

# Board of Health

Monthly Report - June, 2004

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## CONTACT US:

We welcome your comments and suggestions for the Board Report at:

[board@healthunit.org](mailto:board@healthunit.org)



## Unplugged and Still Running

*Submitted by Danielle Shewfelt, Public Health Nurse*

Our **TV Turn Off Campaign for 2004** was a great success. The TV Turn Off Week Challenge took place the week of March 29<sup>th</sup> to April 4<sup>th</sup>. This year's challenge was very well received.

Fourteen schools registered to turn off their screens for the week although twenty schools agreed to take the Challenge. They engaged in a variety of activities that promoted healthy eating and physical activity. Approximately 3000 households in Leeds Grenville and Lanark were affected by this Challenge. Congratulations are in order for every class in every school that participated.

Schools were encouraged to organize activities throughout the week that the entire school and even the community could participate in. Teachers were encouraged to incorporate physical activity and nutrition messages into their curriculum and classroom activities. Students, teachers and their families were encouraged to turn off TVs, computers and video games and to get active instead.

Teachers were provided with a package of resources to assist parents with the challenge, documents to support the curriculum, log sheets, promise forms, certificates and ideas for how to make TV Turn Off Week a success.

Each school that registered received a prize for one class in their school that was the "Best Class" for the week. The prize was a large bin containing a selection of

physical activity equipment, donated by the Tri-Health Coalition. There was a "Best School" chosen that was awarded the TV Turn Off Cup engraved with the school name that can be displayed in their School for the year.

This year Calvary Christian Academy from Franktown was awarded the "TV Turn Off Week Cup." They had 100% participation by all students and staff. Also, 87% of the students' families participated. School wide activities were organized and parents were encouraged to assist in the week's activities. Daily routines included lunch and snack analysis, home room exercises, morning, lunch and afternoon recess activities and take home ideas and activities. Within classrooms teachers also incorporated activities to promote the TV Turn Off messages into their curriculum. As well as the daily routines, they also organized Special Activities including: Winter Carnival activity rotation, Reading Challenge, Dress Up Ottawa Senators Day, poster contest, field trips and guest speakers including police officers and Olympic coach and athlete Dr. Duane Jones.

Calvary Christian Academy has also continued activities from TV Turn Off throughout the year such as their daily

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## 2004 TV Turn Off Campaign *continued from page 1*

morning exercises, water and healthy snack initiatives and their Running Club that is running across Canada.

The run across Canada activity was where each student's time was calculated and the entire school time/distance was tracked on a map of Canada.

Pakenham Public School of Pakenham and St James Catholic School of Smiths Falls each demonstrated an exceptional effort for TV Turn Off Week and also received honourable mention.

If you would like to try the TV Turn Off Challenge, information can be found on our website including a promise form, a log sheet and some helpful ideas. To access these resources go to [www.healthunit.org](http://www.healthunit.org) and click on PHYSICAL ACTIVITY.

The image shows an 'Activity Log Sheet' form. It includes fields for 'Name', 'School', and 'Grade'. The main body of the form is a grid with columns for 'Date', 'Activity', and 'Time'. The 'Activity' column lists various activities such as 'Walking', 'Jogging', 'Swimming', 'Cycling', 'Golfing', 'Fishing', 'Hunting', 'Skiing', 'Snowmobiling', 'Ice skating', 'Roller skating', 'Ice hockey', 'Figure skating', 'Skiing', 'Snowmobiling', 'Ice skating', 'Roller skating', 'Ice hockey', and 'Figure skating'. The 'Time' column is for recording the duration of each activity.

## Meet the Board

The Health Protection and Promotion Act (HPPA) and its Regulations dictate that every health unit in Ontario has a Board of Health. The Board of Health for the Leeds, Grenville and Lanark District Health Unit currently has ten members, seven of which are municipal politicians or appointees with three being provincial appointees. Two members represent the United Counties of Leeds and Grenville and one member represents each of the City of Brockville, the County of Lanark, the Town of Smiths Falls, the Town of Gananoque and the Town of Prescott.

