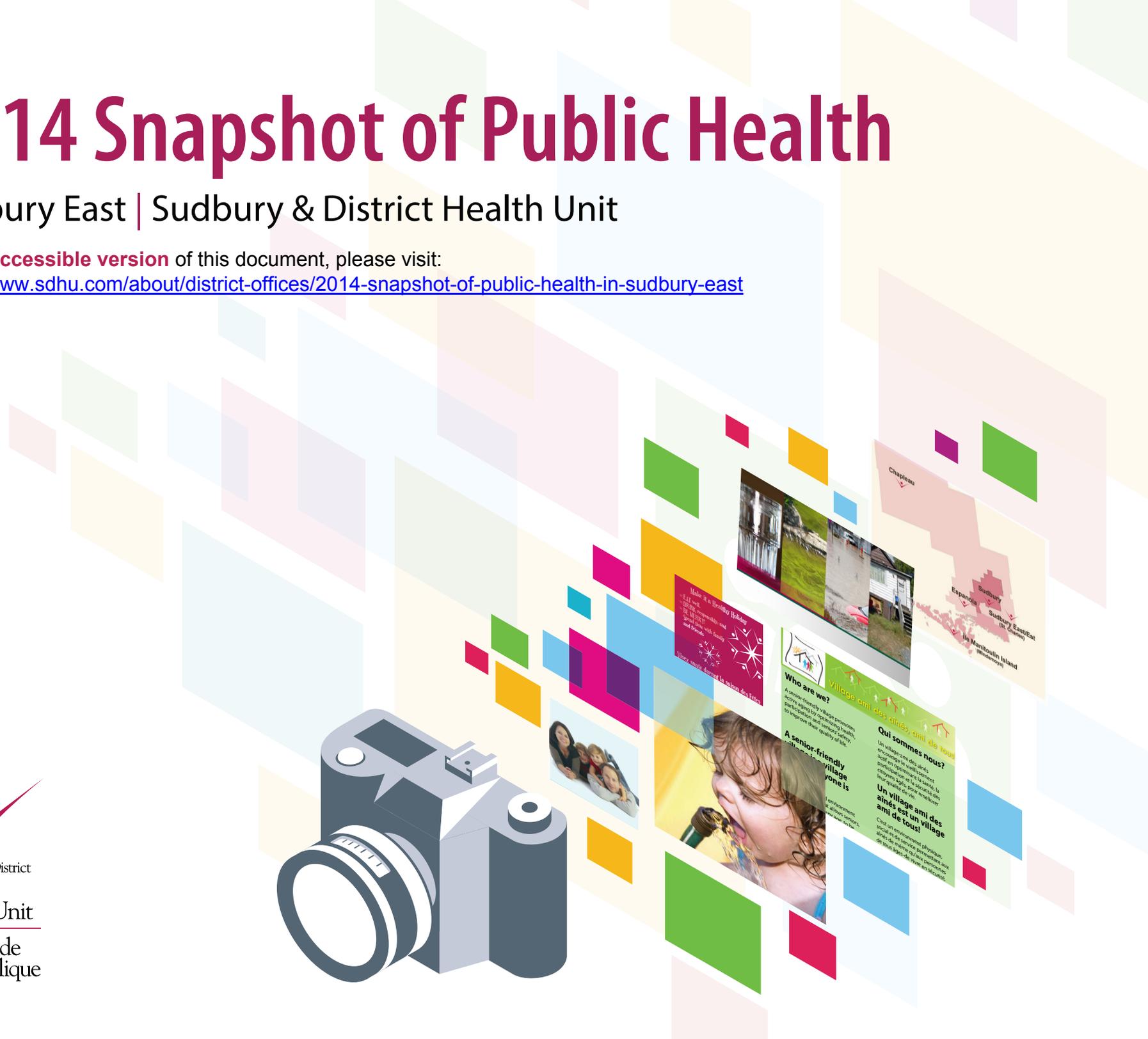


# 2014 Snapshot of Public Health

Sudbury East | Sudbury & District Health Unit

For an **accessible version** of this document, please visit:

<https://www.sdhu.com/about/district-offices/2014-snapshot-of-public-health-in-sudbury-east>



**Make it a Healthy Holiday**  
• Eat well  
• Drink responsibly  
• Stay safe  
• Spend time with family and friends  
• Visitez aussi... durant la saison des Fêtes

**Who are we?**  
A senior-friendly village promotes active aging by optimizing health, participation and senior safety, to improve their quality of life.

