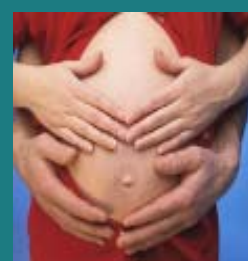


TIMISKAMING HEALTH UNIT

2007 ANNUAL REPORT



Services de santé du
TIMISKAMING
Health Unit

“Enhancing your health in so many ways!”

*Working for you...
2007 Board of Health
Members*

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City of Temiskaming
Shores

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Normand Mino
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Raymond Martel
Townships of McGarry,
Gauthier and Town of
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Harris, Harley and Casey,
Village of Thornloe

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Towns of Cobalt,
Latchford, Municipality of
Temagami and Township
of Coleman

Mayor Judy Pace
City of Temiskaming
Shores

**MISSION
STATEMENT**

*Promote Health,
Prevent Illness.*

Message from the Acting Medical Officer of Health



Our team continues to work hard in promoting healthy weights and addressing the overweight and obesity epidemic. This is a complex issue, impacted by a multitude of factors. We kicked off 2007 with the launch of *Call to Action: Healthy Weights-Healthy Lives in Timiskaming!*, a document that speaks to the complexity of the issue and incorporates input from local key stakeholder roundtable sessions. The *Call to Action* also underscores the importance of a multi-sectoral, community-wide response to addressing the entire spectrum of unhealthy weights as hospitalizations for eating disorders are on the rise.

Since the very successful launch of the *Call to Action: Healthy Weights-Healthy Lives in Timiskaming!* we have seen considerable effort by many stakeholders to take the challenge to stay informed and aware of issues related to healthy weights, be involved and supportive, make it easy for people to make healthy choices, and speak out for healthy lifestyles and healthy communities in Timiskaming.

Over the past twenty-five years, we have seen an increasing prevalence of overweight and obesity in all age groups. The Timiskaming Health Unit is committed to sharing responsibility with others in reversing this troubling trend. The health implications — a range of preventable chronic diseases (such as Type 2 diabetes, heart attack and stroke susceptibility, joint problems, and mental health issues) and premature death — are well documented. The burden on the health care and social systems is expected to increase.

I commend the staff and management of the Timiskaming Health Unit and our many community partners for their enthusiasm, energy and ongoing efforts for taking action to address this complex issue.

Pat Logan, Acting Medical Officer of Health

Message from the Chief Operating Officer



Looking back over 2007, we realize we were fortunate to once again enjoy close working relationships with our local partners to improve service delivery. This year we worked closely with the Temiskaming Hospital to identify opportunities which combined the strengths of each agency for the purpose of enhancing services and containing costs. As a result, the Temiskaming Hospital now provides accounting services to the Health Unit and the Health Unit provides social work services to the hospital. These mutual purchase agreements have allowed each agency to access expertise at a reduced cost.

While just one example of local partnership, it demonstrates the improvement in service delivery and cost containment that can be achieved by working with our local partners. We look forward to continuing these efforts in 2008 as we look to participate in the revitalization of public health services in Ontario and to working with our LHIN to provide needed health services in the District of Timiskaming which are governed locally.

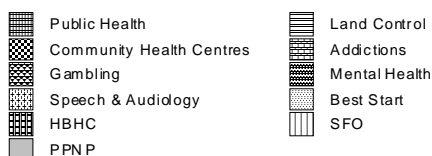
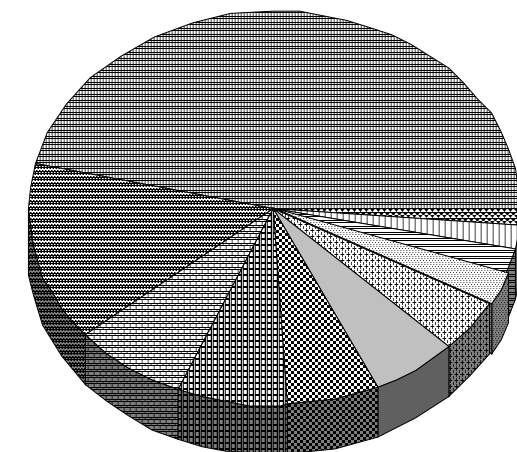
In closing, we look forward to continuing to serve the residents of Timiskaming.

