

Board Correspondence

January 2023

Date	From	Subject
November 24, 2022	Peterborough Public Health	Ltr to Ministry of Children, Community and Social Services re: Healthy Babies Health Children and Infant Toddler Development Program Funding
December 30, 2022	Public Health Sudbury & Districts	Resolution #29-22: Physical Literacy for Health Active Children

November 24, 2022

Hon. Merrilee Fullerton
Ministry of Children, Community and Social Services
MinisterMCCSS@ontario.ca

Dear Minister Fullerton:

Re: Healthy Babies Healthy Children (HBHC) and Infant Toddler Development Program (ITDP) Funding

The HBHC and ITDP programs are vital public health programs supporting the most high-risk families in our community. Peterborough Public Health (PPH) remains committed to providing this service to the residents of Curve Lake and Hiawatha First Nations and the County and City of Peterborough, however, are requesting a review of base funding for both programs by the Ministry of Children, Community and Social Services (MCCSS). The review of base funding is being requested so that these programs are able to continue to meet the growing complex needs of our community.

At its meeting on November 9, 2022 the Board of Health passed the following motion:

“The Board of Health for Peterborough Public Health will write to the Minister of Children, Community and Social Services that:

- *the Healthy Babies, Healthy Children and Infant and Toddler Development Programs remain 100% funded by the Ministry; and,*
- *that they assess base funding and grant sufficient annual increases to board of health budgets to keep pace with financial costs associated with the demands from client families, partner agencies, and the community;”*

Provincial base funding for the HBHC and ITDP programs has not seen increases since 2015 and 2002 respectively. To allow for inflationary increases, PPH has been forced to institute a reduction in staffing and further reductions are possible. PPH is concerned that the current base funding is insufficient to fully implement the delivery of both of these critical programs with increases such as collective agreement commitments to steps on salary grids, travel costs, and operational and administrative costs.

Positive early childhood experiences are fundamental to the developing brain. It is well documented that the experiences of children early in life have an impact on adult health outcomes. HBHC and ITDP are programs that promote positive child development and help mitigate the risk of adverse childhood experiences and resulting health impacts.

Due to chronic underfunding of the HBHC and ITDP programs, fewer families are being served. Staff have less capacity for promotion of the program, education and support to community partner agencies (hospital, primary care, etc.). This results in fewer referrals and missed opportunities for assessment and intervention for families at risk. Without an increase in funding the HBHC and ITDP programs cannot provide the

therapeutic interventions that enhance child development nor target the key indicators that promote healthy growth and development.

On behalf of the Board of Health for PPH, I am respectfully requesting your commitment to carefully review base-funding needs for the Healthy Babies, Healthy Children and Infant Toddler Development programs.

Sincerely,

Original signed by

Councillor Kathryn Wilson
Acting Chair, Board of Health

/ag

cc: Local MPPs
Association of Local Public Health Agencies
Ontario Boards of Health



**Public Health
Santé publique**
SUDBURY & DISTRICTS

December 30, 2022

VIA ELECTRONIC MAIL

Directors of Education, Local School Boards
Sports and Recreation Organizations
Early Learning Centres

Dear Recipient:

Re: Physical Literacy for Healthy Active Children

At its meeting on October 20, 2022, the Board of Health carried the following resolution #29-22:

WHEREAS being physically active every day helps children and youth perform better in school, learn new skills, build strong muscles, improve blood pressure and aerobic fitness, strengthen bones and reduce the risk of depressionⁱ; and

WHEREAS the implementation of stay-at-home orders, closures of schools, and indoor and outdoor spaces to mitigate the spread of COVID-19 is the reduction of physical activity levels in all age groupsⁱⁱ; the percentage of youth meeting the Canadian physical activity recommendations for children and youth fell from 50.8% in 2018 to 37.2% in 2020ⁱⁱⁱ; and

WHEREAS the Government of Canada's national policy document Common Vision for Increasing Physical Activity and Reducing Sedentary Living in Canada: Let's Get Moving identifies physical literacy as the foundation for an active lifestyle^{iv}. Studies show that children who have high physical literacy scores are more likely to meet national physical activity or sedentary behaviour guidelines^v; and

WHEREAS physically literate individuals have been shown to have the motivation, confidence, physical competence,

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knowledge and understanding to value and take responsibility for engaging in physical activities for life^{vi} and these skills help them make healthy, active choices that are both beneficial to and respectful of their whole self, others, and their environment^{vii}; and