**Village ami des aînés, ami de tous**  
Un village ami des aînés encourage les aînés à participer et à améliorer leur qualité de vie, pour améliorer l'environnement à leur égard.

**Un village ami des aînés est un village ami de tous!**  
C'est un environnement physique et social en constante amélioration qui aide de mieux en mieux les personnes âgées de 65 ans et plus à vivre en sécurité.





**The Sudbury East area** is comprised of four very vibrant communities – each led by engaged municipal leaders working to ensure area residents and visitors experience the best that the region has to offer. In May 2015, a number of these Sudbury East municipal leaders met with the Sudbury & District Health Unit (SDHU) to explore public health issues and opportunities for the region.

This snapshot of public health was developed in follow up to the May meeting. It provides a brief overview of the public health system and the SDHU, and highlights public health activities in Sudbury East during the 2014 calendar year.

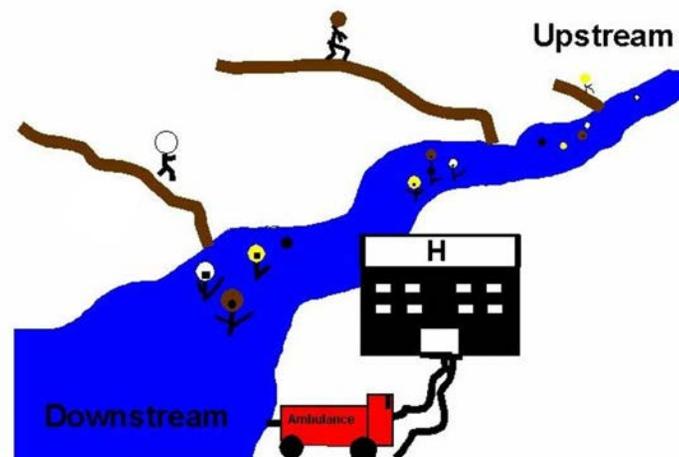
In the sections that follow, readers will find a snapshot of public health activities – highlighting the public health work of the SDHU that is done in collaboration with the public, community agencies, and municipalities. At the May meeting, municipal leaders told the SDHU that such an overview would be helpful in sharing the local public health story and in informing people from the area about how their public health dollars are being spent to promote and protect the health of everyone.

The Sudbury & District Health Unit is proud to work in partnership with the following Sudbury East communities:

- The Corporation of the Municipality of St. Charles,
- The Municipality of French River,
- The Municipality of Markstay-Warren,
- The Corporation of the Municipality of Killarney.

## Public Health in Ontario

Public Health works “upstream” to promote and protect health and prevent people from becoming sick. If we can imagine the health system as a continuum, the treatment services of hospitals would be at one end and public health would be at the other, working to keep people from needing hospitals and other health care services in the first place.



Like with fire, police, and education services, public health is a “public good”: publicly funded and always there for us. Public health works behind the scenes to promote our health (e.g. helping municipal councils make bylaws for healthier food options in recreational centres) and front and centre to protect our health (e.g. issuing boil water advisories when drinking water is unsafe).

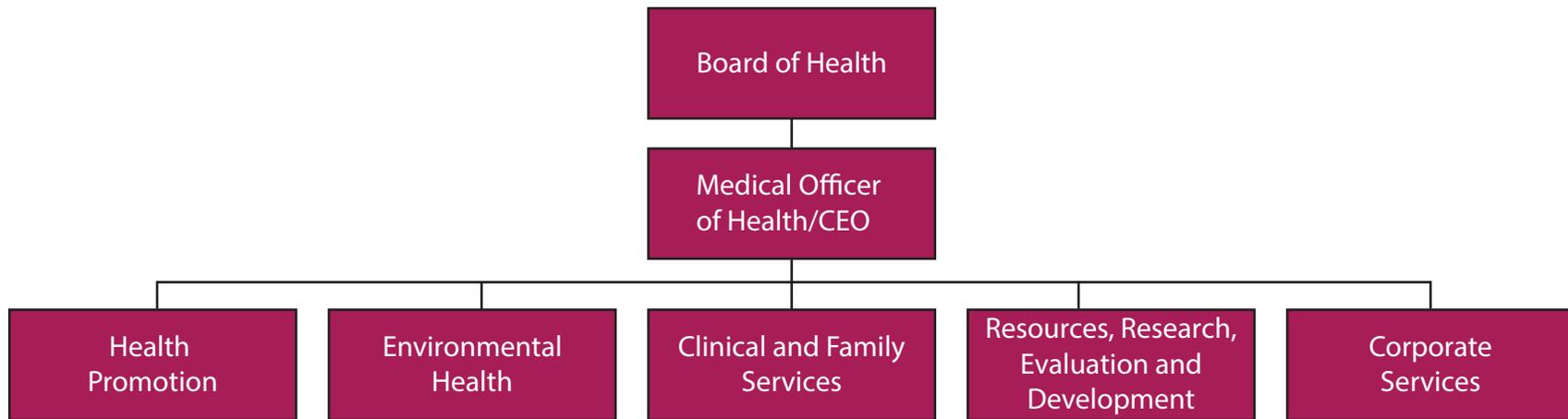
In Ontario, there is a provincial network of 36 non-profit public health units, all responsible for delivering standard public health programs and services, and for upholding the public health law. About every 25¢ of local municipal funding for public health is matched by 75¢ from provincial funding. The law specifies that municipal funding to public health is on a per capita basis.

