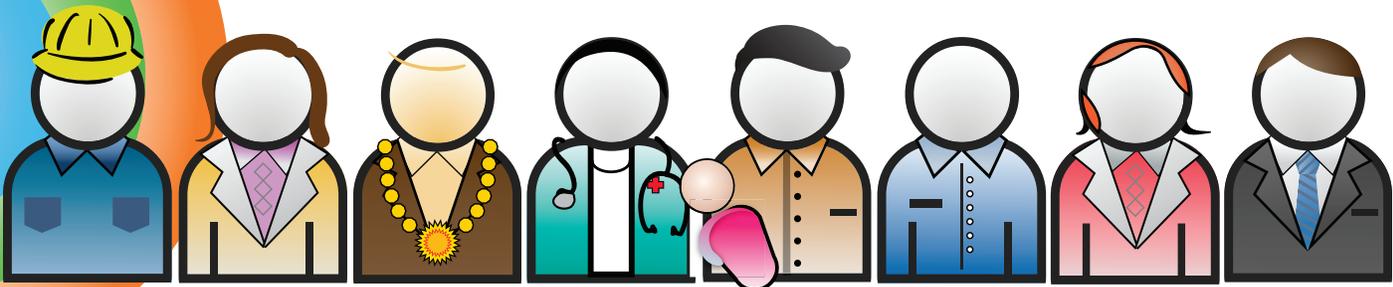




Services de santé du
TIMISKAMING
Health Unit

Annual *Report*

2011



A few words from



the Medical Officer of Health

I had the pleasure of joining the Timiskaming Health Unit part way through 2011. Celebrations were well underway for the 60th anniversary of the agency. Open houses arranged at each of our main office locations and a gala luncheon with visiting speakers Dr. David Butler-Jones, Chief Public Health Officer-Public Health Agency Canada and Dr. Arlene King, Chief Medical Officer of Health for the province of Ontario highlighted this momentous event.

The role of public health is to focus on services that are population based, however; even in a province with universal access to healthcare it is observed that individuals with higher socio-economic status demonstrate improved health status. Individuals with higher socioeconomic status are better able to access the non health care contributors to health, such as adequate quantity and quality of food, affordable recreation and employment in jobs that are less risky to their health. They are more aware of the availability of preventative services, and appear to have a greater acceptance and understanding of the benefits of health promoting interventions and have adequate transportation to access both preventative and curative services. Our legacy of providing universal services may be insufficient to address health inequities due to the social determinants of health. During 2011, we began focusing more on addressing these disparities by creating a Health Equity Team. All of our programs are being reviewed with a health equity lens. By focussing on priority populations we hope to improve the awareness, acceptance and access factors as well as advocate for policy changes to reduce disparities. Although our work began in 2011 we are committed to pursuing this agenda until inequities are resolved.

Dr. Marlene Spruyt

Medical Officer of Health, Chief Executive Officer
Timiskaming Health Unit



Services de santé du
TIMISKAMING
Health Unit

60 years ~ 60 ans

Enhancing your health for 60 years.



Dr. David Butler-Jones
60th Anniversary celebration.

Addressing the Determinants of Health and Reaching Priority Populations

In early 2011, the Ministry of Health and Long Term Care announced funding for two full time Public Health Nurse positions to help address the program and service needs of specific populations impacted most negatively by the determinants of health and identified as priority populations. Addressing the determinants of health and reducing health inequities is essential to the primary focus of public health, which is the health and well-being of the whole population.

Local activities in 2011 focused on building capacity internally and externally for planning, implementing and evaluating programs and services that consider the impact of the determinants of health on intended health outcomes. The Public Health Nurses conducted a

21 staff participated in a capacity building session “continuing the conversation”, on the role of public health in addressing the determinants of health and reaching priority populations.

situational assessment to inform next steps for the Timiskaming Health Unit (THU) to address health inequities and to reach priority populations. A health equity communication tool from Sudbury & District Health Unit was also adapted for local use. This video and user guide ([Let's Start a Conversation](#)) aims to shift the conversation from talking about healthcare, to what determines our health and how we can promote health and prevent illness, particularly among those who would benefit most.

The THU strives for effective programs and services by:

- Assessing and reporting on the health of our communities.
- Modifying programs and services to meet client and community needs.
- Collaborating with other community agencies to improve health outcomes.
- Supporting and participating in creating healthy public policies.

