

2015

Snapshot of Public Health

Sudbury East Area | Sudbury & District Health Unit

For an accessible version of this document, please visit:

<https://www.sdhu.com/about/district-offices/2015-snapshot-public-health-sudbury-east-area>

Public Health: Putting the Community First

Reflecting on the past year of providing Public Health services, I am reminded of the many wonderful opportunities with which we are presented to help make meaningful contributions in the communities we serve.

To some, **Public Health is a protector**, helping to control the spread of infectious disease and monitoring the water to keep it safe for drinking and swimming. For others, **Public Health is a promoter**, supporting families to be the best they can be, providing education to help keep older adults from falling, and making it easier for everyone to eat well and be active wherever they live, learn, work, or play. To many, **Public Health is a champion**, providing information to people and bringing people together to build communities where everyone has the same opportunities for health.

Public Health may not always be visible, but it is always present to help prevent illness, promote health, and protect us all. Public Health pays big health dividends. The work of Public Health results in healthier, more productive individuals and communities—communities that can then invest in the things that really matter to health including jobs, education, housing, infrastructure, and more. The Sudbury & District Health Unit is proud to work in collaboration with so many dedicated individuals and groups in our communities so that together, we improve opportunities for health for all!



Dr. Penny Sutcliffe
Sudbury & District Medical Officer of Health
and Chief Executive Officer

Our vision:

Healthier communities for all.

Our mission:

Working with our communities to promote and protect health and to prevent disease for everyone.

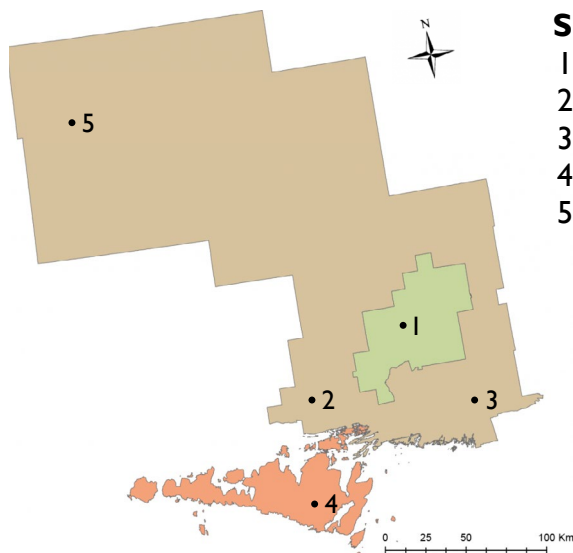
Strategic Priorities

- 1 Champion and lead equitable opportunities for health.
- 2 Strengthen relationships.
- 3 Strengthen evidence-informed public health practice.
- 4 Support community actions promoting health equity.
- 5 Foster organization-wide excellence in leadership and innovation.

In the 2015 Snapshot of Public Health for Sudbury East, readers will find a brief overview of the Ontario public health system, including the local public health agency, the Sudbury & District Health Unit (SDHU). The 2015 Snapshot report includes highlights of public health activities in the Sudbury East area during the 2015 calendar year.

This snapshot of public health activities shines a light on the SDHU's public health work that is done in collaboration with the public, community agencies, and municipalities. It is hoped that its contents are 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 SDHU is proud to work with and for the people who live, play, and work in the 3,225 square kilometres that makes up the Sudbury East area. Home to approximately 6,500 people, the Sudbury East area comprises approximately 7% of the SDHU land area and 3% of its population. Residents in the Sudbury East area speak predominately French or English, with approximately 40% of the population identifying French as their Mother Tongue and approximately 55% identifying English as their Mother Tongue. Though the Sudbury East area experienced a 3% decrease in its population between 2006 and 2011, it continues to be a very vibrant place to call home (2011 Demographic Profile: Sudbury East, SDHU).