The 36 health units, together with provincial ministries and agencies, primary health care providers and laboratories, comprise the formal public health system of the province.

## Your Local Public Health Unit—Structure

The SDHU is governed by an autonomous board of health. Sudbury & District Board of Health members are determined by the legislation and the membership includes municipally elected representatives and citizen representatives from across the SDHU area. Sudbury East is represented by one individual who has historically been a local mayor or councillor.

The Sudbury & District Health Unit works hard to meet the needs of the diverse population we serve and to meet our legislative requirements. To do this, the SDHU is organized into five divisions each reporting to the Medical Officer of Health.



### Did you know?

The SDHU employs a number of public health professionals to carry out its mission and public health mandated programs. These include but are not limited to a public health physician (Medical Officer of Health), public health nurses, public health inspectors, dental educators and hygienists, dietitians, and epidemiologists. We also employ a number of technical and support staff who assist in the operational functions of the organization and the work we do in the various communities throughout Sudbury East.

# Public Health Activities in Sudbury East in 2014

## Health Protection Health Protection Health Protection

The SDHU actively supports health in Sudbury East by providing services to *protect* and to *promote* health. The following is a snapshot of these Sudbury East public health activities that occurred in 2014. Together, they paint a picture of the variety and volume of local public health work.

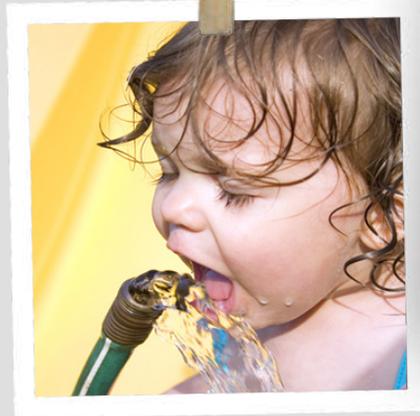
### Health Protection

The SDHU delivers a number of services designed to protect the health of its communities. These services include for example, immunizations, health hazard investigations, sexual health services, food safety, and safe water initiatives. The snapshots in the section below highlight the health protection services provided by the SDHU to Sudbury East communities in 2014.



### Control of Infectious Diseases and Infection Control

- Cold chain visits and provision of publicly funded vaccines to all health care providers in Sudbury East
- Provision of school immunizations:
  - Hepatitis B, Meningitis, and Human Papillomavirus vaccines administered at school clinics at the 6 area elementary schools in September, December, May, and June
  - Adacel vaccine (teenage booster) offered at the one area secondary school in February and March
  - Immunization at the Sudbury East district office location upon request (approximately 5 requests per year for this service)
- 4 sporadic cases investigated
- 13 inspections of day nurseries and personal service settings



## Sexual Health Program

- Sexual health clinic held every 5 weeks at École secondaire de la Rivière-des-Français
- Wellness Fair held in March 2014 with 70 participants attending and receiving information about our services
- Presentation in June 2014 at Alpha en partage (local adult learning centre)

## Healthy Babies, Health Children Program

- 403 home visits
- 34 families followed
- 38 referrals to community services

## Dental Services

- 9 schools visited for dental screening program, 7 of which received a second visit for the preventative and follow-up program
- Families of referred children offered assistance and preventive care through the Children in Need of Treatment Program (CINOT)

