

Timiskaming Health Unit

▶ 2006 Annual Report



MISSION STATEMENT

*Promote Health,
Prevent Illness.*



Services de santé du
TIMISKAMING
Health Unit

www.timiskaminghu.com

New Liskeard ♦ Kirkland Lake ♦ Englehart
Elk Lake ♦ Matachewan ♦ Haileybury

“Enhancing your health in so many ways!”

Message from the Acting Medical Officer of Health

2006 was yet another busy and productive year for all of us at the Timiskaming Health Unit. A number of our projects required the collaboration of various departments within our organization. One such endeavour was the promotion of healthy weights. Given the magnitude of the obesity epidemic, this issue became a focus for many of our staff. The work done was nothing short of exemplary. Over the past 20 years, we have seen an increase in the incidence of obesity in all age groups. This in turn leads to other health implications such as Type 2 diabetes, heart disease, stroke, and even some cancers appeared. This is not to mention other health problems such as sleep apnea and osteoarthritis which have a significant impact on the quality of many people's lives.

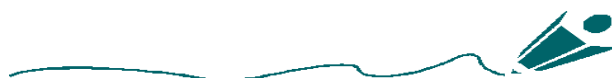


Perhaps most concerning is the increased incidence of overweight children. In this regard, the Timiskaming Health Unit is committed to sharing responsibility with others in reversing this troubling trend. In June of 2006, the Timiskaming Health Unit hosted a Forum for Community Action on Overweight and Obesity Prevention in Timiskaming, which attracted local and regional media attention. Expert speakers from across the province were invited to educate an impressive number of key stakeholders on the complexity of the issue including the various social and environmental determinants. The Forum for Community Action also proved to strengthen linkages between various sectors who can enable change and thereby improve the health of the residents of Timiskaming.

I commend the staff and management of the Timiskaming Health Unit as well as our many community partners for their enthusiasm, support and ongoing efforts to promote and protect health for all in Timiskaming. I would also like to thank the Board of Health for their ongoing support and strategic direction.

I continue to be impressed by the high quality of work as well as the level of commitment displayed by our staff. These are the very qualities that will allow our organization to embrace the challenges that face us in the upcoming year.

Dr. Pat Logan



Message from the Chief Operating Officer



2006 was a busy and productive year for the Timiskaming Health Unit. The Health Unit enjoyed expansions in programs funded by the province. Best Start funding was received to provide pilot programming for postpartum mood disorders and to expand the well baby visits. Both of these initiatives help give our children a strong start in life which research shows has lasting effects across their lifespan. We were also fortunate to have received funding to become part of the Regional Early Identification of Psychosis Program. The services offered in this program improve the early identification of people experiencing a first psychotic episode and the implementation of early intervention. This early identification and treatment improves recovery and results in fewer subsequent events.

The Health Unit also participated in the provincial Smoking Therapy Ontario Patients (STOP) pilot project which is a project providing smoking cessation services. As a participating site, we were involved in the evaluation of the program to determine its efficacy. We are pleased to report that the Timiskaming District enjoyed one of the highest participation rates and 6 month cessation rates in the province. We congratulate our staff, who received advance training, for a job well done. As with all of our services, our success is possible only through the commitment and ongoing training of our staff.

As a final note on the past year, 2006 is a harbinger of things to come. The year was marked by continued identification and response to potential environmental health hazards. As a district with a strong and proud mining heritage, mine tailings exist in our environment and it is important to identify risks which may impact our health. We worked very closely with our partners in the community and the Ministry of Environment to identify any risks to human health and to educate our community on risks that may exist and how to minimize any health impacts. We continued in 2006 to investigate potential health hazards and we will continue to do so in the upcoming years. As 2006 comes to a close, we are ready to face the challenges which lie ahead in 2007 and continue to provide a range of services to help meet the health needs of our community.

