



# Legislative Library of British Columbia

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## **WORKPLACE HEALTH**

This list includes books, articles, reports and other resources on the topics of workplace health and fitness.

# **LEGISLATIVE LIBRARY OF BRITISH COLUMBIA BACKGROUND PAPERS AND BRIEFS**

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## **ABOUT THE PAPERS**

Staff of the Legislative Library prepare Background Papers, Background Briefs and Current Issues on aspects of provincial history and public policy. All papers can be viewed on the library's website at <http://www.llbc.leg.bc.ca/>

## **SOURCES**

All sources cited in the papers are part of the library collection or available on the Internet. The Legislative Library's collection includes an estimated 300,000 print items, including a large number of BC government documents dating from colonial times to the present. The library also downloads current online BC government documents to its catalogue.

## **DISCLAIMER**

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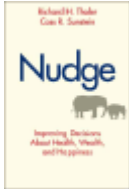
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## WORKPLACE HEALTH

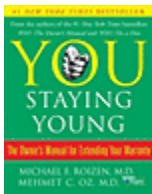
This list includes books, articles, reports and other resources on the topics of workplace health and fitness.

### GENERAL

#### Books:



*Nudge: improving decisions about health, wealth, and happiness.* Richard H. Thaler, New Haven: Yale University Press, 2008.



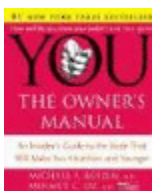
*You, staying young: the owner's manual to extending your warranty.* Mehmet Oz. New York: Free Press, 2007.



*Women's bodies, women's wisdom: creating physical and emotional health and healing.* Christiane Northrup. New York: Bantam Books, 2006.



*The wisdom of menopause: creating physical and emotional health and healing during the change.* Christiane Northrup. New York: Bantam Books, 2006.



*You: the owner's manual: an insider's guide to the body that will make you healthier and younger.* Michael F. Roizen. New York: HarperCollins, 2005.

*The healthy skeptic: cutting through the hype about your health.* Robert J. Davis. Berkeley: University of California Press, 2008.

*Wellbeing: The art of living.* Mark Vernon. Stocksfield, Eng.: Acumen, 2008.

**Reports and Government publications:**

*All signs point to yes: literacy's impact on workplace health and safety.* Alison Campbell. Ottawa: Conference Board of Canada, 2008.

*A workbook for employers and workers: preventing violence.* WorkSafeBC. [Richmond, B.C.]: WorksafeBC, 2008.

*Smoking cessation in the workplace: a guide to helping your employees quit smoking.* Canada. Health Canada. [Ottawa]: Health Canada, 2007.

*Smoking and the bottom line: updating the costs of smoking in the workplace.* Christopher Hallamore. Ottawa: Conference Board of Canada, 2006.

*Fitness, food and finding solutions: approaches to nutrition, physical activity and obesity treatment.* National Conference of State Legislatures. Denver, Colo.: National Conference of State Legislatures, 2006.

*How to make your computer workstation fit you.* Workers' Compensation Board of British Columbia. Vancouver, B.C.: Workers' Compensation Board of British Columbia, 1996-

## NUTRITION

**Books:**



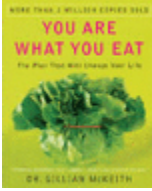
*The Wall Street diet: the surprisingly simple weight loss plan for hardworking people who don't have time to diet.* Heather Bauer. New York: Hyperion, 2008.

*An apple a day: the myths, misconceptions and truths about the foods we eat.* Joseph A Schwarcz. Toronto: HarperCollins, 2007.

*Cooking with foods that fight cancer.* Richard Beliveau. Toronto: McClelland & Stewart, 2007.



*What to eat.* Marion Nestle. New York: North Point Press, 2006.



*You are what you eat: the plan that will change your life.* Gillian McKeith. New York: Plume, 2006.

**Reports and Government publications:**

*Eat smart, meet smart: how to plan and host healthy meetings, events and conferences.* Western and Northern Canadian Collaborative for Healthy Living. [Victoria, B.C.: Ministry of Health, Population Health and Wellness, 2008].

*Healthy Eating Strategy.* BC Healthy Living Alliance. Vancouver: BC Healthy Living Alliance, 2007.

**Periodicals:**

*Fitness.* New York: Family Circle, Inc., 1992-

## **MENTAL AND EMOTIONAL WELLNESS**

**Books:**

*Antidepressant skills at work: dealing with mood problems in the workplace.* Dan Bilsker [Victoria]: BC Mental Health & Addiction Services, [2007]

*Toxic emotions at work and what you can do about them.* Peter J. Frost. Boston: Harvard Business School Press. 2007.

*Post-traumatic stress disorder (PTSD) and war-related stress.* Canada. Veterans Affairs Canada. [Ottawa]: Veterans Affairs Canada, 2006.

*Working with you is killing me: freeing yourself from emotional traps at work.* Katherine Crowley. New York: Warner Books, 2006.

*You want me to work with who?: eleven keys to a stress-free, satisfying, and successful work life-- no matter who you work with.* Julie Jansen. New York: Penguin Books, 2006.

*Mental fitness for life: 7 steps to healthy aging.* Sandra A.Cusack. Boulder, Colorado: Bull Publishing Co., 2005.

*Why zebras don't get ulcers.* Robert M. Sapolsky. New York: Owl Books, 2004.

*Power over stress: 35 quick prescriptions for mastering the stress in your life.* Kenford Nedd. Toronto: QP Press, 2004.

*When the body says no: understanding the stress-disease connection.* Gabor Mate. Hoboken, N.J.: J. Wiley, 2003.

*Stress and the MP.* Peter C. Dobell. Ottawa: Parliamentary Centre, 1999.

## **PHYSICAL FITNESS**

### **Books:**



*Spark: the revolutionary new science of exercise and the brain.* John J. Ratey. New York: Little, Brown, 2008.

### **Reports and Government publications:**

*Every move is a good move.* ActNow BC. [Victoria, B.C.]: ActNowBC, [2008]

*Physical Activity Strategy.* BC Healthy Living Alliance. Vancouver: BC Healthy Living Alliance, 2007.

*The Winning Legacy: a plan for improving the health of British Columbians by 2010.* BC Healthy Living Alliance. [Burnaby, B.C.]: BC Healthy Living Alliance, 2005.

*The cost of physical inactivity in British Columbia.* Ronald Colman. [Victoria, B.C.: [Ministry of Health Services], 2004.