## Food Safety

- 190 inspections of food premises
- 12 food complaints
- 18 food recalls with follow-up response
- 17 special event food permits
- 9 consultations/inquiries

# Health Protection Health Protection Health Protection



## Vector Borne Diseases, Rabies, and Lyme Disease

- 7 mosquito traps set
- 149 mosquitoes trapped
- 2 pools tested for Eastern Equine Encephalitis (EEE) or West Nile virus (WNV)
- 9 animal exposures/0 animals submitted
- 1 tick submitted for testing

## Health Hazards

- 10 health hazard complaints investigated (includes: mould, insects/cockroaches/birds, housing complaints, rodents/vermin, sewage backup spills, heating complaints, garbage and waste, miscellaneous complaints)
- 1 consultation/inquiry



## Drinking Water

- 17 boil water advisories/orders
- 1 drinking water advisory/order
- 2 blue-green algae advisories
- 233 adverse drinking water reports investigated

## Small Drinking Water Systems

- 93 small drinking water systems (SDWS)
- 27 SDWS risk assessments completed
- 27 SDWS directives completed
- 1 charge issued

## Part 8 Land Control (under Ontario Building Code)

- 268 inspection activities
- 66 sewage system permits processed



## Recreational Water and Safe Water

- 1 beach inspected weekly
- 6 beach inspections/35 bacteriological samples
- 2 public swimming pool and spa inspections
- 3 bacteriological samples
- Presentations to lake stewardship committees provided upon request

## Extreme Weather Alerts

- "Beat the Heat" information packages distributed to local schools, daycares, physicians and other health professionals

## Smoke-Free Ontario Act Enforcement

- Inspections of all tobacco vendors and secondary schools for compliance with the Smoke-Free Ontario Act conducted
- 1 sales/supply charge

## Health Promotion

Public health also plays a key role in the promotion of health and prevention of chronic diseases and injuries. We do this through the delivery of a number of health promotion programs and services including for example, healthy eating and healthy weights, falls prevention, substance misuse and tobacco use prevention, and child and reproductive health. This section includes Sudbury East statistical and narrative information about a broad range of health promotion programs provided in 2014 by the SDHU. Many of these programs are delivered in collaboration with important partners such as other service agencies, community groups, schools, and municipalities.

**Tobacco Use Prevention**

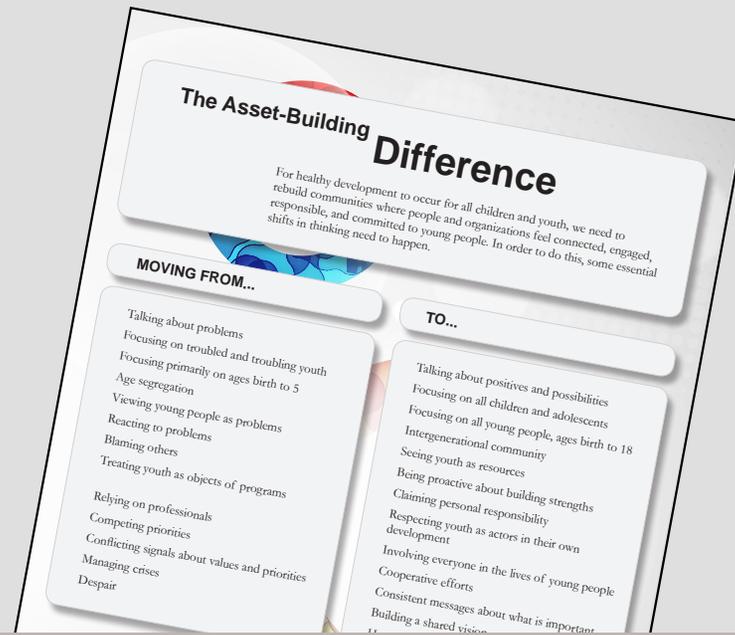
In May 2014, the Manitoulin-Sudbury District Services Board (DSB) passed a Smoke-Free Housing policy, which came into effect in January 2015. The Sudbury & District Health Unit provided support to the implementation of the policy by delivering education and information sessions to all the DSB housing units. A total of three presentations were provided to 32 housing unit residents. Smoking cessation resources and local support for quitting smoking were particularly highlighted by public health staff. Additional tobacco use prevention and cessation efforts for Sudbury East area residents include the distribution of information to workers through a newsletter, and the promotion and implementation of campaigns targeted to students and young adults (e.g. wouldrather . . ., Leave the Pack Behind), and to adults (e.g. Driven to Quit).