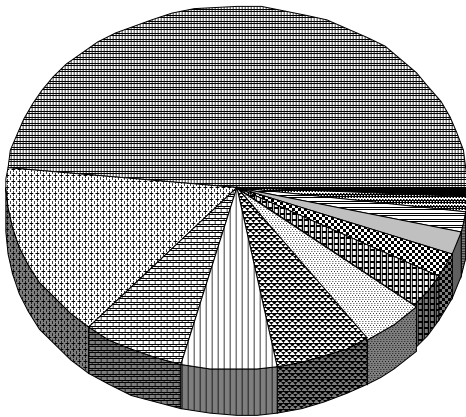
Esther Millar

*Working for you...
2006 Board of Health Members*

Normand Mino (Chair)
Randall Blodgett
Desmond Hemingway
Julie Crouse
Raymond Martel

Bob LaBine
Merdy Armstrong
Chris Oslund/Brian Hughes
Harvey Middaugh
Biff Lowery

FINANCIAL SERVICES



- | | | | |
|--|---------------------|--|--------------------------|
| | Public Health | | Land Control |
| | Early Childhood Dev | | Community Health Centres |
| | Addictions | | Gambling |
| | Mental Health | | Speech & Audiology |
| | Best Start | | HBHC |
| | SFO | | PPNP |

Public Health Program Budget

Public Health 3,706,824
Total Public Health 3,706,824

Land Control Budget

Land Control 136,605
Total Land Control 136,605

Other Program Budgets

Early Childhood Development 177,113
Community Health Centers 536,136
Addictions 502,190
Gambling 108,900
Mental Health 1,206,100
Speech & Audiology 350,582
Best Start 227,981
Healthy Babies/Healthy Children 515,747
Smoke Free Ontario 138,000
Pre & Postnatal Nurse Practitioner 50,640
Total Other 3,813,389

TOTAL EXPENDITURES 7,656,818

Head office: New Liskeard



Branch office: Kirkland Lake



Branch office: Englehart



Satellite office: Matachewan



Satellite office: Elk Lake



Fast Facts

CHRONIC DISEASE

- The Ontario Breast Screening Program (OBSP) screened 676 women at the New Liskeard site and 1066 women at the Kirkland Lake site
- 345 (Eng) & 50 (Fr) SASSY (Sun, Alcohol and Sex Smart Youth) kits distributed
- 835 (Eng) & 300 (Fr) Health Works newsletters distributed to workplaces. Distributed to 11 worksites electronically
- 59 key stakeholders attended Call to Action Forum for the prevention of overweight and obesity

Injury Prevention

- 42 car seats inspected at community clinics (21% installed correctly)
- 61 car seats inspected at THU (40% installed by technician, 11% installed correctly by parent)
- 20 people trained in Smart Serve
- 1 Falls Prevention seminar for seniors (65 attendees)
- 1,252 Apple Press newsletters distributed to teachers
- Medicine Clean Out Cabinet - over 2,000 bags distributed

Tobacco

- 59 enforcement checks of tobacco vendors completed
- 2 tobacco vendors charged for supplying youth with tobacco products
- 1 warning issued
- 82 compliance checks completed
- 100% compliance

Smoking Cessation

- Quit Smoking 101 (183 clients registered)
- STOP Study (340 clients registered)

INFECTIOUS DISEASES

- 14 individuals presented with positive mantoux tests resulting in 20 people for contact tracing
- infectious disease staff responded to 14 institutional outbreaks (mixture of enteric and respiratory)
- 42 cold chain inspections (responded to 17 failures)

Vaccine Preventable

- 3,716 school vaccinations (excluding influenza immunization)
- 8,850 flu shots given for the 2006/07 season
- 668 tropical traveller consultations

Rabies

- 53 animal bites investigated
- 4 individuals received post exposure vaccination

Food Safety

- 9 food handlers certification courses taught
- 285 food safety inspections completed

Safe Water

- 6 closures of public beaches
- 1,661 private consumer water samples received by THU for submission to the Public Health Lab
- 6 Boil Water Advisory/Drink Water Advisory issued for municipal drinking water systems

Land Control

- 507 private sewage system inspections
- 129 Class 4 certificates of approval issued

FAMILY HEALTH

- 2,183 children received dental screening
- 110 CINOT (Children in Need of Treatment) dental coverage provided
- 99 children received topical fluoride
- 11 schools out of 24 identified as dental "high risk" schools
- 2,124 infants attended Well Baby Clinics
- 74.3% of newborns were breastfed
- 31% of pregnant women attended prenatal classes
- 323 babies born
- 97.8% of births received 48 hour calls
- 1,388 home visits made to children under the age of 6
- 2,612 Nipissing Developmental Tools mailed
- 2,118 "Let's Grow" developmental information packages distributed by mail

