



Board Report

September 28, 2018



Medical Officer of Health Report to the Board

Friday, September 28, 2018

HEALTH IN ALL POLICIES

As we approach this municipal election, it is a good time to consider the role municipal governments can play to improve the health of the public through Health Policy and, more importantly, through Health in All Policies.

Health Policy influence the health care system and address prevention on a population basis. Health in All Policies has a much broader reach. Health in All Policies takes into account the health implications of decisions and seeks ways to work across sectors to ensure everyone has an equal opportunity to live a healthy life. This approach aims at improving health primarily through social and economic policies.

Addressing income, social status and supports, education and housing can best improve the health of our communities in Grey and Bruce. Investing in these areas through health promotion and prevention would ensure better health for all. Moreover, these initiatives provide a cost-saving when balanced against investing in healthcare alone.

Grey Bruce Health Unit encourages candidates for local election to consider the following priority issues when developing platforms. Through their relationship with health, these priorities have the potential of playing a significant role in the outcome of municipal elections. Health, more often than not, is a main factor in how the public votes.

Interested candidates can find supportive information on these priorities in the references, including the [Health in All Policies Municipal Election](#) document by the Grey Bruce Health Unit, the [Municipal Election Policy Priorities](#) from Association of Local Public Health Agencies and the [Health Matters](#) report prepared by Public Health Sudbury & Districts.

Priority Issue	Key Recommendations
<p>Tobacco The cancers, lung and heart diseases resulting from smoking cost us billions in healthcare dollars. These costs are borne by all taxpayers, whether they smoke or not.</p>	<p>Support:</p> <ul style="list-style-type: none">• by-laws to restrict tobacco and reduce exposure in areas not covered by provincial legislation, such as multi-unit dwellings

Priority Issue	Key Recommendations
<p>The modernized Smoke-Free Ontario Strategy, released in May 2018, aims to reduce the health burden of tobacco and vapour products. The tobacco endgame strategy creates a future that is free from commercial tobacco by targeting a drastic reduction in tobacco use by 2035.</p>	<ul style="list-style-type: none"> • implementation of the modernized Smoke-Free Ontario Strategy • the tobacco end game goal of tobacco-free by 2035
<p>Alcohol The most commonly used drug among Ontarians and one of the leading causes of morbidity and premature mortality. In 2017, alcohol related hospital admissions in Canada exceeded those related to heart attacks.</p>	<p>Support:</p> <ul style="list-style-type: none"> • Municipal Alcohol Policies • additional alcohol-related interventions to reduce risk and harm
<p>Opioids Ontario has one of the highest opioid prescription rates in Canada. Drug misuse has serious impacts on our communities. There were 1053 opioid-related deaths in Ontario from January to October 2017, a 52% increase over the previous year.</p>	<p>Support:</p> <ul style="list-style-type: none"> • a proactive, comprehensive and multi-stakeholder plan for opioids that includes prevention, harm reduction, treatment and enforcement
<p>Cannabis Cannabis, in certain forms, to be legal in Ontario on October 17, 2018. Frequent cannabis use has negative impacts on learning, influencing educational outcomes and mental health. Cannabis smoke and tobacco smoke have similar negative health effects. Cannabis has different effects on the developing brain than alcohol and should have a different legal age.</p>	<p>Support;</p> <ul style="list-style-type: none"> • Municipal Cannabis Policies • other initiatives to reduce the risks from cannabis use
<p>Mental Health The impact of mental health, mental illness and addictions in Ontario on life expectancy, quality of life and health care is more than 1.5 times that of all cancers and more than 7 times that of all infectious diseases. The social, economic and physical environments where people live, learn, work and play influence mental health and well-being.</p>	<p>Support:</p> <ul style="list-style-type: none"> • policies that promote positive mental health, such as investing in programs and services related to supportive housing and environments • inclusive communities that welcome newcomers, marginalized populations and bring together people with diverse backgrounds