- 3 presentations on smoking cessation to 32 housing unit residents
- Distribution of smoking cessation information throughout the district
- Promotion of local and provincial smoking cessation campaigns and resources for community members



## School Health

Over the past three years, the SDHU's Sudbury East district office has invested in the development of a strong working relationship with École secondaire de la Rivière-des-Français. Results from an initial assessment completed by students at the school were used to plan and implement various programs to work to enhance the school's resiliency levels. To increase community cohesiveness and the relationship between the students and their community, local seniors have had numerous opportunities to work alongside the students in various projects, such as the creation of historical videos about our ancestors in the French River area. The approach has also been introduced to local partners such as the Centre de santé communautaire de Sudbury Est (Sudbury East Community Health Centre), the French River Nurse Practitioner Led Clinic, the OPP, and the Municipal Economic Development staff.



- Strong partnership with local secondary school, with a focus on resiliency and community cohesiveness
- Strengths-based approach promoted via training for school staff and local partnerships

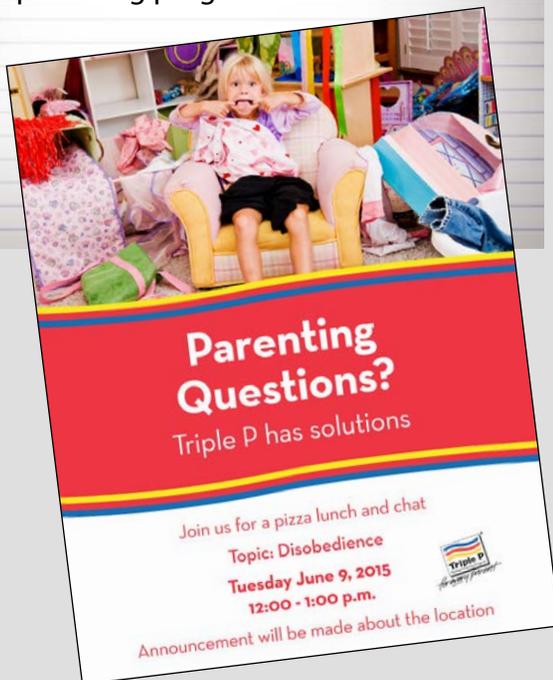
Health Promotion  
Health Promotion  
Health Promotion

## Did you know?

In order to meet the unique needs of the communities within Sudbury East, the SDHU has aligned its highly skilled and trained staff to provide quality public health services. The SDHU has an office in St. Charles from which two full-time, bilingual public health nurses provide area health promotion and family health programming. Other services are provided to Sudbury East where and when needed by public health inspectors and public health nurses who travel from the SDHU main office in the City of Greater Sudbury.

## ○ Triple P Parenting Program

The SDHU actively participates in the work of the local Triple P program, an evidence-based parenting program offering group and individual support and advice for parents. Health Unit staff have fostered links with the child and family social worker and Community Care Access Centre mental health and addictions nurses. Programming is coordinated and delivered based on service provider requests and parent needs. Additionally, members of the Sudbury East Triple P group attempt to address barriers for parents wanting to access parenting programs.



- Participation in quarterly Sudbury East Triple P meetings
- Close to 20 referrals to the Triple P program from local community agencies
- Collaboration with Our Children Our Future to offer car seat safety, physical literacy, and healthy eating programming in Sudbury East

Health Promotion  
Health Promotion  
Health Promotion

## ○ Prevention of Substance Misuse

In efforts to reduce injury and illness related to alcohol use, a “Safer Bars” training session was offered to 14 participants from across the region in Markstay-Warren. Participants included a municipal Chief Administrative Officer, a recreation staff, an alcohol establishment owner, employees of an alcohol establishment, community event coordinators, municipal volunteers, and proprietors. In addition, Canada’s Low-Risk Alcohol Drinking Guidelines (LRADG) were promoted through a display and the dissemination of brochures.

