



Message from The Medical Officer of Health

2010 was a year of change for the Leeds, Grenville and Lanark District Health Unit. We moved into our new office on 25 Johnson St. in Smiths Falls. I began as the Medical Officer of Health. We welcomed several new members to our Board of Health after the fall municipal elections. We got back on track after the upheaval of the H1N1 public immunization program. And, we challenged ourselves and community members to step outside the comfort zone to explore personally what it is like to not have enough food and to have to rely on the food bank.

In 2010, all of our programs and services were reviewed. The Program Review was guided by the new Ontario Public Health Standards released in 2009. These standards provide direction to all health units in Ontario in the areas of Family Health, Chronic Disease and Injury Prevention, Infectious Diseases, Environmental Health and Emergency Preparedness. The review provided us an opportunity to bring together data about our community and survey our partners about our programs and community needs. We identified several changes to improve the efficiency of our programs without decreasing service to the community while improving our alignment with the Ontario Public Health Standards. The data collated for the Program Review will be used to guide the development of our Strategic Plan, including a review of our organizational structure to assess if changes are needed to more effectively support community service delivery.

The Health Unit is looking forward to continuing our work with our partners and the public to promote and protect the health of people who live, work, learn and play in our region.

Paula Stewart

Paula Stewart, MD, FRCPC

Local Leaders Do the Math for Poverty

In November of 2010, seventeen local leaders helped raise awareness of poverty by living exclusively on a food bank hamper during a one week campaign called Do the Math - Eat the Math. This campaign was initiated jointly by the Health Unit and the Food Matters Coalition. During the week, the participants kept a daily journal to share their experiences. Most participants reported not feeling they had the energy to work or go to school. Jeff Girling, town of Gananoque councillor, stated, "I find it difficult to concentrate, to focus; I find it difficult to make decisions...about anything. I keep asking myself how families exist in this type of scenario."

Many also gained a new perspective on poverty. Board of Health member and social worker, Kim Giroux, stated, "More than food, was a need to be social and connect with others through eating...poverty is all around us but we need to open our eyes and advocate for those who need to choose between rent and food."

It was also quite apparent to people that even though they were just participants for a week, that many people in our communities live like this most of the time. Realizing that many who rely on the food bank are children and seniors, several participants became advocates for reducing poverty in their communities. Other positive outcomes were that food banks received increased donations of more nutritious food and needed supplies; community garden projects were initiated and people generally became more aware of the challenges that poverty can bring.

In June of 2011, in a follow up event called Work on the Math, participants and other community members met to discuss projects happening in their communities. Participants shared ideas in the areas of advocacy and policy; emergency food services; and community gardens and kitchens. Watch for this year's poverty campaign when we attempt to "Spread a New Attitude about Poverty". For more information to bring awareness about attitudes and issues of poverty, visit www.healthunit.org



Dr. Paula Stewart (right) & Ted Miller pick up food hampers at Perth Food Bank

Family Health Programs

- **Child Health**
 - Approximately 1300 births in Leeds, Grenville & Lanark in 2010
 - 357 Baby Talk sessions; with 4577 moms and - 4792 babies attended
 - 112 Triple P (Positive Parenting Program) contacts
- **Dental Services**
 - 4640 dental screenings in area schools
 - Launched the Healthy Smiles Ontario (HSO) program on October 1st
 - Provided emergency dental care for 132 children under the Children In Need of Treatment (CINOT) program
- **Language Express (preschool speech and language) Program**
 - 390 new referrals of children from birth to JK, avg. age 35 months
 - 16 speech-language pathologists and communication disorders assistants provided service to 726 children and their families in 82 locations
 - Average wait from referral to assessment 18 weeks (down from 21 weeks last year)
 - Services include parent education, group treatment, individual treatment, caregiver consultation, home programming, and education for community partners
- **Reproductive Health**
 - 28 series of prenatal classes with 290 families in attendance
 - 154 Good Food for a Healthy Baby groups with total attendance of 1275 at risk clients
- **Healthy Babies Healthy Children Program**
 - 907 - 48 hour phone calls to new parents and their babies
 - 555 postpartum home visits to new mothers who requested a visit
 - 939 visits by a Public Health Nurse and/or a Family Home Visitor
 - 96 referrals to other community agencies to provide support for children and their parents.



Chronic Disease and Injury Prevention

- **Community Health**

The Lanark County and Town of Smiths Falls Municipal Drug Strategy Committee is in its 3rd Year. Eight Municipalities have formed committees of Council for this issue.
- **Nutrition Program**

The Health Unit conducts the Nutritious Food Basket (NFB) annually. NFB measures the cost of basic healthy eating. In 2010, an average family of four living in Leeds, Grenville and Lanark needs \$170.66 a week or \$738.96 a month to buy the quantity of basic foods in the Nutritious Food Basket to meet minimum nutrition recommendations. This is about a 5% increase from 2010.
- **Healthy Communities Partnership**

The Healthy Communities Partnership has identified the following priority areas: to create and promote a Healthy Communities Charter, promotion of mental well being and resiliency, and access to physical activity, sport and recreation. www.healthyllg.org
- **School Health**

Public Health Nurse Consultants are building relationships with schools by working collaboratively with staff, students, and parents.
- **Smoke-Free Ontario**

Tobacco is still the number 1 cause of preventable disease and death. Work continues to promote tobacco-free outdoor spaces (i.e., parks, beaches, playgrounds, patios, public entrances, smoke-free multi-unit dwellings, engaging youth, increasing smoking cessation, reducing contraband tobacco and promoting smoke-free movies.
- **Workplace Health**

"It's Time to Get the Job Done Well" Topic specific workplace toolkits have been created to help support workplaces in addressing the topics and challenges of shift work and physical activity using a comprehensive health promotion approach. www.healthunit.org/workplace.



