2017 Annual North Bay Parry Sound District **Health Unit** du district de North Bay-Parry Sound

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A Healthy Life for Everyone in Our Communities

Letter from the Medical Officer of Health

In 2017, the North Bay Parry Sound District Health Unit ("Health Unit") launched our new vision, mission and values. These core statements shape the way we see ourselves, our purpose, as well as the public's understanding of our work. Our vision, "a healthy life for everyone in our communities", captures our focus at the Health Unit, and was reflected in all of our planning throughout the past year.

In November, the Ministry of Health and Long-Term Care ("the Ministry") released the new Ontario Standards for Public Health Programs and Services. These standards highlight public health's use of a population-health approach, focusing on social and mental health as well as quality of life. When we talk about aspiring for everyone in our communities to live a healthy life, we use this approach as a guiding principle.

The new standards serve us well, as the Health Unit is committed to health equity. Our goal is to reach those at greater risk of poor health outcomes. We do this by carefully planning our services so that they are accessible by all, no matter their circumstances.

For example, in our 2014–2018 Strategic Plan, we identified the need for better access to dental services. Supported by funding from Green Shield Canada and member municipalities, we proudly announced a new dental clinic for eligible adults. The clinic will provide dental services to adults in our districts with limited or no access to dental care. We understand the impacts of poor dental health, and we look forward to continuing this important work in 2018.

Due to the growth of opioid-related illnesses and deaths in the province, additional funding was received from the Ministry to address problematic opioid use in our communities. This allowed us to make improvements to our harm reduction program, which meant strengthening partnerships in the community, increasing our awareness of the local problem through data collection and sharing, and distributing naloxone kits to eligible organizations. Our harm reduction program recognizes that some people will use (and continue to use) drugs. Our goal is to reduce these harms by supporting community-based initiatives that help keep our communities safe.

This past year, we saw our new building at 345 Oak Street West in North Bay take shape. The building will improve our services to the public and provide more functional accommodations for staff. We will be relocating in 2018, and look forward to welcoming our clients and community partners in our new space.

These are only a few snapshots of the Health Unit's work over the past year. Throughout the pages of this annual report, we will highlight additional accomplishments. We remain motivated by our vision statement, as well as by our mission to "foster healthy living within our communities by preventing illness, promoting healthy choices and providing trusted support and information". We value honesty, compassion, transparency, accountability, collaboration and excellence. We are your lifetime partner in healthy living.



Jim Chirico, H.BSc., M.D., F.R.C.P. (C), MPH Medical Officer of Health/Executive Officer North Bay Parry Sound District Health Unit

Board of Health

The Board of Health welcomed one new member, Gary Guenther, public appointee and saw Mike Poeta re-appointed as a public appointee. The Board elected Nancy Jacko as Chairperson and Mike Poeta as Vice-Chairperson. The Board's Finance and Property Committee elected Don Brisbane as Chairperson and Les Blackwell as Vice-Chairperson. The Board's Personnel Policy, Labour/Employee Relations Committee elected John D'Agostino as Chairperson and Heather Busch as Vice-Chairperson.

Nipissing District

Central Appointees	Date Appointed/Term Ended
Mac Bain Municipal Appointee	2015 to present
Dave Butti Citizen Appointee	2014 to present
Nancy Jacko Citizen Appointee	2014 to present
Stuart Kidd Citizen Appointee	2014 to present
Tanya Vrebosch Municipal Appointed	2014 to present
Eastern Appointee Chris Jull Municipal Appointee	2014 to present
Western Appointee Guy Fortier Municipal Appointee	2014 to present

Parry Sound District

John D'Agostino Public Appointee

Gary Guenther Public Appointee

Mike Poeta Public Appointee

North East Appointee	Date Appointed/Term Ended
Heather Busch Municipal Appointee	2014 to present
Western Appointee	
Don Brisbane Municipal Appointee	2014 to present
South East Appointee	
Les Blackwell Municipal Appointee	2015 to present
Provincial Appointees	

2016 to present

2017 to present

2017 to present

3.69 7 dental screenings at alea dental screenings at area schools,



children and youth for a total of appointments



8,879 vaccines administered at the Health Unit offices.