Determinants of health include the following:

- Income and social status
- Social support networks
- Education and literacy
- Employment/working conditions
- Social and physical environments
- Healthy child development
- Health services
- Gender
- Culture
- Language



Chronic Disease and Injury Prevention

A team of Public Health Promoters, Public Health Nurse, Public Health Dietitian and Tobacco Enforcement Officer work to influence healthy public policy and the creation of supportive environments where we live, learn, work and play. Addressing a variety of topics this team works to increase the capacity of community partners to reduce the burden of preventable chronic disease and reduce the frequency, severity and impact of preventable injury and of substance misuse.

The following highlights some of the program areas in 2011:

- Healthy Communities
- Tobacco Control – Smoke Free Ontario Strategy
- Diabetes Prevention Project/Strategy
- Youth Engagement
- Road Safety
- Injury Prevention of Older Adults
- Healthy Eating – Active Living – Healthy Weights
- Food Skills & Food Security
- Healthy School Nutrition Environments

For more information on topics from active living and healthy eating, to falls prevention and early detection of cancer visit www.timiskaminghu.com or find us on [Facebook](#).

Chronic Disease & Injury Prevention

- **80** stakeholders completed a Community Picture survey to identify local priority actions across 6 healthy living topics.
- **15** partners (12 agencies), joined a committee to collaborate and guide the diabetes prevention project.
- **2** focus groups were held with our Aboriginal/First Nation population to shape a diabetes prevention social marketing campaign targeting the adult aboriginal population.
- **7** workplaces participated in a workplace challenge to walk on World Diabetes Day and **355** youth entered a challenge to reduce screen time (sedentary behavior).
- **23** community partners attended a Parks and Recreation Ontario workshop: Active Start.
- Supported **10** elementary and **2** secondary schools on making the healthy eating choice the easy choice at school and the school food and beverage policy.
- Assisted with the installation of **76** car seats and distributed **42** vouchers to assist with the purchase of child restraint systems.
- Over **112** children and their families participated in two Young Rider Days to learn about school bus safety.
- **11** youth received leadership and health promotion skills training through a youth action on tobacco workshop and over **230** youth participated in Smoke-Free Movies events.



Smoke Free Movie event at a local school.

Conducting Surveillance, Research and Evaluation

The Epidemiologist, Health Data Analyst and Program Evaluator work with staff and community partners to help ensure evidence informed decision making.

Efforts in 2011 helped to build our collective understanding of the health needs of our local population which includes assessing the distribution of the determinants of health, health status and incidence of disease and injury.

Work included providing data, research and/or evaluation support to projects and topics such as breastfeeding, diabetes prevention, postpartum mood disorder and infection prevention and control.

Visit [Reports](#) on the THU website for local data shared in 2011.

Timiskaming Breast Feeding Project

- Banners, posters, plaques and window decals were created in English, French and Ojibwe
- **86** mothers were reached through various events
- Over **80** healthcare providers received training
- **4** agencies have approved Breast Feeding Friendly Places policies



Infectious Disease

Infection Control Week - Oct. 16-22 - was a collaborative event with Long Term Care Homes (LTCH) and healthcare partners to address the topics of antibiotic overuse, hand hygiene and immunization through patient-doctor education initiatives, media messaging and displays.

Infectious Diseases

- **10** individuals presented with positive tuberculosis mantoux tests
- Staff responded to **9** institutional respiratory outbreaks and **1** enteric outbreak
- **42** cold chain inspections (responded to 18 failures)
- **159** infection control complaints investigated

Vaccine Highlights

- **373** HPV vaccinations given to Gr. 8 girls
- **305** people received the Meningococcal vaccination
- **435** doses of mumps/measles/rubella vaccine were administered in 2011
- **6,889** flu shots given for the 2009/2010 season including 27 school and 16 community clinics
- **785** international traveler consultations

Environmental Health

Bed Bug Program Strategy

A priority population consisting of low income renters was revealed after a review of our complaints and literature. Workshop/presentations with community partners helped us to articulate our outreach strategies which included vouchers for steamers and mattress covers to help this vulnerable population and empower them to overcome any infestation issues.