WHEREAS the school community offers one of the best opportunities to improve the quality of sport and physical activity participation for children and youth; and

WHEREAS the Ontario Public Health Standards require that: "community partners have the knowledge of and increased capacity to act on the factors associated with the prevention of chronic diseases and promotion of wellbeing, including healthy living behaviours, healthy public policy, and creating supportive environments." ^{viii} This includes knowledge of the importance and impact of physical literacy on increasing physical activity participation thereby reducing the risk of chronic disease;

THEREFORE BE IT RESOLVED THAT the Board of Health for Public Health Sudbury & Districts encourage all area school boards, sport and recreation organizations, and early learning centres to work to improve physical activity levels among children and youth across Sudbury and districts, including through collaboration with Sport for Life Society, Active Sudbury and Public Health Sudbury & Districts, agencies that provide comprehensive physical literacy training to teachers, coaches, recreation providers and early childhood educators; and

FURTHER THAT a copy of this motion be shared with the Sport for Life Society, Active Sudbury, local members of Provincial Parliament, all Ontario Boards of Health, and area school boards, early learning centres and sport and recreation organizations.

As we look ahead to increase physical activity and to decrease sedentary behaviours in the population; the need for improving physical literacy is greater than ever before. It is crucial that we embrace physical literacy as a catalyst for children and youth to be active and healthy. We know that *it takes a village to raise a child* and the collaboration of multiple sectors to embed physical literacy development in plans, programs, and policies. Therefore the Board of Health for Sudbury & Districts encourages all area school boards, sport and recreation organizations, and early learning centres across Sudbury and districts to work to

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December 30, 2022
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improve physical activity levels among children and youth through collaboration with agencies that provide comprehensive physical literacy programming, including the Sport for Life Society, Active Sudbury and Public Health Sudbury & Districts.

Sincerely,



Penny Sutcliffe, MD, MHSc, FRCPC
Medical Officer of Health and Chief Executive Officer

cc: Dr. Kieran Moore, Chief Medical Officer of Health
Loretta Ryan, Association of Local Public Health Agencies
France G elinas, Member of Provincial Parliament, Nickel Belt
Jamie West, Member of Provincial Parliament, Sudbury
Michael Mantha, Member of Provincial Parliament, Algoma-Manitoulin
All Ontario Boards of Health
Constituent Municipalities

ⁱ Centre for Disease Control and Prevention. Healthy Benefits of Physical Activity for Children (2021). Taken from: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

ⁱⁱ Science Table. The Impact of Physical Activity on mental Health Outcomes during the COVID-19 Pandemic. (2022) taken from : [The Impact of Physical Activity on Mental Health Outcomes during the COVID-19 Pandemic - Ontario COVID-19 Science Advisory Table \(covid19-sciencetable.ca\)](https://www.scientable.ca/covid19-science-table)

ⁱⁱⁱ Statistics Canada. The unequal impact of the COVID-19 pandemic on the physical activity habits of Canadians. (2022) Taken from: <https://www150.statcan.gc.ca/n1/pub/82-003-x/2022005/article/00003-eng.htm>

^{iv} Government of Canada. A common Vision for increasing physical activity and reducing sedentary living in Canada: Let's Get Moving. (2018) Taken from: <https://www.canada.ca/en/public-health/services/publications/healthy-living/lets-get-moving.html>

^v Tremblay MS, Longmuir PE, Barnes JD, Belanger K, Anderson KD, Bruner B, Copeland JL, Delisle Nystr om C, Gregg MJ, Hall N, Kolen AM, Lane KN, Law B, MacDonald DJ, Martin LJ, Saunders TJ, Sheehan D, Stone MR, Woodruff SJ. Physical literacy levels of Canadian children aged 8-12 years: Descriptive and normative results from the RBC Learn to Play-CAPL project. BMC Public Health. 2018;18(Suppl 2):1036.

^{vi} The International Physical Literacy Association, May 2014. Taken from: <https://physicalliteracy.ca/physical-literacy/>

^{vii} Government of Ontario HEALTH AND PHYSICAL EDUCATION, 2019 | The Ontario Curriculum, Grades 1–8. 2019 taken from: <https://preview-assets-us-01.kc-usercontent.com/fbd574c4-da36-0066-a0c5-849ffb2de96e/db4cea83-51a1-458d-838a-4c31be56bc35/2019-health-pysical-education-elem-PUBLIC.pdf>

^{viii} Government of Ontario. (June, 2021) Ontario Public Health Standards: requirements for Programs, Services and Accountability. Taken from: https://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/