

Report Content

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This report focuses on fourth quarter program activity highlights as well as some year-to-date information.

The fourth quarter at THU started with Cultural Humility training for all staff. This training brought a Cultural Humility Specialist to Timiskaming through a collaboration with the Ontario Public Health Association.

With the impending new [Ontario Public Health Standards](#) (effective Jan. 2018), Public Health Units are preparing to submit an annual service plan for all programs (new requirement). Supporting guidelines and protocols for the standards are being released in phases into early 2018. A Ministry Task Force is being established to support a new Public Health Indicator Framework for program outcomes.

Throughout 2017, staff worked on multiple topics and the diversity of work included population health surveillance, clinical service delivery, inspection and work with numerous stakeholders on programs and policies that support healthy behaviours and healthy communities. Underpinning our population health promotion and protection work is a focus on root-cause interventions and addressing the social determinants of health that contribute to health inequities.

While this report focuses on what has been accomplished to date, a few things *on our radar* include:

- [Office of the Auditor General of Ontario -Annual Report 2017 Vol 1](#) Value For Money Audit , Public Health: Chronic Disease Prevention (Dec. 2017)
- Ontario Income Security Reform- [Recommendations Report](#) (Nov. 2017)
- Association of local Public Health agencies (alPHA) [Election-Policy-Priorities-to-Government](#)
- *Designing Healthy Living* – [The Chief Public Health Officer’s Report on the State of Health in Canada – 2017](#)

Year-End Program Highlights

Population Health Assessment, Surveillance, Research & Knowledge Exchange

Fourth quarter/2017 highlights include:

Connected with our Northeast Health Unit peers and Indigenous Partners to support research on ways to effectively engage First Nations to improve community Health. [Locally Driven Collaborative Project \(LDCP\)](#)

Participated in Mamow Ayahmowen: Northern Ontario Indigenous Health Information Partnership, an initiative funded through the Health Services Integration Fund of Health Canada.

Developed and disseminated the fall edition of our local Health Care Provider Newsletter: [Public Health Matters](#)

Completed over 28 population health data summaries and reports in 2017, this data is used and shared by all programs to influence and inform healthy public policy and programs.

Chronic Disease, Injury & Substance Misuse Prevention

Nearly all activities for 2017 were carried out as planned. A small number of activities were deferred to 2018 in response to higher priority opportunities that arose in 2017 or to staff turnover.

Increase levels of physical activity among children and youth and make active living easier in our communities:

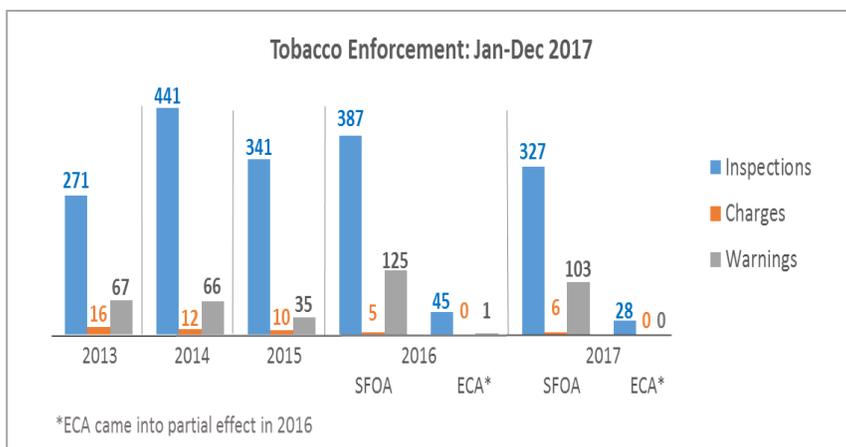
- Facilitated training 5 local cyclists in CANBike instructor training
- Participated in Age Friendly Community efforts for Temiskaming Shores and the Town of Kirkland Lake

Increase supportive environments for healthy eating behaviours

- Partnered with Healthy Kids Community Challenge to implement and evaluate Healthy Eating in Recreational Settings Pilot Project—supported two local recreation food premises in offering healthy options
- Inspected 100% of applicable food premises for compliance with *Health Menu Choices Act*. Of the 34 eligible premises, 17 were re-inspected due to some non-compliance of which at the end of Q4, 5 have ongoing non-compliance to be re-inspected. No complaints have been received triggering complaint based re-inspection.