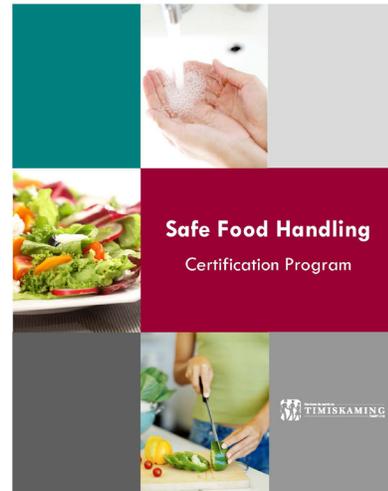
Collaborated with the Ministry of Health and Ministry of Environment on the release of the [Cobalt Soils Study](#). Applicable residents were offered consultation with a toxicologist. Ongoing community engagement plans includes work with other stakeholders through the Environmental Steering Committee.

Small drinking water system (seasonal camps, small community centres and other public buildings with their own drinking water sources) risk assessments were finalized which included directives for sampling, disinfection, filtration, etc. delivered to owners and operators for over 90% of our 130 systems thus meeting ministry compliance which inspectors have inventoried.

Public Health Inspectors Enforcement Workshop hosted by the THU on September 13 in New Liskeard. Proper documentation, processing of the charge and the court process were discussed as inspectors improved skills for proper enforcement.

Emergency Planning included participation with District Wide Mock Table Top Disaster Exercises such as – Englehart, Township of McGarry Emergency Training and Exercise and Kirkland Lake and Matachewan Emergency Exercises which brought municipal community control groups together to meet their obligations in testing their plans.

Revision of our [Safe Food Handling Certification Program](#) manual for students in accordance with the requirements of the Ontario Public Health Protocols.



Food Safety

- **238** Food Handler Certification participants
- **612** Food Safety Inspections completed
- **141** food safety complaints investigated

Safe Water

- **58** Adverse quality water sample result follow-ups with corrective action
- **19** boil water advisories issued for municipal and other drinking water systems
- **88** Small Drinking Water Systems finalized with risk assessments and directives
- **100** safe water complaints investigated
- Recreational beach bacteriological sampling of **17** public beaches in the THU area

Land Control

- **134** Class 4 Septic System Certificates of Approval issued

Rabies

- **72** animal bites investigated
- **9** clients received post exposure vaccination

West Nile Virus

- Mosquito trap surveillance and sampling - **6** sites throughout the district.

Family Health Program

Dental Program

Agreement was reached with the Temiskaming Hospital whereby the operating room fees were waived for the THU Children in Need of Treatment ([CINOT](#)) and Healthy Smiles Ontario ([HSO](#)) clients.

The Dental Team provided screening sessions in all the high schools throughout the district. A draw for a chance to win an iPod Touch was held to help improve participation.

Baby Friendly Initiative

- Breastfeeding women have improved knowledge and skills.
- Community partners are aware of the importance of creating a safe and supportive environment for the breastfeeding mother.
- Expectant parents are aware of the benefits of breastfeeding and where to obtain assistance.
- In collaboration with community partners, the development of policies for breastfeeding friendly public places was promoted.



Family Health Program

- **217** mothers received a post-partum telephone contact
- **273** families participated in the HBHC program

Sexual Health Program

Received one time funding from the Ministry of Health to raise awareness in preventing STIs. Roll-up displays and posters were displayed throughout the district.

Our aim was to make the youth population more aware of our sexual health program by providing resources and education thus reducing the STI and pregnancy rate. Expand our services by providing regular clinics in high schools.



Sexual Health Program

- **3,167** clients were seen
- **222** Pap tests were provided
- **2,478** oral contraceptives (low or no cost)
- **274** patch contraceptives
- **136** emergency contraceptives (Plan B)
- **4,750** condoms

Nursing Station (Elk Lake and Matachewan)