16,608 high school and elementary school student immunization records were assessed for compliance with ISPA.

4,466 vaccines administered to grade 7 and 8 students at school clinics.

58 confirmed outbreaks. **424** confirmed cases of reportable diseases.

8,644 private water samples submitted by home owners.

animal bite reports investigated. human acquired ticks submitted for testing.

188 clients supported with their quitting smoking attempts through the Quit Clinic.

North Bay Parry Sound 2017 Snapshot
District Health Unit 2017 Snapshot

918 retail food premises inspected.

100 participants at the food security symposium in both North Bay and Parry Sound.

Client visits to our sexual health clinic.

Of these visits.

390 cases of chlamydia, 33 cases of gonorrhea, and 77 cases of hepatitis C detected at our sexual

health clinic.



people received people received breastfeeding education.

people attended Triple P Program seminars.

27 youth volunteer placements held at the Health Unit with 503 collectively.





Healthy Smiles for Children and Youth

Healthy Smiles Ontario ("HSO") is a free dental program that provides preventive, routine, and emergency dental services for eligible children and youth 17 years old and under from low-income households. In 2017, 1,331 children received dental care through HSO for a total of 2,954 appointments. In addition, the Health Unit provided 3,697 dental screenings at area schools, Ontario Early Years Centres and health unit locations in our district. Good oral health is important for a child's self-esteem, sense of well-being and their overall health. The Health Unit Dental Clinic is working to improve the health of children in our communities.

New Adult Dental Clinic Announced!

Strategic Priority 3, Aim 3

The Health Unit announced a new oral health clinic for eligible adults with limited or no access to dental care. As the recipient of a two-year Community Giving Grant by Green Shield Canada (GSC), the Health Unit is now able to treat adults who face challenges accessing dental care and positively impact their quality of life.

Harm Reduction – Naloxone

As part of Ontario's Strategy to Prevent Opioid Addiction and Overdose, the Ministry of Health and Long-Term Care implemented the Ontario Naloxone Program as part of enhanced harm reduction work in public health. Through this program, the Health Unit is able to distribute Naloxone kits to people who use drugs, their friends and families, and community partners.

This initiative allows designated Health Unit staff to train clients on how to recognize an opioid overdose, and how to use the nasal spray Naloxone kit. By offering this potentially life-saving drug, as well as by collecting and sharing data and working with community partners, we are working to prevent opioid-related overdose deaths in our community.



Harm Reduction – Needle Exchange

In collaboration with a number of community partners, the Health Unit provides harm reduction services such as our needle exchange program. One of the busiest harm reduction sites in our district closed over the summer of 2017 and, as a result, we have seen a sharp increase in demand for this service at the Health Unit. Whereas our Health Unit saw an average

of 20 visits per month in the first seven months of 2017 (before the closure), we are now providing service to an average of 120 clients per month.

Many clients report that they are thankful for the one-on-one attention they receive at our site. By treating them with respect and dignity, a relationship of trust is built over time. This allows the nurses to provide support and encouragement to the individual, so that small steps can be taken toward positive health changes.



Flu Vaccine

The Health Unit provides an annual influenza vaccination program where the flu vaccine is made available through clinics and in-office appointments. In addition, the vaccine is provided by local participating healthcare providers as well as 23 pharmacies in our districts.

For the 2017/18 flu season, the Health Unit administered 147 shots at six clinics across our district (as of December 31, 2017). In addition, 1,063 flu shots were given at office appointments in North Bay and Parry Sound. This is a sharp decline in administered flu shots by the Health Unit, which results from the ability to access the flu shot from participating pharmacies and healthcare providers. The number of flu vaccines sent to pharmacies and healthcare providers continues to increase, with 29,352 doses of flu vaccine sent to healthcare providers and 12,230 doses sent to pharmacies.



Immunization of School Pupils Act

In 2017, the Immunization of School Pupils Act ("ISPA") was updated by the Ministry of Health and Long-Term Care ("Ministry"). The ISPA defines the vaccinations that children are required to receive in order to attend school in the province of Ontario. The Act allows for exclusion from vaccinations through a medical exemption or a Statement of Conscience or Religious Belief affidavit process.