Reduce tobacco use and exposure (Smoke-Free Ontario & Nicotine Replacement Therapy/NRT funding)

- Ran cessation campaigns *Best Gift Ever* tobacco (20,000 reached via newspaper x2, 3900 via social media) and the *First Week Challenge*
- Provided brief tobacco cessation counselling to 41 clients and dispensed 344 \$25 vouchers for Nicotine Replacement Therapy (NRT). Also expanded the NRT voucher program to Matachewan Nursing Station, Beaverhouse First Nation and Canadian Mental Health Association.
- Completed all mandated tobacco inspections (tobacco and e-cigarette retailers re: youth access and display and promotion and secondary schools re: signage)
- During Q3 & Q4, issued 5 SFOA charges (3 for *smoking in enclosed workplace*, 1 for smoking on school property, and 1 on hospital property) and issued 67 SFOA warnings (54 for smoking on hospital property, 12 warnings to 3 workplaces, 1 smoking on school property). See year to date chart below.



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

- Supported community partners in the delivery, organization, promotion, funding and delivery 5 Food Skills for Families in their respective community groups
- Completed the first half of the Primary Care Diabetes Program (12 weeks) in both Kirkland Lake (18 participants) and Temiskaming Shores (14)

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

- Continued local coordination for partnership [Stay on Your Feet](#)
- Implemented Falls Prevention Month campaign: focus on [Medication Management](#)
- Trained 12 people from 5 local agencies to facilitate an exercise and education program [Stand Up](#)
- Provided falls prevention resources to Temiskaming Hospital for new [Patient Discharge](#) packages
- Published bilingual [Exercise Guide for Older Adults in Temiskaming](#)

Reduce the frequency, severity and impact of substance misuse and injury

- Worked with local partners to implement a district-wide Distracted Driving campaign and [National Teen Driver Safety Week](#) (people reached: 3900 via social media, 15000 via newsprint, 300 coasters distributed)
- Implemented district-wide winter driving campaign in partnership with 10 local auto servicing businesses, newspaper ad and [social media campaign](#)
- Supported [Young Rider Day](#) in Kirkland Lake and Temiskaming Shores for school bus safety reaching 166 students and their families

Healthy Schools

The fourth quarter of the calendar year marks the first several months of a new school year, highlights include:

Healthy Eating - Northern Fruit and Vegetable Program – connected with all eligible schools to support baseline evaluation research ongoing follow-up and support for Bright Bites healthy eating program and policy for promoting water over sugar sweetened beverages.

Playground Activity Leaders in Schools Supported several schools with training and implementation. This program aims to increase recess activity, decrease conflict and build leadership skills.

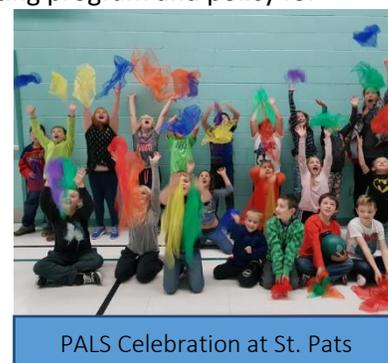
Youth Tobacco Prevention – supported 5 school-aged youth and 3 adult partners in attending a Northeast Tobacco Summit on sacred vs commercial tobacco use. Supported tobacco youth champions in planning tobacco awareness initiatives.

Youth Mental Health Promotion - supported training and student activities at one secondary school starting up as a new [Jack.Org](#) chapter -for youth mental health.

Roots of Empathy (ROE) - began delivery of ROE at 2 schools (decrease in bullying and aggression, increase in empathy and social and emotional competence).

Grade 7 Immunization Program (round 1) delivered in all schools across the district offering HPV, Hepatitis B and Meningococcal vaccine.

School Healthy Relationship Clinics- held monthly at 4 secondary schools providing information and services related to sexual health and other health and well-being topics.



PALS Celebration at St. Pats

General Student Health and Wellbeing – Supported TDSS Parent Council with parent engagement survey.

P.A.R.T.Y. Program delivered along with numerous partners for 50 grade 10 students re: preventing alcohol/drug and risk related trauma in youth.

