

# BOARD OF HEALTH *Quarterly Report*

ACTIVITIES OF THE LEEDS, GRENVILLE & LANARK DISTRICT HEALTH UNIT

December 2004 - February 2005

*Best Wishes for a Merry Christmas  
and a Happy New Year*

*from the*  
**Leeds, Grenville & Lanark District  
Board of Health**



## October Breast Cancer Campaign

*Submitted by Tawnya Boileau, RN, BScN, Public Health Nurse and  
Bonnie Schmittker RN, Public Health Nurse*

October was National Breast Cancer Awareness Month. To acknowledge this month, the Health Unit planned and implemented a campaign using a variety of strategies. The campaign targeted *Health Professionals* and *Women 50 years and over*. The goals of the campaign were to increase awareness and knowledge of the effectiveness and availability of screening through the Ontario Breast Screening Program and to increase utilization of this service.

### Activities directed at Health Professionals included:

- In-services given to the Family Health Team in the North and South.
- Resource packages distributed to Family Physicians and to PHN's working in Clinical Services.
- Breast cancer press release sent to all health unit staff.
- Education provided to Occupational Health Nurses via an article in the Fall Health Briefs Newsletter.

### Activities directed at Women 50 years and over included:

- A cable TV segment taped in October. Topics included breast screening, cervical screening, colorectal screening and the early detection of skin cancer, as well as, general cancer prevention tips. Segment to air in November.
- A press release sent to the media during the first week of October.
- Two articles were published in the Recorder and Times, and two articles in the EMC.
- Scripted radio ads aired at the end of September on Bob FM.



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Please join us for the  
**Annual General Meeting  
of the Board of Health**

**January 20th, 2005**

at

**458 Laurier Blvd  
Brockville**

**Guest speaker:**

**Andy Papadopoulos**

former executive director of  
the Association of Local Public  
Health Agencies  
will present

*"A Made in Ontario Solution for  
Public Health and Healthcare".*

**All Welcome**



Leeds, Grenville & Lanark District

**HEALTH UNIT**

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## The Health Unit Website features updated 'Pregnancy' Section

*Submitted by Denise Kall, R.N. B.N., Public Health Nurse, Reproductive Health Program Leader*

Pregnancy is an exciting time for a woman and her family. It can also be a challenging time. A pregnant woman and her partner have many decisions to make in the coming months. They also have many expectations and maybe several worries or fears. One way for them to make sure the new 'little one' gets the best start possible is to visit the updated 'Pregnancy' section of the Health Unit website. Health Unit staff have compiled a large selection of supportive resources for women and their partners.

For starters, couples can find information to help them prepare prior to pregnancy. The health of both the

mother and father are important factors in the health of the baby. Once pregnancy is confirmed, the website information can help women learn what to expect during the months of pregnancy and how to stay healthy throughout. There is information to help plan for the baby's arrival and what to expect following delivery.

For each aspect of pregnancy, there is information just for fathers. A separate section offers information to teenagers who are pregnant, including a section for 'Young Dads'.

In 2003, the content of the Health Unit prenatal classes was completely updated. These new revisions to the

website make it the perfect complement to Prenatal Class. Pregnant women and their families can turn to the website when they wish to review information or seek out further details. The site includes links to reputable sites that can offer families the information they seek.

We offer 'Congratulations' to the many families who will welcome a new baby in Leeds, Grenville & Lanark in the near future. We are pleased that the Health Unit website can be a source of reliable information to support them during this exciting time. Visit [www.healthunit.org](http://www.healthunit.org)

### Board Support for *Call to Action* is Timely

*Submitted by Heather Deegan, MSc, RD, Registered Dietitian/Public Health Nutritionist*

In light of the recent announcement by Gerard Kennedy, Minister of Education, the Board of Health's support of the *Call to Action: Creating a Healthy School Nutrition Environment* (OSNPPH, March 2004) is extremely timely. Under governance of the Ministry of Education, school boards have now been directed to ensure that all elementary schools restrict vending machine items to healthy options. These changes will be made in all schools in Ontario by mid-January, 2005.

The new guidelines for healthy vending machine choices are based on recommendations from Dietitians of Canada, and provide guidance about which foods are appropriate and nutritious. Some of the healthy foods included in the guidelines are milk, 100% fruit juice, healthy granola bars, cheese and pretzels. Public health has an important role to play in helping school boards interpret and implement the new guidelines, as well as encourage the Ministry of Education and schools to take a comprehensive approach in addressing healthy school nutrition environments.

This new provincial initiative ties in very well with the release of the Upper Canada District School Board's Strategic Plan for 2004-2007. The new strategic plan includes a wellness component, which emphasizes a Quality Daily Physical Education and Nutritional Pilot with the Gananoque Family of Schools. The Health Unit and Tri-Health will continue to work with local schools to create an environment that supports healthy lifestyle behaviours.