Priority Issue	Key Recommendations
	<ul style="list-style-type: none"> • public resources to support under-resourced families • early childhood development, including affordable and high-quality childcare, early learning and parenting resources • work with Indigenous populations to address the root causes of health disparities • opportunities for residents to be more engaged in their communities • community-wide cultural events • increased access to recreation programs and opportunities to play
<p>Dental Care for Lower-Income Adults One-third of Ontario workers do not have employee health benefits. In 2014, approximately 60,000 dental patients in Ontario ended up in the emergency department because they did not have dental insurance to cover regular dental cleaning, fillings and extractions; a cost of \$30 million to the healthcare system. Ontario already has programs that extend dental care to children in lower-income families. Many adults can benefit from similar programs.</p>	<p>Support:</p> <ul style="list-style-type: none"> • municipal water fluoridation • development of a provincial adult/senior oral health strategy
<p>Income Security Health status improves at each step up the income ladder. Low income in childhood can affect health trajectories into adulthood. One in eight households in Ontario are food insecure and one in six children in Ontario lives in households that are food insecure. Lacking sufficient income for food has serious health impacts including chronic conditions such as diabetes, high blood pressure and anxiety in adults; greater risk of depression, social anxiety and suicide in teenagers; and mental health problems in children.</p>	<p>Support:</p> <ul style="list-style-type: none"> • healthy public policies ensuring food security and affordable housing • fair and secure employment across all sectors • diversity in economic and educational opportunities • retention and expansion of local businesses • effective strategies to attract and retain youth • home and community supports for older adults • improved access to social and health services including long-term care and in-home supports

Priority Issue	Key Recommendations
<p>Built Environments</p> <p>The built environment holds tremendous potential for addressing many current public health issues such as obesity, community safety, social inequities, mental health and exposure to environmental hazards.</p> <p>The built environment can enable or hinder us in making healthy choices like getting exercise, using public transit, relaxing outside and finding healthy foods to buy.</p>	<p>Support:</p> <ul style="list-style-type: none"> • safe, sufficient and affordable housing • accessible, people-friendly public spaces • accessible, efficient and integrated (including rural) transportation network adopting complete streets concepts that encourage various modes of transportation • biodiversity through preservation of agricultural lands, parks and natural spaces • reducing toxins, waste and greenhouse gases • an energy conscious culture

Dr. Ian Arra, Physician Consultant

References:

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Centre for Addiction and Mental Health. Evidence Brief: Canada's Lower-Risk Cannabis Use Guidelines. 2017 at: <https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>

Government of Ontario. Smoke-Free Ontario Strategy New Chapter 2018, at: http://health.gov.on.ca/en/common/ministry/publications/reports/SmokeFreeOntario/SFO_The_Next_Chapter.pdf

Grey Bruce Health Unit. Health in all Policies – Municipal Election, at: <https://www.publichealthgreybruce.on.ca/Your-Environment/Healthy-Communities/Healthy-Public-Policy>

Public Health Sudbury & Districts / Santé publique Sudbury et districts. Health Matter, at: https://www.phsd.ca/wp-content/uploads/2018/09/Municipal_Elections_Health_Matters_Primer_FINAL_EN.pdf

Simcoe Muskoka Health Unit. Built Environment, at: <https://www.simcoemuskokahealth.org/Topics/BuiltEnvironment>



PROGRAM REPORT SEPTEMBER 2018

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Working with the Grey Bruce communities to protect and promote health

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Organization Leadership in Partnership Recognized

The Grey Bruce Regional Dietetic Internship Partnership received the 2018 Organization Leadership Award from the School of Food and Nutritional Sciences at Brescia University College. The award was presented on June 18 as part of the graduation ceremonies.

This annual award recognizes exceptional support to students and qualities that align with Brescia’s core values and strategic plan:

- Develops an actively engaged and positive student experience
- Models and nurtures excellence, service and leadership among staff
- Creates environment and culture that supports the competency development of a student
- Dedicated to innovation, inquiry and lifelong learning
- Exemplifies client-centred, inter-professional collaboration and care
- Mentored Brescia students for the previous three or more years

Upon completion of a four-year nutrition degree, students must fulfill a one-year internship to become registered with the College of Dietitians of Ontario. Internship provides training in the competencies of clinical nutrition, public health practice, food service management and community nutrition programming.

Over the past four years, the Grey Bruce Partnership has provided a comprehensive internship experience in rural health for two students each year. All eight students successfully completed their internship and qualified to write the entrance exam to become registered with the College.

As part of the internship, each student also completes an eight-week research project. This year, both students presented their research at the Dietitians of Canada National Conference in Vancouver. A previous student presented at the National Conference in Quebec City in 2015.