- “Safer Bars” training session offered to 14 participants
- Promotion of Low-Risk Alcohol Drinking Guidelines through a variety of methods



## Healthy Eating

In the fall 2014, SDHU staff held two consultations with community members and partners in municipalities of Markstay-Warren and St. Charles, and French River regarding community food programming, such as emergency food programs (i.e. food banks) and community-based programs (i.e. community kitchens, and community gardens). As a result of these consultations, programs and linkages have been enhanced in various communities throughout Sudbury East.

Building on the community's interest and readiness to minimize the barriers to obtaining fresh produce, the SDHU has worked collaboratively with volunteers from Markstay-Warren and the health promoter from the French River Nurse Practitioner-Led Clinic in Alban to implement the Good Food Box (GFB) Program in Sudbury East, with host sites in Markstay, Warren, Noëlville, and Alban.

SDHU staff promoted the GFB program through local media outlets in Sudbury East. Additionally, SDHU staff actively supported efforts to secure funding for the now-established, French River Community Garden, and remain dedicated partners on the sub-committee Villages amis des aînés, amis de tous – French River Community Garden.

In the No Time to Wait: Healthy Kids in the Sudbury and Manitoulin Districts Report Card, SDHU committed to working more closely with municipal leaders to improve access to nutritious food and beverage choices in municipally-funded venues. Recognizing the influence of the food environment on healthy eating, the municipalities of Markstay-Warren and French River demonstrated their leadership by supporting an SDHU-led food options survey of patrons and vendors in local recreation facilities.

**Thank You to Our Partners**

- Canadian Diabetes Association
- Centre de santé communautaire du Grand Sudbury
- Manitoulin-Sudbury District Services Board
- Meals on Wheels Sudbury
- N'Swakamok Native Friendship Centre
- Sudbury & District Health Unit
- Sudbury Food Bank
- The Parkside Centre
- The Rotary Club of Sudbury

**What is the Good Food Box?**

The Good Food Box is a non-profit vegetable and fruit program.

Each month, customers pre-pay \$17 for a large box or \$8 for a small box of fresh vegetables and fruit.

- Each box contains the same mix of fresh vegetables and fruit.
- Customers receive the same high-quality vegetables and fruit found at the grocery store for a lower price.
- No matter the season, there is at least one local food item in each box.
- Local farmers and suppliers deliver their produce to us the day we pack the Good Food Boxes.

**Sample—Small Box \$8**

1 lb carrots	1 cucumber
1 onion	2 bananas
1 head of lettuce	2 apples
1 tomato	1 orange
1 red pepper	

**Sample—Large Box \$17**

2 lbs. carrots	1 cucumber
2 or 3 onions	1 red pepper
5 lbs. potatoes	1 cabbage
1 head of lettuce	4 apples
1 broccoli	4 bananas
2 tomatoes	2 oranges

**HOW do I order a box?**

All orders need to be **prepaid** by the second Wednesday of the month, and **picked up** on the third Wednesday of the month.

You can order your Good Food Box:

- 1) online at [www.goodfoodboxsudbury.ca](http://www.goodfoodboxsudbury.ca).
- 2) make a payment at **East Local Sudbury Co-operative** at 101-176 Larch St., or call 705.521.6717, ext.104 to arrange pickup at The Parkside Centre; or
- 3) contact your local **Host Site** that is listed inside this brochure.

Be healthy • Save money • Build community

Health Promotion  
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## Healthy Communities

