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**NOUVELLE DE L'HEURE**

**KNOWLEDGE IS POWER SAYS HEALTH COALITION**

19 MARS 2010

vision@eap.on.ca

Know more, do more, and be more healthy as a result is a message that a coalition of health groups want to get across to parents in the Champlain Local Health Integration Network (LHIN).

Dr. Paul Roumeliotis, chief medical health officer for the Eastern Ontario Health Unit (EOHU) makes a special trip to the YMCA in Rockland next Saturday to help with a three-point kickoff of the Know More Do More campaign. The goal is to make parents in the Champlain LHIN more aware of their children's health and what they can do to maintain it. Similar events will take place in Ottawa led by Dr. Mark Tremblay, director of healthy active living and obesity research at the Children's Hospital of Eastern Ontario (CHEO), and Dr. Vera Etches, associate medical health officer for the Ottawa Public Health Unit (OPHU).

They represent the Champlain Cardiovascular Disease Prevention Network (CCDPN), which has been doing research on overall health for children and adults in the Champlain region. The group's research suggests that what parents think they know about their children's health and fitness and what the reality is do not always agree.

Most parents in the region think their children are at a healthy weight and are physically active on a regular basis. But the CCDPN's research indicates that too many children in the Champlain LHIN fall below the national average for health and fitness.

The focus of the Know More Do More campaign is to make parents aware of this knowledge gap and encourage them to get more involved with their children in healthy lifestyle choices like proper nutritious eating and being more physically active.

The Rockland part of the campaign with Dr. Roumeliotis kicks off Saturday, March 27, at 10:30 a.m., at the YMCA in Rockland on Du Parc Avenue beside L'Escale high school. The campaign launch features games for children, healthy snacks, and information on fun activities for the family and healthy eating tips.

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**CALENDRIER D'ÉVÈNEMENT**

Agenda		Mars		2010		
D	L	M	M	J	V	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20





21	22	23	24	25	26	27
28	29	30	31			

**Derniers événements inscrits**

1. voyage a New York
2. voyage à la cabane à sucre
3. Whist Militaire
4. Théâtre Ste Adèle

