap and Water and Common Sense: How to Stay Healthy in a Germ-Filled World	2009
	Dr. Theodore Fenske	While You Quit: A Smoker's Guide to Reducing the Risk of Heart Disease and Stroke	2009
	Lise Eliot	Pink Brain, Blue Brain: How Small Differences Grow Into Troublesome Gaps -- And What We Can Do About It	2009
	M. Sara Rosenthal	The Canadian Type 2 Diabetes Sourcebook, 3rd Edition	2009
	Doreen Samelson	Feeding the Starving Mind: A Personalized, Comprehensive Approach to Overcoming Anorexia and Other Starvation Eating Disorders	2009

To see more of what's new in our Library go to:  
[www.librarything.com/catalog/WomensHealthPtbo](http://www.librarything.com/catalog/WomensHealthPtbo)  
 (click on 'tags' and then 'NEW')

## Eating Disorders Awareness Week February 1 – 7, 2010



According to a 2002 survey, 1.5% of Canadian women aged 15 – 24 years had an eating disorder.

Government of Canada. (2006). *The Human Face of Mental Health and Mental Illness in Canada 2006*.

Body-based teasing can have a serious impact on girls' attitudes and behaviours. According to one study, girls who reported teasing by family members were 1.5 times more likely to engage in binge-eating and extreme weight control behaviours five years later.

Neumark-Sztainer, et al. (2007). *Shared Risk and Protective Factors for Overweight and Disordered Eating in Adolescents*. *American Journal of Preventative Medicine*, 33(5), 359-369.

Dieting for weight loss is often associated with weight gain, due to the increased incidence of binge-eating

Field, A. E et al. (2003). *Relation between dieting and weight change among preadolescents and adolescents*. *Pediatrics*, 112(4), 900-906  
Stice, Cameron, et al (1999). *Naturalistic weight-reduction efforts prospectively predict growth in relative weight and onset of obesity among female adolescents*. *Journal of Consulting and Clinical Psychology*, 67, 967-974.

Adolescent girls who diet are at 324% greater risk for obesity than those who do not diet.

(Stice et al., 1999).

Nedic – Statistics -

[www.nedic.ca/knowthefacts/statistics.shtml](http://www.nedic.ca/knowthefacts/statistics.shtml)



### Professional Collection Online

Over the next few months we will be adding the resources of our Professional Collection to our LibraryThing catalogue. Local health, social and educational professionals looking for texts, workbooks, handouts, videos, workshops, games and more will be able to browse or search both our Professional and Lending Library collections at :

[www.librarything.com/catalog/WomensHealthPtbo](http://www.librarything.com/catalog/WomensHealthPtbo) , or can see our Professional Collection on its own, at:  
[www.librarything.com/catalog/WomensHealthPtbo/professionalcollection](http://www.librarything.com/catalog/WomensHealthPtbo/professionalcollection)



## Eating Disorder / Body Image Programs

*Turning Points*, *No More Dieting*, and *Making Changes* are group programs that we run for people who have symptoms of Anorexia and Bulimia, people who are struggling with binge eating, weight preoccupation and body image, and for those who have already completed an education and support program and are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder. For more information, to find out about when a group is running, or to register, please call us at (705) 743-4132 or 1-800-419-3111.

## International Women's Day March 8, 2010



Keep an eye on our website for announcements about International Women's Day events.

This year's United Nations theme for International Women's Day is "Equal rights, equal opportunities: Progress for all."

In adopting its resolution on the observance of Women's Day, the General Assembly cited two reasons: to recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security.

International Women's Day – Women Watch

[www.un.org/womenwatch/feature/iwd/](http://www.un.org/womenwatch/feature/iwd/)

## Food in Peterborough



This website, from the Peterborough County City Health Unit, provides information about food banks, meal programs, cooking, gardening, food box programs, local food producers, volunteer opportunities, research and advocacy around food in Peterborough. Take a look!

<http://pcchu.peterborough.on.ca/NP/NP-images/food-microsite/food-in-ptbo.html>