



# Wellness E-Bulletin

Autumn 2020

## This editions features:

After the Storm – a small comment on the past summer

Flu Vaccines

World No Tobacco Day

Closing the Gap

Traffic safety

World Obesity Day

## In the Health & Wellness Calendar:

1-7 March – Hearing Awareness Week

4 March – World Obesity Day

13 – 20 March – Coeliac Awareness Week

19 March – National Close the Gap

20 March – International Day of Happiness

21 March – International Day of Forests

21 March – International Down Syndrome Day

26 March – Purple Day for Epilepsy

April – Autism Awareness Month (2nd World Autism Day)

4 April - Canberra Walking Festival

7 April – World Health Day

1 May - World Asthma Day

31 May - World No Tobacco Day

(See back page for details on all these events)



Your contributions, news and feedback are welcome. To provide your suggestions email [whs@anu.edu.au](mailto:whs@anu.edu.au).

## After the storm



### Resources

#### Staff Wellbeing -

<https://services.anu.edu.au/human-resources/wellbeing>

#### Student Wellbeing -

<https://www.anu.edu.au/students/health-safety-wellbeing>

#### BeyondBlue -

<https://www.beyondblue.org.au/get-support/get-immediate-support>

#### ANU Mindfulness Community of Practice for Staff and Students -

<http://mindfulness.weblogs.anu.edu.au/>



We couldn't really put out a Wellness Bulletin at this time without acknowledging the extraordinary events of the past few months and the impact this has had on members of our community. While we strongly support the messages and advice from our VC and our Governments about caring for your health during these challenges, we are not going to repeat those very well publicized messages here but instead put some focus on caring for our whole selves now and into the future.

1. Be yourself. Our community has shown itself to be a compassionate, helpful and engaged group of people. We will not become a space where prejudice is tolerated, even in the face of fear provoking headlines. Continue to be a supportive, open and thoughtful member of this community. Maintaining our collegiality creates a warm and welcoming work space that enhances the wellbeing of everyone.
2. Stick to your routine. Over the past months many things have occurred that impact on how we do our "day to day". It is understandable, and at times necessary, for our usual routines of self-care, including exercise, mealtimes and sleep-times to be disrupted. As we settle into the new academic year, take a few moments to review your daily routines and see if they align with your usual habits, or if you need to add to or amend your habits to ensure healthy sleep, healthy eating habits and regular exercise.
3. Keep moving. Even at times when we are "stuck" inside, maintaining physical activity is very important for both our physical and mental health. This might be through some floor based exercises in your living room, an exercise bike or treadmill or you can use online yoga, Pilates or other fitness sessions (many of them free) to get some movement into the day even something as simple (and yes maybe a little bit twee) as marching on the spot while watching TV instead of slumping on the couch will contribute to a healthier body and healthier mind.
4. Be a giver. Whether donating your time to help out a charity drive, or promote a cause in need, volunteering at animal shelters, helplines or other support groups or donating money to your preferred charity, the act of giving benefits the donor and the recipient. It helps us to feel empowered in the face of difficult times, by being able to act, to respond and to help in whatever way, small or large, that we can. And there are many worthwhile charities in need of our support at this time.
5. Look ahead. In times of stress we are often very focused on the short term, on the urgent and acute activities. It is important now to deliberately let go of that short term focus, even if just for small times each day, and reconnect with our plans for the future. Looking and planning ahead for the coming year, or even just the coming few months will reorient us to the future and put us back on our usual paths of activity and achievement. Book in a lunch with friends or a day of bushwalking at some point in the future as something to look forward to and give you a day of recharging and pleasure!
6. Find the good bits. Be deliberate about noticing all the good and wonderful things that are continuing to happen around us. This doesn't have to mean sitting about for an hour contemplating the wonder of the universe (although by all means do that! It's an amazing place!) but as simple as noticing the beautiful colours of the leaves on the trees as you walk to your office, the clear blue sky or the fresh smell of the dewy gumtrees. Take a moment to observe and be thankful for the beauty around us, for the good moments with loved ones and the little wins of each working day.

As we head into Autumn, and Winter starts to appear, it's time to get prepared for our usual flu season. Flu vaccines play an important role in preventing the spread and severity of disease and are particularly important for those members of our community who are vulnerable to disease such as the very old, very young or those with heart or lung conditions. As many of these people are not able to have the vaccine, they rely on the rest of us to keep such diseases at bay.