Esther Millar, Chief Operating Officer

Financial Services 2007

Public Health Program Budget	
Public Health	3,667,792
Total Public Health	3,667,792
Land Control Budget	
Land Control	147,079
Total Land Control	147,079
Other Program Budgets	
Community Health Centers	490,291
Addictions	596,400
Gambling	108,900
Mental Health	1,141,928
Speech & Audiology	359,819
Best Start	227,981
Healthy Babies/Healthy Children (HBHC)	556,745
Smoke Free Ontario (SFO)	138,000
Pre & Postnatal Nurse Practitioner	425,000
Total Other	3,813,389
TOTAL EXPENDITURES	7,656,818

FINANCIAL SERVICES



Fast Facts:

EARLY CHILDHOOD DEVELOPMENT

- 575 students received Roots of Empathy programming in 22 classrooms in 16 schools across the District

SEXUAL & REPRODUCTIVE HEALTH

- 45,000 condoms distributed
- 4,628 clients seen at sexual health clinics

FAMILY HEALTH

- 1,957 children received dental screening
- 136 CINOT (Children in Need of Treatment) dental coverage provided
- 85 children received topical fluoride
- 2,229 infants attended Well Baby Clinics
- 77% of newborns were breastfed
- 44% of pregnant women attended prenatal classes
- 284 babies born
- 2,619 Nipissing Developmental Tools mailed
- 2,105 "Let's Grow" developmental information packages distributed by mail
- 6,660 English and 2,741 French Youth Matters newsletters distributed

COMMUNITY HEALTH CENTRES

- 2,633 clients requested nursing services (21% increase)
- 6,271 telephone consultations with nursing services
- 711 clients seen by physician

2007 TRAFFIC FLOWS

- 7,473 - New Liskeard
- 6,238 - Kirkland Lake
- 3,843 - Englehart

Fast Facts:

CHRONIC DISEASE

- The Ontario Breast Screening Program (OBSP) screened 1,452 women at the New Liskeard site and 624 women at the Kirkland Lake site. Regionally we are screening 56.41% of women aged (50-69 years old) for breast cancer as compared to the Ontario provincial rate of 36.31%. This means in our Timiskaming district we have increased our screening from 2006 by 4.47% in 2007. We're getting closer to our cancer prevention goals of 70% of all eligible being screened by the year 2020.
- The Healthy Weights-Healthy Lives *Call To Action* initiatives attract over 65 community partners!
- 625 (Eng) & 150 (Fr) SASSY (Sun, Alcohol and Sex Smart Youth) kits distributed
- World Record Walk was promoted throughout the district and organized in Kirkland Lake.
- 3,700 students and residents participated in Timiskaming on October 3, 2007. Ontario achieved the World Guinness Record of having the most participants walking one kilometer at exactly 12:30 p.m., beating the record that was held by Western Australia.
- The number of children receiving grants from Kidsport:
 - 51 Temiskaming Shores (Haileybury, New Liskeard, Dymond)
 - 21 Englehart & Earlton
 - 25 Cobalt, North Cobalt
 - 14 Thornloe, Belle Vallée, Temagami, Latchford
 - 70 Kirkland Lake/Larder Lake & area

Health Promotion Services Highlights

School primary contacts continued to shape their role by developing and publishing a resource titled '*Health Link*' which outlined the various health unit programs, services, resources and supports available to the school community

Be Aware. Make it Easy. Be Involved. Speak Out!

2007 kicked off with the launch of *Call to Action: Healthy Weights-Healthy Lives in Timiskaming!* The *Call to Action* document includes input from participants in the 2006 district-wide Community Action Forum and underscores the importance of a multi-sectoral, shared community-wide approach to physical activity, healthy eating, positive body image and self-esteem for all! www.timiskaminghu.com.

Health unit staff continue to take the lead to fuel and harness the energy of community partners by organizing and facilitating related workshops and networking opportunities across the district.

Timiskaming Kidsport

In a time when we have increasing issues of childhood obesity and inactivity, KidSport™ is working to remove social and economic barriers so that all children can participate in organized sports. This only can be accomplished by donations and support from the community. In 2007 KidSport™ South assisted 181 children received grants so they could participate in organized sports including; skating, hockey, swimming, soccer, dance, skiing, equestrian, and baseball.

In addition, KidSport™ Timiskaming South organized two equipments swaps, one in the spring and one in the fall. Over 300 pieces of equipment were swapped or sold. By far the Hockey Swap in the fall is the busiest one. Several parents commented to the swap volunteers how it helped to have access to good used equipment especially for families with more than one child in hockey.

In 2007 KidSport™ South also received a grant from Frog's Breath Foundation to run a Pick Up Hockey program for kids not participating in Minor Hockey. Over 30 kids participated in both a fall and winter session.

Let's Remember Adam Campaign

Adam Ranger was just five years old when he was struck and killed by a truck while stepping off the school bus on February 11th, 2000 in Mattawa. This horrific incident devastated his parents and family members, and robbed his classmates of a dear companion. In memory of Adam, and to elevate public awareness of the consequences of illegally passing a stopped school bus in the communities of Temiskaming Shores, the Timiskaming Road Safety Coalition decided to implement the Let's Remember Adam school bus safety initiative as part of its 2007 Road Safety Challenge activities. This important road safety initiative had been successfully implemented in five other communities in Northeastern Ontario, and the committee knew it would have a positive impact in the communities it serves as well.