Oral - Dental Health – Healthy Smiles Ontario

Dental Screenings				
Caseload	2014	2015	2016	2017
<i>Pre-Kind/Kind & Grade 2 In-School Program</i>	822	555	937	800
<i>Grade 4-6-8 Additional In-School Screening</i>	1153	1043	2217	1350
<i>Office Screenings</i>	345	292	238	248

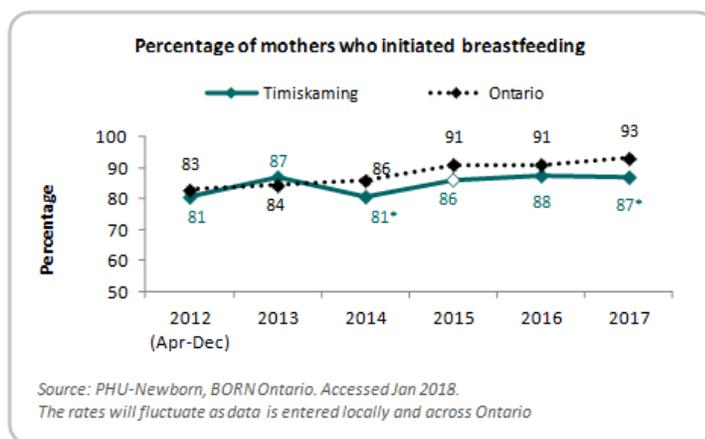
Click [here](#) for more information on the **Healthy Smiles Ontario Program**.

Family (Child and Reproductive) Health

Quarterly and year-to-date highlights include:

- Supported partner collaboration by coordinating monthly meetings of the **Family Health Coalition**.
- Child Passenger Safety** - car seat safety was a focus for THU in 2017 and much work was done to create awareness and collaborate with partners. Training occurred with 7 external partners including NEOFACS, OEYC and OPP as well as internal THU staff.
- Supported **National Child Day** events which were celebrated in 5 locations across the district. These events included linguistically and culturally-led activities focused on children 0-6 years.
- Breastfeeding:** Continued daily monitoring of the new peer support Facebook page, of which approximately 90 women have accessed. Recent work with the New Liskeard chapter of the La Leche League has increased awareness of local support for breastfeeding moms and their families.

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



Healthy Babies – Healthy Children Home Visiting Program

In 2017, 59 families received home visits offered as part of the [Healthy Babies, Healthy Children Program](#) and of these, (37) families benefited from the *Blended Home Visiting Program* (visiting by a nurse and family home visitor). These families receive additional supports to optimize child growth and development.

Visits	2017
Total # of Home Visits	325
Family Resource Worker Visits (FRW)	158
Public Health Nurses (PHNs) Visits	167

Healthy Beginnings Clinic - Pre and Postnatal Nurse Practitioner Program

In 2017 there were 1,240 client visits to this program of which 763 occurred in Q3 & Q4. In 2017 there were 77 new clients added to the program.

Number of newborns by quarter					
	Q1	Q2	Q3	Q4	Total
2012	N/A	81	80	68	229
2013	72	89	93	83	337
2014	81	78	98	81	338
2015	94	82	94	75	345
2016	74	82	126	86	368
2017	100	82	89	81	352