- 807 clients seen in Audiology
- 12,075 Youth Matters newsletters distributed

EARLY CHILDHOOD DEVELOPMENT

- 375 students received Roots of Empathy programming in 19 classrooms in 14 schools across the District

SEXUAL & REPRODUCTIVE HEALTH

- 60,000 condoms distributed
- 4,227 clients seen at sexual health clinics

COMMUNITY HEALTH CENTRES

- 2,170 clients requested nursing services
- 6,525 telephone consultations with nursing services
- 733 clients seen by physician

MENTAL HEALTH & ADDICTIONS

- 1,340 Crisis Line calls
- 118 seniors' mental health admissions
- 19 dual diagnosis admissions
- 261 mental health admissions
- 142 addiction admissions

2006 TRAFFIC FLOWS

- 7,437 - New Liskeard
- 6,386 - Kirkland Lake
- 3,788 - Englehart

The Youth Action Alliance (YAA)

The primary focus of the Youth Action Alliance (YAA) is to involve youth in tobacco control activities that promote understanding of effecting positive change. The Smoke-Free Ontario Act strategy realizes that youth are targets and they need to be made aware of what the tobacco industry is trying to sell them. By allowing youth to educate their peers, it will help change the social norms of smoking and also prevent other youth from starting to smoke.

The Youth Action Alliances are found within all 36 public health units throughout Ontario. They are organized as employment and training programs for the youth that are employed by this program. YAAs will also be the foundation for Area Youth Coalitions (AYCs), the purpose is to engage other youth through volunteer and paid activities. Each program has hired one youth advisor, and 7-10 peer leaders per cluster. Some health units may have more than one cluster due to their geographic criteria.

The Timiskaming Health Unit has hired 7 youth aged 14 to 18 who will be a part of this initiative. Their job is to educate the community about the harmful effects of tobacco industry products and to be a voice for the youth in our community. Through community and regional activities, they will send the message that using tobacco industry products is no longer the norm, and that they are harmful to your health.

The YAA in Timiskaming has decided to call themselves Youth Against the Tobacco Industries in Timiskaming (YATIT), and they are

using the slogan "Get at it... YATIT". The first regional event was "Drop Dead" which was hosted by Kirkland Lake District Composite School. The Drop Dead event symbolized the 44 people who die daily in Ontario due to tobacco related illnesses. The presentation was interactive and students from grades 7-12 were able to attend. Not only did this event happen in Timiskaming, but the Timmins and Sudbury YAA's also held Dropped Dead presentations on December 14th. Amateur and professional video footage was taken from all three sites and a two minute video will be compiled. In partnership with CTV, the YAAs will launch the video at the end of March 2007 for Minister Watson in Sudbury, Ontario.



The YAA is youth led and adult supported, which means that the youth decide what activities and/or programs they want to participate in and the adults involved are simply there to guide them. The peer leaders spend their time learning about the tobacco industry issue and developing ways of making the public aware through activities like the Drop Dead event.

Timiskaming Smoke Free Coalition

Marking the beginning of a new era in tobacco control, the Timiskaming Smoke Free Coalition carried out a number of initiatives this past year. To celebrate and announce the new Smoke Free Ontario initiative, a banner reading, "Welcome Smoke Free Ontario May 31st, 2006" was created and hung across Government Road in Kirkland Lake.



A graphic art competition was held in 2 area high schools for the best logo design for the Quit 4 Life program. Martin Moreau of Ecole secondaire catholique Ste. Marie, received a \$50.00 award for his winning submission. The logo was transferred on to "medals," which will be awarded to students graduating from the Quit 4 Life program.

Local wins regional prize!

The Canadian Cancer Society, Ontario Division with Pfizer Canada sponsors the province-wide "Driven to Quit Challenge" with the intention of motivating people to quit smoking. In 2006, a Honda Civic Hybrid was the 1st prize along with 7 regional prizes. Kirkland Lake's Bonnie Phippen won 1 of 7 regional prizes. She took home a Sony 32" Bravia Widescreen LCD television. The Timiskaming Health Unit received special funding from the Canadian Cancer Society to promote the event in collaboration with all northeast health units.