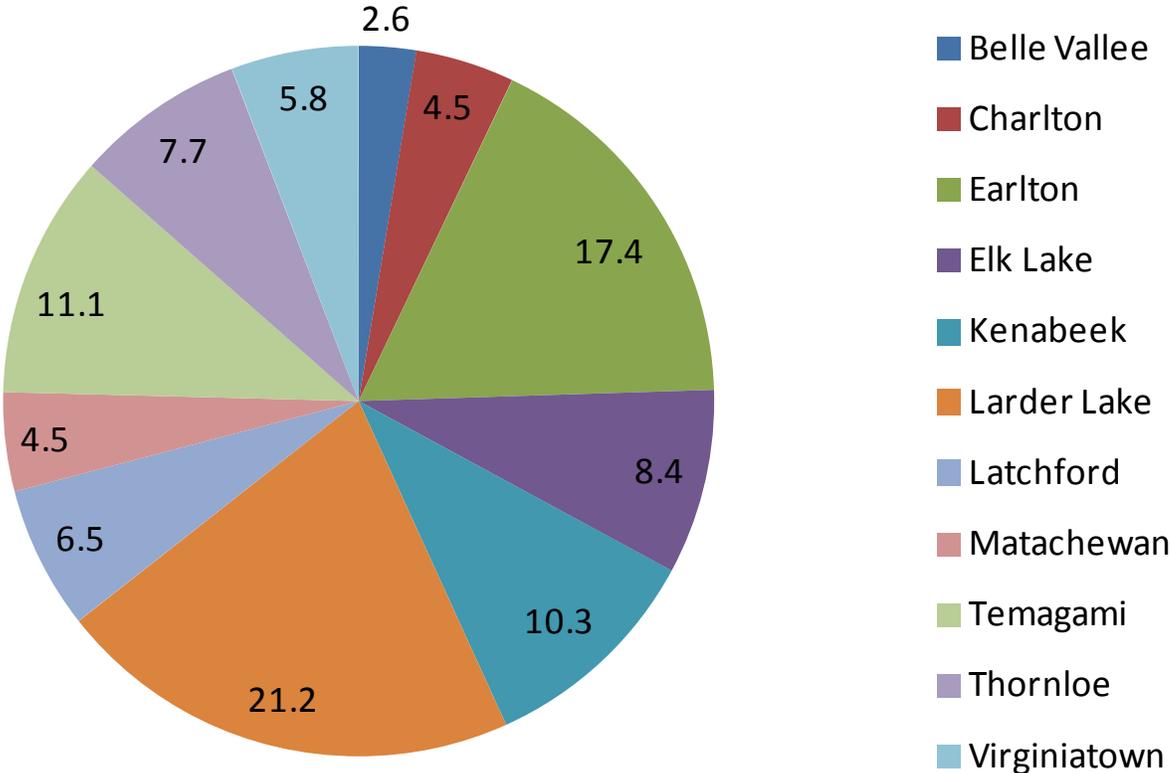
- **2,175** nursing assessments
- **1,626** visits with the Family Physician
- **221** referrals to a specialist

Addiction and Mental Health Program

Reaching Out

The Timiskaming district covers a wide geographical area. Providing services in this rural landscape can often have its challenges. Not only in the overall area, but specifically in the furthest outlying locations we serve. In 2011 we focused more on these populations, what their needs were, and how to address them. A highlight of this focus was our improved outreach services. Going to the people, in their environment, and working with other community partners to make it happen in an efficient way.

