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Mid-Year Program Highlights

Population Health Assessment, Health Equity

Goals: To increase the use of population health information to inform the planning and delivery of programs and services; and to reduce the negative impact of social determinants of health that contribute to health inequities.

These program goals are achieved through all staff efforts and effective delivery of all program and services.

Provide and use population health information: Several information products were produced integrating the most recent data available e.g. Demographic Report, Infant Feeding Report, Births by Municipality, Reportable Diseases and a Priority Population Report resulting from a custom Census data order. Data packages were provided on numerous health behaviours, outcomes and health status topics, including social determinants of health for use by staff and partners across many sectors.

Addressing local data gaps: As a result of one-time Ministry funding, THU is joining other PHU's in gathering local data to address some of the many identified gaps. Internal planning has commenced to determine which data gaps to address through the Ontario [Rapid Risk Factor Surveillance System](#). THU also supported our local DTSSAB in planning and conducting a homelessness count.

Health Equity (HE) Analysis and Advancing Policies that Decrease Health Inequities: Work continues to develop an organizational HE assessment and to continuously improve our capacity to conduct health equity impact assessments (HEIA). For example, a HEIA tool was employed during the planning of a local cannabis forum in Q2. THU also continues to leverage opportunities to work with partners to influence or implement strategies to reduce health inequities. For example in Q2, staff engaged partners and the public through a campaign that called for income solutions to address the root cause of food insecurity.

Effective Public Health Practice - Research & Knowledge Exchange & Communication – Quality & Transparency

Goals: THU is responsive to current and emerging evidence, emphasizes continuous quality improvement and supports a culture of transparency.

Program Planning and Monitoring: All teams have embraced continuous quality improvement for systematic planning of programs and services. As part of our annual planning cycle, numerous topic level situational assessments have been refreshed with the latest available evidence. Furthermore, additional assessments have been initiated for emerging topics. Currently, teams are using this information along with intervention research to inform annual work plans and identify resource needs.

Establishing indicators and routine monitoring of program and service activities to improve implementation and effectiveness is ongoing. Highlights of these efforts are described in program updates below and in reporting to various Ministries. The new Annual Service Plan activity reporting to the Ministry of Health and Long-Term Care is yet to be initiated. THU has completed 100% of all required activity reporting.

Evaluations: Additional efforts to assist in evidence-informed decision making and continuous improvement include several evaluation initiatives. Current evaluation highlights include a survey of mothers regarding breastfeeding practices and prenatal education, outcome evaluation of the Northern Fruit and Vegetable Project as well as a local diabetes prevention behaviour program and Food Skills for Families. Some of these are in the gathering and analysis phase and some in the report development phase. THU has also begun participation in *CDP-EvaLL* which is a two-year project led by the Propel Centre for Population Health Impact at the University of Waterloo. Project aims include to strengthen the design, conduct, use and sharing of chronic disease prevention evaluations in Ontario.

Research: To support effective public health practice on emerging or challenging issues, THU staff are involved in several research initiatives. Current research highlights include participating in the University of Waterloo's investigation into factors that facilitate or impeded chronic disease prevention policies and programs in rural Ontario Public Health Units. THU is also joining several other public health units to support lead investigators evaluate outcomes related to the Ministry's new vision screening protocol. Lastly, staff at THU are planning local research to enhance understanding of lived experience with opioid use in Timiskaming.

Emergency Preparedness & Health Hazards

With the hot, dry summer our area was hit with many forest fires. When this happens, most people focus on the obvious risk of the fire itself and what potential danger it can bring. In our role at public health, we were active in two areas. First, smoke exposure. While the fires burn they produce an enormous amount of particle carrying smoke that can be harmful to your health. We worked to increase the awareness of this, and gave the public recommendations on how to avoid the risk.