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

Immunizations, Infectious & Communicable Diseases

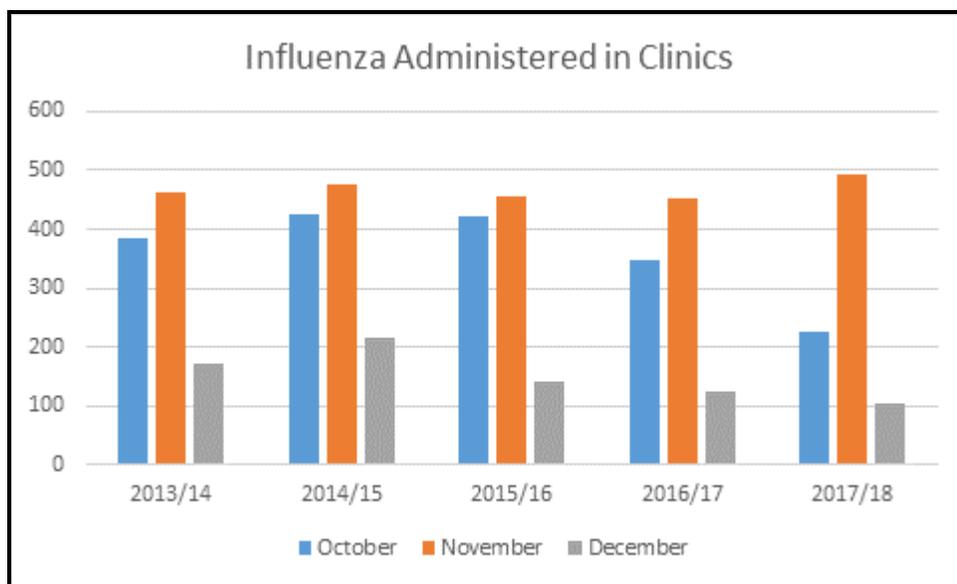
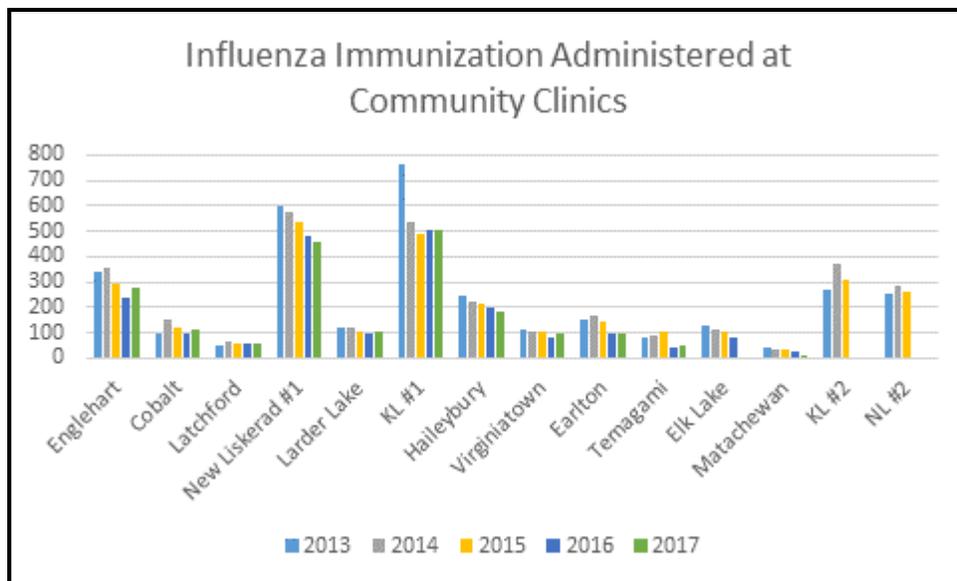
In 2017, 100% of annual vaccine fridge inspections were completed. Some facilities get more than one inspection per year due to follow-up.

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 (# of fridges)	12 (13)	10	28 (20)	7	5 (7)	2

Immunization Program				
Immunizations Administered in Office	NL	KL	ENG	Total
# of clients receiving immunizations	2453	1073	503	4029
# of immunizations administered	3297	1370	585	5252
Note: These numbers do not include Influenza Vaccine				

2017-2018 Universal Influenza Immunization Program

- For this influenza season, the THU reduced the length of time for some community clinics with lower numbers and augmented in-office visits/clinics by appointment, including more evenings in November.
- Pharmacies continue to administer flu vaccines to clients over the age of 5 years old throughout the district. New this season, pharmacies received their influenza vaccines directly from their suppliers rather than through Health Units, however Health Units are required to track pharmacy influenza inventory in Panorama. Between October and January, local pharmacies provided over 2,000 vaccines.



