



Message from The Medical Officer of Health

After many long years of work and collaboration between Public Health Agencies and the Ministry of Health and Long Term Care, the new Ontario Public Health Standards were launched in November 2008. For many years to come, these standards will be the guideposts for local public health services such as promotion and protection of health and prevention of illness.

Public health programs and services are a vital part of the health care system. The health and well-being of the entire population is the primary focus.

In keeping with changing attitudes in all of health care, there is an emphasis on using evidence to plan programs and to evaluate the effectiveness of programs. The new standards also address the determinants of health.

The standards themselves, which cannot be changed easily, are quite general. For specifics, protocols have been developed. These protocols can be easier to change by the Ministry of Health and Long Term Care when new evidence or technologies emerge. I encourage anyone who is interested to visit the website of the new standards at the [OPHS Website](#).

Our community will see no immediate change in the successful programs that we have been offering over the years. However, the provision of public health services to Leeds Grenville and Lanark will continuously change and improve as new evidence emerges on how we can serve our community better. This fits well with our efforts over the years to embark on a quality improvement journey. Everyone benefits from this emphasis as health unit staff maintain pride in their accomplishments while serving the community in the most effective and efficient manner possible.

Anne O. Carter, MD, MHSc, FRCPC

HPV Vaccination Program for Grade 8 Girls

On August 2, 2007, Ontario announced the introduction of the Human Papilloma Virus (HPV) vaccine into the provincial publicly funded immunization program for grade 8 girls. The primary goal of this new vaccine program is to reduce cervical cancer in women in Ontario. Cervical cancer is a serious, but preventable, disease. This vaccine, Gardasil, blocks four strains of HPV, two of which account for 70% of cervical cancer cases. During the 2007/2008 school year, close to 65% of grade 8 girls participated in the program. The program will continue again this school year.

Get W.I.T.H. It! (Walking In The Halls)

This FREE drop-in walking program is open to people of all ages and activity levels. You can choose light, moderate or vigorous walking routes and flex your muscles at "Muscle Moment" stations. Participants can borrow a pedometer and count their steps.

This program ran from October 14 until March 12, 2008/09 Tuesdays & Thursdays at Almonte District High School and Mondays & Wednesdays at Carleton Place High School, from 6-8 pm.

Through partnership with the two High Schools, the Health Unit, Rideau Valley Diabetes, Canadian Cancer Society, recreation departments, local Physiotherapists, The Mills Home Support and the Ottawa Heart Institute, over 500 participants declared Get W.I.T.H. it a success. Check in the fall for start up dates and locations.

District Health Profile

The Leeds, Grenville & Lanark District Health Unit produces a web-based District Health Profile that describes the health of our population using descriptive and long-term trend analysis. The primary objective of the District Health Profile is to aid in decision-making for evidence-based health planning, service provision and inquiry by stakeholders. The District Health Profile replaces the Health Status reports produced in 2001 and 2004. The District Health Profile is a living document, with sections added as they are produced. This will allow for responsiveness to the changing demography and health of our population. Please visit the Health Unit website to view the District Health Profile at http://www.healthunit.org/profile/community_profile.htm

Department of Clinical Services

- On November 30th, 2007, the Health Unit conducted a mass immunization exercise in Smiths Falls. The goal was to test our capacity to conduct a large scale immunization clinic. On this day, over 2300 residents were immunized.
- During the 2008/2009 school year, PHNs in the sexual health program conducted a needs assessment for the sexual health education teaching program. Parents of children in grades 7-9 were encouraged to participate in the assessment by completing an on-line survey.
- Being informed, planning ahead, and having supplies at home, can help us be prepared for the next Influenza Pandemic (see how you can be more prepared at:
http://www.health.gov.on.ca/engls/public/program/emu/pan_flu/employ/guide.pdf
During a pandemic, if people have symptoms of flu, they will be encouraged to call their health care provider and if needed, seek treatment quickly. Planning is underway to provide this assessment and treatment service to all the residents of Leeds, Grenville and Lanark.
- The Municipal Health & Safety Association and the Health Unit provided training in September 2008 to the “designated officers” in our community. Emergency responders could be exposed to an infectious disease. It is important for them to have a “designated officer” in their workplace who is knowledgeable about the diseases and about the correct follow up. Training will be offered again in the Spring of 2009.