If you have been particularly impacted by any of the events of the past two months it's possible that your immune system may not be up to its usual fighting fitness. If a flu vaccine hasn't been part of your usual health care in previous years, consider having a chat with your treating healthcare provider about getting vaccinated this year to protect your health and the health of those around you.

Details on the ANU program for flu vaccinations will be coming out soon.

## Flu Vaccines



# World No Tobacco Day and World Asthma Day



31 May is World Tobacco Day and, in a handy bookend to the month, World Asthma Day is 1 May! World Asthma Day strongly reinforces the need to take conditions like asthma seriously. 389 people died in Australia in 2018 from asthma while globally it is estimated that 1000 people die every day from asthma.

ANU is smoke free because we care about the health of our staff and students, we also care about our environment and our local wildlife. By providing a smoke free environment we provide a space that is safe for people with health conditions such as asthma to walk freely around campus without fear of their condition being triggered and their health being threatened.

The World Health Organisation has the following to say about 2020 World No Tobacco Day

“For decades, the tobacco industry has deliberately employed strategic, aggressive and well-resourced tactics to attract youth to tobacco and nicotine products. Internal industry documents reveal in-depth research and calculated approaches designed to attract a new generation of tobacco users, from product design to marketing campaigns aimed at replacing the millions of people who die each year from tobacco-attributable diseases with new consumers – youth.

In response to the tobacco and nicotine industries’ systematic, aggressive and sustained tactics to attract a new generation of tobacco users, World No Tobacco Day 2020 will provide a counter-marketing campaign and empower young people to engage in the fight against Big Tobacco.

The World No Tobacco Day 2020 global campaign will serve to:

- Debunk myths and expose manipulation tactics employed by the tobacco and nicotine industries, particularly marketing tactics targeted at youth, including through the introduction of new and novel products, flavours and other attractive features;
- Equip young people with knowledge about the tobacco and nicotine industries’ intentions and tactics to hook current and future generations on tobacco and nicotine products; and
- Empower influencers (in pop culture, on social media, in the home, or in the classroom) to protect and defend youth and catalyze change by engaging them in the fight against Big Tobacco.

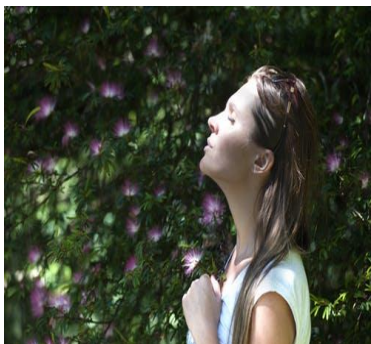
Call to action:

The world cannot afford another generation deceived by the lies of the tobacco and nicotine industry, which pretends to promote freedom of personal choice while really ensuring eternal profits – regardless of the millions of people that pay with their life each year. WHO urges influencers – in pop culture, on social media, in the home, or in the classroom – who reach and connect with youth to expose the industries’ manipulative tactics to create a new generation of tobacco users. We need to empower youth to stand up to Big Tobacco by dispelling its lies and refusing to use its products.”

## Resources

Global Asthma Report - <http://globalasthmareport.org/index.html>

WHO World No Tobacco Day: <https://www.who.int/news-room/events/detail/2020/12/18/default-calendar/world-no-tobacco-day-2020-protecting-youth-from-industry-manipulation-and-preventing-them-from-tobacco-and-nicotine-use>



## Closing the Gap on Aboriginal and Torres Strait Islander Health

Closing the Gap began in response to a call for governments to commit to achieving equality for Aboriginal and Torres Strait Islander people in health and life expectancy within a generation. The latest report, 2020, shows improvements, but a great deal more work to do. The health statistics for our Aboriginal and Torres Strait Islander communities are still heartbreaking. For the last 10 years many thousands of Australians from every corner of the country, in schools, businesses and community groups, have shown their support for Close the Gap by marking National Close the Gap Day each March.

From the ANTaR Close The Gap Day Website: “On National Close the Gap Day we encourage you to host an activity in your workplace, home, community or school. Our aim is to bring people together to share information, and most importantly, to take meaningful action in support of achieving Indigenous health equality by 2030.