Effective September 1, 2017, the affidavit process changed to include a requirement for a parent(s) to complete a mandatory education session at the Health Unit's office. The session, developed by the Ministry in collaboration with an expert panel, ensures parents have valid, credible information regarding the risks and benefits

information regarding the risks and benefits of vaccines. The sessions do not challenge a parent's right to decide not to vaccinate their child but rather strive to ensure that parents are making an informed decision based on valid scientific information. The Health Unit is offering sessions as required at both the Parry Sound and the North Bay offices.

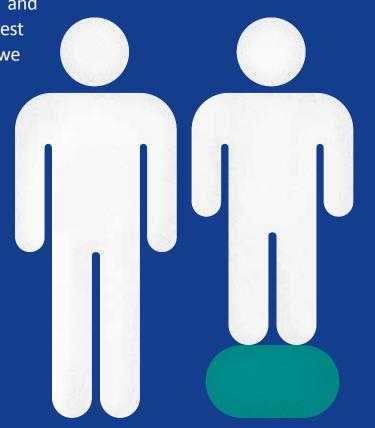


Health Equity Action Committee

Strategic Priority 4, Aim 2

Equity means providing greater support to those who need it most, and it's something we believe in at the Health Unit. We strive to make our services more equitable and we support other agencies in the community to do the same. In the fall, we hosted Dr. Dennis Raphael, who presented his Health Equity Talk

to Health Unit staff, community partners and other members of the public with an interest in health equity. In addition to this, we provided evidence to politicians and other decision-makers that demonstrates how the whole community can benefit when more support is offered to smaller pockets of people. Our Health Equity Action Committee continues to work to improve health equity in the district.

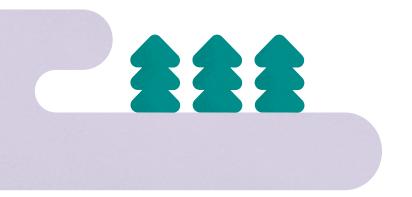


Rural Health Committee

Strategic Priority 3, Aim 1

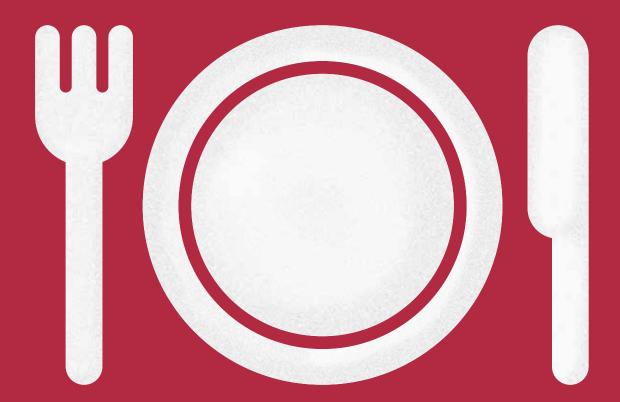
Most of the people living in our Health Unit district actually live outside the City of North Bay. The research shows that people living in rural areas are often less healthy and it can be challenging to provide services to large areas with few people. We offer services to almost 125,000 people spread over 17,000 km² and are continually striving to expand our reach to improve public health services throughout the district.

Many of our programs provide services no matter where people live. In 2017, 68% of the 812 activities had a rural health component. For example, the Health Unit provided flu vaccine clinics in towns like McKellar and Mattawa; supported the Bright Bites program in rural schools; promoted the Stay On Your Feet strategy for seniors in the Parry Sound district; and we provided support for youth-based activities organized by the West Nipissing Youth Advisory Committee. Through partnership, collaboration, flexibility and creativity, we strive to reach people living in rural regions to help everyone in our district achieve their healthiest life possible.