THE DRIVEN TO QUIT CHALLENGE

High School Grants Initiative

In 2006, all five of Timiskaming's high schools participated in the high school grants initiative sponsored by the Ontario Ministry of Health Promotion with the goal of motivating and supporting school-based student action while improving awareness of tobacco control issues within the school community. Projects ranged from using internal school media to heighten knowledge around Smoke Free Ontario regulations and general health impacts of tobacco to raising awareness of deceitful marketing of the tobacco industry. This funding helped schools purchase much needed resources, materials and

incentives to quit. One example includes the purchase of educational bovine lungs which simulate smokers' lungs to demonstrate respiratory illness from tobacco use. This group also carried out presentations among their peers and to elementary school children in the area. Two other schools delivered cessation services within the school environment which saw 18 students participate in a 6 week quit program called Quit 4 Life.

This funding will be repeated in the 2006-2007 academic calendar.

Youth Tobacco Use Report

2006 saw the launch of the results from our 2005 Secondary School Tobacco Use Survey which examined tobacco use



amongst all secondary school students. The descriptive survey study collected information on participant demographics, smoking initiation, current smoking status, smoking characteristics, and household smoking status. A total of

67.2% of all 2005 Timiskaming secondary school students participated in the study.

The current smoking rate among study participants is 18.4% — including daily and occasional smokers — with the average current student smoker having smoked for 4 years — a decrease from the THU's 2002 secondary school youth smoking rate of 26.1% — and is on par with 2004 Canadian and provincial rates. In response to the results of the 2005 Timiskaming Secondary School Tobacco Use Report, the Timiskaming Health Unit has tailored its approach to youth tobacco programming to address the needs highlighted. The full report is available online at www.timiskaminghu.com.

Cobalt and Coleman Environmental Steering and Technical Committees

Following the release of a Human Health Risk Assessment report from the Ministry of the Environment (MOE) in 2005, the Timiskaming Health Unit assembled a response team to: review the report, communicate with the MOE, independent toxicologists and other stakeholders and determine appropriate response and management strategies. One outcome was the development of the Cobalt/ Coleman Environmental Steering Committee (ESC). The purpose of this committee is to share information and provide assistance and advice about environmental and human health risks associated with mining in the local area.

In 2006, a second committee, the Environmental Technical Committee (ETC), was formed to provide technical guidance to the ESC and ensure that all



environment and health studies for the area are completed in a timely manner and shared with the committee and community.

Members on this committee include representatives from: Agnico-Eagle, Coleman Township, Ministry of the Environment, Ministry of Northern Development and Mines, Town of Cobalt and Timiskaming Health Unit.

Postpartum mood disorders

Postpartum mood disorders have been getting more press in the past few years, because of headline news stories about mothers taking their own lives and the lives of their children by various means – drowning, and jumping off bridges to mention a few.

Last year the Healthy Babies Healthy Children team began including a modified version of the Edinburgh Depression Scale in the package parents receive when their baby is approximately 2 months of age. The Edinburgh Depression Scale is one of the recommended screening tools for professionals to use with their clients to determine if the person, in this case the mother, is suffering from depression. The mother is encouraged to call or talk to her physician or



Public Health Nurse if she or her family have any concerns. A video is now used in prenatal classes to reinforce the idea that life as a new parent is not always perfect and that it is alright to have some negative feelings. The supportive people in the mother's life are encouraged to watch the mother for signs that she may have postpartum depression and to get her help as early as possible.

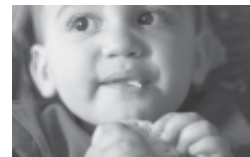
In 2007, a working group of professionals and people with an interest in postpartum mood disorders will start working together to promote awareness of the issue in the District of Timiskaming using resources from Best Start's provincial campaign.

18 month old follow up

The earlier a child can be identified as needing assistance to achieve developmental milestones, the more likely the interventions will be successful. This is the underlying reason that the Healthy Babies Healthy Children team mail the Nipissing District Developmental Screen for each age that it is available. Parents can review it on their own and if there are any concerns they can contact a Public Health Nurse or follow up with their doctor.

