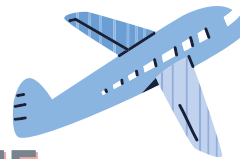


THIS EDITION: HEALTH PROMOTION IN MEXICO



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- **HEAR FROM DIFFERENT NURSES ABOUT WHAT THEIR SPECIALTY IS LIKE!**

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EMERGENCY EVACUATION ROUTES & POINTS OF REUNION



Throughout the streets and within buildings in Mexico, there are signs stating “ruta de evacuacion” and “punto de reunión”, meaning evacuation route and point of reunion. The signage designates where to go and where to meet in the case of an evacuation, which predominantly is in the case of an earthquake in Mexico. The use of evacuation route signage and designated meeting points helps to reduce the disorder that results from an emergency evacuation, and can help to keep the streets clear for emergency personnel. In addition, I feel that the prominent signage, which can be seen in almost every building and amongst the streets helps to serve the population as a visual reminder of the importance of disaster awareness and disaster planning.



In the United States we practice a similar concept. In an emergency where evacuation is necessary, we relocate to a predetermined location and remain there until an all clear sign is given. However, in the United States, we lack the signage that designates the route of evacuation or where to meet. If you are in an unfamiliar building when disaster strikes, do you know the evacuation route or designated point of reunion? In the United States, I would know where to go if I was at school or work, but if I was at the grocery store or at the shopping mall I would have no clue where to go. As a foreign traveler in Mexico, I can confidently say I knew where to go at all times if disaster struck. There were evacuation route signs in every hotel, store, and restaurant, with numerous points of reunion marked outside on the sidewalks and streets.

Jenna Chmelik,
OhSNA President

TOBACCO PRODUCT WARNING LABELS

In September 2010, Mexico first implemented the use of pictorial health warning labels on tobacco packages. Tobacco packages in Mexico are now required to contain a pictorial warning with text on the front, a text-only warning cover on the back, and a related text-only message covering one of the side panels. In fact, studies have shown that pictorial warnings increase quit attempts and decrease smoking uptake. In addition, pictorial health warnings that contain graphic, fear-arousing information, have proven to be effective. Graphic health warning labels on tobacco products are recommended as a cost-effective way to increase public awareness about the dangers of tobacco at the time of use. Research has shown that as of 2017 “tobacco” is no longer one of the top five leading causes of death amongst Mexico, and it is anticipated that adverse health outcomes caused by tobacco will continue to decline in the coming years.



It is impossible to miss these graphic, fear provoking labels on the front of tobacco products in Mexico. Seeing a person on a ventilator with the caption “smoking will stop your heart”, visually seeing blackened lungs, and many other graphics instilled the fear of using the product. But why do we not have these pictorial warning labels in the United States? The US government and the FDA have tried. In fact, in 2011 US Congress passed legislation moving America towards effective graphic warnings. Unfortunately, this law was challenged by Big Tobacco companies and has never been enacted. In the US, 34.3 million adults and nearly 1.7 million young people smoke cigarettes, and despite the declines in cigarette smoking, tobacco use is still the leading cause of preventable disease and death in the US, killing about 480,000 Americans every year. Mexico and over 130 other countries utilize pictorial warning labels on tobacco products, so why doesn't the United States?

TAKING SALT SHAKERS OFF THE TABLE

"Less Salt, More Health"

In April of 2013, Armando Ahued, Mexico's Secretary of Health launched the "Less salt, more health" campaign as an effort to raise awareness on the dangers of a high sodium diet and its correlation to hypertension and other diseases. This health initiative spurred more than 200,000 restaurants, taverns, and cafes to remove saltshakers from their tables permanently. The World Health Organization recommends a daily consumption of 5 grams of salt, but in Mexico the average person was consuming between 11 and 12 grams of salt per day. It was evident that their high sodium intakes were affecting the population as 31 percent of the Mexican population had arterial hypertension, which combined with other prevalent diseases such as obesity was causing high rates of heart attacks, stroke, and death. In fact, removing salt shakers from the table can reduce excessive salt consumption by 50 percent!



Grabbing the salt shaker that is right in front of you is almost second nature. In the United States, like Mexico, we have a habit of salting our food sometimes before we even taste it! At my first restaurant in Mexico, I scanned the table for the salt to find that there was none. I realized I fell into the category of salting my food out of habit. In the meals to come, there was no salt on the table; it was out of sight and out of mind. We did not need the salt for our meals, but if a salt shaker was sitting there in front of us, we probably would have used it. The concept of removing salt shakers from the table in Mexico was eye opening. A simple yet effective way to reduce sodium consumption. I continue to wonder if an initiative like this would help the United States to limit sodium consumption and combat our escalating hypertension rates.