The Grey Bruce Regional Dietetic Internship Partnership is co-chaired by Lynda Bumstead, Manager Population Health Team, Grey Bruce Health Unit and Lynda Hoffmeyer, Manager for Diabetes Grey Bruce, Cardiac Rehab and Allied Health at Grey Bruce Health Services. The Partnership also includes the Family Health Teams in Owen Sound and Hanover, Lee Manor Long-Term Care Home in Owen Sound, and the South East Grey Community Health Centre in Markdale. The Partnership was honoured to be recognized with this award and acknowledge the support from management that allows them to provide this rural internship experience in support of the next generation of Registered Dietitians.

Diploma in Dietetic Education and Practical Training students

YEAR	Dietetic Student	Research project
2014/15	Jenessa Dalton	*NutriSTEP Use in Grey Bruce
2014/15	Allison Antonette	PEP-uP Protocol in Critical Care
2015 /16	Michelle van der Meer	Identifying Clients Perspectives and Interests in Regards to Diabetes Education
2015 /16	Annette Cheung	Baseline Assessment of Barriers to Intake During Mealtimes for Medical and Surgical Inpatients at GBHS
2016/17	Rida Chaudhary	*Canadian Prenatal Nutrition Program (locally Healthy Beginnings) evaluation revision / Keystone partnership
2016/17	Anne Marie Sawula	Malnutrition Screening at GBHS
2017 /18	Bissan Ghaith	*Supportive School food environment
2017 /18	Jennifer Storrar	Diabetes / use of media technology for education / monitoring with youth & parents

*Research placements completed through the Grey Bruce Health Unit

Pocket Your Keys – Safe Communities Crime Prevention Campaign

In 2017, there were 106 stolen vehicles reported to the South Bruce Ontario Provincial Police (OPP). In over half of these cases, the thefts were preventable as the vehicle was unlocked, had the keys inside or was left running.

The consequences of a stolen vehicle can go far beyond its loss. It could be used in a criminal act like a break and enter, transporting stolen property or trafficking drugs. The owner may also be liable should the vehicle be involved in a serious crash.

Addressing this issue, the Southern Bruce County Safe Communities Committee and South Bruce OPP, launched *#PocketYourKeys* in April 2018. The campaign aims to educate the public on their responsibility to ensure vehicles, including farm trucks and ATV's, are secured at all times. Social media messaging identified simple steps to prevent vehicle theft:

- Do not leave your keys in your vehicle.
- Do not leave your vehicle running.
- Always lock your vehicle.

- Do not leave keys in places where they are easy to steal such as a gym locker, arena dressing room, in an open purse or a shopping cart.
- Never leave anything of value in plain view in your vehicle.
- Install a remote car starter. This allows you to warm up your car in the winter without risk of theft.

Personal Service Settings: New Regulations

As of July 1, 2018, new regulations, protocols and guidelines came into effect for Personal Service Settings (PSS). The new regulations aim to enhance client protection from infectious diseases.

Personal services are defined as “a premise at which personal services are offered where this is a risk of exposure to blood or body fluids, and includes premises at which hairdressing and barbering, tattooing, body piercing, nail services, electrolysis and other aesthetic services are offered...” (OPHS, 2018)

Locally, approximately 250 Personal Service Settings receive routine annual inspections and complaint follow up, as required. The new regulations specify requirements for operators and allow public health to provide provincial offence notices (tickets) for infractions.

The regulation includes several criteria:

- providing notice of intention to operate/renovate
- disclosure of inspection results
- obtaining client information
- providing information for invasive procedures
- setting requirements (e.g. sinks, ventilation, PSS in a dwelling)
- animals
- care and sterilization of equipment
- hygiene standards
- operator training
- records/documentation

To support awareness, all operators were sent a letter outlining the new requirements. In addition, Public Health Inspectors review the requirements with individual operators during regular inspections. Four information sessions for operators are being offered this fall throughout Grey Bruce to review the new regulations and provide opportunity for questions and answers.

Letters and promotional posters outlining the new regulations were provided to municipalities, to share with their community and local businesses. During September, social media posts advise consumers using Personal Service Settings of the new regulations and encourage them to use the [Check it](#) website, to view inspection results.