Mass Immunization Exercise at Mall in Smiths Falls Nov 30, 2007

Health Promotion Department

- Public Health Nurses have been assigned to all schools within LGL to support Comprehensive School Health.
- We will soon launch our new workplace health program ‘It’s Time – to get the job done well’.
- The Focus Coalition releases a quarterly calendar of local free meal programs in Perth & Smiths Falls. www.healthunit.org/focus/Default.htm
- We provide support to the Lanark County Municipal Trails Corporation and the Biosphere Arch Regional Trails Council.
- Along with the Eastern Region Injury Network, the “I Didn’t Know” campaign was launched, educating parents about the risks to children who ride or drive ATVs.
www.healthunit.org/injury/ATV_safety/did-not-know.htm
- In partnership with local Community Health Centres and the Community Primary Health Care team, cervical screening clinics are provided in the spring and fall.
- The LGL Falls Prevention Coalition hosted a workshop in October 2008 on the “Canadian Falls Prevention Curriculum.”
- The Nutritious Food Basket 2008 survey showed that the cost of feeding a family of 4 in LGL has increased 5.6% since last year (\$597.28 per month).
<http://www.healthunit.org/nutrition/foodsecurity/foodaccess.html>
- The Dental Program continues to provide screening and address access to dental care. The CINOT program extended coverage to children up to their 18th birthday.
www.healthunit.org/dental/default.htm
- Smoke-Free Ontario Program staff provided retailer and public resources on the retail display ban. In 2009, the ban on smoking in any vehicle carrying children under the age of 16 will take effect. www.healthunit.org/smoke/default.htm

Child Growth and Development is still important!

The Healthy Babies/Healthy Children program continues to promote growth and development awareness to the parents of toddlers in the tri-county. Many parents ask themselves if their child is able to do the skills and activities that other

children the same age are doing. Any child with a possibility of a delay, or behavioural difficulty, should be identified as soon as possible. Identifying children in need of extra help or support before age 6 is very important because the brain is developing more rapidly than any other time in their life. Any extra help that the child receives during this time

can help him/her reach developmental milestones, do better in school and reach his/her potential. Tools such as the Nipissing Screen and Red Flags are used to help professionals identify children at risk of not meeting their developmental milestones. Once identified, the professional has the information needed to make appropriate referrals for service.

Family Health Department

- **The Healthy Babies/Healthy Children program is now 10 years old!**
- Public health nurses provided prenatal education to families as well as parenting information to families with a newborn or a child less than six years old.
- Since the start of an electronic reporting system in 2000, our public health nurses have contacted 12,126 families after the birth of a baby (89% within 48 hours of discharge from hospital). A home visit from a nurse was accepted by 55% of these families. During this period, 811 families were referred for support and education from both a public health nurse and family home visitor.
- In addition, the following new initiatives were established:
 - Nipissing:** Since 2004, we have been mailing packages to parents of 18-month old children, which include a board book for the child, an Nipissing Developmental Screen and letter to the parent. The parent is requested to complete the screen and take it to their health care provider at the child's 18-month appointment. Up to 1,350 packages are distributed annually.
 - School Readiness Calendars:** Each December since 2006, calendars for the upcoming year are mailed to parents of 3 yr. olds to help them prepare their child for Kindergarten. It includes colourful graphics with messages and activities that parents can do with their children. Local community agencies, day cares, and schools are also provided with the calendars. 2000 are distributed each year.
 - Red Flags Document:** Community partners on the School Readiness Committee, have assisted in producing this quick reference guide to help early years professionals decide whether to refer children for additional services. This guide, which took a year to develop, is now being distributed to physicians, nurse practitioners, schools and child welfare agencies. A training CD is issued to each agency/professional, and the OEYC have also conducted training sessions.

Health Protection Department

- 13 Public Health Inspectors work on General Environmental Health Programs relating to regulations under the Health Protection and Promotion Act; 4 Public Health Inspectors work on Land Control relating to the Ontario Building Code Act.
- Health hazards are investigated and risk assessment determines the course of action.
- Monitoring and surveillance activities determine the risk for a variety of health hazards including West Nile Virus and Lyme Disease.
- Emergency preparedness and response are addressed at a community and regional level by working together during table tops and actual situations.
- Food premises in the Tri-county area are inspected based on a risk assessment which determines frequency.
- Small Drinking Water Systems is a new program as of December 1, 2008. Community outreach will begin in April 2009.
- Guidance is provided to owners of private water systems when problems are identified with their water source.
- Public swimming beaches are monitored and sampled during the summer and guidance provided when unsatisfactory results are found.
- Public swimming pools are inspected for health and safety issues.
- Partnerships with institutions that provide care, help them to prevent and control infections.
- Follow up of reportable diseases is provided to prevent the further spread of disease.
- Follow up of animals bites is provided to ensure the prevention of rabies.
- Personal services facilities such as beauty salons and tattooists are inspected for health and safety issues.
- Sewage permits are issued and systems inspected for to ensure safety for the consumer and the environment.
- Regular meetings with community representatives ensure good communication on environmental health issues.