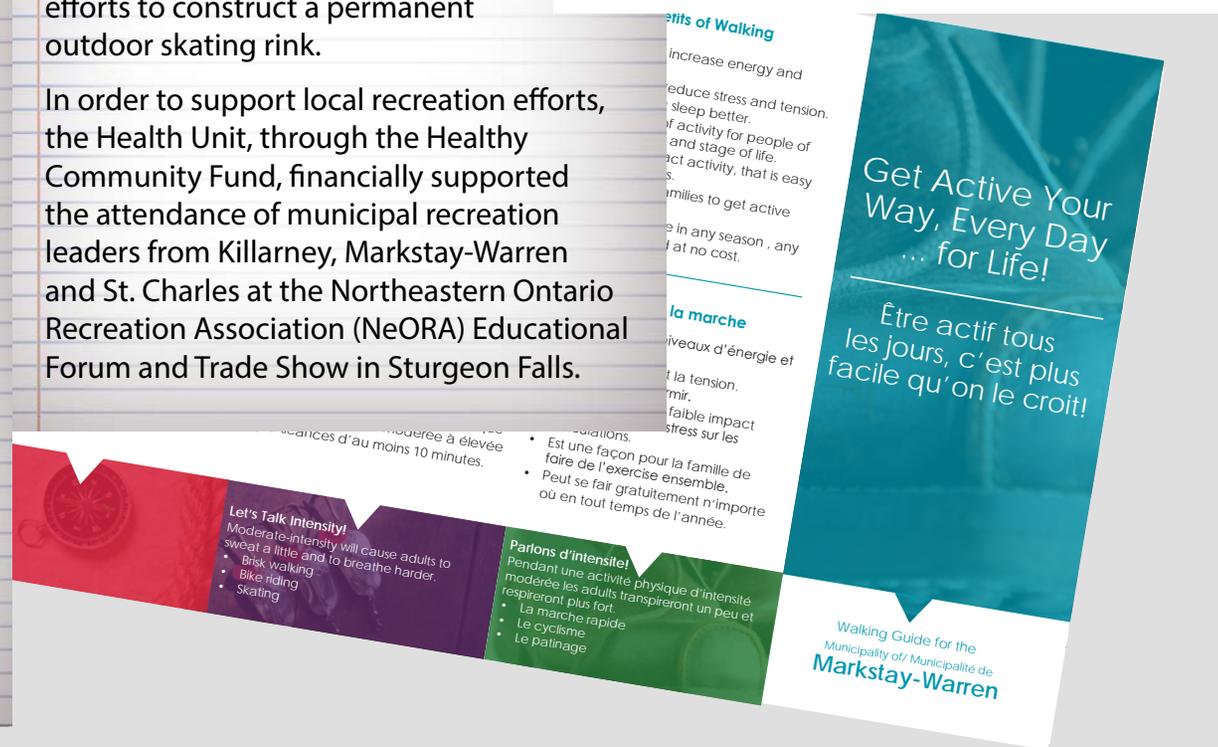
With approval from local municipal staff, and funding through the Healthy Communities Fund, the SDHU helped coordinate and conduct Rural Active Living Assessments (RALA) in the Municipalities of Markstay-Warren and Killarney. RALAs assist rural communities (population of 10,000 or less) by assessing the physical environment and amenities, town characteristics, and community programs and policies. The tool enables communities to identify areas of improvement to better support active living among residents. Staff met with representatives from the Municipality of Killarney as well as with community leaders from Markstay-Warren to review their area specific RALA results and recommendations, and to explore several options for moving forward. Municipalities have used the RALA findings to advocate for and implement practical improvements to enhance local

recreation infrastructure and programming, and SDHU staff have continued to assist with these efforts.

SDHU staff provided seven letters of support for various community-led recreation grant applications, including the French River Active Parks Association's effort to build a community splash pad, and the Markstay Revitalization Committee's efforts to construct a permanent outdoor skating rink.

In order to support local recreation efforts, the Health Unit, through the Healthy Community Fund, financially supported the attendance of municipal recreation leaders from Killarney, Markstay-Warren and St. Charles at the Northeastern Ontario Recreation Association (NeORA) Educational Forum and Trade Show in Sturgeon Falls.

- Rural Active Living Assessments in 2 communities
- 7 letters of support for recreation grant applications
- Support for 4 municipal leaders to participate in NeORA Educational Forum and Trade Show



## Summary

The Sudbury & District Health Unit is part of a provincial system of public health that works “upstream” to promote health and prevent disease. Locally, the SDHU provides a broad range of programs and services in collaboration with local community partners and community members throughout the Sudbury and Manitoulin districts and the City of Greater Sudbury.

This snapshot of public health was developed at the request of Sudbury East municipal leaders in order to provide a picture of SDHU activities in Sudbury East during the 2014 calendar year. The variety and volume of programming to meet local needs is impressive.

The Sudbury & District Health Unit is grateful to the leadership of the following Sudbury East communities for their keen interest in public health in their communities:

- The Corporation of the Municipality of St. Charles
- The Municipality of French River
- The Municipality of Markstay-Warren
- The Corporation of the Municipality of Killarney

Sudbury & District Health Unit staff is passionate about their work and keen to work with partners to support health and ensure opportunities for health for all throughout Sudbury East and beyond!



### Did you know?

Public health staff can be reached at any time from 8:30 a.m. to 4:30 p.m., Monday to Friday through main office for routine business, and are available 24/7 for after-hours emergencies at 705.688.4366.



Sudbury & District

Health Unit

Service de  
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