### Board of Health Members 2004

**Board Chair** Adrian VanSchie  
**Board Vice Chair** David Gordon

#### Provincial Representatives

Adrian VanSchie  
 David Gordon  
 Owen Fitz'Gerald

#### Municipal Representatives

**Brockville** Louise Severson  
**Gananoque** Anne Warren  
**Lanark** Ed Wilson  
**Prescott** Nancy Lane  
**Smiths Falls** Ken Graham

#### United Counties

Ron Holman  
 Herb Scott

# Provincial and National Reports on SARS and Public Health Briefing Note

*Submitted by Patricia Huston MD, Associate Medical Officer of Health, Ottawa Public Health*

**THE ISSUE:** Two provincial Reports were released at the end of April 2004 that analyzed the “lessons learned” from SARS and made recommendations for strengthening public health in Ontario: The **Campbell Report** (interim) and The **Walker Report** (final). Both call for a major overhaul of public health in Ontario. This is bound to have an impact on public health at the municipal level in the near future.

**BACKGROUND:** SARS has been a major “wake-up” call that has led to the growing consensus on the need to increase capacity in public health.

## NATIONAL DEVELOPMENTS

- In October 2003 the **Naylor Report** was released with recommendations to strengthen public health at the federal level. Consistent with these recommendations, Health Canada has announced:
  - A Minister of State for Public Health
  - The formation of a Public Health Agency of Canada.
  - A Chief Public Health Officer for Canada
  - \$665 million in the last federal budget to strengthen public health

## PROVINCIAL DEVELOPMENTS

- The **Walker Report:** In May 2003, the Ministry of Health and Long Term Care established the Expert Panel on SARS and Infectious Disease Control with a mandate to identify the key lessons learned from SARS and to provide recommendations regarding Ontario’s capacity to manage public health emergencies and infectious Disease threats in the future.
  - The Initial Report was released in December 2003 and identified 53 recommendations requiring “urgent action”
- The **Campbell Report:** In June 2003, the Ministry of Health and Long Term care appointed Justice Archie Campbell to conduct an independent investigation into the introduction and spread of SARS.
  - The interim report begins by noting, “The SARS crisis exposed deep fault lines in the structure and capacity of Ontario’s public health system” and that “these problems need urgently to be fixed.”
  - The Report identifies 21 principles of public health reform, the first one being “Public Health in Ontario

requires a new mandate, new leadership and new resources.”

The Reports are remarkably consistent; this briefing note focuses on the Walker Report as it is now completed.

**Summary of Walker Report recommendations:** The Walker Report offers a blueprint on how to better bridge federal, provincial and local public health efforts. It includes 103 recommendations, some highlights of which include:

- The establishment of an **Ontario Health Protection and Promotion Agency**
- Independence of the **Chief Medical Officer of Health**
- The establishment of **Regional Infection Control Networks**, including hospitals, public health, labs and others to improve coordination of infection control.
- **Public Health revitalization**, including
  - Reviews of local Public Health Units to ensure compliance with Mandatory Programs and Services Guidelines
  - Enhanced public health capacity in emergency preparedness
  - Identification of health and risk communication as a core public health activity.
  - Restructuring of the present municipal-provincial cost-sharing agreement to reflect between 75-100% provincial funding of public health

**Provincial Reaction to the Reports:** The Minister of Health, The Honourable **George Smitherman** noted he was “*very supportive and committed to revitalizing the province’s public health system,*” and committed to responding to the Report within 60 days with an Action Plan. The Chief Medical Officer of Health for Ontario, **Sheila Basrur**, has stated, “*We will rebuild the capacity of the public health system and improve its effectiveness in the face of future health emergencies.*”

**NEXT STEPS:** The provincial government will be tabling its 2004 budget on May 18, 2004. It is expected that the province will begin to increase funding for public health, especially in the area of infectious disease. The Ontario Action Plan in response to the Walker Report should be tabled by the end of June.