Travel Health Consultations				
Office	2014	2015	2016	2017
Kirkland Lake	335	317	272	259
New Liskeard	478	682	595	620
Englehart	157	81	n/a	n/a

Sexual health services at Timiskaming Health Unit include:

- Information on sexually transmitted infections (STIs), free testing and treatment of STIs
- Confidential or anonymous HIV testing
- Pregnancy testing and information about Emergency Contraception Plan B, affordable contraception and free condoms

Sexual Health				
Client Services	2014	2015	2016	2017
Male Clients	193	81	129	127
Female Clients	1355	602	864	805
Contraceptives	1,868	812	929	846
Plan B	85	48	41	25
STI Tests	345	208	215	201
Pregnancy Tests	40	33	28	36
Blood-Borne Infection Tests	119	79	124	97

The [Harm Reduction Program](#) at Timiskaming Health Unit includes:

- Needles, injection and inhalation equipment & information for safer drug use
- Provision of condoms and information about safer sex
- Community referrals to services
- In Q4 the Timiskaming Health Unit prepared to be an [Ontario Naloxone Program](#) site (launching Jan. 2018) to dispense free Naloxone (temporarily reverses an opioid overdose).

Harm Reduction Program				
Client Services	2014	2015	2016	2017
Male Clients	36	45	121	189
Female Clients	10	10	68	108
Needles Distributed	6,900	10,424	12,906	20,953

Infection Control				
Client Services	2014	2015	2016	2017
Reportable Disease Investigations (non-STI)	82	79	67	59
Outbreaks - Institutional	35	27	21	36
Outbreaks - Community	n/a	1	0	0
Animal Bite Reporting	60	77	29	85
Sexually Transmitted Infections (STI)	n/a	92	82	61
Personal Service Settings Inspections (hair salons, tattoos, piercings, aesthetics)	n/a	33	47	50

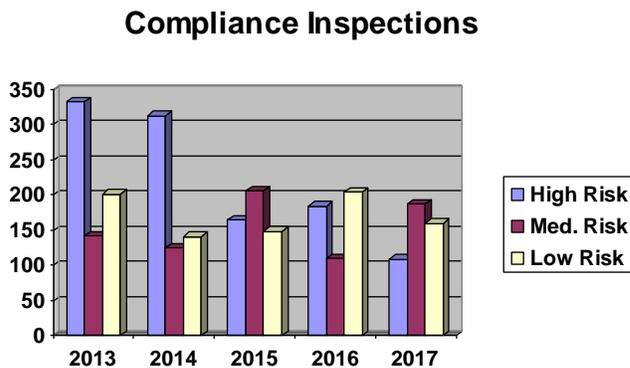
Program Updates:

- The first case of influenza in the district was reported just after New Year’s Day. Across Canada, Influenza A (H3N2) continues to be the most common subtype detected.
- 2017 was a busy year for institutional outbreaks, which provided opportunities for collaboration and learning.

Environmental Health & Emergency Preparedness Program

Food Safety and Safe Water

Food safety risk categorizations were modified in year 2015.



Safe Water Inspections	
Drinking Water	2017
Small Drinking Water Systems	19
Recreational Water	
Public Beaches	16
Pools	25
Recreational Camps/Beachfront	11

Land Control

Septic Systems	2014	2015	2016	2017
Permits Issued	137	131	111	124
File Searches	57	60	60	66
Severance/Subdivision	20	15	15	29

UPCOMING EVENTS



Some of the upcoming events and opportunities that THU staff are participating in or supporting include:

- **March** –The Ontario Public Health Conference: Leadership. Partnership. Change.
The Ontario Healthy Schools Coalition Conference.
- **March** –National Nutrition Month and Dietitians Day .

HUMAN RESOURCE UPDATE



The comings and goings of our colleagues

New Staff

- Registered Dietitian – New Liskeard – Temporary (*December 2017-March 2018*)
- Secretary I – Kirkland Lake – Temporary (*December 2017-December 2018*)
- Research-Analyst-Planning-Policy – New Liskeard, Permanent (*January 1, 2018*)
- Chief Building Officer – New Liskeard - Permanent (*January 1, 2018*)
- Medical Officer of Health (A) – New Liskeard – Temporary (*January-June 2018*)

Resignations

- Research-Analyst-Planning-Policy – New Liskeard, Temporary (*February 16, 2018*)

Current Vacancies

- Research-Analyst-Planning-Policy – New Liskeard, Temporary (*April 2018 – September 2019*)

Report contributors: Randy Winters –Acting Chief Executive Officer/Director of Corporate Services , Kerry Schubert-Mackey – Director of Community Health, Program Managers; Ryan Peters , Angie Manners, Erin Cowan (CNO), Amanda Mongeon. Executive Assistant: Rachelle Cote.