

PUBLIC HEALTH

What's in it for you?



Public Health
Santé publique
SUDBURY & DISTRICTS

Single parent scenario

You are a single parent with two young children who attend a local child care centre. Which of the following are ways Public Health supports you as a parent?

- a. The child care centre provides valuable parenting information.
- b. During the play group, your children learn fundamental movement skills.
- c. The food that your children consume is safe, appropriate, and nutritious.
- d. The outdoor setting is appropriate for play, sheltered from the sun and free from tobacco smoke.
- e. The child care setting supports a Baby Friendly Initiative.
- f. All of the above.

The answer to this question is **all of the above**.

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Community members, partnering organizations, elected officials, and other members of the health system play an important role in the work of Public Health. They participate in local programs and services, work together on ongoing activities, champion initiatives that promote and protect the health of our communities, and provide governance to Public Health Sudbury & Districts. All of these efforts support us in meeting our vision of a healthier community for all.

Public Health Sudbury & Districts is committed to improving health and reducing social inequities in the communities we serve. Learn more about public health in your community and about how it acts as a helpful resource to create change by visiting www.phsd.ca.

More information on Public health services is available at phsd.ca or 705.522.9200 (Toll-free: 1.866.522.9200).

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Student scenario

You are a student living in your own apartment off campus. Which of the following ways does Public Health support you in your everyday life?

- a. You feel confident about travelling to and from school.
- b. The food you consume at school is safe and nutritious.
- c. You have learned how to cook your own meals.
- d. You purchase low-cost vegetables and fruit from a local Food Box Program.
- e. You can get sexual health information from the clinic.
- f. Information on alcohol and drugs is available to you if needed.
- g. All of the above.

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Active living scenario

You like being active within your community. Which of the following ways does Public Health support you?

- a. There are affordable recreation opportunities available to you.
- b. There are safe walking routes, bike paths, and green spaces.
- c. The beaches you visit are regularly inspected for water quality and safety.
- d. The canteen at your local recreation centre offers safe and healthy food options.
- e. The spaces are smoke-free.
- f. All of the above.

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New baby scenario

You and your partner are expecting a baby. Which of the following ways does Public Health support you to make informed choices?

- a. You attend prenatal classes to learn about pregnancy and infant care topics.
- b. You are informed on how to properly install a child car seat.
- c. You are provided supports on pregnancy and child development.
- d. You are made aware of the impact alcohol and drug use while pregnant.
- e. You understand how to feed your newborn, including the importance of breastfeeding.
- f. All of the above.

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Parent of a school-aged child scenario

You are the parent of a school-aged child. Which of the following ways does Public Health support you and your child:

- a. Your child attends a school-based immunization clinic.
- b. Your child receives oral health education, screening, and preventive dental health services.
- c. The school supports the building blocks of healthy development.
- d. The school provides safe, nutritious food options.
- e. You can access Triple P information about parenting topics.
- f. All of the above.

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Adult on a fixed income scenario

You are an older adult living with a fixed income. Which of the following ways does Public Health support you in your everyday life?

- a. You meet people and take part in a free exercise program.
- b. You stay active by volunteering in a community gardening group.
- c. You take part in a program to learn new recipes that fit your budget.
- d. You can access programs and services regardless of where you live, your income, and your physical abilities.
- e. You are able to live in housing that is safe, affordable, and designed for you.
- f. All of the above.

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