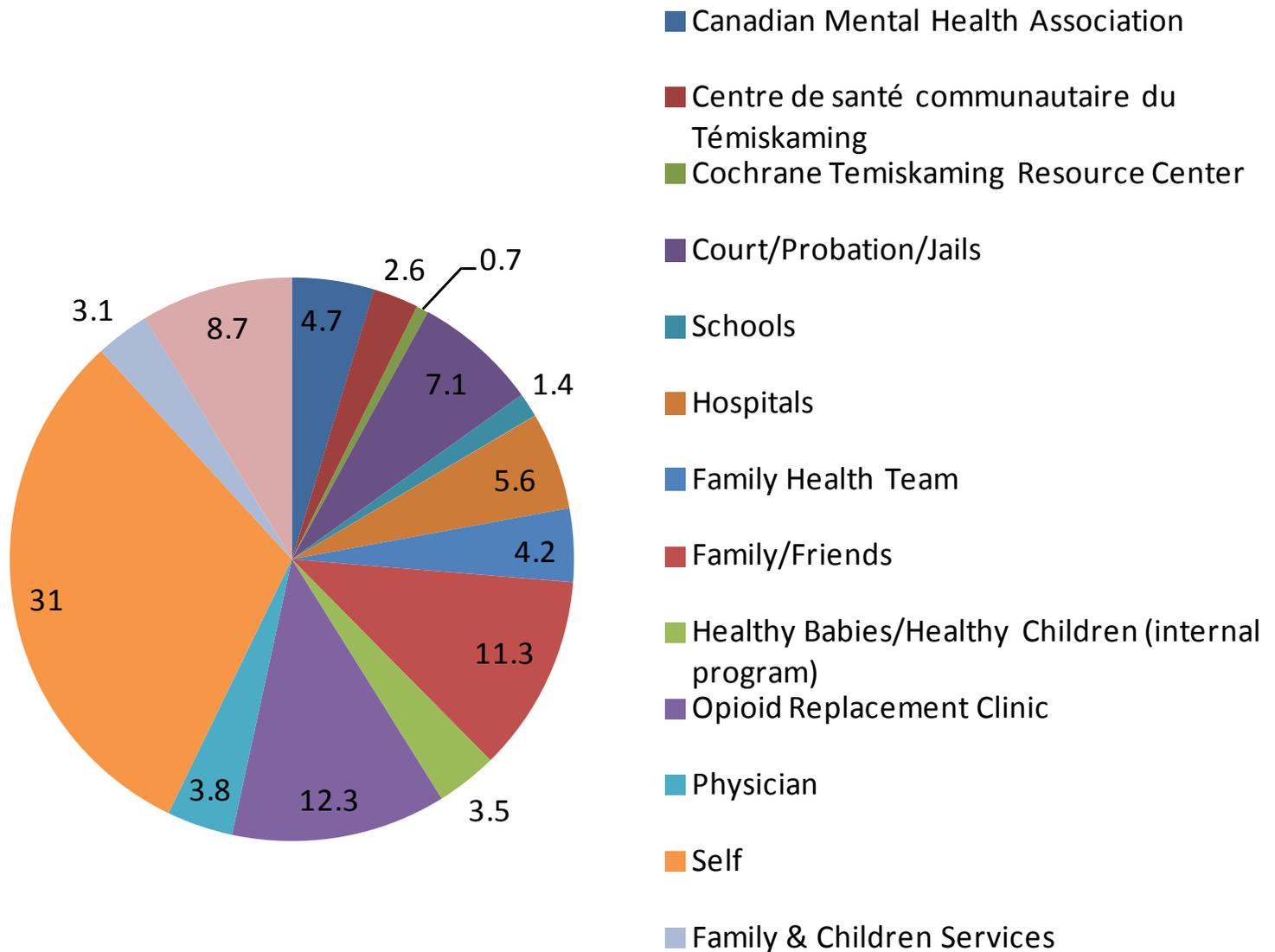
Breakdown of Outlying Clients Served (by Percentage)



Working Together

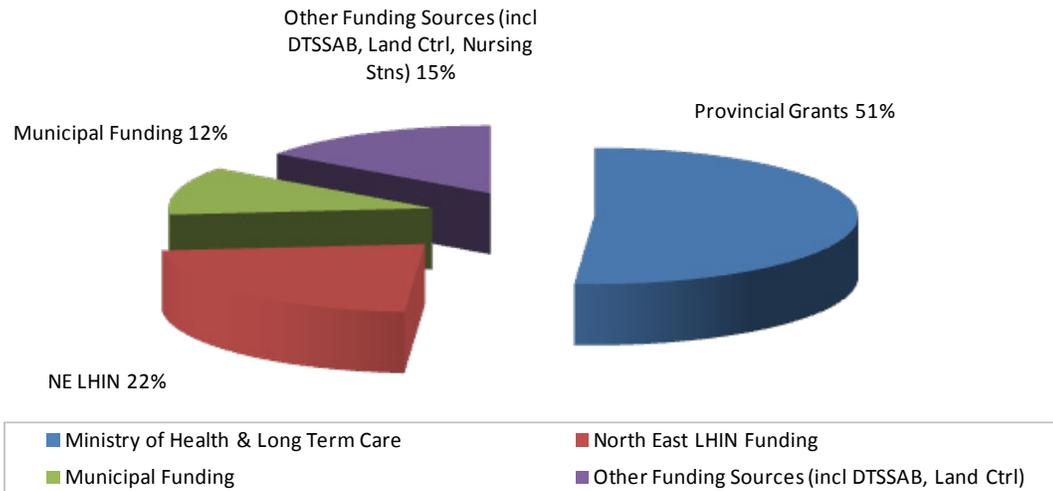
As it is with outreach services, collaboration with other partners is often the key to success in many of our initiatives and core service delivery. This is certainly the case when we examine our incoming client referral sources. Allowing a seamless transition from one provider to another not only benefits the individual client, but the entire health care system. The illustration below shows the breakdown of referrals for 2011.

