

Report Content

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Q4 & Year-End Program Highlights

This report highlights fourth quarter program activities as well as some year-to-date data as we anticipate our 2018 annual report. Agency and cross cutting fourth quarter highlights include:

- Phase one strategic planning activities which included a staff survey and workshop supported by Clearlogic Consulting Professionals. Planning for Board Consultation and stakeholder engagement was also underway.
- An annual staff appreciation day was held (planned by Our Employee Wellness and Engagement Committee). The morning included a presentation from [Penny Tremblay](#) of Play Nice in The Sandbox. The presentation was based on her book "Give and Be Rich" and included tips for leading ourselves to shine, be well and enrich the lives of others.
- Our email newsletter for municipalities was launched. *Health for All: Bridging Municipal Action and Public Health* – is written for elected officials and municipal staff and highlights local opportunities for municipalities to affect the health of their communities through their decision-making. This first issue covered timely topics such as the Smoke-Free Ontario Act and Cannabis Retail. The newsletter and related resources are available on our website partner section [here](#).

On Our Radar

- District of Timiskaming Social Services Administration Board's first *Timiskaming Counts - Homelessness Enumeration* Report (November 2018) and infographic which can be found under social housing at [dtssab.com](#).
- Ongoing House of Commons debate re: Bill S-228, *An Act to amend the Food and Drugs Act (prohibiting food and beverage marketing directed at children)*.
- Implications and opportunities related to the revised [Canada's Food Guide](#).
- Results from Health Canada's consultation on the [regulation of cannabis edibles, extracts and topicals](#).
- Results from the [Ontario School Curriculum Consultation](#).
- An invitation to participate in a locally driven collaborative project (LDCP) on "Healthy Built Environments – A Provincial Framework for Healthy Community Design." The LDCP program, supported by Public Health Ontario, brings public health units together to develop and run research projects on issues of shared interest related to the Ontario Public Health Standards.
- A private members (MP) [motion](#) in the House of Commons re: Bill M-174 National Suicide Prevention Action Plan.

Timiskaming Health Unit in Action

Our people – our stories.

Foundational Standards

Population Health Assessment and Health Equity Q4 Highlights:

- Numerous internal data products were created or updated on a range of health topics. Staff use this information internally and with community partners to inform planning and decision making.
- Staff worked to select priority topics to include in our local health survey (Rapid Risk Factor Surveillance Survey) for a January launch date. To read more about the survey: our media release can be found [here](#) or at our [RRFSS web page](#).
- Worked in collaboration with partners to develop a proposal for an opioid surveillance system (see Enhanced Harm Reduction Update).
- Supported a Board of Health Resolution and letter re: A Population Health Perspective on Bill 47, Making Ontario Open for Business Act, 2018. This relates to the powerful link between income, employment security and working conditions and health outcomes.

Effective Public Health Practice

Program Planning, Evaluation and Evidence Informed Decision Making, Research, Knowledge Exchange, Communication, Quality & Transparency

- Continued our systematic annual planning process to facilitate completion of the Ministry Annual Service Plan. This includes ongoing continuous improvement work for tools and processes.
- Received a site visit and training from our Librarian through the shared library services partnership hosted at Thunder Bay Health Unit.
- Consulted with Temagami First Nations Health Director re: the NE LDCP Project timelines and next steps.
- For a glimpse at some of our health communications, visit our website www.timiskaminghu.com and scroll through our Facebook feed as well as click on our twitter feed and YouTube channel. Also visit our [News and Events](#) page for THU media releases. The health care provider section of our [web site](#) was revised and we distributed Public Health Matters - [Issue 14](#) - October 2018 <http://www.timiskaminghu.com/251/Health-Care-Providers>

Emergency Preparedness

In Q4 of this year, we continued to review our internal emergency response plan and processes and identified next steps. This includes the requirement to run a mock emergency exercise.

Chronic Disease Prevention and Well-Being

The following are key Q4 updates for 2018, organized according to the main goals within this program area:

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

- Q4 saw the implementation of a campaign promoting active outdoor play among children. This included Board of Health endorsement of the [Position Statement on Active Outdoor Play](#) and subsequent sharing with service providers across Timiskaming. Distributed 423 English + 206 French postcards to child care providers to provide to families and others to clients of EarlyON and THU and complemented this with a social media campaign reaching 3,200 people. A [letter to the editor](#) on this topic and information sent to community partners also incorporated cautions related to health equity.
- THU responded with evidence about [Complete Streets](#) and [Vision Zero](#) to a Town of Kirkland Lake public consultation related to proposed changes to parking on Government Road.