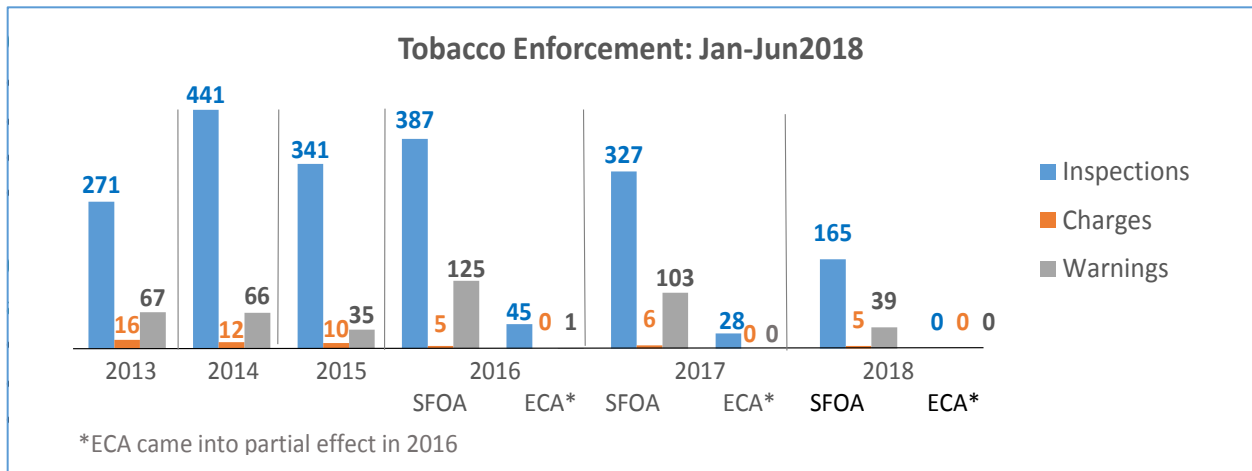
We also worked with municipalities on the emergency preparedness side of things. Being involved in the planning of potential evacuations is key in an emergency situation. Our role is to ensure any evacuation site is set up in a way that it avoids any additional health hazards or illnesses. In an emergency situation, you certainly do not need any more issues, such as an outbreak unrelated to the emergency. We work with municipalities at the front end to ensure this doesn't happen.

Chronic Disease, Injury & Substance Use Prevention and Well-Being

The team is on target with what was planned for the first half of the year. Any year-to-date variances are largely timeline variances which are expected due to the influence of partnerships and unanticipated opportunities and needs. The school health section reports additional interventions.

Goal: Reduce Tobacco use and exposure (Smoke-Free Ontario & NRT funding)

- Cessation: 1 Stop on the Road tobacco cessation workshop (Englehart, 5 participants); 267 NRT vouchers redeemed by 46 clients
- Prevention: Held Northern College one day stand, THU Board of Health passed resolution in support of tobacco-free campuses in Temiskaming
- Protection & Enforcement: 95% completion rate for Tobacco Vendor Inspections in Jan-June 2018; 5 charges (2: *supply tobacco to person under 19*, 1: *hinder, obstruct, interfere or refuse to answer questions or provide false or misleading info with an inspector during the course of their duties*, 2: *hold lighted tobacco in enclosed workplace*)



Goal: Improve population eating habits and make health eating easier in our communities:

- Delivered 3 workplace healthy eating sessions at NEOFACS offices
- Completed *Healthy Eating in Recreation Settings* pilot project in 2 arenas in Temiskaming Shores
- Promoted community learning and engagement in food insecurity: communications campaign with FB posts reaching >10,000 people
- 3 new supportive food environments (Kirkland Lake complex, 2 summer concessions in Haileybury)
- 3 people engaged in advocacy related to food insecurity (new community food action group)

- Partnered with the Healthy Kids Community Challenge to deliver an after-school food skills program to 11 youth in Grades 5 and 6.
- 5 community partners engaged in skill-building for older adult nutrition (meal provider workshop and education sessions)

Goal: Help community partners to deliver diabetes prevention behaviour change programming (100% funded)

- 17 community organizations participating in Diabetes prevention programming and implementation
- 53 participants in behaviour change programming
- 20 employees affected by workplace health promotion work

Goal: Promote healthy aging and reduce the number and impact of falls for those aged 65 years plus (funded 50% by NE LHIN)

