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**RUMBLINGS** is produced monthly to help keep you informed on what is happening in forestry transportation safety in BC. If you have best practices you would like to share, concerns you would like to discuss, or topics you and others would like to learn more about, please give us a call at **250-562-3215**.



## **DriveBC Goes Mobile**

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Drivers can receive live updates on road conditions via their mobile phones. The popular DriveBC.ca website, which the province says receives over 2.9 million visits a month, can now be accessed at [www.drivebc.ca/mobile](http://www.drivebc.ca/mobile) for up-to-the-minute weather and road condition updates. The site offers real-time cameras, maps, information about current events, weather forecasts and other information of use to drivers. "Drivers now have better access to a quality service that was shaped by feedback from DriveBC users. It is now possible to access reliable information 24 hours a day in a user-friendly application," said Transport Minister Blair Lekstrom. "This is an invaluable tool for anyone planning a trip and helps drivers avoid unnecessary delays or adverse road conditions. Ultimately that makes our highways safer to drive."



## **ESC - Coming Soon to Vehicles Near You**

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What the heck is ESC? Electronic Stability Control (or ESC) is a crash avoidance system found on many recent vehicles. ESC will help you stay in control of your vehicle when you need to swerve or brake suddenly to avoid an obstacle. When your steering does not match the direction of your vehicle, ESC will automatically brake one or more wheels for short periods of time, reduce engine power, or both. ESC is "ON" whenever you start your vehicle, though some vehicles have a manual ESC Off switch for certain situations such as when you are stuck in snow.

Why Now? Transport Canada has been testing vehicles with ESC since 2004 and found that the improvement in vehicle stability due to ESC was impressive. Transport Canada has introduced the new Canada Motor Vehicle Safety Standard 126 that requires an ESC system on all passenger cars, multi-purpose vehicles, trucks and buses with a Gross Vehicle Weight Rating of 4536 kg or less, and manufactured on or after September 1st, 2011.

For More information: <http://www.tc.gc.ca/eng/roadsafety/tp-tp14651-vs200701-faq-742.htm>



## **Red Meat linked to Increased Risk of Type 2 Diabetes**

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New research from the Harvard School of Public Health says that red meat, particularly the processed kind, is linked with an increased risk of developing Type 2 Diabetes. The study found that the daily consumption of a 100-gram serving of unprocessed meat, which is about the size of a deck of cards, increased the risk of developing Type 2 Diabetes by **19%**. The researchers, from Harvard School of

Public Health, also found that consuming a daily 50-gram serving of processed meat, such as one hot dog or sausage or two slices of bacon, increased the risk of developing Type 2 Diabetes by **51%**.

The research included data from questionnaires completed by more than 37,000 men in the Health Professionals Follow-Up Study, more than 79,000 women in the Nurses' Health Study I and more than 87,000 women in the Nurses' Health Study II. The researchers combined that data with information from previous studies that included more than 440,000 participants. The researchers reached their conclusions after adjusting for age, body mass index and other lifestyle and dietary factors. "Clearly, the results from this study have huge public health implications given the rising Type 2 Diabetes epidemic and increasing consumption of red meats worldwide," senior study author Frank Hu, a Professor of Nutrition and Epidemiology at the Harvard School of Public Health, said in a statement. "The good news is that such troubling risk factors can be offset by swapping red meat for a healthier protein." Those healthier proteins include nuts, beans, fish, whole grains and low-fat dairy products. According to the study, for an individual who eats one serving of red meat daily:

- *Substituting one serving of nuts per day is linked with a 21% lower risk of Type 2 Diabetes.*
- *Substituting low-fat dairy is linked with a 17% lower risk.*
- *Substituting whole grains is linked with a 23% lower risk.*

The study will be published in the American Journal of Clinical Nutrition. It is estimated that nearly 350 million people around the world have type 2 Diabetes and many cases are linked primarily to obesity, lack of physical activity and an unhealthy diet. Health Canada says Type 2 Diabetes is one of the fastest growing diseases in Canada, with more than 60,000 cases diagnosed annually. While previous studies have confirmed a link between processed red meats and an increased risk of developing Type 2 Diabetes, research has been less clear about the association between unprocessed meats and the disease. This latest study is the largest of its kind to study the issue, for both its sample size and for taking into account both processed and unprocessed meats. It is also one of the first to find a link between alternative protein sources and a lower risk of Type 2 Diabetes. Although dietary guidelines often put red meat in the same protein category as fish, nuts and beans, which might suggest they are equally healthy choices, researchers say their findings should caution red meat lovers against over-indulging.

[http://news.sympatico.ctv.ca/home/red\\_meat\\_linked\\_to\\_increased\\_risk\\_of\\_type\\_2\\_diabetes/ec68f76e](http://news.sympatico.ctv.ca/home/red_meat_linked_to_increased_risk_of_type_2_diabetes/ec68f76e)

*Upcoming events*

<b>Antique Truck Show</b>	September 3 - 5	Port Alberni
COFI Annual Convention	September 15 - 16	Prince George
Transpo North – <i>date change</i>	October 6-7	Prince George
RoadHealth Conference	October 24 – 25	Prince George
Residual Wood Conference	October 26 – 28	Vancouver