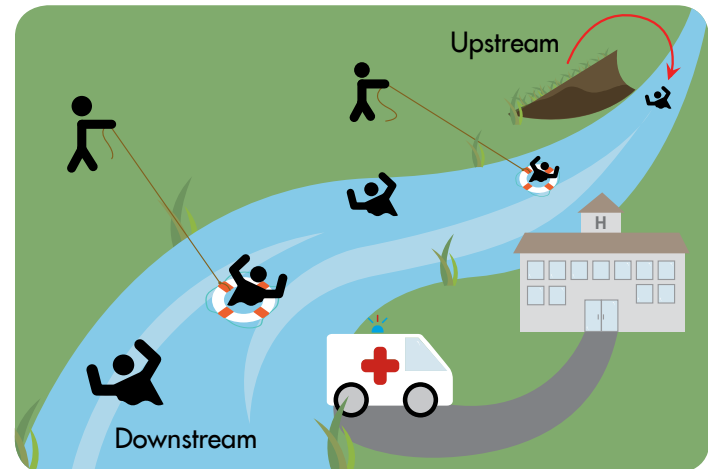


SDHU Office Locations

- 1 Greater Sudbury
- 2 Espanola
- 3 St.-Charles
- 4 Mindemoya
- 5 Chapleau

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 healthy places (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 public health law. About 80% of a local public health unit's budget is cost-shared between the municipalities and the province, with the provincial government contributing up to three quarters of that funding. The remaining 20% of a local public health unit's budget is 100% provincially funded. The law specifies that municipal funding to public health is allocated on a per capita basis.

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

Your Local Public Health Unit—Our Structure

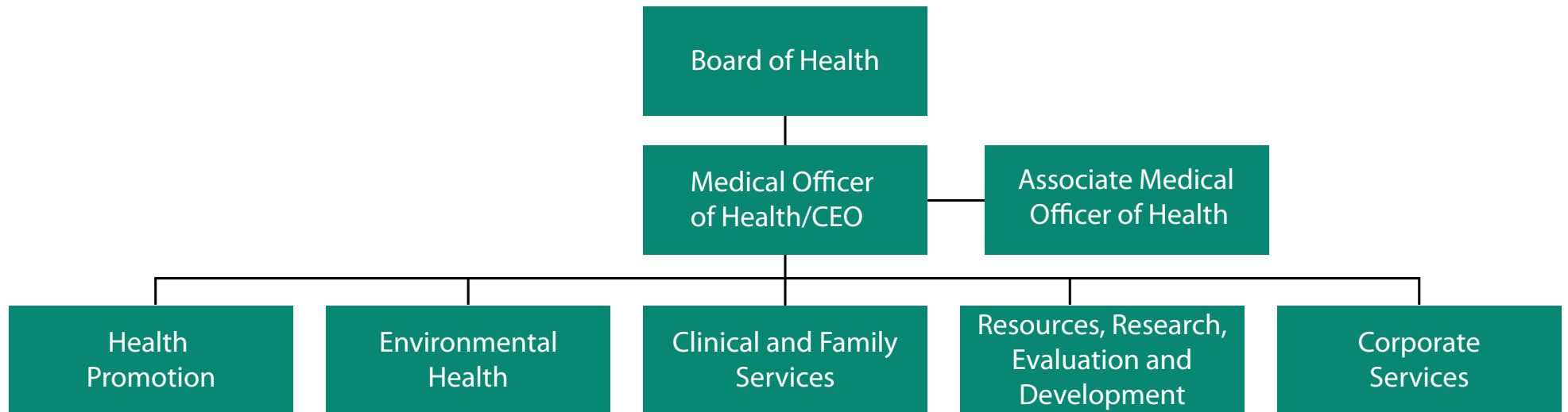
The SDHU is governed by an autonomous Board of Health. Sudbury & District Board of Health membership is determined by legislation and includes municipally elected representatives and citizen representatives from across the SDHU area. Sudbury East is represented by one individual who has historically 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.

Richard Lemieux

Appointed by
Municipal Councils of the municipalities
of French River, Markstay-Warren,
St.-Charles, and Killarney

**2015 Sudbury &
District Board
of Health**



Public Health Activities in Sudbury East in 2015

The SDHU actively supports well-being 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 2015. 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 2015.