- Over 200 older adults participating in free group exercise classes
- Focus groups held with 55 older adults in 3 communities to help guide local program planning
- 300+ *Guide to Exercise Opportunities for Older Adults in Timiskaming* shared
- 500+ seniors reached with important messages through peer performance troupes the Rising Stars
- 25 Personal Support Worker students (Northern College) trained to deliver the Home Support Exercise Program to homebound seniors
- 24 local health care providers participated in the RAO Best Practice Champions Workshop focusing on the newly released fall prevention guideline
- Approximately 146 older adults 65 years + have been screened for fall risk through their primary care provider at 3 Family Health Teams: Temagami, Great Northern and Englehart

Goal: Reduce the frequency, severity and impact of injury

- 15 community partners engaged in injury prevention work
- Approximately 2,000 impressions for *Brain on Board* Distracted Driving campaign
- Approximately 18,000 impressions in *Impaired is Impaired* - impaired driving campaign

School Health

Goal: to achieve optimal health of school-aged children and youth through partnership and collaboration with schools.

The mid-term of the calendar year marks the end of the school year. THU staff are in the process of completing school-year final reports to share with partners. From January to June there were over 925 interactions with schools in the district. Highlights of some of the work are included below.

Tobacco Prevention – Youth Champions:

- Numerous youth champions across secondary school sites were engaged in tobacco prevention activities including World No Tobacco Day. Staff are preparing a report of the many activities for the school-year.

Active Living - Healthy Eating and Food Security:

- 6 schools are supported with PALS program implementation (increase physical activity & decrease conflict on the playground).
- 4 schools were supported with initiatives inspired by Nutrition Month with one school reporting activities linking to their poverty and equity initiative.
- 8 of 24 Northern Fruit and Vegetable Program schools were supported with participating in the post implementation student survey. 4 [parent newsletters](#) were published.

Mental Health Promotion

- 2 Roots of Empathy programs were delivered meeting 100% of our target.
- 1 secondary school Jack chapter was supported and consultation offered to others.

Sexual Health

- 19 healthy relationship clinics were held across 3 secondary schools as anticipated.

Injury Prevention

- 100 grade 10 students participated in *Preventing Alcohol Related Trauma among Youth* program.

Immunization:

- 16 school clinics were held (100% of our target) reaching students in Grades 7 and up.
- 100% of student immunization records were reviewed and through partnership efforts with schools as of June we are working with 20 students at risk of suspension per the Immunization School Pupils Act.

Oral Health Screening:

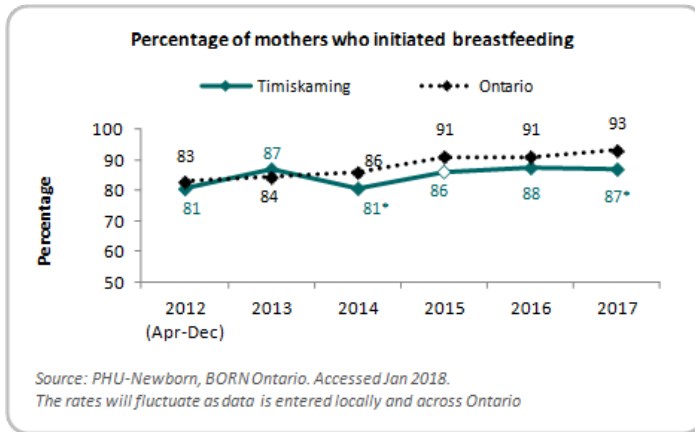
Oral Health - Dental Screenings					
	2014	2015	2016	2017	2018
<i>Pre-Kind/Kind & Grade 2 In-School Program</i>	822	555	937	800	479
<i>Additional Grades In-School Screening</i>	1153	1043	2217	1350	612
<i>Office Screenings</i>	345	292	238	248	105

Healthy Growth and Development

Collaborated with partners on Bear Island to facilitate car seat inspection training. Five members of the Bear Island community participated.

THU Car Seat Inspections	2016	2017	2018
Kirkland Lake	36	26	4
New Liskeard	36	47	15

A new breastfeeding working group was initiated with representatives from Temiskaming hospital, midwives and delivering physicians with the aim of increasing initiation, exclusivity and duration of breastfeeding by enhancing services offered to families.