The Public Health Nurses see children on a regular basis at the Well Baby Clinics each Tuesday and review their growth and development using the Nipissing District Developmental Screen. When the child is 18 months, the family is given a call and the Nipissing District Developmental Screen for 18 months is reviewed with the parent. If at any time there is a concern that the child is not meeting one or more of the milestones, a referral can be made to the appropriate agency and the child will be screened and assistance given if the need is there.

In order to meet the provincial target that all children complete their primary immunization before the age of two, a phone call at 18 months is also used to update the child's immunization record. The parents are reminded to book an appointment for these important vaccines as soon as possible or consent is received from the parents to call the doctor's office to obtain the dates if the parent does not have them. This process also facilitates the work needed to be done when these children start school.



As many parents have been back to work for 6 months or more, the 18 month well baby call is the ideal time for parents to reflect on their child's development and ask questions.

Completion of well water study

The Timiskaming Health Unit was pleased to deliver a well water study to the residents of Coleman Township and the Town of Cobalt that receive water from private water wells. The study took place from September 2006 to February 2007 and over 130 residents participated.

The purpose of this study was to conduct further research into the prevalence of naturally occurring dissolved metals, such as arsenic, in private water supplies in the area. This study offered an excellent



opportunity to have wells tested for a range of metals at no personal cost to the study participants.

Results of the water tests have been provided to participating homeowners. Well results will assist homeowners in making informed decisions regarding the safe use of their drinking water supply.

The Ontario Geological Survey is currently compiling and analyzing well water results to identify the relationship between groundwater quality and the geologic characteristics of the area.

Timiskaming Heart Health Project (THHP)

The Timiskaming Heart Health Project (THHP) funded by the Ministry of Health Promotion, the Timiskaming Health Unit and in-kind contributions from community partners has a mission to collaborate with community partners to promote and support healthy active living. Our primary prevention focus strives to mobilize communities, schools, workplaces, and families to make healthy choices, offsetting premature chronic disease(s): cardiovascular disease, Type-2 diabetes, osteoporosis and lifestyle-related cancer.

THHP has been busy collaborating on a variety of levels including local, district-wide, regional and provincial, to achieve the kinds of impacts required when reaching the population.

On a district-wide level our project has had success over the past few years collaborating with schools, facilitating training and providing resources for teachers to deliver quality daily vigorous activity. For example, THHP has purchased a variety of resources to promote vigorous activity, e.g. Fitness Circuit Charts, a Canada Games Kit, Winter Daze booklets, Exercise in Disguise booklets, Outdoors: The Ultimate Playground Kit, Every Body Move! Dance resource, Jump 2B Fit, and a classroom Pedometer Kit for loan. As well, we are implementing Playground Activity Leaders in Schools (PALS), a program that promotes leadership and physical activity on the playground resulting in less bullying behaviour.

On a regional perspective, we are in the planning stages of a Northern Ontario trails booklet, in collaboration with other Northern Ontario Heart Health Projects. The booklet contains all the valuable information families need to guide them in using Northern Ontario trails, e.g., contact information on trail groups, maps and fun activities, along with what to pack for outdoors, and what to do if you should happen to encounter with a bear.

As well, Northern Heart Health Project collaborated on a resolution to the Federation of Northern Ontario Municipalities (FONOM) requesting support for the development and promotion of non-motorized trails in collaboration with local trails groups, and provincial groups, such as the Ontario Trails Council, Hike Ontario and the Ministry of Health Promotion's Ontario Trails Strategy. This resolution was ratified at the May 2006 FONOM annual meeting.

Further regional efforts in Northeastern Ontario involve the Heart Health Projects collaboration with Cancer Care Ontario's Northeastern Ontario Regional Provider Network. We've enhanced their three year media campaign "Let's Get Moving for the health of it", by running radio ads and newspaper columns using their tagline. As well, we participated in their physical activity and policy scan completed in 2006. Now we are in discussions planning the promotion of the "Walk-On" concept involving workshops on the awareness and development of walkable communities.



Nutrition Month

Nutrition Month events featured Health Unit staff and Registered Dietitians "catching" residents of Timiskaming in various settings making a healthy food choice with the "Get Caught"



campaign during the month of March. Healthy eating messaging was actively disseminated in locations such as grocery stores, restaurants, cafeterias, and schools across the district. Over 200 Timiskaming residents took part in the Nutrition Month events.