Increase supportive environments for healthy eating behaviours:

- Continued implementation of the [Healthy Eating in Recreation Settings project](#) with the Town of Kirkland Lake and City of Temiskaming Shores through mentoring and support for food service providers and promotional events.
- Launched a Food Security Working Group with service providers interested in collaborating across Timiskaming to improve access to healthy food for those living with low income.
- In 2018, carried out 1 inspection of a new food premise and 4 re-inspections under the *Healthy Menu Choices Act, 2015*. All premises currently compliant.

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

- During Q4, supported community partners in the delivery, organization, promotion, funding and delivery of 2 Food Skills for Families in their respective community groups—20 participants in total.
- Also during Q4, completed the first half of the [Primary Care Diabetes Prevention Program](#) (12 weeks) in both Kirkland Lake (19 participants) and Temiskaming Shores (25).

Implement Tanning Bed Protocol: In 2018, received 0 complaints in relation to the 5 commercial tanning bed facilities currently operational in Timiskaming; no inspections required.

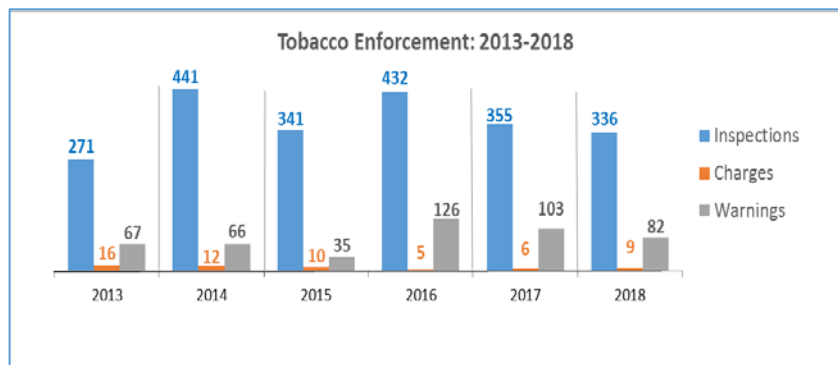
Substance Use and Injury Prevention

The following are key Q4 updates for 2018, organized according to the main goals within this program area:

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

- The Amended Smoke-Free Ontario Act (2017) came into force during Q4, resulting in much activity for this program area: mass media informing the public about changes to the law, distributing signage, and drafting [correspondence for all related stakeholder](#) (e.g. municipalities, school boards, schools, hospitals, colleges).
- Hosted [Ottawa Model for Smoking Cessation](#) workshop and cessation network meeting with representation from two Family Health Teams, two hospitals and CMHA, to continue strengthening tobacco cessation services across Timiskaming.

- Provided information about [amended Smoke-Free Ontario Act](#) and evidence related to health to support municipal decisions related to cannabis policy to all municipalities.
- Implemented two tobacco-related campaigns: reached over 3,500 people through contribution to a regional [testimonial campaign](#) to encourage quit attempts and partnered with veterinary offices district-wide to increase awareness of impacts of second-hand smoke.
- In Q4, there was a total of 49 brief tobacco cessation counselling sessions performed with 26 being unique clients and 199 NRT vouchers were dispensed. In 2018 overall, there were 199 sessions performed with 101 unique clients and 870 NRT vouchers were dispensed.
- 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 2018, THU issued 4 SFOA charges (2= Supply tobacco to a person who is less than 19 years old, 1= Hold lighted tobacco in prohibited place or area; 1= Failure of proprietor to ensure no ashtrays or similar equipment) and issued 43 SFOA warnings (all related to improper display or promotion of tobacco products). The chart summarizes annual number of inspections, charges and warnings.