### How to get involved in National Close the Gap Day

- Register your activity. You can download some online resources to support your event
- Invite your friends, workmates and family to join you
- Take action by signing the Close the Gap pledge and asking your friends and colleagues to do the same
- Call, tweet or write to your local Member of Parliament and tell them that you want them to Close the Gap
- Listen to and share the stories of Aboriginal and Torres Strait Islander people on Facebook - [visit our Close the Gap Facebook page](#).
- Share your photos and stories on social media. Use the hashtag #CloseTheGap
- [Donate to help our work on Close the Gap](#)

Your actions can create lasting change. Be part of the generation that closes the gap.”

## Resources

Close the Gap Report 2020 - <https://ctgreport.niaa.gov.au/>

National Close the Gap Day <https://antar.org.au/campaigns/national-close-gap-day>



# Traffic Safety on Campus

With the commencement of the new academic year, the usual hustle and bustle of University life has returned! With over 20,000 students and 4,000 staff not to mention our visitors there are a lot of people, cars, bikes, scooters, prams, wheelchairs and skateboards now zooming about campus. Which is lovely....

But.....

Please do your best not to collide with each other!!!

Every year we have a number of incidents, and some injuries from collisions between people, bikes, cars and other wheeled transport. No-one wants to get hurt, and no-one wants to be responsible for hurting someone else on campus so please consider the following tips:

1. Slow it down – whether you are a car, a bike or a pedestrian, stick to the speed limits (40 is the maximum on campus and some areas are 20) and obey the road rules (give way at roundabouts and corners). Cars and bikes; go slowly around corners where visibility is limited or it is a busy area. Pedestrians, stop and look before you cross the road – even at crossings (sadly we do not yet have protective force fields that spring up when you step out!)
2. Eyes up! Seems like a no brainer but keep your focus on your surroundings when moving around campus. Using mobile devices when driving is illegal, and when riding a bike is highly dangerous. As a pedestrian, using a mobile device when walking means you're not looking where you are going – perfect conditions for a collision.
3. Take notices of signage indicating where you must dismount from your bike or where cars have lowered speed limits.
4. Use your safety gear, if you're on a bike, scooter or skateboard – helmets are a must, consider high vis jackets or vests or just a bright coloured top so you stay visible, have good footwear if you're scooting or skating. Road bikes - consider reflectors and/or lights if you are riding in low lighting conditions or at night and as the days get cooler, your need for gloves, sleeves or other guards to protect your joints from injury that can come from working hard in the cold.
5. As two wise travellers once said..." be excellent to each other!" We are one great big community of awesome people who have important and exciting things to do. Stay calm and alert when you are moving about campus, be respectful of other road users rights to safety and amenity on campus and remember that no deadline or missed meeting is worth an injury to yourself or causing an injury to someone else.

Safe travels everyone!!



## Resources

<https://services.anu.edu.au/campus-environment/transport-parking>



## Resources

<https://www.worldobesityday.org/>

<http://www.obesityaustralia.org/>

<https://globalobesity.com.au/>



# World Obesity Day

From the World Obesity Day Website: "People with obesity are constantly shamed and blamed for their disease. This is because many people - including doctors, policymakers, and others - do not understand that obesity is a chronic disease. They see it as a simple lack of willpower, laziness, or a refusal to "eat less and move more". But like all chronic diseases, the root causes of obesity run much deeper. They can be genetic, psychological, sociocultural, economic and environmental. It is time we break the cycle of shame and blame and re-evaluate our approach for addressing this complex chronic disease that affects 650 million people worldwide."

Risk factors for obesity include physical inactivity, sedentary behaviour, poor diet quality, insufficient sleep and poor self-rated quality of life.

We know that movement and physical activity has a range of benefits to health, not just in preventing obesity, but it may also be key to minimizing or avoiding the development of other risk factors. Activity such as sports, or group fitness or movement classes not only give you physical activity but also social connection and plays a key part in supporting healthy sleep! Moving into the cooler months we may need or want to adjust our exercise routines to reflect the cooler mornings and evenings. This might just mean warmer gear – but can also mean being more careful to gently warm up before intensive work-outs.

Establishing a healthy food environment is another important step, this may be at home or at work or both. Choosing what temptations we expose ourselves to has an impact on what temptations we succumb to! There is some interesting discussion and ideas about how to apply these in the workplace where we like to have our morning teas and treats, but we also want to promote and maintain our health and support the good health of our colleagues. Have a look in the resources for Deakin University's Global Obesity Centre for some interesting research and discussion.