Healthy Menu Choices Act

On January 1, 2017, the Healthy Menu Choices Act (O. Reg. 50.16) came into force. This legislation requires the restaurant operator to display calories on menus in order to help consumers make informed decisions. Food service premises with 20 or more locations throughout the province are subject to this legislation. Public health inspectors ("PHI") completed 160 assessments of the 164 required food premises. Moving forward, PHIs will continue to respond on a complaint basis and will use a progressive enforcement approach to ensure compliance.



Healthy School Food Zones

Strategic Priority 1, Aim 1

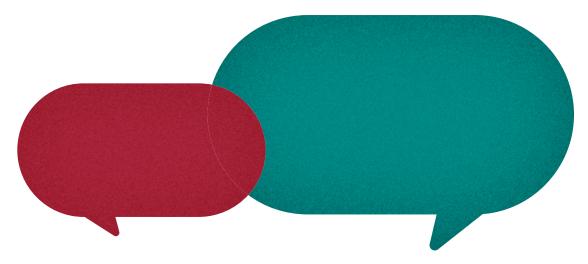
As part of our Strategic Plan 2014-2018 Priority 1, Aim 1 ("to foster healthy behaviours in children and youth by promoting healthy eating"), the Healthy School Food Zones Project was initiated. The goal of the project is to understand the food purchasing behaviours of students in grades 9-12, both inside and outside of school, during the school day.

In the fall, twelve local high schools agreed to promote an online survey to their students. The survey had questions about how often students bought food for sale on school property (e.g., cafeteria, vending machines) and off school property (e.g., fast food outlets, convenience stores) and the reasons behind their purchases. Overall, 840 surveys were completed. We are now analyzing the information and will share the results with participating schools and school boards. This valuable information from our area will help us to work with schools, school boards, and communities to make sure there are healthy food choices available for high school students which will support learning and long-term health.

Food Insecurity Forums in North Bay & Parry Sound

The Health Unit worked with the Parry Sound Area Food Collaborative and the Nipissing Area Food Roundtable to host a Food Insecurity Forum in both Parry Sound and North Bay. The keynote speaker was Dr. Valerie Tarasuk from the University of Toronto. Dr. Tarasuk has done extensive research on why an income solution is needed to address food insecurity. The events also included other regional experts and a Q&A session with a panel of local advocates. Approximately 100 community members participated in these events, with representation from a variety of sectors.

The Food Insecurity Forum helped share key messages with our community partners and opened the door for discussing further collaboration. By taking action to address the root cause of food insecurity, our communities are working toward the vision of Nipissing and Parry Sound area food charters.



Strength Through Partnerships

Strategic Priority 4, Aim 4

In January, a member of our Healthy Schools team was invited to present at a provincial meeting between the Council of Ontario Directors of Education (CODE) and the Council of Ontario Medical Officers of Health (COMOH), including additional participants from the Ministry of Education. The presentation focused on the formal partnership between the Health Unit and the Near North District School Board, in particular, and their shared goal of integrating health promotion and education. The presentation profiled how the partnership has developed over time, key lessons learned, and how the end successes of a partnership yield mutually desired outcomes for the health and well-being of the students and staff within the board.

Following this presentation, the CODE/COMOH leadership group had a lively discussion which concluded with the signing of a Memorandum of Understanding to establish formal partnerships between boards of health and school boards across the province. Our local partnership model will be highlighted provincially as an example of how the integration of health promotion and education can contribute to the well-being of children and students.

Subsequently, in September, our Health Unit embarked on a second formal partnership with the Conseil scolaire catholique Franco-Nord with plans to elaborate on shared health outcomes for their staff and students. This exciting opportunity aligns with our organizational values of collaboration and excellence by seeking solutions through meaningful partnership, innovation and collaboration.

Citizen Engagement: Expanding Opportunities for Local Youth

The Health Unit Youth Volunteer Program facilitates the development and implementation of youth-led health promotion initiatives which enhances youth skills and knowledge of public health. In response to the youth volunteer evaluations and a renewed vision for the program, changes were made to the structure and development of the program. For example, the program now provides opportunities for youth to connect and collaborate with internal staff

via job shadowing. The addition of defined job roles has enabled youth to increase their knowledge and skills in a supportive environment enhancing their confidence and self-esteem.