## Eat Smart! School Cafeteria Program

*Submitted by Alexis Green, RN BScN, Tri-Health Coordinator*

On September 13, 2004, ten high school cafeterias of the Upper Canada District School Board in Leeds, Grenville and Lanark officially became Eat Smart! A ceremony to publicly recognize this achievement took place at Gananoque Secondary School on October 13. The Eat Smart! Award of Excellence was presented to Mr. James Brown, President of Brown's Fine Food Services by Alexis Green, Tri-Health Coordinator.

Brown's Fine Food Services has contracts with the Upper Canada District School Board in ten high schools in Leeds, Grenville and Lanark. Brown's Fine Food Services is the first to receive the Award of Excellence in Leeds, Grenville and Lanark. Tri-Health and Leeds, Grenville and Lanark District Health Unit administer the Eat Smart! Program.

A number of guests attended this event and demonstrated how many different stakeholders are affected by this initiative toward improving nutrition in secondary schools.

Two Gananoque students spoke about their own observations and experiences about the increase in healthy food choices in the cafeteria.

The guests, who attended from the Upper Canada District School Board (UCDSB), included David K. Thomas, Director of Education, Ron MacLaren, Comptroller

of Purchasing Services, and Mark Calder, media relations. Attending from Brown's Fine Food Services were Mr. James Brown, President, Laurel Harrison, Vice President, Business Development, Marlyn Gerrie, Brockville District Manager, and Christine Jonathon, cafeteria manager. Representing Ontario Eat Smart! Program and Tri-Health were Ann Henry, Director, Heart and Stroke Foundation of Ontario, Brockville, Bill Berger, volunteer, Canadian Cancer Society, and Alexis Green, Tri-Health Coordinator. Representing the Board of

Health was Anne Warren. Heather Deegan represented Tri-Health and the Leeds, Grenville and Lanark District Health Unit.

The Eat Smart! Program will be promoted within the schools in order to increase awareness and knowledge of healthy food choices. The provincial Eat Smart! Program attempts to contribute to the decrease in food-borne illnesses and chronic diseases in Ontario through the restaurant, school, and workplace programs.



### The ten high schools include:

Almonte High School  
Athens District High School  
Brockville Collegiate Institute  
Gananoque Secondary School  
North Grenville District High School  
Perth District Collegiate  
Rideau District High School  
Smiths Falls District Collegiate Institutes  
South Grenville District High School  
Thousand Island Secondary School



## West Nile Virus Season Ends

*Submitted by Kim McCann, BAsC, CPHI (C) Public Health Inspector (Team Leader)*

The Health Unit has concluded its seasonal monitoring for West Nile virus (WNV). This monitoring included: Dead bird surveillance and submitting of appropriate birds for testing; Mosquito trapping, speciation, counting and testing of mosquitoes for WNV; Enhanced human surveillance for WNV cases.

At season's end only one bird, a crow, was identified with the WNV. All of the other 35 birds submitted for tests were negative for the virus. All of the 88,447 mosquitoes trapped at

the 9 pre-selected areas throughout the health unit area were negative for the West Nile virus and the ratio of the significant mosquitoes species, *Culex pipiens*, was at a very low percentage of less than 1.0%. There were no human cases reported within our area of jurisdiction.

In Ontario there were a total of 14 reported human cases, 70 positive mosquito pools and 249 positive birds. No deaths were reported in Ontario as a result of West Nile virus.

Preliminary data indicates that risk of human exposure to West Nile virus acquired from exposure to local mosquitoes is very low in our Health Unit area.

Dr. Gardner, Medical Officer of Health, wishes to thank all the obligated municipalities, the West Nile Virus Advisory Committee and municipal mosquito surveillance staff for their excellent participation in the collection of mosquitoes, providing advice to Health Unit staff and disseminating related information to their respective staff and the public.

### Breast Cancer Campaign continued from page 1

- OBSP promotion on the main page of our website.
- Presentations to various women's groups – Women's Institutes, Ontario Works, Baby Talk. • A display including colorectal, breast and cervical cancer screening was developed which has and will be utilized at numerous venues in the Tri-county area, during the months of August through to December.

#### Other Breast Health Initiatives:

- **Calendar Project** – This was a collaborative project with the partners in CCOR-EPON (Cancer Care Ontario Region – Eastern, Preventative Oncology Network). The City of Ottawa Public Health developed a calendar that includes tips to prevent chronic diseases. Eastern Ontario Health Unit, Renfrew County and District Health Unit and our Health Unit partnered to revise the final edition. Funding for this project came from the Canadian Cancer Society, Ontario Division, Cancer Care Ontario and Ottawa Heart Beat. Our Health Unit received 5,460 calendars for distribution to the general public during the months of November and December.
- **Leeds Grenville and Lanark Counties Library Project** – The Country Roads Community Health Centre invited the Health Unit and other community partners to collaborate on the development and initiation of this project. Books on Breast Cancer/ Breast Health will be purchased and distributed to the 33 libraries within Leeds, Grenville and Lanark Counties. During the second year of the plan, these books will be distributed to elementary school libraries. The Canadian Breast Cancer Foundation – Ontario Division, is providing funding for this initiative.