## Upcoming events

<b>1-7 March Hearing Awareness Week</b>		<b>3 March – World Hearing Day</b>
World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. It coincides with Hearing Awareness Week in Australia. Hearing loss is costing Australia \$15 billion a year in health system costs and lost productivity; Hearing loss affects 70% of people over the age of 70 and it has a huge impact on the quality of life; It is more common than heart disease, cancer and diabetes.		
<b>4 March - World Obesity Day</b>		
	World obesity day encourages practical solutions to help people achieve and maintain a healthy weight, undertake proper treatment, and reverse the obesity crisis. Obesity rates have nearly tripled since 1975 and have increased almost five times in children and adolescents, affecting people of all ages from all social groups in both developed and developing countries.	
<b>13 – 20 March - Coeliac Awareness Week</b>		
Over 355,000 Australians have coeliac disease. That's approximately 1 in 70 Australians. Coeliac Awareness Week (CAW) 2020 aims to raise awareness about coeliac disease and the need for it to be treated seriously. The campaign highlights the range of possible symptoms and encourages those at risk to take an online self assessment at <a href="http://www.coeliac.org.au/assess">www.coeliac.org.au/assess</a>		
<b>19 March - National Close the Gap Day</b>		
	National Close the Gap Day (NCTGD) is a national day of action to pledge support for achieving Indigenous health equality by 2030. NCTGD aims to bring people together, to share information — and most importantly — to take meaningful action in support of achieving Indigenous health equality by 2030.	
<b>20 March – International Day of Happiness</b>		
March 20 is the International Day of Happiness and this year's theme is Happier Together, focusing on what we have in common, rather than what divides us. Everyone wants to be happy – and life is happier when we're together. So let's celebrate our common humanity. Join the community and be part of this special day.		
<b>21 March - International Day of Forests</b>		
	This year the International Day of Forests promotes education to Learn to Love Forests. Healthy forests mean healthy, resilient communities and prosperous economies. Forests, their sustainable management and use of resources, are key to combating climate change, and to contributing to the prosperity and well-being of current and future generations. <a href="http://www.fao.org/international-day-of-forests/key-messages/en/">http://www.fao.org/international-day-of-forests/key-messages/en/</a>	
<b>21 March – World Down Syndrome Day</b>		
March 21st is World Down Syndrome Day, which has been officially recognised by the United Nations since 2012. On this day, people all around the world celebrate the lives and achievements of people with Down syndrome, creating a global voice, advocating for the rights, inclusion and wellbeing of people with Down syndrome.		
<b>26 March - Purple Day for Epilepsy</b>		
	Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Get your workplace involved and go purple!	
<b>April – Autism Awareness Month</b>		<b>2 April - World Autism Awareness Day</b>
Go Blue from April 2 to increase greater understanding, acceptance and inclusion of people on the autism spectrum. Autism is a complex, lifelong developmental disability that affects a person's ability to communicate, interact with others and cope in everyday situations. The cause of autism is not fully understood, but structured early intervention, therapy and education delivered by professionals with expertise in ASD can make a significant difference.		
<b>4 April – Canberra Walking Festival</b>		
	The 2020 Canberra Walking Festival, incorporating the 28th Canberra Two Day Walk, will be held on 4-5 April. Additional walks are scheduled on the Thursday and Friday prior to the Festival weekend. The Canberra Walking Festival is a non-competitive challenge walk for all ages. It's not a race but is about fun, fitness, fellowship and personal challenge.	
<b>7 April – World Health Day - Support Nurses and Midwives</b>		
In this International Year of the Nurse and the Midwife, World Health Day 2020 will shine a light on the vital role played by nurses and midwives in providing health care around the world, and call for a strengthening of the nursing and midwifery workforce. On 7 April, advocacy events will be held around the world. One of the main events will be the launch of the first ever State of the World's Nursing Report 2020. A similar report on the Midwifery workforce will be launched in 2021.		
<b>1 May - World Asthma Day</b>		
	World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. GINA strives to increase awareness of asthma among health professionals, health authorities, and the general public to improve diagnosis, management and prevention of asthma by stimulating research, and providing evidence-based educational resources for worldwide use.	
<b>31 May – WHO World No Tobacco Day</b>		
Protecting youth from industry manipulation and preventing them from tobacco and nicotine use In response to the tobacco and nicotine industries' systematic, aggressive and sustained tactics to attract a new generation of tobacco users, World No Tobacco Day 2020 will provide a counter-marketing campaign and empower young people to engage in the fight against Big Tobacco.		