At the heart of the Youth Volunteer Program is citizen engagement, allowing young people to become active members in developing health projects important to them. Such an approach aims to achieve greater success in reaching the youth population and will assist in working towards achieving a healthy life for everyone in our communities.

PFAS Detected in North Bay Waterways

Perfluoroalkylated substances (PFAS) detected in North Bay waterways were reported to the Health Unit at the end of 2016. The Health Unit worked with the Department of National Defense, the Ministry of Environment and Climate Change, Public Health Ontario and the City of North Bay to advise the public. In most cases, the results were below the Health Canada Screening Values. The Medical Officer of Health issued recommendations

on August 15, 2017. The Health Unit continues to work with the partner agencies on this matter and public health inspectors continue to implement the mandated safe water standard.

A Review of Healthy Babies Healthy Children

A provincial review of the Healthy Babies Healthy Children program was completed, and the report was published in the fall. The value of the program for our vulnerable families was affirmed and suggestions for improving the efficiency and effectiveness of the program are being explored. These include streamlining the processes for consent, use of technology, strengthening the program's ability to support the complex needs of families and targeting efforts toward outcome measurements.



Positive Parenting

Through the Comprehensive Approach to Positive Parenting (CAPP) Network, the Health Unit brings together over 25 community partners in the districts of Nipissing and Parry Sound to improve the quality of positive parenting promotion and programming.

The CAPP Network has moved this initiative forward by:

- Applying for and receiving funding that allowed for training of 39 new Triple P Practitioners who work faceto-face with parents.
- Developing nine positive parenting key messages to form the basis of an educational campaign.
- Forming a committee of community partners to work on a plan to bring the key messages to the general population.
- Initiating a system to better evaluate the outcomes of providing Triple P across our communities.

Our evaluations indicate that there has been an increase in the number of positive parenting programs offered in our communities, an increase in attendance at programs and an improved system of referral. Parents have also reported that the program has had a positive effect on helping them better manage childhood behaviours.



Healthy Hands Initiative

The Healthy Hands Initiative reinforces an understanding of proper hand washing in order to reduce the spread of germs at home, at school, at long-term care and retirement homes.

Childcare Centres

217 students (toddler to elementary school age) throughout nine childcare centres were taught how to properly wash their hands.

Schools

In partnership with Nipissing University's third-year nursing program, the initiative reached 1,827 school-aged children in 72 classes. These students participated in creative lesson plans, allowing them to understand the importance of preventing the spread of germs.

Long-term Care and Retirement Homes

The initiative reached 97 participants from three long-term care and retirement homes.



Exposure of Emergency Service Workers to Infectious Diseases

The Health Unit notifies emergency service workers (ESW) if they have been exposed to an infectious disease of public health importance. In order to do so, a designated officer is identified for each emergency service and is able to obtain advice from the Health Unit's Communicable Disease Control (CDC) team regarding possible exposures of ESWs to infectious diseases. Ninety-seven ESWs attended information sessions on infection prevention and control. In addition, the fall edition of Designated Officers Newsletter focused on influenza and vaccines. CDC staff are members of the Association of Designated Officers of Ontario and designated officers can call CDC staff 24/7.



Expanding Reach to Homeless in North Bay

Strategic Priority 3, Aim 1

To improve the health of our community, we focus on adapting our programs to meet the needs of populations who have a more difficult time reaching us—like those in North Bay who are homeless or at risk of becoming homeless. We sat down one-on-one with 40 people from this population, and they talked about their health needs and the experiences they face in accessing health services in our community. We also held individual discussions with several community health and social service partners who regularly support this population. We are now exploring what we have learned from these important stories, so that we can better work to expand our reach to the urban homeless population in North Bay.

Focusing in on Quality Improvement

Improving population health and being responsive to the needs of our communities requires that we continuously and deliberately use defined improvement processes, and measure and monitor performance. With the aim of enhancing our capacity to undertake this work across the Health Unit, 23 staff participated in training on Continuous Quality Improvement (CQI) facilitated by Ideas Ontario. Furthermore an internal CQI working group was formed to plan how best to integrate existing quality improvement practices with new ones, and to formally measure and monitor performance.