Number of newborns	
Years	Total
2013	337
2014	338
2015	345
2016	368
2018 (YTD)	159

Source: PHU-Newborn, BORN Ontario. Accessed Aug 2018.

Healthy Babies – Healthy Children Home Visiting Program

Visits	2017	2018 (YTD)
Total # of Home Visits	325	196
Family Resource Worker Visits (FRW)	158	122
Public Health Nurses (PHNs) Visits	167	74

Healthy Beginnings Clinic - Pre and Postnatal Nurse Practitioner Program

	<u>Q1</u>	<u>Q2</u>
Number of new clients	19	11
Number of visits	260	260
*of total visits, Total # of visits 0-6 years	124	127
Number of preconception and reproductive health visits	1	16

Immunizations, Infectious & Communicable Diseases Prevention & Control

Immunization Program (Source Panorama)			
Immunizations Administered	2016	2017	2018 (Jan-June)
# of clients receiving immunizations	4780	1808	1434
# of immunizations administered	7446	2493	2548

Flu vaccines were not entered into Panorama in the 2017-2018 flu season.

Child Care Immunization Program: Immunization records for attendees at 18 licensed child care facilities were maintained and assessed achieving 100% of our target. This includes the Timiskaming Child Care’s Home Child Care Program which includes 2 Rural Early Learning Programs (during the school year) and 22 homes across the district – an increase of 7 homes since last year.

Travel Health Consultations				
Office	2015	2016	2017	2018 (Jan-June)
Kirkland Lake	317	272	259	140
New Liskeard	682	595	620	345
Englehart	81	n/a	n/a	n/a

Popular travel destinations include: Dominican Republic, Mexico, Cuba, Thailand, Vietnam, and Peru

Sexual Health				
Client Services	2015	2016	2017	2018 (Jan-Jun)
Male Clients	81	129	127	61
Female Clients	602	864	805	281
Median Age				22
Contraceptives	812	929	846	118
Plan B	48	41	25	8
STI Tests	208	215	201	113
Pregnancy Tests	33	28	36	15
Blood-Borne Infection Tests	79	124	97	61

[OHIP+](#) launched January 1st, 2018, dramatically shifting where the majority of youth under the age of 25 obtain their contraceptives and Plan B.

Harm Reduction Program				
Client Services	2015	2016	2017	2018 (Jan-Jun)
Male Clients	45	121	189	105
Female Clients	10	68	108	59
Needles Distributed	10,424	12,906	20,953	13,775
Naloxone Kits Dispensed	n/a	n/a	n/a	18

Harm Reduction:

- 2 community sharps disposals were installed in Q2 and have been well utilized.
- Meth pipes were added to the safer drug use supplies program in addition to safe snorting kits.

- The Harm Reduction Distribution Program expanded to 2 new satellite sites: Northern Treatment Centre in Kirkland Lake and the Pavilion Women’s Centre.
- 3 fire departments were outfitted for Naloxone distribution in Q2.

Infection Control				
Client Services	2015	2016	2017	2018 (Jan-Jun)
Reportable Disease Investigations (non-STI)	81	69	59	77
Outbreaks - Institutional	24	14	36	23
Outbreaks - Community	1	0	0	0
Animal Bite Reporting	77	29	85	54
Sexually Transmitted Infections	89	80	61	45
Personal Service Settings Inspections (hair salons, tattoos, piercings, aesthetics)	33	47	50	51

Year	Vaccine Fridge - Cold Chain Inspection					
	KL		NL		ENG	
	Total inspections	Total failures	Total inspections	Total failures	Total inspections	Total failures
2014	22	7	30	14	7	3
2015	14	4	26	12	6	6
2016	13	2	24	5	5	0
2017	12	10	28	7	5	2
2018 (Jan-Jun)	0	2	7	4	0	0

The majority of cold chain inspections are completed during the summer months.

