



# NORTHUMBERLAND HILLS HOSPITAL

*inspiring strength, dignity and compassion*

## NEWS RELEASE – FOR IMMEDIATE RELEASE

### **“Cook it up Healthy” - Northumberland Hills Hospital marks National Nutrition Month ® with display on updated Food Guide**

**Northumberland County, Friday, March 16, 2007** – According to the results of a recent on-line survey about meal preparation, Canadians list “lack of time,” “lack of energy” and “lack of ideas” as the top three barriers to preparing dinner in their own home. At the same time, the benefits of cooking are clearly appreciated. Eighty-six per cent of respondents agree that home-cooked meals can help limit what one eats while 90% agree that home-cooked meals improve food choice (e.g. less salt, and more whole grain products and vegetables.)

The on-line survey of cooking likes and dislikes was conducted by the Dietitians of Canada in November and December 2006, with an aim to better understand the eating habits of Canadians in advance of the 2007 National Nutrition Month. With the time spent preparing meals in the home on the decline, and the consumption of pre-packaged, processed foods on the rise, NHH’s four registered dietitians have a clear message to send: fast and easy meal options are only a click away, and the rewards are well worth the (limited) effort.

“National Nutrition Month® occurs every March. It’s designed to raise general awareness on something dietitians know very well: the valuable contribution that healthy eating makes to one’s overall health,” says NHH dietitian Christine McCleary.

Ms. McCleary and colleagues Cynthia Payne, Joanne Blight and Heather Gibb combined their professional association’s survey findings with their own knowledge of the recently revised *Canada’s Food Guide* to produce a display for patients and visitors to the hospital. The display, located inside the hospital beside the Main St. Bistro, will be up throughout the week of March 19<sup>th</sup>.

For advice on healthy eating, time-saving food solutions and recipes, stop by the dietitians' display this week or go to [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell). The Web site features EATracker, a tool to analyze your daily food and activity choices, and Let's Make a Meal, a meal planning guide that compares your choices against the food servings recommended in *Canada's Food Guide*.

For more information on Northumberland Hills Hospital, or to schedule an interview, contact Jennifer Gillard at 905-377-7757 or [jgillard@nhh.ca](mailto:jgillard@nhh.ca).

**About Northumberland Hills Hospital** - The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed hospital delivers a broad range of services, including medical/surgical care, complex/long term care, rehabilitation, palliative care, obstetrical care and intensive care. NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland is comprised of the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs over 500 people and is an active member of the Central East LHIN. For more information, please visit [www.nhh.ca](http://www.nhh.ca).