Reduce the frequency, severity and impact of problematic substance use and injury

- A number of activities took place in Q4 with the Temiskaming District Road Safety Coalition: a campaign to promote pedestrian safety was launched in partnership with the City of Temiskaming Shores, including mass media, [social media](#), resources for schools, research support for modifications to the built environment to be considered by the municipality, work to support [safer road access](#) for St. Michel School in Temiskaming Shores and a general shift to balancing work on highway safety with the adoption of [Vision Zero](#).
- With Kirkland Lake Drug and Alcohol Awareness Coalition and in partnership with the Federal Tavern, piloted a [“Thank a DD” campaign](#) whereby free non-alcohol beverages were provided from Dec 14-31 2018 by the establishment to designated drivers. The initiative provided an opportunity to raise awareness of new impaired driving laws.
- In response to the legalization of non-medical cannabis that occurred concurrently with the amended Smoke-Free Ontario Act, THU also implemented a [campaign](#) to highlight the [Lower-risk Cannabis Use Guideline](#), with the key message that despite being legal, cannabis is not harmless.

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

- Implemented Fall Prevention Month [Campaign](#) focusing on being active in the winter months and a new winter walking fact sheet—included presentations in partnership with Temiskaming Shores Age Friendly Community.

Healthy Growth and Development

- Work was under way in Q4 to finalize the Positive Parenting situational assessment. This document describes current services, needs and gaps for children and youth and their families in our area and will be shared with partners to inform action.
- Staff worked on health communications to highlight various topics relevant to healthy growth and development such as safe sleep, pacifier use, car seat safety, infant feeding and prenatal classes.
- In 2018, there were 320 births in the Timiskaming district.

Number of newborns	
Years	Total
2013	337
2014	338
2015	345
2016	368
2018 (YTD)	320

Source: PHU-Newborn, BORN Ontario. Accessed Jan 2019.

A total of **55** families received home visits offered as part of the [Healthy Babies, Healthy Children Program](#) and of these, **36** 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	2018
Total # of Home Visits	325	418
Family Resource Worker Visits (FRW)	158	254
Public Health Nurses (PHNs) Visits	167	164

Breastfeeding: Continued daily monitoring of the new peer support Facebook page, of which approximately 90 women have accessed. Recruitment of peer supporters is ongoing and training will be offered in the new year. The peer supporters will offer telephone support to other breastfeeding moms across the district.

The Breastfeeding Working group, which consists of local delivering physicians, midwives, hospital staff and public health continues to work together towards creating positive changes in regards to breastfeeding, specifically, consistency of key messages given to families, staff training and supporting the hospital as it works towards BFI designation. The aim is to increase initiation rates as well as duration and exclusivity of breastfeeding.

Healthy Beginnings Clinic - Pre and Postnatal Nurse Practitioner Program

	<u>Q1</u>	<u>Q2</u>	<u>Q3</u>	<u>Q4</u>
Number of new clients	19	11	8	0
Number of visits	260	260	70	24
Of total visits, Total # of visits 0-6 years	124	127	26	7
Number of preconception and reproductive health visits	1	16	2	0

The nurse practitioner was away for part of Q3 and most of Q4 which contributes to the lower numbers presented.

School Health

The fourth quarter of the calendar year marks a school year well underway. In Q4, excluding oral health and vision clinics, the school team had over 485 interactions with schools in Timiskaming. Key activities include:

Healthy Eating and Active Living: Supporting Playground Activity Leaders at 4 schools. Supported local application for the Active School Transportation Grant, completed the pilot of You're the Chef in a school class setting, connected with schools to register for the Northern Fruit and Vegetable Program.

Immunization: Implemented the Grade 7 immunization program (13 clinics).

Mental Health Promotion and Resiliency: Continued Roots of Empathy delivery in 2 schools, actively support Youth Mental Health Champions– Jack Chapters in secondary schools. Attended indigenous student mental health and wellness event held by DSB1 Board staff.

Sexual Health/Healthy Sexuality: Delivered Healthy Relationship clinics which are off to slow start with a new school year and THU temporary staff shortage. Provided co-teaching and promotion of services (TDSS Gr 9).

Substance Use and Harm Reduction: Continued supporting tobacco prevention youth champions with ongoing training, recruitment and activities such as an interactive education booths on sacred tobacco. Delivered a health communication campaign on media literacy (awareness of marketing tactics used by tobacco and alcohol industries). Staff presented to all Northeast Catholic District School Board principals regarding the legalization and regulation of cannabis. We also supported District School Board Ontario North east with their new Naloxone program role out and a communication campaign related to substance use prevention. Began connecting with schools re: the revised Smoke-Free Ontario Act which includes e-cigarettes and vaping.

Oral Health Screening:

For the mandatory school screening program, Q4 (new school year) includes Grades 4 and 7 as per the revised Ministry Oral Health Protocol (2018).