Control of Infectious Diseases and Infection Control

- 4 cold chain visits completed and provision of publicly funded vaccines to all health care providers in Sudbury East
- Provision of school immunizations:
 - hepatitis B, meningococcal, and human papillomavirus vaccines administered at school clinics at the six area elementary schools in May, June, September, and December
 - 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
- 26 cases of reportable diseases investigated, including enteric, blood-borne, respiratory, and sexually transmitted infections
- 16 child care and personal service settings inspected
- 11 consultations completed or inquiries addressed



Sexual Health Program

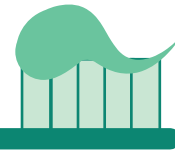
- 1 sexual health clinic held every 5 weeks at École secondaire de la Rivière-des-Français reaching 8 clients

Dental Services

- 421 elementary school children participated in the dental screening program
- 21 children referred to a family dentist for urgent care
- 12 families of referred children offered preventive care

Healthy Babies Healthy Children Program

- 315 home visits conducted
- 25 new families followed
- 58 referrals to community services completed



Smoke-Free Ontario Act Enforcement

- 26 youth access inspections conducted
- 13 display and promotion inspections conducted
- 3 compliance inspections/checks of schools conducted

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, public health physicians (Medical Officer and Associate Medical Officer of Health), public health nurses, public health inspectors, dental educators and hygienists, registered dietitians, epidemiologists, and planners. 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.

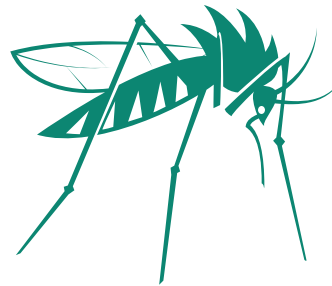


Food Safety

- 258 inspections of food premises completed
- 2 food complaints addressed
- 21 food recalls with follow-up response completed
- 17 special event food permits issued
- 14 consultations completed or inquiries addressed

Vector Borne Diseases, Rabies, and Lyme Disease

- 16 mosquito traps set
- 300 mosquitoes trapped
- 1 pool tested for West Nile virus
- 16 animal exposures to rabies investigated/3 animals submitted for testing



Health Hazards

- 6 health hazard complaints investigated (may include: mould, insects/cockroaches/birds, housing complaints, rodents/vermin, sewage backup spills, heating complaints, garbage and waste, miscellaneous complaints)
- 15 consultations completed or inquiries addressed

Part 8 Land Control (On-Site Sewage System under Ontario Building Code)

- 290 inspections undertaken
- 59 sewage system permits processed
- 12 consent applications processed
- 5 renovation applications processed
- 8 private sewage complaints addressed
- 57 consultations completed or inquiries addressed

Did you know?

In order to provide quality public health services within the Sudbury East area, the SDHU has aligned its highly skilled and trained staff with the communities' unique needs. The SDHU has an office in St.-Charles from which two full-time, bilingual public health nurses provide local health promotion and family health programming. Other services are provided to Sudbury East area residents where and when needed by SDHU main office staff and include, for example, dental health services and emergency preparedness and response.

Environmental Policy

- 3 heat warnings issued

Emergency Response

- Response to a truck submerged in the Killarney Channel; 1 drinking water advisory issued

Safe Water

- 3 water-related complaints received and investigated

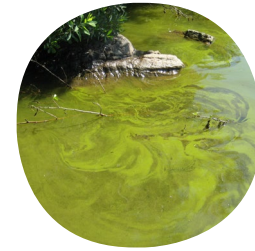


Drinking Water

- 5 boil water advisories/orders issued
- 2 drinking water advisories/orders issued
- 2 blue-green algae advisories issued
- 176 adverse drinking water reports investigated
- 2 health information notices (sodium) issued
- 142 bacteriological samples taken
- 2 consultations completed or inquiries addressed

Small Drinking Water Systems

- 92 small drinking water systems (SDWS) inspected
- 21 SDWS risk assessments completed
- 21 SDWS directives completed
- 9 consultations completed or inquiries addressed



Recreational Water

- 1 beach inspected weekly resulting in a total of 5 beach inspections/25 bacteriological samples taken
- 5 public swimming pool and spa inspections
- 3 bacteriological samples taken
- presentations to lake stewardship committees provided upon request

Did you know?

Environmental Health staff are available to participate in tabletop emergency preparedness exercises upon request and often comment on plans or proposals that may have a public health impact.