Jenna Chmelik,
OhSNA President



Did you know that normal sodium (salt) levels in your blood are between 135 - 145 mEq/L? Too much salt in your diet may increase the risk of hypertension, cardiovascular disease, & stroke.

WARNING LABELS ON FOOD & DRINKS

As of 2019, Mexico voted to implement front-of-pack warning labels on food and beverage products that are deemed high in calories, sugar, saturated fats, trans fats, sodium, caffeine, and non-caloric sweeteners. Research has shown that warning labels allow for consumers to quickly identify healthy versus unhealthy products, which can help people to make healthier decisions. In addition, these warning labels help to combat growing rates of obesity and diet-related diseases.



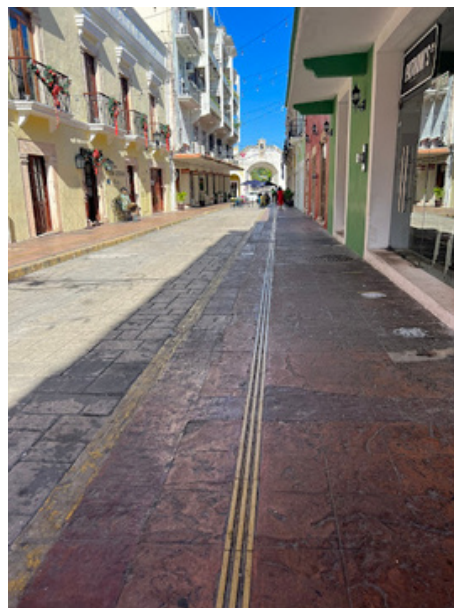
Seeing positive change to combat health issues such as obesity and diet-related diseases in Mexico, spurred the question as to why we do not have front-of-pack warning labels in America? In the United States, 41.9 percent of adults have obesity, nearly half of adults (47 percent) have hypertension, and 10.5 percent of the U.S. population has diabetes. In addition, obesity costs the United States healthcare system nearly 173 billion dollars a year. Thus it is evident that change is needed to help combat the issues of obesity and other diet-related diseases such as hypertension and diabetes in the United States. Could warning labels such as those implemented in Mexico help to lower these rates here in the U.S.?

VISUAL IMPAIRMENT ACCESSIBILITY

Campeche, Campeche, Mexico

On our visit to the city of Campeche in Mexico, I noticed these tactile lines amongst all of the sidewalks, in buildings, and in museums. I later learned that these divots in the pathways are called “tactile paving”. Tactile pavement is a type of pavement that features raised lines, domes, or other textures to communicate safety or education information to people who are blind, have low vision, or have another vision impairment. Tactile paving has been adopted in the city of Campeche, making it one hundred percent accessible for visually impaired pedestrians. Large domes or lines are designated to act as a stop sign, while more subtle lines indicate that a path is safe to walk on. Pictured above are some of the tactile pavings that were seen within a museum, leading visually impaired individuals to a stand containing a description of the architecture in braille and a model of the architecture being discussed for the individual for physical feel. This type of inclusivity was heartwarming to see amongst the streets of Campeche, Mexico.

Jenna Chmelik,
OhSNA President



PREGNANCY PARKING SPOTS



Pregnancy parking spots in Mexico are intended for expecting mothers who may be dealing with intensive pregnancy symptoms such as nausea, shortness of breath, back pain, or even contractions.

These images were taken outside of a museum in Mexico. It was shocking to see. In the United States, we typically only see pregnancy parking spots or expectant mother parking spots outside of baby specific stores and sometimes outside of hospitals. Why aren't expectant mother parking spots universal to all parking lots? Maternity parking spaces are not required by law, and it is up to the business to decide whether to have maternity parking spaces in the parking lot. Because these spaces are not required by law, maternity parking spaces are also not protected by law, which means it is difficult to enforce who is allowed to park in these spaces.

Personally, I found maternity parking spaces in Mexico to be a great way to show that the country and businesses cared for and had empathy for expecting and new mothers. Pregnancy is a major life event that involves many accommodations to one's personal and professional life. A gesture as small as an open, nearby parking space can make a difference.

Jenna Chmelik,
OhSNA President



HEALTH PROMOTION IN ACTION



2023 Annual Ohio Student Nurses Convention



"The World of Nursing"



The 2023 Annual Ohio Student Nurses Convention, titled "The World of Nursing," will be held on Sunday, October 8, 2023 at Capital University in Columbus, Ohio! This year, we are designating 10am-1pm for the vendor showcase, so students and faculty across the state of Ohio can visit vendor booths! Breakfast and lunch will also be provided! We thank you in advance for your support and can't wait to see you there! Scan the QR code below for our sponsorship application.



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