Infectious Diseases & Sexual Health

● Harm Reduction

The Health Unit, along with community partners, has established a Community Harm Reduction Steering Committee, focused on moving harm reduction strategies forward across the tri-county, including the needle exchange program. In June 2011, the needle exchange program, 'Clean Works', opened a satellite site at Change Health Care Methadone Clinic in Smiths Falls. There were 322 visits to 4 active Clean Works sites

- **Sexual Health & Sexually Transmitted Infections**
Chlamydia infections rose almost 52% from 2009 to 2010 from 203 cases in 2009 to 296 cases in 2010. Total visits in sexual health clinics in 2010 was 3,698 - 200 more visits than 2009 (50 more males). 2,115 of the visits were for birth control .

● Cold Chain Inspections

The Health Unit distributed publically funded vaccine to 134 fridges. There were 28 fridges that did not meet the vaccine storage and handling guidelines and were placed on a conditional pass for the annual inspection. Health Unit staff provided ongoing education to health care providers about the vaccine storage and handling guidelines and cold chain incident troubleshooting strategies.

● Communicable Disease / Infection Control

To celebrate Tuberculosis Day in March, a newspaper article and a visit to health care providers ensured that new information was shared. A Hepatitis C Community Roundtable was held in May to discuss current and future initiatives to build relationships with local agencies. A media campaign with newspaper, radio and website information promoted the message 'get the facts & get tested'. In October, representatives from hospitals, long-term care homes, retirement homes and emergency medical services came together for our annual 'Flu Day Kick-off' to network and prepare for the influenza season.



Environmental Health Programs

● Safe Drinking Water

In 2010, we promoted the importance of knowing your well and getting your well water tested. 11,291 private citizen samples were sent to public health labs in Ottawa and Kingston in 2010.

● Personal Service Settings

Personal services such as tattooing, piercing, manicures and pedicures are regulated because there is a risk of infection if proper sterilization and care are not practiced. An awareness campaign was launched in May to highlight that Public Health Inspectors visit all registered personal services settings to check standards. It was also recommended that the public be aware to look for an inspected facility.

● Restaurant Inspection Disclosure Program

A new program was initiated in 2010 to make available some information from local restaurant inspections. A procedure for obtaining these documents is outlined on the health unit website. Public Health Inspectors visited restaurants in the area in 2010 to check for hazards and help to educate food handlers and restaurant owners in proper food safety standards.

● Lyme Disease

The Health Unit sent 382 ticks to the public health labs for testing in 2010. This is an increase of 277 ticks from 2009. The department continues to promote ways to prevent tick bites.

● Rabies Prevention Program

In September, 22 immunization clinics were held in conjunction with local vets and municipalities. 2628 pets were vaccinated.

● Beach Water Testing

To increase public understanding of our summer beach testing program, the health unit started indicating the status of local beaches using a 3 level system so that it was clear when beaches were closed, unsafe for swimming and open.

What Do Green, Yellow and Red Mean?

OPEN – At the time of sampling, the latest bacterial test of the water indicated acceptable levels of bacteria for recreational use.

WARNING - The water is not recommended for recreational use. The latest bacterial tests of the water indicated unacceptable levels of bacteria.

CLOSED – DO NOT USE. The beach is closed for recreational use due to an identified health hazard/condition that makes the beach unsafe for use.

Quality Improvement

- **Communications**

We conducted 29 media campaigns and sent 47 media releases to various local media outlets; 215 information resources were produced for use by the public and our partners. Look in the newspapers for our Healthy Solutions ads featuring a different public health topic each month. Our redesigned website (www.healthunit.org) continues to grow and received an average of 2500 hits/day and about 75,000 visitors a month.

- **Assessment & Surveillance**

New chapters were added to the District Health Profile, which contains a wealth of information on the health of our population. Look in the report for data on demographics, chronic conditions, dental health, reproductive health, morbidity and mortality. (http://www.healthunit.org/profile/community_profile.htm)

- **Program Evaluation**

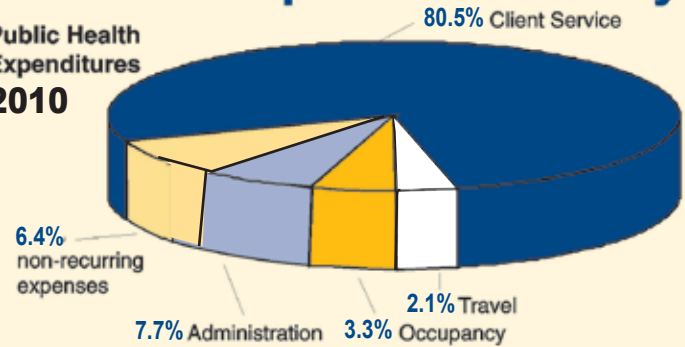
To promote accountability, we monitor and assess our programs and services. In 2010, about 28 different evaluation and research projects were conducted to inform decision making. We completed our program review and prioritization process, which will be used to revise our current Moving Upstream Strategic Plan.

- **Accreditation**

In September 2010, we received our 5th consecutive accreditation award from the Ontario Council on Community Health Accreditation. This milestone successfully marks our 20 year journey toward continuous quality improvement.

Where We Spent Our Money

Public Health Expenditures 2010



Total Operating Expenses: \$10,113,404

audited statements available at www.healthunit.org/about-us

A fresh look at healthy solutions!

www.healthunit.org



Bookmark us for a quick link to a variety of health topics for the whole family.

No access to the web, call our Health ACTION Line at 1-800-660-5853 or in Brockville, call 613-345-5685

For times and dates of sexual health clinics & immunization clinics, visit our website at www.healthunit.org

Offices

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