The Timiskaming Road Safety Coalition, with the generous support of community sponsors, currently has erected four billboards and one road sign on the highways and roadways in South Timiskaming. The community group also worked with local school bus operators to ensure that each bus in the district could be equipped with a static window decal that would assist in reminding motorists of the importance of stopping for the school bus.

The implementation of this campaign quickly sparked the interest of community minded individuals in North Timiskaming and led to the development of the Kirkland Lake Road Safety Coalition in late 2007. Currently this group, made up of representatives from police, fire and ambulance services, the Ministry of Transportation, public health and school bus operators is working towards erecting the first of three sponsored billboards in and around the community of Kirkland Lake.

Adam is a special boy who will continue to live in our hearts forever. We believe the billboards and static window decals will serve as a constant reminder to drivers of the extreme importance of obeying the red flashing lights of a stopped school bus.

Together, we are making the trip to and from school safer for those students and their families in the District of Timiskaming.



Fast Facts:

Injury Prevention

- 7 Community Car Seat Inspection Clinics held in 2007 (Temagami, New Liskeard, North Cobalt, Haileybury, Earlton, Kirkland Lake)
- 35 car seats inspected (20% installed correctly)
- 84 car seats inspected at THU (45% installed by technician, 18% installed correctly by parent)
- 14 new child restraint technicians trained to work in the community
- 33 people trained in Smart Serve Responsible Beverage Services Training
- 8 Falls Prevention seminars for seniors (125 attendees)

SPEECH & AUDIOLOGY

- 855 clients seen in Audiology

Fast Facts:

Tobacco

- 2990 educational visits
- Responded to 3272 complaints
- 28 warnings and 14 charges for selling tobacco to youth
- 30 warnings for smoking or holding lit tobacco in a public place
- 42 warnings and 5 charges for smoking or holding lit tobacco in a workplace
- 26 warnings to employers to compliance of the SFOA
- 90.4% compliance

Smoking Cessation

- Quit Smoking 101 (98 clients registered)

MENTAL HEALTH AND ADDICTIONS

- 342 Crisis Line calls
- 7 dual diagnosis admissions
- 271 mental health admissions
- 197 addiction admissions



High School Grants

The Smoke-Free Ontario High School Grant Program offers high schools the opportunity to apply for a \$1,000 grant to organize a student lead/teacher supported tobacco awareness activity. The Timiskaming Health Unit's role in this endeavour is composed mainly of administration of the grants and providing any technical assistance that the schools may require.

During the 2006-2007 school year, all five high schools in the District of Timiskaming were awarded the \$1,000 grant to implement tobacco initiatives in their schools. Each school was very creative and projects varied amongst schools:

- implementing Quit 4 Life, a youth based cessation program;
- an activity day dedicated to spreading anti-tobacco messages;
- providing students with smoking resources and also "Quit Kits" that contained quitting information and aids;
- guest speakers for the entire school and support groups for smokers who are trying to quit;
- creation of anti-smoking messages that were played throughout the year and the provision of educational materials to other students in the school/

The Youth Action Alliance (Y.A.A.)

The Timiskaming Health Unit's youth action alliance YATIT (Youth Against Tobacco Industries in Timiskaming), had a very successful year in terms of community reach. The Peer Leaders were busy in the schools and throughout the community. On May 31st, 2007 the youth held an event to celebrate the 1st anniversary of the *Smoke-Free Ontario Act*. They held an outdoor event at the Rotary Centennial Park in Kirkland Lake where they had live entertainment, cake, refreshments and local celebrities such as Kirkland Lake's Mayor Enouy who shared a few words about tobacco use among youth. With a lot of rain and no shine, the event was still a success with over 50 people braving the weather to show their support for the cause.

YATIT, now being somewhat of a 'sophomore' was also successful in getting the attention of the community by having events for the entire population and not only targeting school aged youth. As a result, the amount of earned media grew as the group became more widely recognized within the community.

2007 also marked YATIT's first trip to the "Take Action Youth Summit" that was held at the Ottawa Congress Centre. All seven Peer Leaders were in attendance and had the opportunity to hear from some exceptional speakers. Justin Trudeau, son of past Prime Minister Pierre Trudeau was on hand to share his experiences and to applaud the youth for their hard work. Patrick Reynolds, son of the late R.J. Reynolds tobacco executive, was also present and was candid about his love/hate relationship with the Reynolds name. Losing both his father and brother to tobacco related illnesses, he showed his support to the delegates and encouraged their efforts. The youth left the summit with a new found motivation and followed up by taking it to the streets for a "Chalk Attack". In this event, the youth wrote anti-tobacco industry statistics and messages on the streets, sidewalks and parking lots.