Incoming Client Referral Sources (by Percentage)

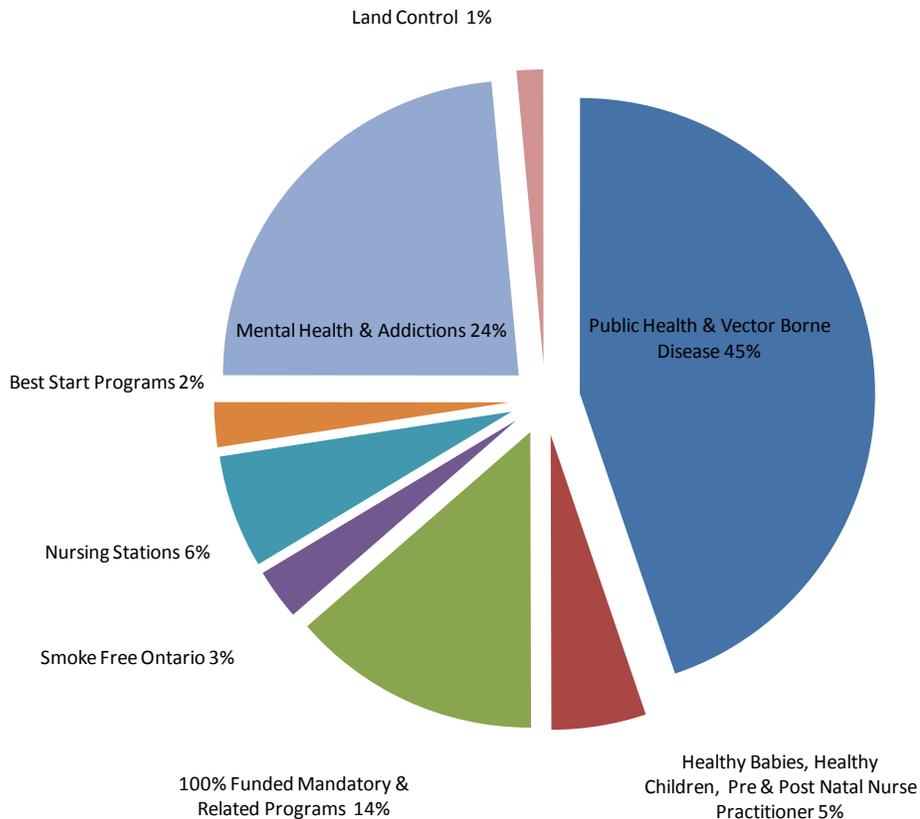


2011 Budget

Revenues



Expenditures



2011 Board of Health

Carman Kidd, Chair - City of Temiskaming Shores

Tony Antoniazzi, Vice-Chair - Town of Kirkland Lake

Merdy Armstrong - Township of McGarry/Gauthier & Towns of Larder Lake & Virginiatown

Sylvia Fenton - Public Appointee

Louise Hayes - Townships of Armstrong, Hudson, James, Kerns & Matachewan

Audrey Lacarte - Townships of Brethour, Harris, Dymond, Harley and Casey, Village of Thornloe

Mike McArthur - City of Temiskaming Shores

Norm Mino - Town of Kirkland Lake

Jamie Morrow - City of Temiskaming Shores

Sue Nielsen - Towns of Cobalt, Latchford, Municipality of Temagami, and Township of Coleman

Richard Pollock - Towns of Englehart, Charlton, Townships of Chamberlain, Evanturel, Hilliard & Dack

Office Locations

New Liskeard

247 Whitewood Avenue,
Unit 43
705-647-4305
1-866-747-4305

Dymond

883317 Highway 65,
Unit 3
705-647-8305
1-866-747-4305

Englehart

81 Fifth Street
705-544-2221
1-877-544-2221

Kirkland Lake

31 Station Road
705-567-9355
1-866-967-9355

Nursing Stations

Elk Lake

Community Health Centre
705-678-2215

Matachewan

Community Health Centre
705-565-2351

Contact for more information

Timiskaming Health Unit
247 Whitewood Avenue, Unit 43, New Liskeard, ON POJ 1P0
Telephone: 705-647.4305
Toll-free: 866-747-4305
www.timiskaminghu.com