Public health 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 2015 by the SDHU. Many of these programs are delivered in collaboration with many sectors and agencies within the community. These include, but are not limited to, individuals, families, community groups and seniors clubs, faith groups, organizations, health professionals, health centres, child care groups, businesses, social services, local municipal staff and council, school boards and their staff and administration, police, fire services, EMS, and provincial ministries.

Encouraging smoke-free lifestyles through the “I am smoke-free because...” campaign

In the fall, youth from Sudbury and French River worked with Health Unit staff on a media campaign about the importance of living smoke-free. The “I am smoke-free because...” campaign was created by youth who described their reasons for choosing to not smoke. This campaign was created in both English and French, and was shared with École secondaire de la Rivière-des-Français, featured at SilverCity Sudbury Cinemas in December, and posted on the SDHU Facebook page.

Additional efforts to promote smoke-free living included the delivery of National Non-Smoking week resources to the high school in French River, sharing the link to the YouTube video for the “ça y est” – a song created by students, and sharing of lesson plans with teachers. “Driven to Quit” campaign information was also shared on the school’s Facebook page.

Promoting safety through education and initiatives

From the very youngest to our more senior residents, the SDHU is a committed health ally in the prevention of injuries to residents in the Sudbury East area. In the summer, the SDHU partnered with the Ministry of Transportation to host a Child Passenger Safety Association Car Seat Technician training session, held in St.-Charles. In partnership with the Ontario Provincial Police (OPP), a BabyRIDE spot-check clinic was hosted in Markstay in early October. A total of four seats were inspected and three others were scheduled for alternate appointment times. To further promote car seat and seatbelt safety, 500 Car Seat Inspection Clinic calling cards were distributed throughout the year at local OPP RIDE checks and at community events.

In addition, the SDHU partnered with the French River Municipality Libraries Board in their “Vibrant Seniors, Vibrant Community” event. SDHU public health nurses provided educational supports and resources to approximately 75 seniors in attendance, including the dissemination of over 200 Stay On Your Feet resources.

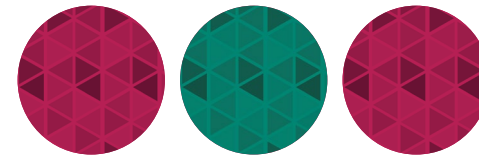
Building resilience through physical activity

Every year, Sudbury East public health nurses meet with all nine Sudbury East area schools to review programming needs, provide education regarding resiliency and offer support to schools tailored to their individual needs. Throughout 2015, SDHU public health nurses continued to support physical activity programming in secondary schools made possible by a Ministry of Education grant. Our staff collaborated with community members, such as youth groups, to plan various activities. We also supported the training and delivery of physical activity classes, such as Zumba and Kangou, offered in the evenings for students and their families. SDHU staff also helped purchase physical activity equipment, such as dynabands, stability balls, and yoga mats, to create a supportive environment for active living. At École secondaire de la Rivière-des-Français, SDHU staff consulted with the school principal and teachers on the development of a school-wide policy that encourages physical activity and supports active environments.



We all have a role to play... coming together to prevent the harms of substance misuse

The issue of drug and alcohol misuse is becoming increasingly prevalent in rural areas in Canada and is of concern to the residents in the Sudbury East area. Substance misuse impacts all of us. Reducing the harms associated with misuse requires a community effort, as this issue cannot be solved by one individual, group, or agency alone. Because of this, SDHU staff initiated conversations with the Sudbury East Safety Coalition (SESC) to discuss the development of a Sudbury East Drug Strategy. All members of the SESC showed their full support and endorsed further planning of a local drug strategy. As a first step, SDHU staff met with the Sudbury East Municipal Association (SEMA) and received unanimous support and a resolution to move forward together to address the issue of substance misuse in the Sudbury East area.



Building healthy eating habits through a universal vegetable and fruit program

The Northern Fruit & Vegetable Program (NFVP) is funded by the Ministry of Health and Long-Term Care and administered locally by staff from the SDHU. This program provides two servings of vegetables and fruit per week to elementary school children in the Sudbury East area. It helps increase their consumption of weekly vegetables and fruit as well as increasing their awareness to the benefits of having a diet rich in vegetables and fruit. The most recent program evaluation indicated that 96% of students thought being given two servings of vegetables and fruit each week helped them achieve their recommended weekly intake.