Crosswise Lake posting

The Timiskaming Health Unit issued a public health advisory for Crosswise Lake on May 23, 2007, cautioning against recreational activities, such as swimming and fishing. Crosswise Lake is located in Coleman Township, southeast of the Town of Cobalt.

Historic mining activities included the disposal of tailings (mining waste rock) into portions of Crosswise Lake. This occurred before the environmental impacts of these practices were fully understood by scientists. Today, it is recognized that mine tailings contain chemicals and elements, including arsenic, which can represent a potential risk to human health under certain exposure conditions.

The Health Unit decided to investigate Crosswise Lake after members of a local Cobalt Technical Committee voiced concerns regarding the public safety of using this lake. In response, the Health Unit compiled existing data and retained the advice of both the Ministry of Environment and an independent expert. The Health Unit has requested that the Ministry of Environment conduct further research on this and other areas in the region to better identify potential risks from exposure to mine tailings.

Pandemic Emergency Planning & Preparedness



Each year, infections with the influenza virus and influenza-associated illnesses (complications such as pneumonia) have an impact on our health-care system. During an influenza pandemic, demand for health care services will increase at the same time as health care workers are ill with influenza themselves or staying home to look after sick family members.

The *Influenza Self-Care Guide* is designed to increase the public's confidence and ability to prevent and treat influenza. Educating the public regarding self-care helps them determine how to best use the health-care system during both regular influenza seasons and when a pandemic occurs.

The Ontario Health Plan for an Influenza Pandemic (OHPIP,07/07) has directed health units to provide public education as a component of their plan; within the Public Health Measures section. Clear, consistent information about influenza and how it spreads, individual infection control measures and social distancing messages are also important mitigation strategies. Developing and publicizing these strategies early will help ensure public compliance.

Topics in the *Influenza Self-Care Guide* include a definition of influenza and pandemic influenza, prevention strategies, general self-care measures for adults and children, additional steps to take during a pandemic and when to seek medical care.

When an influenza pandemic occurs (a worldwide outbreak of a new strain of influenza A), estimates (OHPIP,07/07) for the Timiskaming district for the number of persons ill enough to stay home range from 5,238 (15% attack rate) to 12,222 (35% attack rate). Of these, estimates for those that can be managed through self-care range from 2,369 (15% attack rate) to 5,530 (35% attack rate). Providing public education regarding influenza self-care significantly reduces the burden that will be placed on the health-care system.

The distribution of the *Influenza Self-Care Guide* will be phased in over the next few years and is intended to be done as widely as possible throughout the district. Initial distribution included seniors clubs and child care facilities as well as the Health Unit's website. All offices of the Health Unit have copies for their lobbies. Next year (2008) distribution plans include all Healthy Babies Healthy Children Program clients, community influenza clinics and hospital emergency departments.

Fast Facts:

INFECTIOUS DISEASES

- 25 individuals presented with positive mantoux tests resulting in 58 people for contact tracing
- infectious disease staff responded to 12 institutional respiratory outbreaks and 7 enteric outbreaks
- 38 cold chain inspections (responded to 5 failures)

Vaccine Preventable

- 1,747 school vaccinations (excluding influenza immunization)
- 8,085 flu shots given for the 2007/08 season
- 1,161 tropical traveller consultations

Rabies

- 83 animal bites investigated
- 15 individuals received post exposure vaccination

ENVIRONMENTAL HEALTH

Food Safety

- 18 food handlers certification courses taught
- 415 food safety inspections completed

Safe Water

- 6 closures of public beaches
- 1,455 private consumer water samples received by THU for submission to the Public Health Lab
- 4 Boil Water Advisory/ Drink Water Advisory issued for municipal drinking water systems

Land Control

- 484 private sewage disposal inspections
- 130 Class 4 certificates of approval issued

TIMISKAMING HEALTH UNIT



*Head office: New Liskeard
421 Shepherdson Road
(705) 647-4305 or 1(866) 747-4305*



*Branch office: Kirkland Lake
(705) 567-93 55 or 1(866) 967-9355*



*Branch office: Englehart
(705) 544-2221 or 1(877) 544-2221*



*Satellite office: Matachewan
(705) 565-2351*



*Satellite office: Elk Lake
(705) 678-2215*

The Timiskaming Health Unit maintains a 24-hour, seven days-a-week, on call service capable of responding to emergencies whenever the health of the public is threatened.

www.timiskaminghu.com