+ excludes Grades 4 & 7 as of Q4 per the new protocol. Additional reduction in non-mandatory screening numbers is due to re-allocation of resources.

Oral Health - Dental Screenings					
	2014	2015	2016	2017	2018
<i>Pre-Kind/Kind & Grade 2 In-School Mandatory Program</i>	822	555	937	800	---
<i>Pre-Kind/Kind, Grade 2, 4 & 7 In-School Mandatory Program</i>					985
<i>Additional Grades In-School Screening</i>	1153	1043	2217	1350	654+
<i>Office Screenings</i>	345	292	238	248	231

Vision Screening Program:

In Q4, staff began implementing the newly mandated school vision screening program (senior kindergarten students) per the Ministry's *Child Visual Health and Vision Screening Protocol*. As of the end of Q4, 8 of 17 schools (47%) have received the screening program. All SK schools will receive screening by the end of the school year.

School Vision Screening Program	
Senior Kindergarten Students	2018
<i>Number Screened</i>	146
<i>Number Referred to Optometrist for Vision Exam</i>	62

Immunizations and Infectious and Communicable Disease Prevention and Control

Infectious and Communicable Disease Prevention and Control

- The first case of influenza in the district was reported late December. For the 2018-2019 Ontario surveillance season to date, it appears that the 2018-2019 influenza vaccine components are a good match with the circulating strains.
- 2018 saw many institutional outbreaks, which provided opportunities for collaboration and learning. See table below.
- The Designated Officer program, which helps to support emergency service workers take the appropriate steps of action when they may have been exposed to a communicable disease in the line of duty, was successfully launched with a training day in November. The training manual and the calling pathway have been successfully implemented since the launch of the program which clarified roles and responsibilities and better equipped emergency service workers with the ability to manage exposures in the workplace.

Infection Control				
Client Services	2015	2016	2017	2018
Reportable Disease Investigations (non-STI)	79	67	59	102
Outbreaks - Institutional	27	21	36	33
Outbreaks - Community	1	0	0	0
Animal Bite Reporting	77	29	85	77
Sexually Transmitted Infections (STI)	92	82	61	78
Personal Service Settings Inspections (hair salons, tattoos, piercings, aesthetics)	33	47	50	52

Immunization – Vaccine Safety and Vaccine Administration

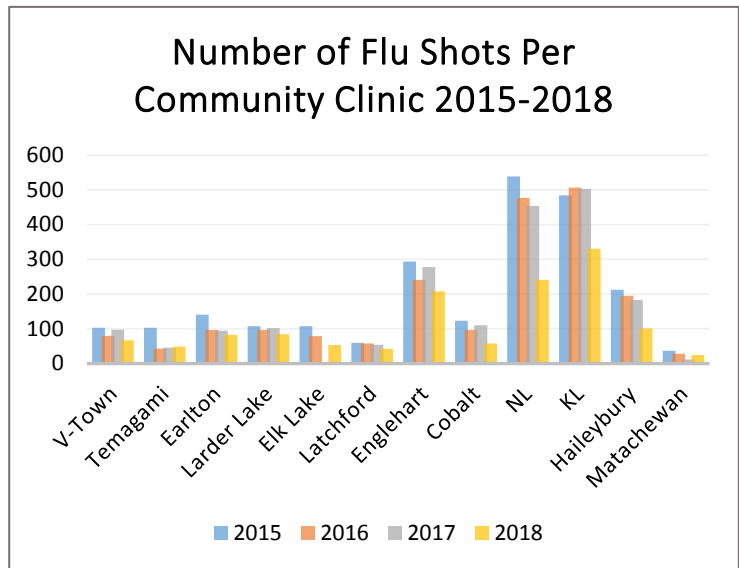
In 2018, 100% of annual vaccine fridge inspections were completed. Some facilities get more than one inspection per year due to follow-up.