New small drinking water systems regulation As of December 1st, 2008.

Responsibility for the inspection of small drinking water systems is being transferred from the Ministry of the

Environment to the Ministry of Health. These are facilities such as restaurants, seasonal trailer parks and campgrounds that serve water to the public from wells and lakes. Public Health Inspectors will be contacting owners and inspecting

every small drinking water system in the province. They will decide how often owners must test their water and what they must do to keep their water safe. Visit www.elaws.gov.on.ca to see regulation 318/08 and 319/08 under the Health Protection and Promotion Act.

Quality Improvement

The Health Unit demonstrates its commitment to the pursuit of organizational excellence in the following ways:

- We have begun work on a comprehensive program review process that will examine the new Ontario Public Health Standards and set agency priorities based on community need, impact of interventions, local capacity and partnerships.
- Client-centered service delivery is achieved by basing public health services on the needs of our local population. The Rapid Risk Factor Surveillance System provides data on health-related knowledge, attitudes and behaviours of local residents. RRFSS reports - <http://www.healthunit.org/reportpub/rrfss/rrfss.htm>
- Program evaluation is conducted to guide decision making on new services or for unexpected operational issues that arise. A summary of research/evaluation activities is completed annually and available on our website at http://www.healthunit.org/reportpub/reports/2007_Research_%20Evaluation_Projects.pdf
- Continuous quality improvement (CQI): As members of the National Quality Institute (<http://www.nqi.ca/>), we have based our Moving Upstream Strategic Plan on NQI's Framework for Excellence and quality principles.
- Accreditation provides an independent, voluntary, peer evaluation of the administrative /operational aspects of the health unit. Our Health Unit has received the Seal of Excellence for long standing success in accreditation. This symbolizes official recognition to the public and all levels of government - <http://www.occha.org>

There are 2 ways to get credible health information.

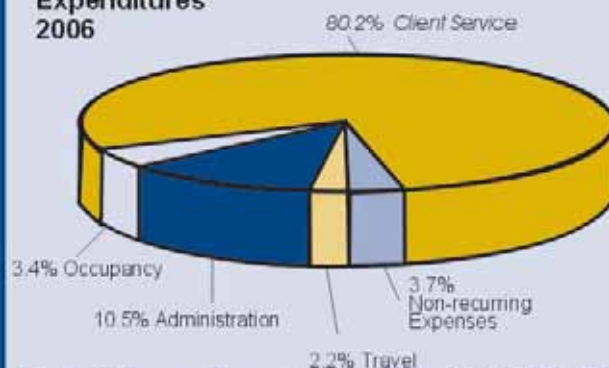
Visit our website or call our toll-free line. **Connect today!**



www.healthunit.org
Health ACTION Line
1-800-660-5853

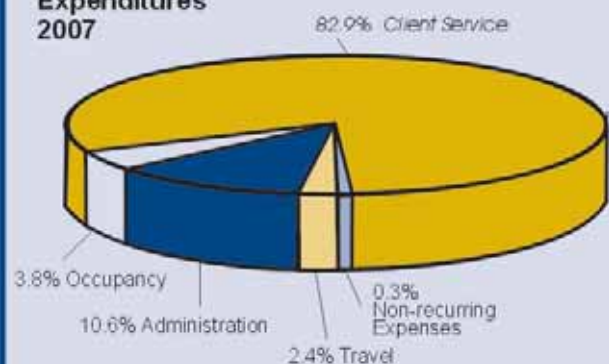
Where We Spent Our Money

Public Health Expenditures 2006



Total Operating Expenses: \$7,735,112

Public Health Expenditures 2007



Total Operating Expenses: \$8,265,156

Audited statement available at www.healthunit.org/about-us

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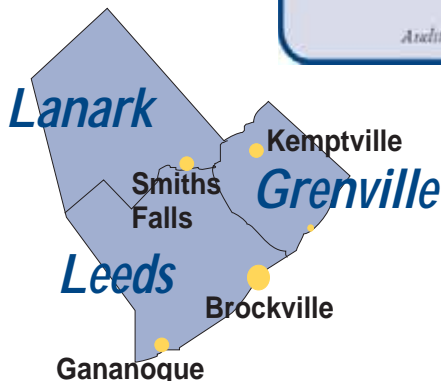
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For more information about public health programs and services, visit our website at www.healthunit.org

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