Safe Water

Safe Water Inspections		
Drinking Water	2017	2018
Small Drinking Water Systems	19	13
Recreational Water		
Public Beaches	16	17
Pools	25	18
Recreational Camps/Beachfront	11	9

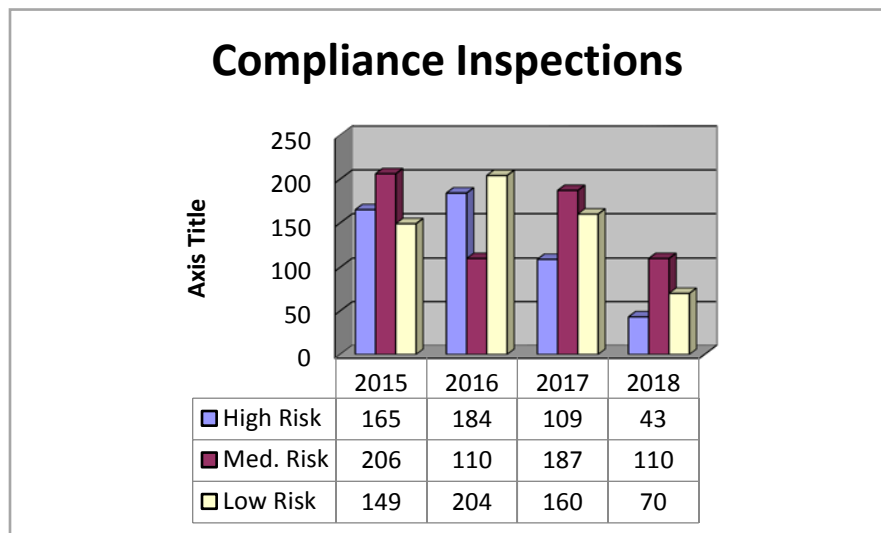
In the spring of 2018, we created and distributed our Small Drinking Water System newsletter to owners/operators. This document encourages review of Ontario Regulation 319 requirements and assists them in doing so through the information provided.

The goal of each newsletter is to highlight aspects of the regulation and describe how an owner/operator can meet these regulatory requirements. The complete newsletter can be accessed by clicking the image.



Food Safety

In 2018, numerous regulation and protocol changes were brought in by the province. One specific change was the requirement surrounding certified food handlers in a food premise. In the past, each food premise only required one certified food handler. Now, each premise is required to have at least one certified food handler per shift, every hour. With this change in mind, we were proactive in planning additional food handler courses and communicating that to our food premise operators. In turn, we have seen an increase in people taking the course, which is a good thing for food safety. For comparison, at the end of June in 2017, we had 225 people who had become certified, for the same period in 2018, we have had 359.



Land Control

Septic Systems	2014	2015	2016	2017	2018
<i>Permits Issued</i>	137	131	111	124	38
<i>File Searches</i>	57	60	60	66	28
<i>Severance/Subdivision</i>	20	15	15	29	10

In the Spotlight Local & Beyond

Public Health Items of Interest



[Northern Ontario Health Equity Strategy \(2018\)](#) - A plan for achieving health equity in the North, by the North, for the North - Health Quality Ontario

Ontario's [2017 Poverty Reduction Strategy Report April 2018](#) .



Upcoming Events

The following list contains *some* of the upcoming events and opportunities that THU staff are participating in or supporting.

- **SEPTEMBER 8** – Launch of Healthy Eating in Recreation Settings project, Kirkland Lake
- **TBD:** Ontario government [consultations with municipalities](#) re: cannabis retail

November 27 [Ottawa Model for Smoking Cessation](#) Timiskaming Workshop coming

November Fall Prevention Month

Human Resource Update

The comings and goings of our colleagues



New Staff:

- Dietitian – New Liskeard - Permanent (*August 2018*)

Return from Maternity Leave

- Community Health Worker/RPN – New Liskeard - Permanent (*June 2018*)

Resignation:

- Public Health Nurse – Kirkland Lake (*May 2018*)
- Nurse Practitioner – Elk Lake Nursing Station (*June 2018*)
- *Secretary I – New Liskeard (June 2018)*

Current Vacancies:

- Test Shoppers – New Liskeard-Kirkland Lake – Casual

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