New Home for the Health Unit

Strategic Priority 4, Aim 1

In 2017 the Health Unit's new building at 345 Oak Street West began to materialize. Relying on the vision and expertise of Mitchell Jensen Architects, and with input from staff, the new Health Unit was designed with our stakeholders and clients in mind. We are very pleased with the quality and detail in Tribury Construction's workmanship, and we are looking forward to making 345 Oak our new home in 2018.



Communications

Over the past year, the Communications department:

- Implemented our first Facebook contests—the "Be Sun Safe" and "Flu Season" contests. The Be Sun Safe contest had a reach of 6,475, and the Flu Season contest had a reach of 4,704.
- Issued 25 news releases, and were featured in over 60 news stories.
- Saw growth in our Facebook statistics, with 717,383 overall impressions.
- Created 527 social media posts, with a total of 788,901 impressions, 405 new followers, and 7,947 engagements.
- Saw 73,385 website visits (45,922 new visitors and 27,463 returning visitors) and 156,679 page views.



A New Colouring Calendar for Older Adults

The Stay on Your Feet Nipissing and Parry Sound coalitions developed a new 2018 colouring calendar for older adults living in our local communities. The calendar was created in collaboration with community partners and a special older adult, local artist Dave Palangio. Dave created the images based on issues that impact the lives of our older adult population.

The colouring calendar has a year's worth of tips to keep older adults on their feet, independent, and healthy! It includes the Staying Independent Checklist—an easy way for older adults to identify their risk of falling, important local contact information, and practical tips to prevent a fall.

Building Partnerships in Mental Health

During Mental Health Week in May, the Health Unit partnered with the Canadian Mental Health Association—Nipissing Regional Branch to host the annual Education Day for Mental Health and Addictions Frontline Service Providers. The event brought together over 100 service providers from more than 20 organizations in the Nipissing District. A range of topics were covered including housing, gambling addiction services, peer support programs, residential addiction treatment programs, income services, and the Gateway Hub. Our Medical Officer of Health presented on Casino Gambling: A Harm Reduction Strategy. The event offered an opportunity to highlight the Health Unit as a partner in mental health and demonstrated the coordinating role of public health.

Research Endeavours

The Health Unit engaged in local and provincial research initiatives throughout the year. In addition to the research initiative with homeless and at-risk of becoming homeless populations, we also sought to better understand the community's awareness and perceptions of the Health Unit and its services. The Health Unit also worked in collaboration with other health units across the province on five locally driven collaborative projects supported by Public Health Ontario focusing on: 1 Health equity data mobilization;



- 2 Strengthening continuous quality improvement;
- Measuring food literacy;
- 4 Relationship building with First Nations and public health; and
- Building evaluation capacity.

These research initiatives (among others) were supported and vetted through our new internal Research Ethics Review Committee. The Committee was established to ensure that the core principles of ethical conduct are followed for all research. and evaluation projects undertaken within the Health Unit, and in collaboration with external partners.

Research, Population Assessment & Surveillance

2017 Published Reports

Environmental Health:

2016 Vector-Borne Diseases Surveillance Report

Lyme Disease in the NBPSDHU Region Between 2006–2016

Health Behaviours & Substance Use:

Heavy Drinking in the NBPSDHU Region Between 2007 – 2014

Drinking in Excess of the Low-Risk Alcohol Drinking Guidelines in the NBPSDHU Region Between 2007 – 2014

Let's Start the Conversation: Alcohol Use Among Adults in our Community

Healthy Eating Among Students in Grades 7 – 12 in the NBPSDHU Region

Healthy Weights Among Students in Grades 7 – 12 in the NBPSDHU Region

Physical Activity Among Students in Grades 7 – 12 in the NBPSDHU Region

Cigarette Use by Sociodemographic Subgroup in the NBPSDHU Region Between 2007 – 2012

Other Tobacco Use in the NBPSDHU Region Between 2007 – 2014

Alcohol Use Among Students in Grades 7 to 12 in the NBPSDHU Region: 2014/15 School Year