Year	Vaccine Fridge - Cold Chain Inspection					
	KL		NL		ENG	
	Total inspections	Total failures	Total inspections	Total failures	Total inspections	Total failures
2015	14	4	26	12	6	6
2016	13	2	24	5	5	0
2017	12	10	28	7	5	2
2018	15	11	32	10	5	1

Immunization Program				
Immunizations Administered in Office	NL	KL	ENG	Total
# of clients receiving immunizations	2433	970	616	4019
# of immunizations administered	2920	1170	716	4806
Note: These numbers do not include Influenza Vaccine				

2018-2019 Universal Influenza Immunization Program

- For each influenza season, the THU reviews data to inform planning of our local program and allocation of resources. For the 2018-19 season, some community clinics were shorter in duration. We augmented in-office visits/clinics by appointment and continued to offer extra evening appointments in November.
- A provincial vaccine shortage and unclear recommendation for the multiple products was a challenge to navigate during this year's flu immunization program.
- In addition to health care providers, community Pharmacies continued to administer flu vaccines to clients over the age of 5 years old. Pharmacies receive 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, ten local pharmacies provided over 2,600 vaccines.



Travel Health Consultations				
Office	2015	2016	2017	2018
Kirkland Lake	317	272	259	210
New Liskeard	682	595	620	695
Englehart	81	<i>(included in New Liskeard Statistics)</i>		

Travel Health Program:

Timiskaming residents using the travel program in 2018 seemed to be chasing the sun with Jamaica, Dominican Republic, Thailand, Belize, Cuba, and Mexico being popular destinations.

Sexual Health				
Client Services	2015	2016	2017	2018
Male Clients	81	129	127	164
Female Clients	602	864	805	644
% of clients between 12-24				66%
Contraceptives	812	929	846	198
Plan B	48	41	25	23
STI Tests	208	215	201	257
Pregnancy Tests	33	28	36	37
Blood-Borne Infection Tests	79	124	97	140

Sexual Health Program:

THU sexual health services at 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.

Harm Reduction Program:

In 2018, the harm reduction program rapidly expanded:

- 14,000 needles were returned via our new community sharps disposal bins, which is a 60% increase from the previous year.
- Staff provided training to 6 of 23 fire departments, equipping them with Naloxone as part of the voluntary Ontario Naloxone Program.
- The Harm Reduction distribution program expanded to the Pavilion and the Northern Treatment Centre in Kirkland Lake. New features this year include methamphetamine pipes and safe snorting kits.

Internal Harm Reduction Program					External Program
<i>Client Services</i>	<i>2015</i>	<i>2016</i>	<i>2017</i>	<i>2018</i>	<i>2018</i>
<i>Male Clients</i>	45	121	189	197	60
<i>Female Clients</i>	10	68	108	132	89
<i>Needles Distributed</i>	10,424	12,906	20,953	36549	3307
<i>Safer Snorting Kits</i>				107	66
<i>Pipes</i>				1386	344
<i>Naloxone Dispensed</i>				51	

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

- Needles, injection and inhalation equipment, and information for safer drug use;
- Provision of condoms, publically funded immunizations, BBI testing, and information about safer sex;
- Community referrals to services;
- Provision of Naloxone.

Harm Reduction Enhancement Program

Local Opioid Response and Naloxone Distribution Program

- 12 community stakeholders were consulted to inform the situational assessment and environmental scan.
- Recruitment of participants for our lived experience research project began.
- Many educational sessions were held in the community, with fire departments, and other stakeholder organizations on the Ontario Naloxone Program. Additionally, in conjunction with Porcupine Health Unit, THU developed and delivered a comprehensive Naloxone Education program for DSBONE.

Opioid Surveillance Strategy

In Q4, a strategy for local opioid surveillance began development with research, partner outreach strategies, and indicators being mapped. A formal opioid surveillance strategy will be developed by mid-2019.

Land Control

Over the course of 2018, our land control program was going through a transformation. As a long-time employee prepared to retire from the role of Chief Building Officer (CBO), a training program was put in place for another staff member. Completely new to the area of land control, this training included numerous courses, exams, and computer software management, which were all complimented by practical hands-on training in the field. In the fourth quarter of 2018, this training program was complete, with the staff member successfully fulfilling all requirements and is now registered as our Chief Building Officer (CBO).