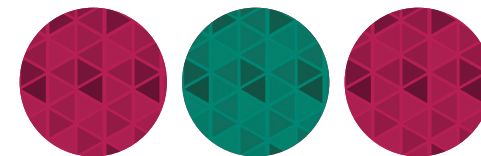
Beyond the school walls, SDHU staff provided resources to educate children and their parents about healthy eating habits and assisted school communities build healthy habits in children. In the Sudbury East area, nine schools participated in the NFVP reaching 457 students during the 2014/15 school year.



Starting them off right – parenting supports to help raise healthy and happy kids

Throughout the year, SDHU staff continued to strengthen relationships with local schools and Our Children Our Futures (OCOF) partners to support Triple P programming. These supports included offering individual and group supports, and providing advice for parents as required. SDHU also developed stronger links with school principals as evidenced by their referrals of parents to Triple P services in the Sudbury East area. A Triple P seminar for parents of children ages 0 to 11 years was offered in partnership with Monetville Public School as well as an 8-week group session for parents of teens in partnership with École secondaire de la Rivière-des-Français.

In addition, SDHU staff regularly attended quarterly OCOF-Best Start Hub play groups in the area to support Triple P quick tip sheet discussions with parents, provide car seat education, and link parents to Car Seat Inspection Clinics. Educational sessions on nutrition and building resiliency in children and youth were also offered.



A Sampling of 2015 Health Promotion Programming by the Numbers

- Participation at 107 coalition or committee meetings supporting a variety of topic areas with a number of community partners, including:
 - Markstay-Warren Recreation Committee
 - Village Amis des Aïnés (VAA) including the VAA Steering Committee, VAA Community Garden Committee, VAA Trail Committee, and the VAA Tele-Communications Committee
 - Sudbury East Service Providers' Network
 - Sudbury East Safety Coalition
- 26 direct client service occurrences, including:
 - 4 car seat inspections at a Car Seat Inspection Clinics in Markstay
 - one-on-one smoking cessation counselling to 12 individuals who participated in the STOP On The Road study
 - 10 senior STAND UP! pre-assessment and medical questionnaire completions
- Supported community events with 7 displays, including:
 - 200 participants reached by sun safety, early detection of cancer and EatRight Ontario healthy eating displays at the International Women's Day in Noëlville
 - 40 students reached at the alcohol vision goggle interactive display at École secondaire de la Rivière-des-Français High School in Noëlville, as part of their Mini Safe Grad event (hosted by the Sudbury East Safety Coalition)
 - over 300 Stay On Your Feet resources distributed at the assistive device display at the Vibrant Seniors, Vibrant Community event in Alban
- Promotion of healthy lifestyle habits through the delivery of 18 presentations, including:
 - helmet safety to over 250 students and teachers in Markstay-Warren
 - facilitation of 2 Triple P Teen group sessions reaching 3 clients
 - sharing results from the Healthy Eating in Recreation Centres survey to 25 decision makers at the French River Municipal Council meeting
 - updated 16 decision makers at the Sudbury East Municipal Association on the development of a Sudbury East Drug Strategy
- Provision of resources on 57 occasions, including:
 - Leave the Pack Behind campaign posters to 15 community partners
 - over 500 Medication Clean Out bags disseminated to a variety of partners including all four municipal offices, community health centre, nurse practitioner clinic, and community partners

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 Greater Sudbury.

This report is the second Snapshot of Public Health developed for all leaders and citizens in the Sudbury East area. It is intended to paint a picture of SDHU activities in Sudbury East during the 2015 calendar year, and highlights the impressive variety and volume of programming delivered to meet local needs.

The Sudbury & District Health Unit is grateful and honoured to work with and for the people who live, play, and work in the Sudbury East area, including the many individuals and agencies that take a leadership role in bettering their communities. SDHU staff are passionate about their work and keen to work with partners and the community to protect, promote and champion health in Sudbury East and beyond. Together, we can create opportunities for health for all.

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 the St.-Charles and main offices for routine business, and are available 24/7 for after-hours emergencies at 705.688.4366.



Sudbury & District

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