Cannabis Use Among Students in Grades 7 to 12 in the NBPSDHU Region: 2014 School Year

Other Substance Use Among Students in Grades 7 to 12 in the NBPSDHU Region: 2014 – 2015

Opioid-related Morbidity & Mortality: 2005 – 2016

Cigarette & Tobacco Use Among Students in Grades 7 to 12 in the NBPSDHU Region: 2014 – 2015

Infectious Diseases:

Communicable Disease Control Report

Hepatitis C in the NBPSDHU Region By Gender, Age, and Year Between 2007 – 2016

Well-being & Mental Health:

Life Satisfaction in the NBPSDHU Region Between 2009 – 2014

Sense of Community Belonging in the NBPSDHU Region Between 2007 – 2014

Stress in the NBPSDHU Region Between 2007 – 2014

Well-being in the NBPSDHU Region Between 2007 – 2014 (Population Aged 12 Years and Older)

Diagnosed Anxiety Disorder in the NBPSDHU Region Between 2007 – 2014

Diagnosed Mood Disorder in the NBPSDHU Region Between 2007 – 2014

Self-rated Mental Health in the NBPSDHU Region Between 2007 – 2014

Mental Health Among Students in Grades 7 – 12 in the NBPSDHU Region: 2014/15 School Year

Mental Health Care Among Students in Grades 7 – 12 in the NBPSDHU Region: 2014/15 School Year

Oral Health:

Oral Health-Related Emergency Department Visits Among Children

Oral Health-Related Emergency Department Visits Among Adults

Reproductive & Child Health:

Breast Milk Provision by Sociodemographic Group in the NBPSDHU Region

Reasons for Providing Liquids Other Than Breast Milk in the NBPSDHU Region

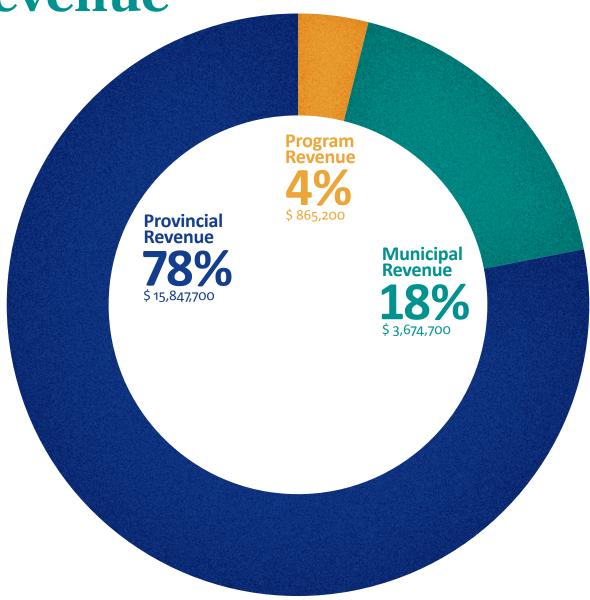
Intended Duration & Self-efficacy of Breast Milk Provision

Breast Milk Provision in the NBPSDHU Region

2017 Unaudited Expenditures by Program & Service

Program & Service	Dollars (\$)
Chronic Disease/Injury Prevention/Substance Use	2,059,000.00
Organizational Supports	2,092,600.00
Food/Water/Rabies/Other Environmental Hazards	2,300,400.00
Building & Information Technology	2,051,900.00
Dental Services	1,419,200.00
Sexual Health	1,601,000.00
Vaccine Preventable Disease	1,399,900.00
Reproductive & Child Health, Healthy Babies	1,906,500.00
Communicable & Infectious Disease Control	1,175,100.00
Research & Quality Assurance	916,600.00
Office of the Medical Officer of Health	457,500.00
Smoking & Tobacco	423,900.00
Genetics	407,400.00
Communications & Community Information Office	275,100.00
Vector-Borne Disease	169,500.00
Emergency Preparedness	125,400.00
Building & Land	1,091,900.00
Total Expense	19,872,900.00

Total Revenue



Your lifetime partner in healthy living.