Septic Systems	2014	2015	2016	2017	2018
<i>Permits Issued</i>	137	131	111	124	106
<i>File Searches</i>	57	60	60	66	64
<i>Severance/Subdivision</i>	20	15	15	29	20

Safe Water

Safe Water Inspections		
<i>Drinking Water</i>	<i>2017</i>	<i>2018</i>
Small Drinking Water Systems	19	44
<i>Recreational Water</i>		
<i>Public Beaches</i>	16	20
<i>Pools</i>	25	35
<i>Recreational Camps/Beachfront</i>	11	10

Healthy Environments and Climate Change

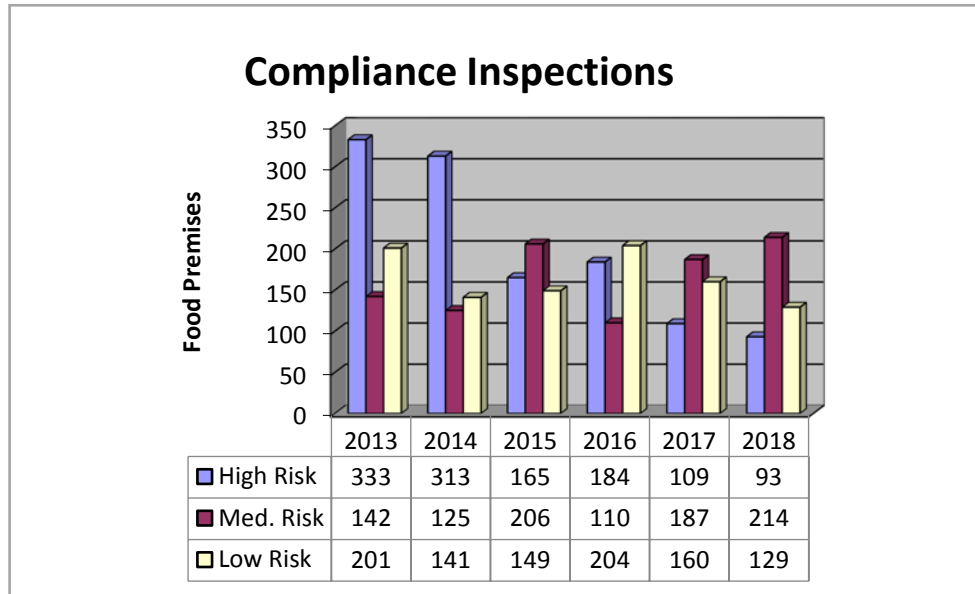
Heading into Q4, it had just been announced that the seven Northern Ontario public health units had formed a partnership to work in collaboration on healthy environments and climate change. A joint letter of intent for a funding proposal had just been accepted by Health Canada's *Climate Change and Health Adaptation Capacity Building Contribution Program*.

The new partners forged ahead in Q4 with next steps. Including a full proposal that outlined the objectives, outcomes, budget, timetable, and other planning details. Final submission took place at the end of Q4, while approval announcements would come at the beginning of 2019.

Note: In January 2019, the collaborative was informed that their proposal had been accepted. A commitment from Health Canada of \$300 000 in funding over two years.

Food Safety

As illustrated, compliance inspections in the fourth quarter complimented the 2018 year end totals. This on-going work is the core component of our food safety program. Throughout the year, additional time was spent with food premise owners/operators to ensure they were aware of new regulation requirements and how to comply with them.



Also shown is our food handler certifications. The substantial increase in 2018 relates to a regulation change requiring certified food handlers in a food premise.

Food Handler Certifications				
	2015	2016	2017	2018
Englehart	63	26	23	75
New Liskeard	90	68	144	351
Kirkland Lake	70	41	58	127
Total	223	135	225	553



Upcoming Events

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

MARCH	APRIL
<ul style="list-style-type: none"> A Culture of Racial Equity in Public Health Workshop hosted at Public Health Sudbury and Districts 	<ul style="list-style-type: none"> Oral Health Month
<ul style="list-style-type: none"> National Nutrition Month and Dietitians Day (Mar. 20) 	
<ul style="list-style-type: none"> The Ontario Public Health Conference (TOPHC) 	

Human Resource Update

The comings and goings of our colleagues



New Staff:

- Public Health Nurse – New Liskeard - Permanent (January 2019)
- Public Health Nurse – New Liskeard - Permanent (January 2019)
- Public Health Inspector – Kirkland Lake – Permanent/Part-Time (March 2019)

Resignation:

- Dental Assistant – New Liskeard – Permanent (February 2019)

Retirement:

- Public Health Nurse – Kirkland Lake - Permanent (January 2019)

Current Vacancies:

- Public Health Nurse – Kirkland Lake - Permanent
- Dental Assistant – Kirkland Lake – Permanent/Seasonal

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